



Peace is a state of quiet. It is freedom from disturbance, anxiety, agitation, riot or violence. It is harmony, silence, calm, repose, rest. Specifically, it is the absence or cessation of war.

All over the world great conferences are held for bringing about universal peace, universal brotherhood and universal religion. It is the vanity of humanity that goads us to reform society without first reforming ourselves.

Vanity rules the world. When two vain people meet, there is friction and quarrel. In the case of social reform, self-styled enlightened people started interfering with the customs and manners of others, in an effort to civilize them. Society lost its moorings, and the reformers could not offer new, sound ones. Masses of people drifted away in chaos. How can blind people lead other blind people? No piece of paper called a treaty can establish peace in this world. The way of peace is very simple and straight: it is the way of Love and Truth.

Money cannot give you peace. You can purchase many things, but you can not purchase peace. You can buy soft beds, but you can not buy sleep. You can buy good foods, but you can not buy good appetite. You can buy good books, but you can not buy wisdom.

Perfect peace cannot be promoted by anybody who does not have perfect peace in himself. No political 'ism' can ever solve the problem and bring about real peace. Each new 'ism' creates only more problems and more quarrels.

Ethics should be put into practice by all. This alone will contribute to peace, universal love, unity, proper understanding and world harmony.

Everlasting peace can be found only within you own Atman or Self or God.

World-peace is possible when all the people in the world wake up to the facts governing universal life and when there is a heart-to-heart feeling of goodness, love and oneness among the inhabitants of the world.

Peace, to be lasting and constructive, must be achieved through God. There can be no peace without God. God is Peace. Root yourself in peace and God. Now you are fit to radiate peace.

*-Swami Sivananda-*

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## **Yoga By The Sea—from centre**

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**Panadol<sup>®</sup> EXTEND**  
**YOGA BY THE SEA**  
 a mid-autumn festival celebration

**REGISTRATION IS FREE**  
 EXCLUSIVE YOGA MAT\* &  
 EVENT PACK FOR PARTICIPANTS  
 FREE SHUTTLE BUS SERVICE FROM EUNOS MRT†

**3 OCTOBER 2009 • 5PM - 9PM • EAST COAST PARK (ANGSANA GREEN)**

**HOW TO GET THERE:**  
 Map showing the location at East Coast Lagoon Food Village, Angsana Green, and the event site marked 'WE ARE HERE' near Beachcity.

Come join us for a FULL MOON evening of yoga workouts by the sea. EXTEND your workout benefits by embracing the energy from the Sun and the Moon & celebrate Mid-Autumn Festival together!

Register NOW at [www.yogabythesea.sg](http://www.yogabythesea.sg) \*Limited to first 1,000 pax †Refer to website for more information

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**Official Radio Station:** **Official Print:** **Official Yoga Partners:** **Official Drink:**

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Find your inner peace at *Yoga By The Sea*, the first mass yoga workout at Singapore's most popular beachfront - East Coast Park. This October, get away from the hectic pace of city life with Singapore's first ever *Yoga By The Sea* mass workout. Feel the tension of everyday stresses melt away as you participate in relaxing outdoor yoga .

Celebrate the mid-autumn festival on **Saturday, 3 October 2009**, and reap the benefits of yoga, while embracing the energy from the Sun and the Moon.

**Sivananda Yoga Vedanta Centre is one of the Official Yoga Partners of Yoga By the Sea.**

Come join us for an evening of yoga and celebrate the mid-autumn festival in an unforgettable way.

**REGISTRATION IS FREE NOW!** Register using the registration code **yogaSIVANANDA** at [www.yogabythesea.sg](http://www.yogabythesea.sg) NOW.

**Date: 3 October 2009 Saturday**

Date: October 2020, Saturday

Time: 4PM – 9PM

Location: East Coast Park (Angsana Green)

Shuttle Bus service provided from Eunos MRT station (3pm - 4 pm)

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## Pancha Kosha-healing yoga

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### The Importance of Understanding Pancha Koshas for Healing

Yoga considers that we are not just the physical body but are of a multi-fold nature. The yogic perspective of the structural aspects of our existence is very different from the Western anatomical model. In the yogic view, we are composed of five subtle bodies or pancha koshas. This concept helps us understand our real nature which consists of many dimensions, and has many implications for the practice of healing yoga or yoga therapy.

The Pancha Koshas (translated as the five sheaths or five layers) may be understood as follows:

- **Annamaya Kosha** is the physical sheath or anatomical level of our existence. This is created and sustained by food (Annam). This is a reason why eating fresh and seasonal whole foods is recommended as a yogic diet, because they result in an increase in vitality which nourishes this food body. When we consume over-cooked or stale food, or animals, this kosha becomes de-vitalised and has difficulty refining the food to a quality necessary for conversion into the needs of the second body.
- **Pranamaya Kosha** is the vital energy sheath that creates our physiological existence. It is the aspect that gives our cells life and enables us to live in a healthy manner with all our physiological mechanisms working to perfection. This subtle body consists of energy channels called 'nadis', which lead to spinning energy centers called 'chakras' located at various points in our body.
- **Manomaya Kosha** is the mind sheath or psychological aspect of our existence that is the function of mind. Our brain is the best piece of equipment to receive and transmit the signals of mind. This body is made up of the refinements produced from the first two bodies, as well as its own capacity to generate positive uplifting thoughts. When thoughts are beneficial, the mind is content and peaceful. From this, more positivity is generated, and the mind refreshes itself. This is why mantras can transform the mind to a higher level of perception and cognition.
- **Vignanamaya Kosha**, the sheath of the intellect is the level of higher mind existence where we are truly humane. It is the link with inner wisdom where mere knowledge of the mind transforms into wisdom. This body is made of transcendent thoughts. It is awareness that is free of ego or self-centeredness. This body is accessed and nourished by meditation, reflection, and giving it proper food i.e. good company, spiritual texts, and

selfless service to others.

• **Anandamaya Kosha** is the sheath of eternal bliss and is our link with universal existence where we are 'all-one'. This body is composed of happiness and joy. It does not need anything to generate its happiness, as that is its natural state. The beneficial foods given to the four grosser bodies will be refined into the food which makes up this body. We can attune to this level by performing actions without ego in Karma Yoga.

So for the yogi, health is not merely defined by the physical body, nor is it created by physical exercise alone. The Sanskrit word for health is 'svastha' which means 'to be established in the Self'. Hence, true health from the yogic perspective is a coming home to your real Self. Without an understanding of these structural and multi-dimensional aspects of our existence, it is not possible to really assess the patient and achieve true healing. Yoga doesn't just work on the physical body but works at all these levels. Yoga therapy is not just about stretching the muscles but is about working at all levels of existence.

*Extracted from:*

*~ An article "Yoga as Therapy ... or Yogapathy?" by Yogacharya Dr. Ananda Balayogi Bhavanani, at <http://www.discover-yoga-online.com/yoga-as-therapy.html>*

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## Healing Yoga Practice for Digestion-workshop

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**Date:**

Saturday, 12 Sept 2009

**Time:**

2.00 – 3.30pm

**Venue:**

Sivananda Yoga Vedanta Centre  
21B Bukit Pasoh Rd, Singapore 089835

**Fee:**

\$20,-/person  
\$16,- for Sivananda Centre's Student

**Program:**

- Learn to do a specific sequence of yoga postures to enhance digestive function and improve bowel movement
- Print-outs of the yoga asana sequence will be provided to facilitate home practice

**Teachers:**

Ong Ju Lee & Sumukhee

**RSVP:**

Please email to [info@sivananda.com.sg](mailto:info@sivananda.com.sg)  
or call 90679100 / 98386704 to register.





12.00 pm						Beginner	
12.30 - 1.45 pm							
6.30 - 7.45 pm	Beginner	Open		Open	Beginner		
8.00 - 9.15 pm	Open	Beginner		Beginner			

**Schedule after 22 Sept 2009**

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9.30 - 10.30 am						Satsang	
10.00 - 11.15 pm							Beginner
10.45- 12.00pm						Open	
12.30 - 1.45 pm						Beginner	
6.30 - 7.45 pm	Beginner	Open	Beginner	Open	Beginner		
8.00 - 9.15 pm	Open	Beginner	Open	Beginner	Special Class		

**Description:**

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

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

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

**Sivananda Yoga Vedanta Centre Singapore**

**21B Bukit Pasoh Road**

**Singapore 089835**

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**98386704**

To ensure that your bowels move on a daily basis, besides incorporating a suitable asana and pranayama practice, add more fibre and water to your diet. An Ayurvedic blend of herbs called triphala is also helpful. A bowel tonic, triphala tones the bowel walls and helps the colon function at its optimal level.











