

Ananda Sangha's

Material Success Through Yoga Principles

January Newsletter 2007



Swami Kriyananda

The Material Success through Yoga Principles course is for those who seek both material prosperity and fulfillment on higher levels of life as well. Many people think that these goals are mutually exclusive, but in truth, it is the same laws of life that activate success no matter what the goal.

*—From the Material Success Through Yoga Principles Course
by Swami Kriyananda, direct disciple of Paramhansa Yogananda*



Paramhansa Yogananda

Happy New Year!

Welcome to Our January Newsletter

Dear Friends,

In 1920, Paramhansa Yogananda (author of the spiritual classic *Autobiography of a Yogi*) traveled to America and began his mission of bringing the ancient yoga science to the west. Now, 77 years later, the yoga science that Yogananda taught has returned to India through his direct disciple Swami Kriyananda. As we travel around India, sharing Swami Kriyananda's *Material Success through Yoga Principles* course, I am often struck by this unexpected turn of events: that westerners should be teaching yoga to Indians! Yet, it also seems so natural because westerners tend to be practical and the application of eastern yogic principles to life and business is the most practical thing that we can do to ensure our success.

It is a very exciting time in India's history. India is emerging in the world community politically, economically and culturally. Simultaneously, the influences of western culture are pouring into Indian society. India is now experiencing a tug-of-war between the new and the old. With new opportunities will come the challenge of growing India's future while honoring the best of its past. And this is exactly what the *Material Success through Yoga Principles* course and workshops are designed to do.

We invite you to participate in transforming India's future into its highest potential by bringing the time tested principles and techniques of yoga into your professional life. Along with being of great benefit to you personally, it will also be beneficial to your company, community, and country. When we bring these high ideals into practical manifestation through all of our interactions with others, not only will we make more money, but we will be doing our part to make the world a better place.

(continued on page 2)

CALENDAR

Upcoming Workshops and Corporate Trainings in Gurgaon

(See page 3 for course descriptions)

January

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|------------|--|
| January 19 | Free Introductory Workshop |
| January 20 | Introduction to Material Success
Though Yoga Principles: An
Interactive Workshop |
| January 24 | Free Introductory Workshop |

February

- | | |
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| February 2 | Free Introductory Workshop |
| February 3 | Introduction to Material Success
Though Yoga Principles: An
Interactive Workshop |
| February 7 | Study Group Meeting |
| February 9 | How to Achieve Your Highest
Potential for Corporates |
| February 10* | Stress Busting for Corporates |
| February 15 | Free Introductory Workshop |
| February 21 | The Art of Supportive Leadership |
| February 23 | Introduction to Material Success
Though Yoga Principles: An
Interactive Workshop |
| February 24* | Intuitive Decision Making |

***Advanced reservations are required for these longer Saturday classes.**

To reserve your space or for more information, Please email us at: MaterialSuccess@materialsucccess.org or call: 9873-408-784. Discounts are available for groups of 3 or more.

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Our wish for you in this new year is that you prosper on all levels, mentally, physically, and spiritually—and that financial success will be the companion of your growing sense of personal well-being.



In joyful service,
Vijay Girard
Managing Director,
Material Success Through Yoga Principles

New! For Members Currently Taking the Course

We are now offering many new benefits to better help support our existing members:

- ✦ Once a month Study Group facilitated by a Material Success Through Yoga Principles teacher. This is an invitation to those living in or near Gurgaon to meet once a month. We will go deeper into the lessons together and share our insights and experiences from our study of the lessons. This program will be offered on a donation basis.
- ✦ We will soon be offering a student-only access section on the MaterialSuccess.com website which will feature talks, articles and tools to help support you in your study of these courses.
- ✦ Attending our seminars in Gurgaon entitles you to a discount on the fee for any courses. If you bring a friend who has not attended our workshops and is not a current member, your friend will get a benefit too.
- ✦ Visits from Material Success Through Yoga Principles teachers to other cities in India. Cities we will be visiting in January and February: Bangalore, Chennai and Mumbai.

Would You Like to Study the Lessons for Material Success Through Yoga Principles?

There are a number of ways you can study the Lessons:

- We have a 26 lesson correspondence course available by mail.
 - Join or start your own study group. Anyone who wants to take the course can find up to nine additional people to participate. The advantages of participation are shared expense and group support for studying the lessons. We currently have study groups in Delhi, Gurgaon, Chennai, Bangalore and Mumbai.
 - Invite us to your company to lead corporate training workshops and bring the lessons into your work environment. We train in cities throughout India.
 - We also do training in educational institutes at different levels to introduce these principles to students.
- Please send us an email or, if you call us, we would be happy to talk to you about the course and your options.

Wisdom from Lesson One:

Dharma as the Key to Success

Below are excerpts from Swami Kriyananda's *Material Success Through Yoga Principles* course. If you are not currently receiving the course lessons, these excerpts will give you an idea of the structure and outline of the course as well as the many benefits you will receive by studying these life changing principles. Each lesson features a section on specific principles, application of these principles, an affirmation and meditation to help you deepen your understanding and internalize that which you've learned, followed by practical exercises or "action items" for you to practice in your day to day life in business and all relationships.

From: "The Principles"

"Whatever goodness a person, or a nation, offers to others will bring expansion of consciousness in return: an expansion of sympathy, understanding and success. When one helps others to achieve prosperity, he attracts greater prosperity to himself. When he helps others to grow in understanding, he finds understanding deepening in himself. When one helps others to grow spiritually, that action brings him closer, himself, to spiritual enlightenment. The law works infallibly. Thus, in comparable measure, to harms others attracts similar harm to oneself."

From: "The Application"

"The more you think in terms of serving others rather than of using them to your own advantage, the more you will find these high principles working for you. Please try it!"

Affirmation for Lesson One

*"I will serve Thee in all,
as extensions of my own true self."*

From: Action items

(contributed and written by Joseph Cornell):

Life Responds in Kind: Throughout the day, ask yourself continually, "How can I contribute uplifting and positive energy to this situation?"

Offer the Most Value: Ask yourself "How can I create the most enjoyable environment and experience for my customers?"

Change Your Karma: Avoid blaming others, or Life, for what happens to you.

Corporate Sponsorships

We offer corporate sponsored scholarships to educational institutes who would like their students to study the *Material Success Through Yoga Principles* course. We invite you to help us bring these ideas to young minds. Please contact us if you are interested in joining us in this venture via email or phone.

Material Success Through Yoga Principles

Course Descriptions

*Group and member discounts apply, please call for details
All workshops below will be held in DLF Phase 1, B 20/1, Gurgaon*

Material Success Through Yoga Principles:

A Free Introductory Workshop

Offered: Jan. 19, 24 and Feb 2, 14, 7:30-9pm

This workshop will give you not only an overview of these lessons developed by Swami Kriyananda but inspiration to live your life differently and obtain practical skills you can immediately apply to your life and business relationships. This course will include interactive exercises and discussions.

Introduction to Material Success Through Yoga Principles:

An Interactive Workshop

Offered: Jan. 20 and Feb 3, 10am - 1pm

Attendance Fee:Rs. 700

February 23, 7-9pm , Attendance Fee: Rs. 500

This workshop will take you deeper into the principles contained in the *Material Success Through Yoga Principles* course—a course which will provide you with an ocean of wisdom that allows for deeper study and understanding of your life and business relationships. In this course you will learn:

- ✦ Necessary personal skills that will give you the ability to find positive solutions in all situations.
- ✦ Skills of living from the inside out rather than the outside in, and to use that understanding to be more successful in life.
- ✦ To develop intuitive guidance, strengthen your own success magnetism, and align your will with the power of the universe.

How to Achieve Your Highest Potential An Interactive Workshop

Offered: Feb. 9, 7:30-9pm, Attendance Fee:none

Based on the *Material Success through Yoga Principles* course, this presentation will include participatory exercises and a discussion of the practical application of each area discussed as it applies to personal excellence in the workplace. Attendees will discover that the ancient yoga teachings are found to be a practical basis for making decisions that lead to success in business, as well as in all aspects of life.

Stress Busting For Corporates

Offered: Feb. 10, 10am - 5pm

Attendance Fee: Rs. 1500

Advanced reservations required, please call

These techniques and exercises have proven their efficacy over a long period of time and come directly from India's ancient traditions. Students will learn:

- ✦ How to consciously relax and draw energy to the body at will.
- ✦ How to meditate and focus the mind.
- ✦ To explore the joyful peace that lies within each person waiting to be tapped.
- ✦ How to cultivate and strengthen that which is beneficial for the body.
- ✦ Techniques for making beneficial decisions in order to experience personal balance in life.
- ✦ 10 Keys to less stress.

Intuitive Decision Making for Corporates

Offered: Feb. 24, 10am - 5pm

Attendance Fee: Rs. 1500

Advanced reservations required, please call

This workshop includes a specific process for reaching past both the subconscious reactive mind and the conscious reasoning mind in order to access the superconscious intuitive mind. You will learn:

- ✦ Practical application for how to apply the process.
- ✦ How to redirect the energy of a situation into a positive result.
- ✦ Exercises and role playing for a clear understanding of the process and practice in application of the techniques.

The Art of Supportive Leadership

A Free Interactive Workshop

Offered: February 21, 7:30 - 9pm

This workshop will give the participants a fresh and clear understanding of what they are trying to accomplish as leaders and techniques to develop their skills. This course includes:

- ✦ Learning how to develop an inspiring vision and achieve lasting results.
- ✦ Winning the loyalty of others in order to build an effective team.
- ✦ Specific precepts and techniques for implementing a dynamic and ethical approach to leadership.
- ✦ Group practice through role playing to understand and express the process of supportive leadership.

Testimonials from Workshop Participants All Over The World

“A good, useful, and practical learning experience; the very fundamental basic principles of life and vedic learnings one will apply to day to day living and business situations.”

—*P. Sharma, Human Resources Director, Perfetti Van Mel, India*

“I am setting in motion a publishing house and studying the course and using its teachings is giving me the energy and courage to solve all the difficulties that are arising. Kriyananda has offered us a treasure by which we can attune to the limitless wealth flow that is available for everyone.”

—*F. Bermudez, Scientist, Spain*

“The beauty of this course is that it doesn't limit success to material acquisitions, but extends its valid principles to every aspect and activity of life, making it possible to become a more successful human being.”

—*C. Poselli, Manager, Italy*

Material Success Through Yoga Principles Training with Perfetti Van Mel



Perfetti Van Mel employees were guests at our facility for an all day Material Success Through Yoga Principles training. Haridas Blake (top row, 2nd from left) and Vijay Girard (top row, 4th from right) were the workshop facilitators.

A New Training Room in Gurgaon

We now have a new facility where we will be holding all our in-house workshops and corporate training programs in Gurgaon. This new address is:

DLF Phase 1, B 20/1, Gurgaon

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Are Yoga Principles Compatible With Business Success?

(Based on The Material Success Through Yoga Principles Course, by Swami Kriyananda)

The sages of ancient India who developed the science of yoga were not impractical men. They were concerned with helping humanity answer the most pressing question of all: “How can I find greater happiness, and avoid suffering?”

In their quest for the answer, the yogis were guided by a simple standard: “What works?” Through direct, dispassionate observation of life, they discovered the methods by which people of all dispositions can attain the unshakeable joy of their own Self.

Just as the five paths of yoga address the needs of people of physical, emotional, volitional, mental, and spiritual temperaments, we may also say that every business has a body, heart, will, mind, and soul. Let us begin, then, with the central principle of yoga which states that happiness increases invariably, and sorrow wanes, when we expand our awareness—and conversely, that sorrow increases when we adopt contractive attitudes.

Here are five suggestions for increasing a spirit of expansion in yourself and your employees:

1. Reflect on why you chose your occupation. What originally inspired you?
2. Now ask yourself, “How can I be more creative and expressive at work? What tasks or roles increase my enthusiasm and serve my deeper goals?”
3. Vow to act more from ideals important to you.
4. Every day, attune to the highest your profession offers—to you, and to others.
5. If you cannot change a difficult situation, concentrate on serving and giving love to others. This will keep your energy expansive and joyful no matter what challenges you face.

Material Success Through Yoga Principles

DLF Phase 1, B 10/8, Gurgaon, (Harayana) 122002

For more information, please contact us at (0)9873-408-784 or MaterialSuccess@anandaindia.org

Also visit our website: www.materialsuccess.com

In association with Ananda Sangha's Yoga Institute for Living Wisdom