

"Your children are not your children.

They are the sons and the daughters of Life's longing for itself.

They come through you but not from you,

and though they are with you yet they belong not to you.

You may give them your love but not your thoughts,

For they have their own thoughts.

You may house their bodies but not their souls.

For their souls dwell in the house of tomorrow,

Which you cannot visit, not even in your dreams."

From 'The Prophet' by Kahlil Gibrain.

A message from Swami Pragyamurti.....

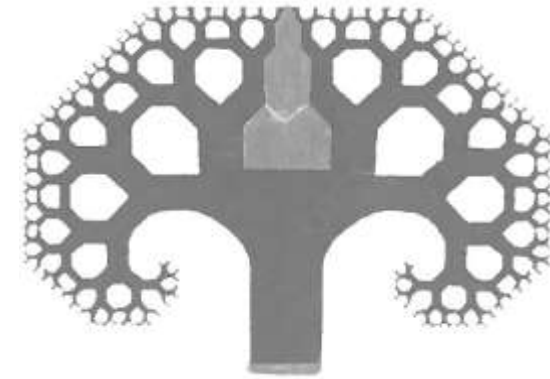
"Here is another chance to become a positive and loving force for good in a troubled world. Yes you CAN make a difference! And together we can make quite an important difference to the work of the Nirvanavan Foundation. I look forward to being with you all on October 14th, either in person at the London Centre, or in spirit wherever you are.
Hari Om Tat Sat."

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Nirvanavan Foundation



Bodhivriksha
'The Tree of Knowledge'

Autumn 2006

SYC London is hosting another Maha Surya Namaskar Fundraising Day for Nirvanavan Foundation.

Saturday October 14th 2006.

Firstly, many thanks to everyone for all your efforts so far. Last year we raised over £4,000 on our fundraising day, and earlier this year we sent another £8,000. Nirvanavan receives no grants/subsidies of any kind (not through lack of trying!) Their sole source of income at the moment is from people such as you and me. Last year they had three schools. Now, as a result of our fundraising efforts, they have reached their target of ten schools.

This year we are aiming for £5,000 on the day. This money will be used to build and finance a much-needed children's home. Nirvanavan has the land, they have the children, they just need the money!

But October 14th is not just about raising money, It's also about coming together (wherever we are), celebrating our aliveness, letting people know about Nirvanavan and the work they are doing, and doing something good for the world. It needs it!! (And so do we!)

Please join us.

Get your friends, work colleagues, relatives etc to sponsor you for a certain number of rounds of Surya Namaskar. Decide how many (1, 3, 9, 27, 54, 108 are good numbers.) Or go for the Maha Surya Namaskar of 144 rounds!!

Then either come along to the Centre on October 14th, or join a group near you, or even take part in your own home. Anything is possible!!

Remember that it's quality that counts, not quantity. (There are no prizes for suffering in yoga! And please remember to build up slowly over the preceding weeks if you're doing a large number of rounds. It's not exactly a marathon but it is a strong physical practice and it is important to respect your body. It is also a wonderful spiritual practice, - as well as a one-off means of raising money!)

If you are a teacher you might want to invite your students to take part also. Last year people participated all over the country and we look forward to another nation-wide – even international - event this year.

Earlier this year I watched the children making their own bricks to build a new classroom. Please know that our money is making a BIG difference to the quality of their lives and the environment in which they live. I hope that one day more people will visit..

On the evening of the 14th there will be a concert of words and music – and Nirvanavan photographs) with Krishnadhyanam (and friends). This will be at St.Luke's Community Hall, Ramsden Road, London SW12 and will start at 7.45pm. You are warmly invited. Admission is free for all sponsors, as a way of saying thankyou - otherwise by donation.

Many of you will be familiar with the words and philosophy of Swami Sivananda, one of the great yogis of the 20th Century:

*“Serve, Love, Give, Purify,
Meditate, Realise
Be Good, Do Good,
Be Kind, Be Compassionate”*

Simple words – so easy to remember, and yet so profound. Profound, because when properly understood - and more importantly, lived, they contain the essence of truly great living.

And if Yoga is about anything, it is about truly great living.

Krishnadhyanam

A sponsorship form is enclosed with this newsletter. There are various ways to participate-

1. If you would like to take part in this sponsored Surya Namaskar yourself, please use the form to obtain sponsors.
2. If you are a teacher and would like to distribute this form to any of your students who may wish to participate, please photocopy it or ask the Centre for more forms.
3. If you don't want to take part yourself but would like to sponsor someone else please use it as a donation form and return it to the Centre.
4. Any combination of the above! (Help also is needed with organisation.)

NB as well as friends and family, you might want to think about asking local businesses, your employers, the local Indian take-away, etc. Many large firms do have a charity budget for instance.

