

SATYAM TALES

Open Up

And unlock yourself with yoga



Yoga Publications Trust, Munger, Bihar, India



Satyam Tales

Commenced on the occasion of World Yoga Convention & BSY Golden Jubilee, 2013

Open Up is the forty-first in the series of *Satyam Tales* depicting the life and teachings of our guru, Sri Swami Satyananda Saraswati. Through the medium of these simple narratives, we hear the voice of Sri Swamiji inspiring all, irrespective of age.

Dilip and his family find themselves living together in a lockdown during the Covid-19 pandemic. They all try to manage on their own, until one day the *Yoga Lifestyle Sadhana*, inspired by Swami Niranjanananda Saraswati, enters their home and transforms everything. A timetable, a yoga class, duties and a lot of chanting unites the family in the spirit of yoga. Harmony and happiness fill their days along with more beautiful presentations sent by the Bihar School of Yoga.

This story is a delightful read for children, adults and old alike. It is an invaluable message for those engaged in the world and for those seeking the spirit. This journey is your journey, these challenges are your challenges, and this victory is your victory. It is a story that will touch your heart, give you joy, hope, conviction and, above all, faith. Perhaps, you and your family may also be inspired to live some Yoga Capsules and transform your daily routine into a yogic lifestyle . . .

— Editor

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Please note:

- This collection of *Satyam Tales* is dedicated to our masters, Sri Swami Sivananda Saraswati and Sri Swami Satyananda Saraswati, and is the vehicle to bring their spiritual and yogic teachings in an understandable and applicable form into the lives of individuals throughout the world.
- *Satyam Tales* will be exclusively published by Yoga Publications Trust to ensure the accuracy and correctness of the teachings and the context in which they are being presented.
- *Satyam Tales* is a loving offering to all the children and the future generations of the world to remind them of their true nature and inspire them to explore and enhance their own potential.
- We invite all aspirants to share these tales with your group and if you have some tales of your own, we request you to contribute as well. You can also publish these tales in your own language, fulfilling the conditions of YPT, for which you may contact:

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Open Up

We are an ordinary family of four: my wife, Jyotsna, who is a yoga teacher, Aniruddh and Pooja, my son and daughter, both in their mid-twenties and engaged in their studies, and myself, Dileep. We are part of the Bihar Yoga family and initiated disciples of Swami Niranjan. My children and I do our sadhana in the morning and mantra in the evening. We try to go to Ganga Darshan and be with Swamiji at least once a year, otherwise we all live our day-to-day lives. Only Jyotsna is fully involved in teaching yoga. One room in our apartment has become her yoga room and is big enough for up to six students. She also goes to students' homes to teach.

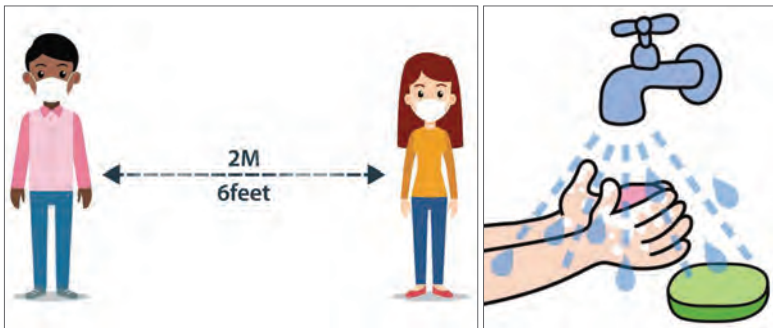


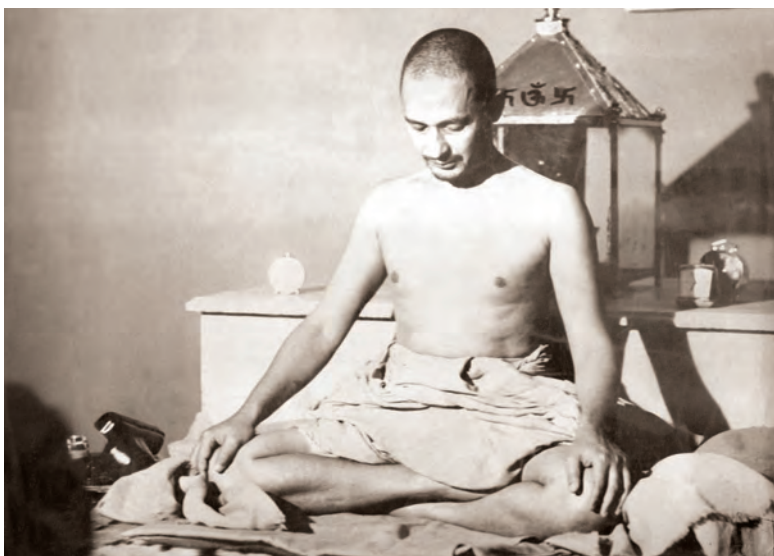
I am telling you all this because something extraordinary happened to us and I am sure can happen to anyone for there is nothing extraordinary about us, except of course that we have the incredible good fortune to know Swamiji, and in a small way consider ourselves part of the tradition of Swami Sivananda and Sri Swamiji.

It all begins

It all began with Corona, the Covid-19 situation and the lockdown which was very strict in our city. When rumours started of a possible lockdown, I called my son back who was studying in a far-off city which was one of the first to report positive cases. This is what he had to say about his journey: “When my college suddenly shut down and my father called me back home, I had to take decisions and act fast. I did yoga nidra and practised my guru mantra as much as I could to remain focused and connected to what I had to do and also to deal with fear and anxiety which naturally did manifest.

“During the journey the only thing that came to mind was – be aware. I noticed how the awareness I used to have during my asana practice now was used for everything I did: I was aware not to touch my face, to keep my hands clean, to wear my mask at all times, keep away from people. I realized that the ability to be aware had developed and could be used for anything.” Maybe without knowing, he





lived and experienced the aim and purpose of yoga as taught by Sri Swamiji:

The practice of asanas, pranayama and meditational practices develops awareness on a temporary basis. They give you a taste of what awareness means at a rudimentary level. From them, it is possible with effort to be a witness to your thoughts and physical actions throughout the day. You can watch, observe the body and mind performing the duties in the way they have been designed. You watch the body and mind as you would watch a puppet. So when doing yoga practices be aware of what you are doing. The whole point of yoga is to unfold and make you aware of your deeper aspects.

When he arrived safe, sound and utterly exhausted from the journey, we were in quarantine for two weeks. Government health inspectors came to test us twice, and we were given our list of do's and don'ts and twelve hours to make the 'necessary arrangements'. This being our first quarantine ever, none of us had an idea of what these 'necessary arrangements' could possibly be, so not much happened.



Anyway, after ten days, the official lockdown was announced and the whole city shut down. Information, advice and instructions came flooding in through television, whatsapp, email, social media, friends and family. Everyone had something to say, knew more and wanted to help. We live in a building with 24 apartments and we all exchanged updates to know if all were okay or needed help. The house committee made arrangements regarding security, garbage collection, and the three dog owners let us know about their allocated times for dog-walking.

Before

It had been nine years since the four of us lived together other than for some holiday time. It needed adjustment to say the least. Having no help, a lot of household duties were taken up by my wife – naturally. The children spent most of their time in their rooms, studying online, whatsapping and I guess watching movies. I had made a plan of what I wanted to do, for I saw that one bonus of the lockdown was having time and I wanted to use it well. So I made a list: physical wellbeing, mental relaxation, family relations, social connection. Professionally I wanted to clear backlog and prepare new projects, and above all I wanted to spend more time in japa, chanting and self-reflection. That was the plan.

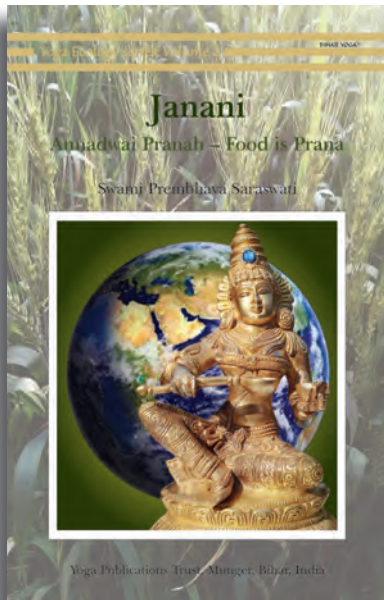
Time went by more or less peacefully. Aniruddh and Pooja helped Jyotsna to set up her online teaching and she continued with her classes. We took turns to express our occasional irritations of various degrees. Sometimes we watched the news together and exchanged whatever information we had received from friends. I remembered a saying by Sri Swamiji on the role of the family:



Bring peace in your home. Rebuild your house on the strong foundation of love, peace, unity and strength. The family must become an ashram, a community of friends, where parents and children live together. All have different roles within the family structure such as husband and wife, brother and sister, parents and children, but are all members of the same family. Let your family life be your ladder, your life the wall, and the sadhana the effort to reach the terrace. Life, body, house and family – all these are means to the end but not the end in themselves.

This was not really our current state of affairs. At mealtimes, it was mostly just Jyotsna and myself. The children were eating in their own good time and whenever it pleased them. Until one day – no lunch. By two o'clock we gathered in the kitchen. Jyotsna said calmly, "I have had enough." "What do you mean?" The three of us replied in one voice. "I have become your servant, I clean, wash and cook for all of you. What do you do?" Silence was our reply. "I am on lockdown and you can cook your own dinner." Off she marched to her yoga room.

Aniruddh and Pooja volunteered to prepare dinner and I went to revise my plan, shifting the family to the top of the list, but that was all. I couldn't come up with a real action plan. We met again for an early dinner; I guess all a touch hungry. The children proudly presented us with a big bowl of Maggi noodles, a tray full with a colourful selection of differently flavoured packets of potato crisps and a thermos of watery tea. No one could come up with a joke and after a short meal, we went our ways.



As I tidied up I mentally scanned the new Janani ecology book from the ashram, *Annadwai Prana*. I had read something on healthy, organically and locally grown, nutritious and environmentally friendly food. It had to be taken as Prasad and with gratitude between sunrise and sunset. Looking at the cold noodles, I started praying, calling out for inspiration. What was the golden middle path between Maggi noodles and Jyotsna's utterly justified rebellion? 'Swamiji, please

help' was my plea throughout a restless night with images of colourful packets of crisps sailing through the air smiling and waving at me.

A new, a yogic lifestyle

The next morning after my morning sadhana of asana and pranayama with focus on bhramari for instant de-stress, I peeked in the kitchen and saw Jyotsna busying herself. I felt relief mixed with guilt, and decided to open the computer to check my mails. There I was glued to the screen, mesmerized and transported by Guru's infinite grace. My prayers, my cry for help had been heard and answered in the shape of the *Yoga Lifestyle Sadhana*. Here was my action plan. I read twice through the whole sadhana, took a deep breath and called for an urgent family meeting, scheduled in thirty minutes.

We met in the yoga room, and I informed everyone of the gift that had arrived last night. The children checked their smart phones to check the accuracy of my statements. "So what shall we do?" I asked.

"All of it," was Jyotsna's instant reply. "We can do our APMB sadhana together in the yoga room."

"What about the shatkarmas?"

"Who will do the laundry?"

"I don't know the chants!"

"We make a cooking plan."

"We all eat together between sunrise and sunset."

"I want to plant herbs and tomatoes on the balcony."

"We do the MMM havan on Saturdays!"

Yamas and Niyamas	Shaucha and Swasthya Santosha and Aparigraha Contentment and Minimum needs Khama and Namasaka Forgiveness and Humility Danti and Indriya Nigraha Guiding the behaviours of the mind and the senses Munahprasad Gift of Happiness Nirajan Challenge
Upon waking	Gayatri Mantra 11 x Mahaeswaryaspa Mantra 11 x 82 names of Durga 3 x
Shatkarmas	Neti every third day Kundal once a week Laghuo shankhaprakshalan once a month
Morning Mantra Sadhana	Ganesh Aharavashirham 1 x Hamman Chalisa 1 x Guru Suktas 1 x
Asanas	Pawanmuktasana part 1 Pawanmuktasana part 2 Pawanmuktasana part 3 Tadasana Tiryak Tadasana Kati Chakrasana Surya Namaskara Shavasana whenever required Blue for beginners Blue & yellow for yoga aspirants in good health

To cut a beautiful story short, it took us a week to get the *Yoga Lifestyle Sadhana* up and running, and everyone more than happy, especially with the Grih Seva Yoga Routine:

5 to 6 am	APMB session all together; under Jyotsna's supervision we all took turns teaching
6 to 7 am	breakfast preparation and tidy up on rotation (always two)
7 to 8.30 am	grih seva – cleaning, laundry, tidying
8.30 to 10.30 am	lunch preparation (always two) or work and study time for the other two
10.30 to 11 am	yoga nidra individually
11 to 11.30 am	chanting (<i>Guru Stotram, Hanuman Chalisa</i>)
11.30 to 12.30	lunch and tidy up on rotation
Until 3.30 pm	rest, study, work
3.30 to 5 pm	dinner preparation (always two) or work and study time for the other two
5 to 5.30 pm	chanting (<i>Ganesh Atharvashirsha</i>)
5.30 to 6.30 pm	dinner and tidy up on rotation
6.30 to 7 pm	Family Review of the Day, all together
7 pm onwards	individual study, rest or sadhana
Mouna:	breakfast and lunch, dinner optional
Menu:	according to the YLS
Shatkarmas:	neti: daily
	kunjal: once a week
	laghoo shankaprakshalana or TTK solution:
	one week the ladies of the house,
	the next week the boys
Wednesday:	7 to 7.30 family kirtan
Saturday:	digital fasting for all and MMM havan
Sunday:	weekly cleaning roster and menu planning,
	preparing weekly online shopping list
Balcony gardening:	Aniruddh and Pooja

It was fantastic and wonderful. Through the new routine we developed a new relationship to each other. Once the children had organized their online study sessions and Jyotsna her yoga classes, we were set to live the YLS. Its magic formula solved problems, resolved tension, gave order and created not only harmony amongst us but also within each one. The ordinary family was becoming a yoga family.

Looking back, what came as a surprise was the readiness of all to give it a try. Somehow the first month of lockdown did leave us hanging in the air, a bit lost and unfulfilled, without direction and purpose. These small adjustments, the timetable, the times spent together and alone, the chanting, mouna, the yoga practices, led to balance between the needs and ambitions of each one and the four of us as a family. Our interactions with the outside world, be it family, friends, colleagues or Jyotsna's students, also benefited greatly. I felt that Swami Sivananda's words were coming true and we were able to live our yoga the way he wanted:

Yoga is not something that is completely divorced from daily life. On the contrary, yoga and daily life must be made to merge into each other





We sent the sadhana to our combined mailings lists and a ‘Thank You’ to Swamiji. Within two weeks we had our own fresh herbs, two promising tomato plants and a rapidly growing creeper whose direction and eventual yield we could not guess. A dull empty balcony had become a hub of activity, experimentation and interest. Suddenly lockdown-life made sense and offered opportunities we had not imagined. We lived the panel quote which greets the visitor at the entrance of Ganga Darshan:

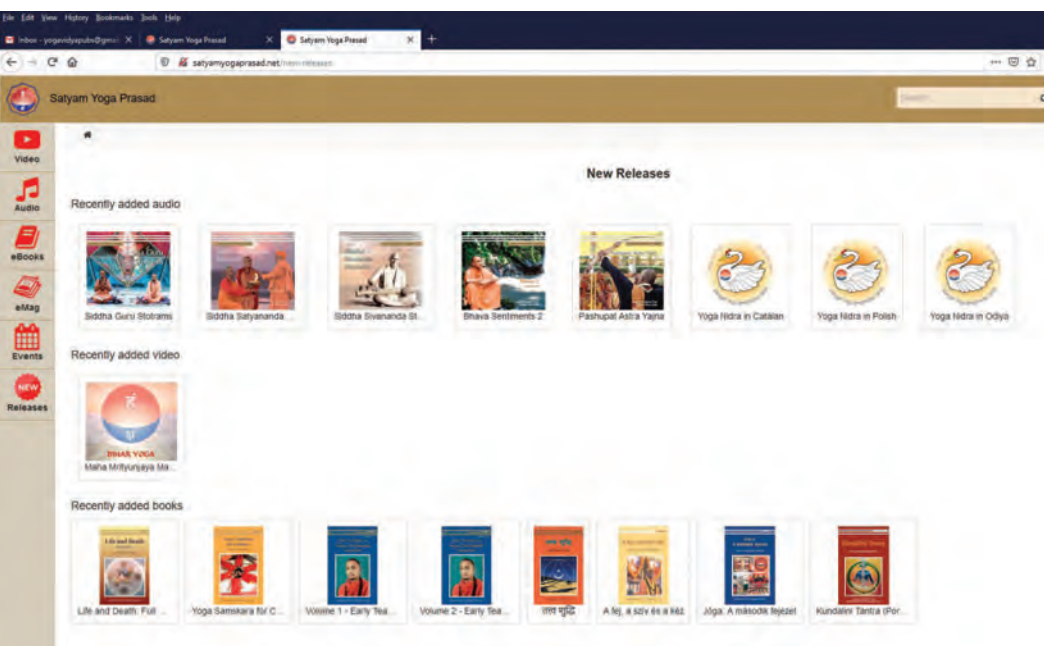
Yoga lifestyle represents harmony, unity and coordination. This harmony and unity has to be expressed to your own self first, then with the people you live with.

With the presentation FFH, *For Frontline Heroes*, which Swamiji had created, and which we sent out, all those out in the field of Covid-19 – the doctors, nurses, policemen and policewomen, the people who delivered food and other necessary household items to thousands of homes, the municipal workers – were not forgotten, but given the most useful yoga tools and practices that would help them stay healthy and manage their own loneliness and fears.

One day, during lunch there was a knock on the door. We all looked up in surprise; it must have been the first

time in weeks that there was a knock on the door. I got up and outside was our neighbour, a young woman, in tears, mumbling and sobbing through her mask, “I am so sorry, I am so sorry.” “Jyotsna, come,” this was definitely more her area of expertise. Keeping physical distance, the two women sat on the landing, and the young woman explained that her husband was stuck abroad, and she had not seen anyone for six weeks, only talking to people through social media. She felt isolated, lonely and could not take it anymore.

There was only one immediate solution: Aniruddh and Pooja went across and installed whatever was necessary. From the next morning, she joined us online for the daily APMB class and the 11 am chanting. She also gratefully accepted the online invitation for the Wednesday kirtan and Saturday Mahamrityunjaya havan. YLS had entered her life and spread around the world to her husband and through her mailing list. And of course, we added the treasure of www.satyamyogaprasad.net for her to discover and explore.



Inspired by the young woman's enthusiasm Pooja offered an online children's yoga class to the children in our building. The response was instant and positive. Aniruddh went to the eight families, did the technical side, and from 9 to 10 am, Pooja conducted an online yoga session for sixteen children, aged seven to fifteen. Our Grih Seva Yoga Routine was adjusted immediately and accordingly.

The children loved it and the parents were overjoyed and expressed their gratitude in many ways. More YLS entered homes and brought change to those willing to follow even just parts of it. Again I thought of Swami Sivananda, who had taken yoga out of Himalayan caves and placed it in front of all those wishing to strive for the experience of leading a divine life:

Yoga is a way of life, it is not forsaking action, but efficient performance in the right spirit. Yoga is not running away from home and human habitation, but a process of moulding an attitude to home and society with a new understanding. Yoga is not a turning away from life; yoga makes life spiritual. Equanimity is yoga. Serenity is yoga. Skill in action is yoga. Control of the senses and the mind is yoga. Anything by which the best and highest in life can be attained is yoga. Yoga is something that has to be assimilated and put into practice in daily life.

Breathing enters our home

Life continued smoothly and we were spared the suffering of millions of people across the globe. We were protected by Guru, yoga capsules and our disciplined effort to remain positive and optimistic.

One day, I received the *Breathe for Healthy Lungs* presentation from Munger. After flicking through it quickly, I was naturally keen to inform the others, "Hey everybody, let's do the *Breathe for Healthy Lungs*." "Oh come on, we are watching tele." I knew enough by now to keep quiet, so I tried Aniruddh. "Don't worry, I'm breathing all right and

Sri Swami Satyananda Saraswati says:

You breathe 21,600 times in 24 hours, but you don't know it. Most people breathe but they don't know they are breathing. This is the relationship of man with his life principle, this is ignorance. If the breath stops for 3 minutes you are gone, finished. Breathing is such an essential process of life and lives so close to you, you can even touch it and still you don't know it. The breath is the most essential item in life.

The heart and lungs are the two most important organs of the body but also the most ignored and uncared for, until some serious setback to health happens.

I am online.” Fair enough, so I went back and followed the beautiful presentation on my own. Apart from connecting to my breath and breathing, I connected to Ganga Darshan, to Swami Sivananda and Sri Swamiji who were watching in the back and approving everything Swamiji had up his sleeve and was giving out to everyone.

Midway through the presentation, I pressed the pause button, for it suddenly occurred to me that something had changed. I had not reacted; I had accepted the lack of interest of wife and children. Before YLS, I would have had various degrees of responses: insisting they join me, feeling angry, frustrated, hurt. For a few moments I closed my eyes, what has happened? Something happened to my *krodha*, my anger; it was no longer the instant reply. I had come up with an alternative – acceptance. Thanks to what? Lockdown, yoga capsules, a new routine . . . “Dinner is ready.”

We all sat down, chanted a short prayer and started our non-mouna meal.

“So what is wrong with your breath? We have some mouth gargle in the bathroom,” was my daughter’s sweet concern.

“No, he was talking about his lungs. Do you have pain in the lungs? We can google and see if it is related to Corona; maybe you should get tested, do you feel feverish?”

“Don’t be alarmed. Your father wasn’t talking about his lungs. He just felt some difficulty breathing, shortness of breath. It happens with age,” was a wife’s care and common sense.

“May I say something?”

“Sure,” was the generous triple reply.

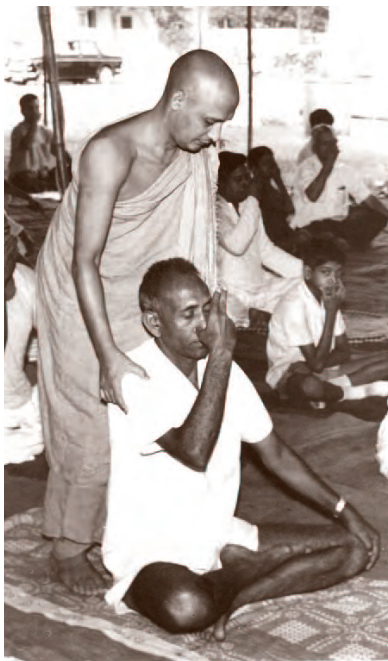
So I tried my luck, explained the presentation and concluded with an invitation. They listened in rapt silence and the evening was spent together watching and, windows wide open, practising. We all agreed that it was great and breathing should become a new item in our daily life. “We should have a check list and tick how many times a day we do the practices,” Pooja was no doubt the most organized and methodical of us.

That night when I did my *samiksha*, my daily Review of the Day, I went back to how I had handled my family, myself and the absence of anger. Somehow I knew change was in the air, and our new way of living was affecting all of us in small ways which made a huge difference.

The next morning Pooja presented us with her weekly list which went up on the door to the yoga room. We were each given a sign: a circle ○ for me, a tic ✓ for Aniruddh, a square □ for Pooja, and a cross + for Jyotsna. Whenever we did our breathing exercises we would update the list; and that’s what it looked like, Jyotsna (+) being the most regular:

Checklist	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning	+ ○	+ ✓	○ ✓ □	+ ○	○ ✓	+ □	+ ○ □
Noon	+ ○	+ ○	+ ✓	+ ○ ✓	+ ✓ □	○	+ ✓
Evening	+ ✓ □	+ ✓ ○ □	+ □	+ □	○	+ □	+

The next step, we all went onto our contact list and sent the presentation to as many people as we could think of, to everyone in the building, and of course, again a big ‘Thank You’ went to Munger. We all made an effort to maintain our breathing breaks throughout the day. If anyone got slack, there was a bit of gentle teasing, yet more to encourage to get back on track. The benefits of this small adjustment were soon visible: for a few moments we stepped out from the involvement with our activities and reconnected to breath, prana and our commitment to yoga. The second benefit after two to three weeks was that we all felt our pranayama practice improve. There was more ease and I could even increase the count in nadi shodhana. It almost felt as if the gurus were helping us.



Superb surprise

Our days went by in an even flow, that sometimes I almost forgot about Covid-19, the lockdown and the incredible changes the whole world was going through. I was a lot on the phone talking to friends, family members and colleagues. I tried to be positive, cheer them up, make suggestions on how to improve their situation, and above all I passed on the magic of www.satyamyogaprasad.net.

I felt the four of us were doing really well in our little home. Only sometimes I wish I could get a fresh boost of guidance and encouragement. Maybe it was because it was



July, the month of Guru Poornima, that I felt a tinge of longing for Swamiji and his yearly reminder and inspiration to strengthen and live my connection with him, the parampara and the guru tattwa.

Did he read my thoughts and look into my heart? For his Guru Poornima Prasad arrived right on the special day and straight out of Satyam Vatika. We all watched Swamiji conducting Guru Paduka Pooja, two sannyasins doing havan, and all the others chanting and sitting with perfect physical distance. When Swamiji spoke, I received what I had been longing for:



Sri Krishna or the guru in our life comes to awaken the dormant destiny, and once that dormant destiny is awakened, we become warriors. We do not fight people, events and incidents, we fight with the negatives that arise within us.

Guru Poornima is to define the relationship that we all have with our guru, the outer and the internal. Let us have the conviction that with faith and belief and by adhering to the teaching given to us, we can vanquish the adversaries who disturb our peace and create obstacles in our growth.

It is our connection with the source of inner strength and inspiration that makes us come through the favourable and the unfavourable with equipoise and wisdom. This is the connection that we should develop with our guru.



After we watched the satsang, we sat together and continued to browse through the online Guru Poornima Prasad and sing guru kirtan for another two hours. This year's digital prasad was the best ever, with its inspiring confluence of videos, live kirtans and new publications. As we were watching the Chhaya Samadhi video presentation, we felt ourselves transported to the serene environs of that magical monument. We read and re-read the heart-touching and soul-stirring book, *Sivam Satyam Sundaram* and felt ourselves connecting more deeply with Swami Sivananda and Swami Satyananda. We were, as the children said, 'blissed out'.

The cherry on the yogic lifestyle cake

Weeks went by and we merged as best as we could our commitment to the world and to yoga. There was balance in our activities, and no doubt more efficiency. The children studied with more focus, Jyotsna increased her online yoga teaching, and I worked calmly through my 'to do' list, cleared the backlog and came up with novel ideas for the pending projects.

Then the most unexpected, extraordinary event happened. First an invitation, then a home sadhana, and finally a whole yajna entered our home. Sitting on the floor in front of the screen, we were chanting, singing, listening to Swamiji's amazing satsang, watching the beautiful aradhana, offering our bhava, gratitude and love into the havan fire and became members of the family at Paduka Darshan. Sri Lakshmi-Narayana Mahayajna was not virtual at all. It was as real as all the yajnas before. We heard the rain and thunder, the mantras and the stotras, we smelled the samagri burning in the havan kund, we saw Ma Ganga, Lakshmi and Narayana in their gorgeous dresses, and we were with Swamiji right there in the pandal.





Every day was a feast for the mind and heart. I cannot describe the feelings we had, and the silence that followed each program session was more eloquent than a thousand words. The grace of Lakshmi, Narayana and our beloved Sawmiji was really tangible. Once the five days had passed, we sat together with only one thought in mind: How can we be worthy of the gift we were given? How can we show Swamiji that we value and treasure his efforts, his teaching and care? How can we keep the divine close to us? The answer was clear – we have to live the Sadhana of Goodness.

Step 1: To live the four bhumikas inherent in goodness: positivity, balance, organization and restraint.

Step 2: To develop and cultivate swadhyaya, sadhana and satsang to helps us live the four bhumikas.

Step 3: To work on strengthening the bond with the divine through the Gurus' teachings.

Step 4: To express the four bhumikas in our behaviour through *samarpan*, dedication, *sahajta*, simplicity and spontaneity, and *seva*, the spirit of service.

Sri Lakshmi-Narayana Mahayajna was the highest yajna, a jnana yajna, a yajna that was invocation, participation, connection and transformation. We were given everything over a period of only five days. The yajna added to our yogic lifestyle something unique – its foundation and goal, both at the same time: goodness.

I also gave an utterly sincere ‘Thank You’ to all the thousands of researchers, engineers, whizz kids and incredible brains who gave this technology to the world. The current situation of Covid-19 lockdowns has made clear that put to appropriate use, with purity of intention and purpose, the virtual world has become a lifeline for many people and a way to connect. It will never replace real-life human interaction, yet Swamiji has shown that it is possible to bridge the gap, or may I say, fill the gap with his love and care.

Thank you Swamiji

All that is left now is to say ‘Thank You’ to Swamiji for giving us these practical tools, simple, effective and, for us life changing. When the lockdown was lifted, we went back to our ‘normal’ routine, as far as our participation with work, study, friends and social obligations were concerned. I tried to slip in breathing breaks as often as possible and proudly continued the checklist. By the time I am writing this, more presentations have come. Swamiji thinks of our hearts and eyes, our blood pressure, our fears and anxieties.

At home, we maintain our yogic capsules and lifestyle with ‘adjust, adapt, accommodate’. The desire to continue living yogically through the hustle and bustle of a householder’s life is strong and truly embedded within. We feel looked after. Munger is not far away in Bihar but right in our homes, and Swamiji more than ever in our hearts.



Available *Satyam Tales* Titles

1. Diggaja
From elephant to super-elephant

2. Mystics from Moon
A journey through space

3. The Daredevil Dolphin
Making a leap of faith

4. Lessons for Life
A disciple's ongoing journey

5. Great Escapes
Memoirs of a guardian angel

6. Humans and Superhumans
The touch of grace

7. The Ancient Astra
An invocation and a resurrection

8. Grandpa's Memories
About the man who never slept

9. Divine Play
A loving connection with the celestials

10. The Gift of Peace
A precious bequest

11. The Yogi and the Maya
Renewing an ancient bond

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Realizing godhead in guru

13. Dhoom-Dhaam
Program, download and print

14. Sodium and Potassium
The play of Kamala and Kali

15. Spike the Hedgehog
And his open-heart surgery

16. The Crew
For the welfare and happiness of many

17. An aim, an ity, a ness
and a ment
Watchwords that spell success

18. Destiny's Child
When guru becomes the guide

19. My Friend Namrata
Not just a blade of grass

20. A Ray of Joy
That lit up the earth and sky

21. The City of Yoga
Not just a name

22. At Satyam's feet
An incomparable offering

23. The Amazing Dog Trick
Living the teachings

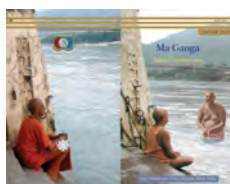
24. Glory to a Rishi
The saga of Padma Bhushan



25. Diggaja Returns
To relearn the a-b-c of discipleship



26. Yoga Everywhere
World culture indeed



27. Ma Ganga
And her beloved sons



28. Holidays in Munger
A true homecoming



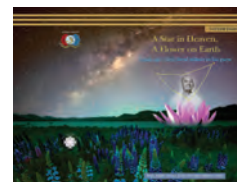
29. A Village Transformed
A sannyasin's sankalpa for the welfare and happiness of many



30. Descent of the Divine
A disciple's loving offering to his guru



31. Homage to a Rishi
A little disciple's poetic tribute to her guru



32. A Star in Heaven, A Flower on Earth
A balyogi's first floral tribute to his guru



33. Yoga Nidra
Gold for this age



34. I am a Sannyasin
A life of service and dedication



35. Save Ganga
A wakeup call for all



36. Adapt Adjust Accommodate
Sutras from Shiva's household for the whole world



37. Life is Worship
Laugh, Love, Live



38. Satyam and Hanuman
Siddhis with a difference



39. The Car of Life
On the yogic route



40. Yoga Unites
From shore to shore

