



Practice of Detachment (Vairagya)



Vairagya does not mean abandoning one's social duties and responsibilities of life.

Vairagya is mental detachment from all worldly objects.

- Swami Sivananda-

Some people might misunderstand the word Detachment is opposed to love and compassion. True detachment consists of letting go of attachment to objects, not being wasteful and irresponsible. It does not mean that we should give away all of our possessions. Through practice of detachment, we learn to live with life gives us and go beyond likes and dislikes.

Detachment has to keep pace with our own inner experience. If the mind and heart do not have real vairagya, detachment, then the credit card will not bear it for long. The bank will call: "What's going on? Your account has been constantly overdrawn since you started yoga..." This is not an uncommon experience. Many people go to extremes when they begin a yoga practice and throw everything out-they sleep on a futon on the floor without a pillow. The next morning they are unable to walk! The mind then reacts by going to the other extreme and consuming indiscriminately. This is not detachment.

It is one thing to control the craving for a cake when we see it, but quite another to control the thought of a cake. Non-attachment is a state of mind and as such is a continuous process. Slowly we need to sort out our thoughts. A teacher yearns to become a professor. A professor dreams of retirement. A model wants to be an actress. An actress wants to be a producer. A producer wants to be a writer. We are never happy, never really content, until we realize that we have to come back to the miracle of the present. We can never be happy if we constantly chase our own shadow.

We make so many plans. We think, "Once I have done this, then I'll do that. I'll travel there, I'll study this, I'll move there." If anything happens which hinders our plans, our happiness is lost. To adapt to the inevitable changes of life, we need a degree of detachment. We should certainly not forsake foresight and vision, but when we allow

November Announcement

**Mahasamadhi of Swami Vishnu-devananda
09 Nov, Sunday**

**Neti Cleansing Workshop
15 Nov, Saturday
2.00-3.00pm**

**Class Name Uniformity
Please check new class
schedule and de-
scription**



Neti Workshop



Yogic Cleansing: natural ways to keep us breathe freely without disruption of

detachment. We should certainly not forsake foresight and vision, but when we allow our minds to run into the future, we are not allowing ourselves to enjoy life in the present. When we eat, we want to read the newspaper, when we read the newspaper, we want to eat. This is restlessness without detachment.

Detachment means not only to accept the present moment, but also to enjoy the present moment, unencumbered by memories of the past and worries for the future. This is very meditative and peaceful approach to life. Fear comes from attachment and desires. We do not entertain desires when we live in the present moment. But the minute we think of the future, a question arises, "What happens if.....?" Detach from this thought.

If you want to strengthen your ability to detach, then practice meditation. When you meditate try to be in the moment. Focus on the breath, focus on the mantra, focus on the light. Surrender to a higher energy beyond body and mind. This is detachment in practice. We free ourselves from our imaginary future as well as from our impressions of the past. We calm our thoughts down and in silence we experience union with the higher mind.

Once you start taking the time to live in the present, it is relatively easy to give up material objects. Yet this is only the beginning. Being yourself naturally, absolutely free-this is the highest detachment. As yoga practitioners we must practice detachment. The heart of yoga is detachment and self-knowledge. To train the mind in detachment, first try to simplify your life and develop a pure lifestyle.

True detachment is being able to accept whatever comes, whatever life brings. If things can be changed, then change them, but if they cannot, then accept them. Simply tell your mind: "you can say what you want but I will do what has to be done and I will rejoice in it". This is true detachment.

Sivananda Yoga Life , Summer 2004

Notice for Current Students: Change of Class Name

As one of the affiliated centers, Singapore centre needs to keep the consistency (uniformity) of levels and class naming through out Sivananda Yoga Vedanta Centre International word-wide. Therefore, starting November 1st onwards, Singapore centre will offer regular adult classes in Beginner, Intermediate and Open class level. The change of class name will not affect the current students because Beginner 2 will become Intermediate level. Open class is meant for Intermediate and Advanced students practice together.

Class schedule remain the same, only with the different names.

Class Schedule

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8.45 - 9.45 am							Kids
10.00 - 11.15 am						10.00 - 10.45am Satsang	Beginner
11.00 - 12.15 pm						Open & Pre-natal	11.30 - 12.45pm Open
12.30 -						12.30 -	

12.15 pm						Pre-natal	Open
12.30 - 1.45 pm		Open				12.30 - 1.30pm Headstand	
4.30 - 5.45 pm			Gentle				
6.30 - 7.45 pm	Open	Intermedi-ate	Open	Intermedi-ate	Beginner		
8.00 - 9.15 pm	Intermedi-ate	Beginner	Open	Beginner	Open		

Description:

Satsang = 20 mins silent meditation, followed by Bhajan and Arati.

Beginner = work on coordination between breathing and basic postures; gaining flexibility.

Intermediate = start learning headstand and postures on strength training.

Open = intermediate to advanced students practice together (not suitable for beginner).

Neti; Yogic Cleansing; Natural ways to keep us breathe freely without disruption of sinusitis and asthma

Date:

Saturday, 15 November 2008

Time: 2.00-3.00pm

Fee: \$20 (additional \$10 for Neti pot and Neti string)

RSVP: Janaki 98386704 or Sumukhee 90679100
or email to info@sivananda.com.sg

Topic covered:

- +Kapalabhati (forcing exhalation with abdominal pumping)
- +Anuloma Viloma (alternate nostril breathing)
- +Jala Neti (Nasal cleansing with water)
- +Sutra Neti (Nasal cleansing string)
- +Tongue cleaning

Who should attend:

Anyone with awareness of quality breathing with clean/unblock nasal passage and lungs; People who suffer from sinusitis or asthma.

PS: Bring your own Neti pot and Neti string if you have one.



Starting from this month newsletter we will include yoga philosophy, scriptures' quotation, or words of wisdom. What would be the best premier topic if not Shanti Mantra which we chant at the beginning of each class to ask for protection.

SHANTI MANTRA

Chant of Peace

Om saha naavavatu sahanau bhunaktu

Saha veeryam karavaavahai

Tejasvi naavadheetamastu

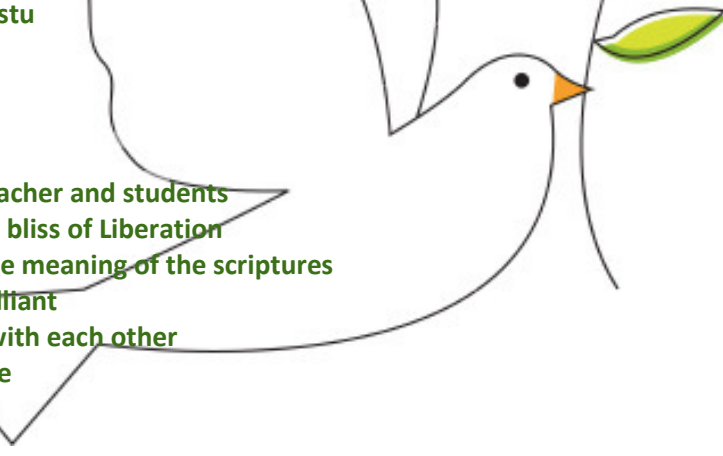
maa vidurichheavahai



Tejasvi naavadheetamastu
maa vidvishaavahai
Om shanti shanti shanti

Meaning:

OM, protect us both, teacher and students
Cause both to enjoy the bliss of Liberation
May we find out the true meaning of the scriptures
May our learning be brilliant
May we never quarrel with each other
Om, Peace, Peace, Peace



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Serve, Love, Give, Purify, Meditate & Realize