

Ananda Sangha's

# Material Success Through Yoga Principles

March 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

## Welcome to Our March Newsletter

Dear Friends,

Many years ago I met an American businessman who said to me, "You can't be successful in business and be honest." Since arriving in India two years ago I have heard the same words from a number of businessmen and students. They believe that it simply isn't possible to be successful and be honest. What I propose is that we consider the question: Is it possible to be truly successful in business if you are not honest?

I will concede that short term financial gains can be acquired through dishonesty. You can steal, cheat or bribe your way to attaining a desired goal, and there it is in front of you. But what has it brought along with it? Certainly there is the risk of being caught, which can lead not only to the loss of the gain, but also the loss of your reputation, possibly your job, and even potentially, your physical freedom if criminal proceedings are brought against you.

Some people will say that "as long as you don't get caught" it is okay to be dishonest. But is it actually possible to not get caught? Even if the public doesn't know you acted improperly, you know what you did. Simultaneously, when we act against the universal laws of truth we automatically set ourselves up for that negative energy to come back to us at some point in the future. This is the law of karma that we can often see taking place in the lives of others but choose to sometimes ignore in our own lives.

People don't often enough consider what dishonest actions cost us internally: to the peace of the mind and heart. As soon as we cross over the line from dharma and enter the territory of adharma we disconnect ourselves from the source of success, our inner connection to the peace, love and joy of life itself. How can we consider our lives successful if cut ourselves off from our greatest potential for happiness?

History is filled with the stories of lives that were led astray by the glitter of short term dishonest gain. Let us cling at all cost to the path of dharma, and we will find that no matter how  
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## CALENDAR

### Upcoming Workshops and Corporate Trainings in Gurgaon (See page 3 for course descriptions and times)

#### March

March 14	Study Group Meeting
March 17	Free Introductory Workshop
March 18	Introduction to Material Success Through Yoga Principles: An Interactive Workshop
March 21	How to Meditate
March 24	How to Achieve Your Highest Potential for Corporates
March 25*	Cultivating Personal Balance: how to have less stress and More energy
March 28	Free Introductory Workshop
March 31	Introduction to Material Success: Through Yoga Principles: An Interactive Workshop

**\*Advanced reservations are required for the longer Sunday classes.**

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

## 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.

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things go on the outside, we will maintain our inner connection to the greatest wealth of all, true and lasting inner joy. As Swami Kriyananda quotes in lesson one of the of the *Material Success through Yoga Principles* Course: Yato Dharma Tata Jaya - Where there is Dharma, there is victory.



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

## Testimonials for *Material Success Through Yoga Principles*

*“The presentation was extremely good. It was simple and touched the weak areas of the human physiology which needs to be strengthened and molded so as to produce positive energy which is beneficial for us individually and at the same time to the organization in which we are serving. Happiness of the individual is very important for the individual and the organization and self-development is the key ultimately to success.”*

—Mr. Singh  
Punjab National Bank

*“Making decisions based on energy level awareness is a very vital tool. This also has a major impact on how life can be more positive.”*

—Mr. S. S.  
Workshop Participant

*“The workshop is an important step to pause and reflect on one’s life and an important intervention to carry out mid-course corrections and/or consolidations.”*

—M. P.  
Perfetti Van Melle

## Wisdom from Lesson Three:

### ***Knowledge, Inspiration, and Energy***

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 it offers. 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, and practical exercises and “action items” for you to practice in your day to day life.

*Excerpt from “The Principles”*

“Success, to be really meaningful, means more than a stable income: It means inner happiness and satisfaction. There is nothing so ultimately dissatisfying as the lackluster quality of mediocrity. Yet mediocrity is all one will achieve if what he learns in school is not combined with inspiration and energy.”

*Excerpt from “The Application”*

“To be inspired in any desired subject, form a clear concept, first, of what you want. Focus that concept at the point between the eyebrows; then, mentally and with love (this feeling is important), demand that the inspiration be given to you.”

### **Affirmation for Lesson Three**

*“I am one with everything in existence. Truth itself is mine. And I am part of all truth.”*

*Excerpt from: Action items  
(contributed by Joseph Cornell)*

Think about something in your life for which you really need an answer. Spend a few moments and see if you can gain greater insight into the situation. Write down any thoughts that come to you.

Measured Breathing: Inhale slowly counting one to eight, hold your breath for the same number of counts, then exhale for the same count. This is one round of “measured breathing.” You may either lengthen or shorten the number of counts according to what is comfortable, but keep the inhalation, retention, and exhalation equal. Do five rounds.

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

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

—Receive 26 lesson correspondence course available by mail.

—Join or start your own study group: 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 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 young people. Please send us an email or call us. We would be happy to talk to you about the course and your study options.

# Material Success Through Yoga Principles

## Course Descriptions

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

### **Material Success Through Yoga Principles:**

**A Free Interactive Workshop**

*Offered: March 17 & 28, 7:30pm - 9:00pm,  
Attendance Fee:none*

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

### **Material Success Through Yoga Principles:**

**A Deeper Look at the Lessons**

*Offered: March 18, 10am - 1pm  
Attendance Fee:Rs. 700*

*& March 31, 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 life 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: March 24, 7:30-9pm, Attendance Fee:  
Rs200*

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.

### **Cultivating Personal Balance—How to Have Less Stress and More Energy**

*Offered: March 25, 10am - 4pm  
Attendance Fee: Rs. 1300*

***Advanced reservations required, please call***

These techniques and exercises have proven their efficacy over a long period of time and come straight 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.

### **How to Meditate:**

**An Introductory Workshop**

*Offered: March 21, 7:30pm - 9:00pm,  
Attendance Fee:Rs200*

One of the keys to living a successful life is to learn how to live from the inside out rather than the outside in. Meditation can help you do this. The science of meditation is rich and varied. Learn the basic techniques of meditation through clear, step-by-step instructions. Experience the importance of the breath/mind connection and the power of the focused mind. This workshop helps you to explore the inner potentials more deeply and to broaden your understanding and experience of how to use meditation to make your life work better. You'll explore:

- How to use specific meditation techniques effectively;
- How to increase your energy and magnetism;
- Breathing exercises for greater inner peace;
- How to use meditation to enhance every aspect of your life.

## Material Success Through Yoga Principles “Going Global”

In January, Vijay visited Visakhapatnam Gitam College of Management Studies for the Decennial Celebration of PG Department of Human Resource Management: Going Global-Unleashing People Potential International Conference. Vijay was one of the keynote speakers at the conference and spoke with others about “Managing and Empowering People-Best Practices”. Gitam College of Management Studies was started in 1988 and was initiated to promote exclusively management education and training. Material Success Through Yoga Principles has conducted classes at Gitam once a month for a year long course. (right: Vijay was one of the keynote speakers)



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## To Get What You Want, Clarify Your Goals

By Swami Kriyananda

(The following is an excerpt from *Cities of Light: A Plan for this Age*)

Mankind cannot remain satisfied forever with things that feed his body, but not his mind or soul. If he lives consciously at all, the acquisition of a roof over his head, enough clothing to keep him warm, and food to sustain his body merely free him to pursue deeper and more natural interests. For man is no mere biological machine. He has mental, emotional, and spiritual needs that can never be satisfied at the supermarket.

How many popular songs have echoed back to us reminders of what we all know in our hearts to be true: that love and happiness can't be bought; that material success means nothing if, in the act of seeking it, we lose our peace of mind.

An artist, in order to get a sense of proportion in his work, steps back from his canvas. People ought to do the same, periodically, with their lives. It is important for us to take charge of our lives. What is the point of drifting heedlessly wherever life's currents may see fit to carry us? As much as possible, we should try to control our destinies.

Stepping back a little, then, from the canvas we've been painting of our lives - or perhaps merely observing while it gets painted for us - let us ask ourselves, "What do I really want from my life?"

—Is it money? If so, what do we want it for?

—Is it prestige? Again, what for?

—Is it "to get ahead"? What does it really mean, "to get ahead"?

Always, the answer, when we dive down deep enough beneath the surface of present crises and ambitions, is to avoid pain, and to find happiness. It's really quite that simple! We identify pain with specific things, such as an insufficiency of money, ill health, or loss of a job. And we identify happiness with the opposites of these things: sufficient money, good health, a good job. A survey was made several years ago which asked people if they were happy with their present incomes. The majority, regardless of how much or how little money they earned, replied, "I'd be happy if I could only earn 10% more." That 10% is the carrot on the stick, inviting the donkey to keep walking, and so to keep on dragging his cartload of worries behind him!

Pain and happiness are mental states; they are not things. As popular wisdom itself says, all the money in the world can't protect us from suffering, and all the money in the world can't buy us happiness. Happiness is not something we derive from things. Money, power, a beautiful home - none of these can give it to us. This inner, mental state should be made the primary goal in our lives.

## Material Success Through Yoga Principles, Gurgaon, India

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also visit our website: [www.materialsuccess.com](http://www.materialsuccess.com)

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

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