

Siddha Yoga Meditation Center in Honolulu

Community Newsletter



March Newsletter

The Siddha Yoga Message and Focus of Study for 2010 is AUM.

Center News & Highlights

- Community Meetings – Wednesday March 17, 8:10-8:45pm; Sunday, March 21, 11:00am-Noon
- Sri Guru Gita Chant – Sundays 8am-9:30am, March 7 (until 9:15am), 14, 21 & 28
- Video Satsang – Wednesday, March 3, 7pm-8:30pm
- Weekly Satsangs – Saturday, March 13 & 27; Wednesdays, March 17 & 31, 7pm-8:30pm
- Open Meditation – Saturdays, March 6 & 20; Wednesdays, March 10 & 24, 7pm-8:30pm
- Hatha Yoga for March – All classes are offered.
- Bade Baba Arati – Sunday, March 21, 10:30am-11:00am
- Sparkle Seva – Sundays after brunch
- Bookstore Items
- Click for calendar - <http://www.calendarwiz.com/symchonolulu>

Dear Ones,

The month of March brings opportunities for you to do the Siddha Yoga practices at our Center. Please join us for our weekly satsangs, Guru Gita, Bade Baba Arati and Hatha Yoga as well as participating in the practice of seva.

At the March Community Meetings we will share important updates on our center financial situation.

Please bookmark our online calendar for the most updated information on our center events.

With Love,

The Center Steering Committee and the Communication Team

Lynne Abrisce Charise Joneidi Lynn Hirashima Junko Lowry Michael Sashin

Community Meeting

Wednesday, March 17, 8:10 pm – 8:45 pm [Mini-Community Meeting after the Satsang]

Sunday, March 21st, 11:00 am – Noon

Following the e-mail communication on the February community update, we will be sharing the current pledge status, search committee guideline from the regional manager and the updated proposed action plan. There will be a mini-community meeting after the shortened Wednesday Satsang for those who cannot participate in Sunday's community meeting.

Sri Guru Gītā Chant

This beautiful 'Song of the Guru,' a text chant of 182 verses, is at the heart of the series of sacred chants traditionally sung in Sanskrit every morning in Siddha Yoga ashrams around the world. Its verses describe the nature and transformative power of the Guru-disciple relationship. At the Siddha Yoga Meditation Center in Honolulu, Guru Gītā is chanted on Sunday morning.

Video Satsang

Wednesday, March 3rd, 7:00 pm – 8:30 pm

This once-a-month Satsang features Gurumayi's talk. Gurumayi's words are chaitanya, enlivened with grace, and thus has the capacity to draw one's mind spontaneously into meditative stillness.

Weekly Satsang

Saturdays, March 13 & 27; Wednesdays, March 17 & 31, 7pm to 8:30pm

Satsang means keeping the company of the Truth. It is a time we set aside to be with others to chant and meditate and absorb ourselves in the teachings of the scriptures and the wisdom of the Master. It supports and encourages our spiritual progress.

Open Meditation

Saturdays, March 6th & 20th; Wednesdays, March 10th & 24th, 7:00 pm to 8:30 pm

This is a serene, no-host program in which we chant the great redeeming mantra of the Siddha Yoga lineage, Om Namah Shivaya, and meditate for an extended period of time.

Siddha Yoga Hatha Yoga

We practice a gentle series of hatha yoga postures designed to invigorate the body and still the mind to prepare for the practice of meditation. \$10 per class. It is recommended that you bring a mat and a block.

Monday's Gentle Hatha Yoga at the Center: 11:00 am to 12:15 pm

Pre-registration is required. Please register by the first class of the month by leaving a message at the Center (597-9194) for Stephanie Marrack. No drop-ins due to limited hall space.

Tuesday's Hatha Yoga at Hanahau'oli School: 6:00 pm to 7:30 pm

Drop-ins are welcome at Tuesday's classes at Hanahau'oli School.

Bade Baba Arati

Every third Sunday of the month we offer the Shiva Arati in honor of Bhagawan Nityananda whom we affectionately call Bade Baba. Bade Baba was Baba Muktananda's Guru. Bhagawan is a term of highest respect, one who is endowed with the six attributes of infinity: spiritual power, righteousness, glory, splendor, knowledge, and renunciation

Sparkle Seva

Every Sunday following the Brunch, everyone is invited to do half an hour of sparkle seva. Dish washing, sweeping...there is sparkle seva for everyone. Please ask Mike or Junko.

Bookstore Items

At our center's Siddha Yoga Bookstore, we have items to support your AUM sadhana. The OM Bookmark, Notepad, Card, candle and the OM 'Magic' Mug, the Crystal 'OM' pendant, the Siddha Path magazine, a copy of all versions of the Om Namah Shivaya Mantra in CD, and the OM Message lapel pin are all in stock. Soon we will be receiving Bade Baba's photos as well.



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