

# YOGA<sup>TM</sup> MAGAZINE

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ISSUE 196 / JUNE 2019

**THE SUMMER OF LOVE**

**WELLNESS BATHING**

**EXCLUSIVE**

**NICK BORAGI**

**OUR SIDDHI  
OUR POWER**

**5 WAYS TO  
BE MORE  
MINDFUL**

**WORLD EXCLUSIVE**

**इश्वरानो  
bhaktivedanta  
& THE BEATLES**

**CHAKRA YOGA**

**READER'S STORY**

*inhale  
exhale*

**ESSENTIAL OILS FOR MEDITATION**

**HEART MEDITATION**

**OLIVE OIL  
ELIXIR FOR  
GOOD HEALTH**

**MINDFUL YOGA**

**INTERNATIONAL  
YOGA TEACHING**

**YOGA FOR  
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**CELEBRITY SPECIAL**

**ANNA BRET & RAVI SINGH  
SUMMER YOGA WORKOUT**

**NO WORK NO FOOD  
THE MONASTIC RULE**

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+ ISKCON + VIRABHADRASANA I + CHAKRASANA + URDHVA DHANURASANA + MERUDANDASANA  
+ ARDHA MATSYENDRASANA + YOGA FESTIVALS + SET ASANA + ASK YOGI DR MALIK**

# Editors Letter



## Dear YOGA Magazine readers,

I'd just like to say on behalf of all the team here at YOGA Magazine that we are grateful and appreciative of your support and confidence in our magazine. This month we are delighted to feature the life and spiritual legacy of Swami Bhaktivedanta whose passionate goal to spread and teach Bhakti yoga was realised with great success. His meeting and collaboration with the Beatles also left a lasting legacy in the UK. We also catch up with Nick Boragi, Design Director for Our Siddhi, one of the most sought after and original yoga lifestyle brands. The creative 'spirit' and 'love' invested into the company is self-evident in its cutting-edge designs and ethos. We definitely loved everything about Our Siddhi and hope you do too.

June issue features a wide range of diverse subjects that form an intrinsic part of the yoga lifestyle. We've got experts providing A-list advice, guidance, tips and more on a range of subjects including Mindfulness practices, Mindful Yoga, Chakra yoga, Kundalini yoga, Meditation in practice, Wellness Bathing, Happiness, how to use essential oils for meditation, Yoga for Special Needs, international Travel Tips for Yoga Teachers and lots more.

With summer approaching full swing you'll find some great practical yoga exercises and workouts inside. Joanna Cowper and Ana Brett and Ravi Singh are just some of our stellar contributors providing you with step by step instructions on summer work-outs and exercises to work on your energy centres.

I'd like to just to quote here a part of Our Siddhi's ethos, which is also a reminder to everyone about the purpose of why yoga is practised:

“We believe that everyone possesses a unique power within themselves. We believe that power should drive us to enrich the lives of others. We believe in the ripple effect – that small acts of kindness can reverberate exponentially. We believe that an ancient practice is just as relevant today as it was then. We believe in balance – between the time we dedicate to our practice and the time we dedicate to others..... We believe that style and spirituality can not only coexist but inspire one another.....”

(OUR SIDDHI)

Lots of love

Yogi Dr Malik  
Editor

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## YOGA Magazine

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WAYS TO PRACTISE

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YOGA FOR SPECIAL NEEDS



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**Joanna Cowper**  
CHAKRA YOGA

**Lauren Windas**  
5 WAYS TO BE MORE MINDFUL

**Lelly Alworth**  
THE HAPPINESS CONNECTION

**Michael Goddart**  
BECOMING TRULY ALIVE

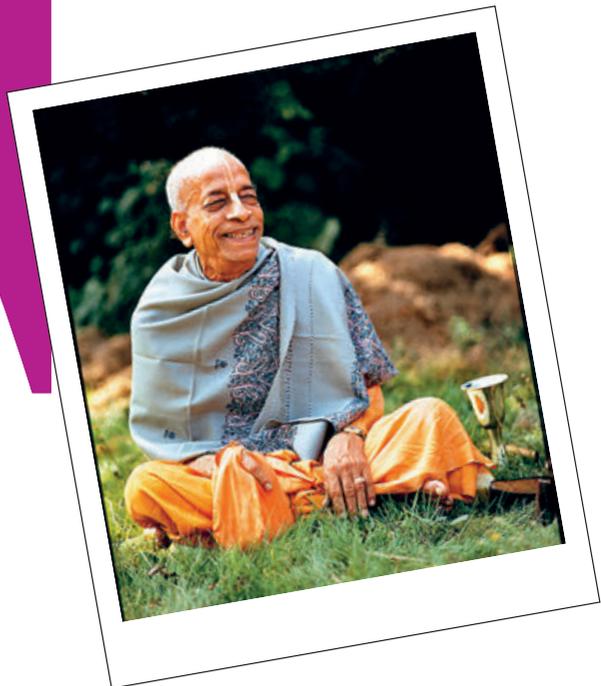
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INTERNATIONAL TRAVEL FOR YOGA  
TEACHERS

**Yogi Dr Malik**  
ASK YOGI DR MALIK , VEDIC ASTROLOGY

**Zoe Watson**  
WELLNESS BATHING



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# Swami Bhaktivedanta

**Words & compilation : Amit Patel, Jigna Chauhan & Natasha Menon**

YOGA Magazine is delighted to present the life and work of Bhaktivedanta Swami: A well-wisher of the world. Swami was a profound spiritual master whose passionate goal to spread and teach **Bhakti Yoga** in the West was realised with great success.

However, for anyone seeking a deeper meaning and understanding of the sheer vastness of this subject matter, there is no better place to start than studying the work of one of the most prolific Swami's of modern times.



**Y**oga is more than just a physical exercise. The word “yoga” comes from the Sanskrit root *yuj* which means to link up with or combine. Other interpretations of the word have also been provided by a number of distinguished practitioners. For many practitioners, today the physical practice of yoga is embraced – for obvious health and wellbeing purposes. However, the practice of physical is only one facet of this ancient discipline. A non-dogmatic approach to the practice of yoga resonates with many people and that is fine - because we have freedom of choice to engage in whatever aspect of yoga that suits one’s disposition.

Bhakti is derived from the Sanskrit word *bhaj*, which means loving service. Bhakti-yoga means to connect to the Supreme by means of loving devotional service.

The *Bhagavad Gita*, the core spiritual text for the International Society for Krishna Consciousness (ISKCON), otherwise known as Hare Krishna movement, describes a variety of yoga practices. Among them are *karma*-yoga (the practice of conscious action), *jnana*-yoga (philosophical study and contemplation), and *hatha*-yoga (the practice of yoga-*asanas* and breathing exercises). The movement has international appeal and has amassed millions of followers. ISKCON (like many large influential organisations) has not been without controversy. The organisation is a religion for those that wish to follow other related aspects of practice. At the same time it has embraced those people who do not wish to follow any particular religious stance, but nonetheless who wish to experience and/or engage in or just want a 'taster' of the deeper spiritual practices on offer.

According to the traditional yoga systems, physical exercises are just one step on the path of God realization. The *Bhagavad Gita* ultimately prescribes *bhakti*-yoga (the path of dedication and love) as the culmination of other yoga practices. Bhakti-yoga focuses on developing dedication, service, and love for the Divinity, Lord Krishna.

The path of *bhakti*-yoga is developed through a variety of activities. These include mantra meditation, or the chanting of the names of God. The chanting is done either individually on beads

(*japa*) or in community by chanting mantras accompanied by music (*kirtan*). The study of sacred texts such as the *Bhagavad Gita* and *Srimad Bhagavatam*, associating with like-minded spiritual aspirants, eating sanctified vegetarian food, and living in a way that upholds the principles of truthfulness, mercy, austerity, and cleanliness, are all core practices for a life of followers of *bhakti*.

For millennia the teachings and the rich culture of *bhakti*-yoga, or Krishna consciousness, was hidden within the borders of India. Today, millions around the globe express their gratitude to Bhaktivedanta Swami for revealing the timeless wisdom of *bhakti* to the world. His books have sold over 500 million copies and his philosophy has created hundreds of temples globally.

### A childhood of devotion

Bhaktivedanta Swami was born on 1st September 1896 in Calcutta, India. His father was Gour Mohan De, a cloth merchant, and his mother was Rajani, a home maker. They named him Abhay Charan, one who is fearless at the lotus feet of the Lord.

Gour Mohan was a devout follower of Lord Krishna, and he raised his son to be a God conscious person. Abhay's world, was one of devotion. But the world outside was different, one of suffering. The harsh reality of life continued to confront him when his mother died suddenly. He was deeply affected, but his father gave him solace explaining that the soul is eternal and everything happens by the will of God and that he has to just depend on Him.





*In his room at Radha Damodar temple in Vrindavan*



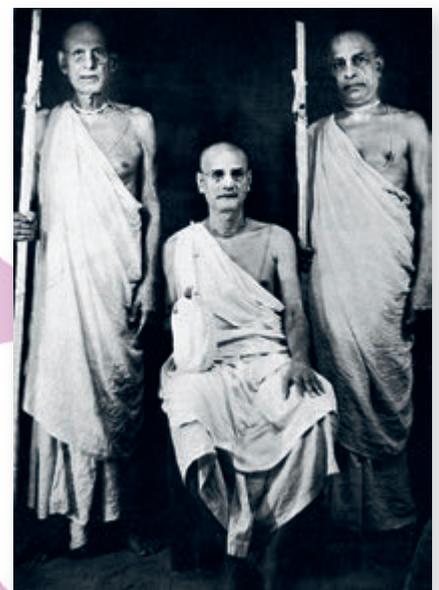
### **Education and meeting his spiritual teacher**

Abhay went to a prestigious college and graduated in 1920 with majors in English, philosophy and economics. During this time the movement for independence was gathering momentum and he was especially interested in the philosophy of Gandhi. Gandhi always carried a *Bhagavad Gita* and spoke of being guided by its philosophy.

One day in 1922, a friend of Abhay's took him to a bhakti-yoga centre and into the presence of the prominent scholar and spiritual leader, Bhaktisiddhanta Sarasvati. Bhaktisiddhanta Sarasvati took a liking towards the devout young Abhay and asked him on their very first meeting to spread bhakti-yoga through the English language in the West. This meeting proved to be most influential on young Abhay's future calling.

Deeply moved by Bhaktisiddhanta Sarasvati's devotion and wisdom, Abhay became his formal student in 1933, and resolved to carry out his teacher's instruction. As a pharmaceutical salesman, Abhay did a lot of travelling by rail especially in North India. He thought that if he

could become wealthy, he could then use his money to propagate his spiritual teacher's mission, and this thought encouraged him in his profession. Abhay, later known by the honorific A.C. Bhaktivedanta Swami Prabhupada, spent the next 32 years preparing for his journey to the West.



*With his spiritual teacher, Bhaktisiddhanta Sarasvati*



It had become an obsession but he did not know how this would happen. After many attempts, in 1965, at the age of 69, he managed to convince the chairman of the East India Steam Company to allow him free passage on board a cargo ship, the *Jaladuta*, from Calcutta to New York.



Matchless Gifts, New York

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One of Abhay's most significant meetings with his spiritual teacher took place in Vrindavan in 1935. One day as Bhaktisiddanta Saraswati was walking by the sacred lake of Radha Kund with Abhay and several other disciples, he said directly to Abhay, "I had a desire to print some books. If you ever get money, print books." In 1936, he received a letter from Bhaktisiddanta Saraswati in which he repeated the same instruction he had given when they first met. He asked Abhay to spread bhakti-yoga all over the world. Abhay took this letter as a confirmation. He now had no doubt as to the purpose of this life. This was the first instruction Abhay had received from his spiritual teacher and ironically the last one too. Two weeks later Bhaktisiddhanta Saraswati passed away.

In 1950, at the age of 54, Abhay felt it was time to retire from family life. His sons were all settled, relatives were also there to provide support and he had fulfilled his duties towards

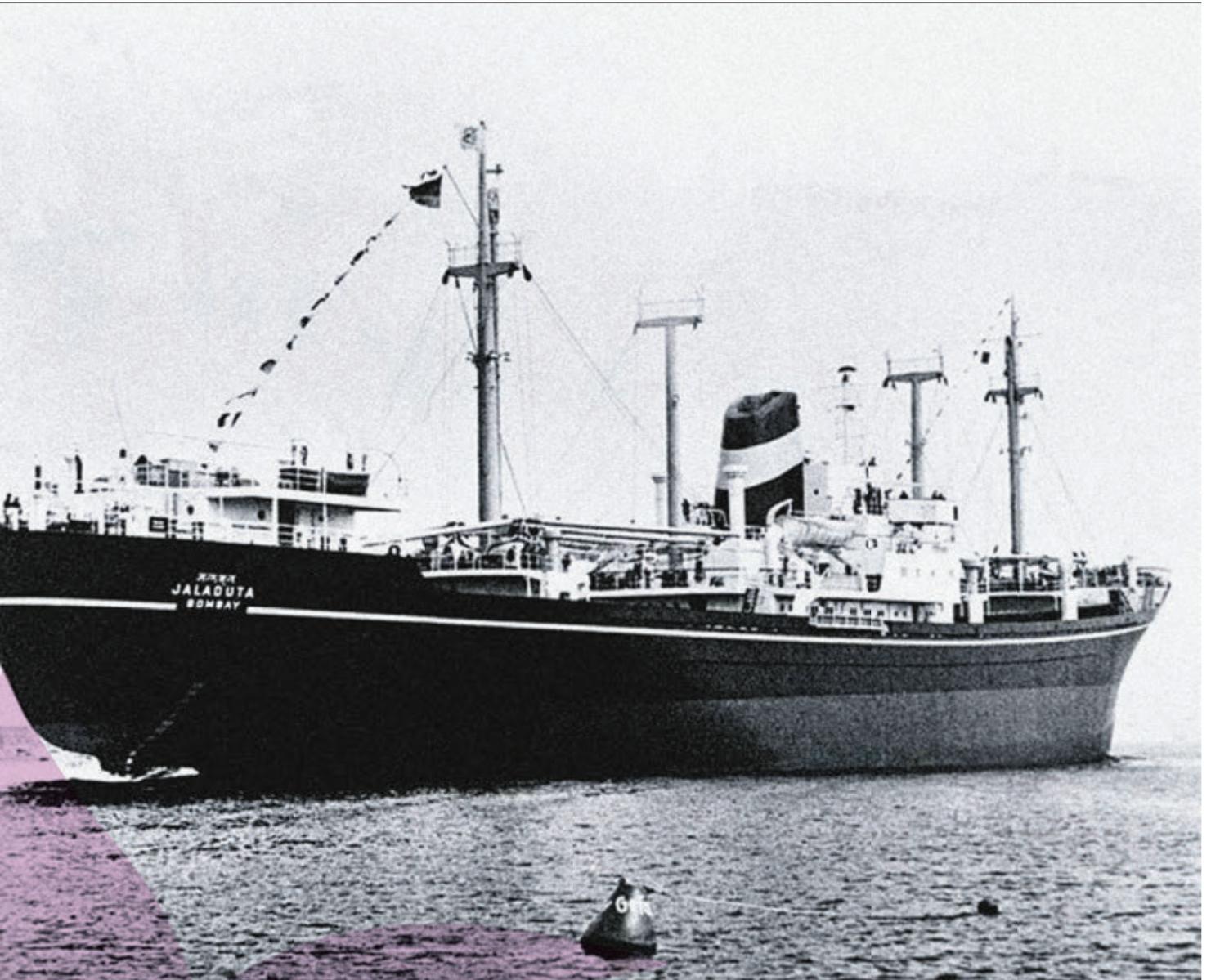
his family and now he had to fulfil his duty towards the world.

He then travelled to the holy city of Vrindavan, where he lived in very humble circumstances in the historic medieval temple of Radha Damodar. There he engaged for several years in deep study and writing. He accepted the renounced order of life in 1959, and was given the title, A.C. Bhaktivedanta Swami. He then seriously took up writing and publishing books and prepared to fulfil the mission of his spiritual teacher.

### Crossing the seas with faith

Bhaktivedanta Swami as he was now known, often dreamt of going to New York. It had become an obsession but he did not know how this would happen. After many attempts, in 1965, at the age of 69, he managed to convince the chairman of the East India Steam Company to allow him free passage on board a cargo ship, the *Jaladuta*, from Calcutta to New York.

At last he had the opportunity to fulfil his spiritual teacher's mission. However, the journey ahead was not an



easy one. He was going to an unknown and probably an unwelcoming country. As saint in India he was respected, the *Bhagavad Gita* was respected. But in America it would be different, he would be no one, a lone foreigner with a trunk of his translations of sacred Sanskrit texts and only forty Rupees.

### Arriving in America

The journey proved to be treacherous and he suffered two heart attacks aboard. After a 35-day journey, the *Jaladuta* reached Boston's

Commonwealth Pier where the ship stopped briefly before proceeding to New York. On 19th September 1965, the *Jaladuta* sailed into New York Harbour. Bhaktivedanta Swami had finally arrived in America.

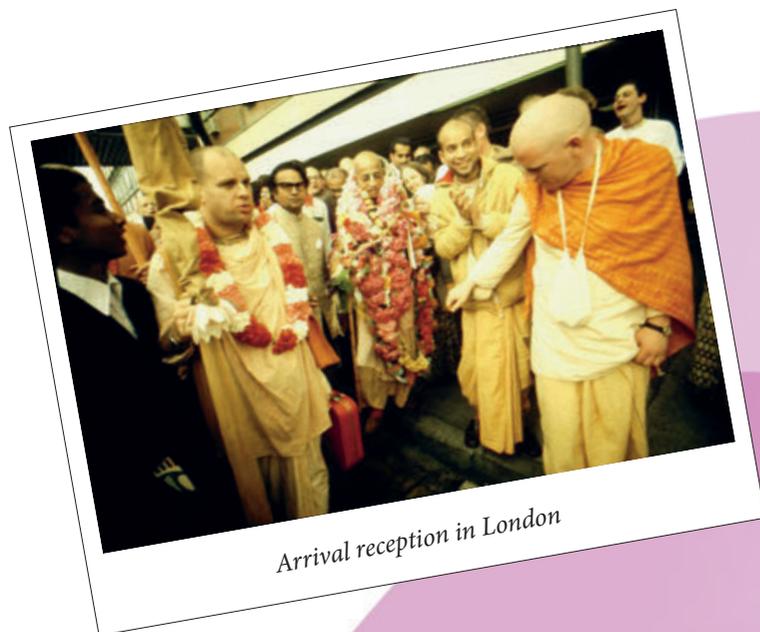
In New York, he faced great hardships and began his mission humbly by giving classes on the *Bhagavad Gita* in lofts on the Bowery and leading *kirtan* in Tompkins Square Park. His message of peace and goodwill resonated with many young people, some of whom came forward

to become serious students of the bhakti-yoga tradition. With the help of these students, Bhaktivedanta Swami rented a small storefront on New York's Lower East Side to use as a temple.

Finally, on 13<sup>th</sup> July 1966 Bhaktivedanta Swami established the International Society for Krishna Consciousness (ISKCON) for the purpose he stated of "checking the imbalance of values in the world and working for real unity and peace".



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Arrival reception in London

### Reigning over London

The Hare Krishna movement was built on a pioneering spirit. Bhaktivedanta Swami was the original pioneer who then empowered three couples with a dream to start a centre in London and meet the biggest band in the world - the Beatles. The couples and one baby came to London on 1<sup>st</sup> September 1968, and by Christmas they were chanting Hare Krishna with the Beatles.

In the middle of a winter of struggle came a fortunate break for the London devotees: a meeting with George Harrison of the Beatles. For a long time, the devotees had been thinking of ways to get the Beatles to chant Hare Krishna. At a Christmas reception

at Apple Studios, the Beatles were holding a press conference about their upcoming Abbey Road album. In a crowded room at the studio, one of Bhaktivedanta Swami's students Shyamasundar, shaven headed and wearing robes, sat hoping for a chance to have a few words with someone connected with the Beatles. After hours passed the Beatles came out, and made a quick exit out of the building. However, George noticed Shyamasundar and recognised him from a photo he had seen of him with the other devotees in an article published by a London media publication titled "Krishna Chant Startles London." The article reported on the devotees' arrival in England and their plans for opening a temple. George walked straight over, grinning and said, "Hare Krishna! Where have you been? I've been waiting to meet you!" And so, began a friendship.

George felt a connection with the devotees. He offered to help them get a building in London, and he and Shyamasundar spoke of making a Hare Krishna record. "I can see it now," George told them. "The first Sanskrit tune in the top ten."

Bhaktivedanta Swami wrote in a letter to the devotees in London, expressing more ideas about how George could best serve Krishna. "I am so glad that Mr. Harrison is composing songs like 'Lord whom we so long ignored.' He is very thoughtful. When we actually meet, I shall be able to give him thoughts about separation from Krishna, and they will be able to compose very attractive songs for public reception." Later George would record some of these songs. His "My Sweet Lord" was number-one on *UK Singles Chart* and *US Billboard Hot 100*, and his million-selling album "Living in the Material World" was number-one on *US Billboard Top LPs & Tape*.



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On 29<sup>th</sup> August 1969, the "Hare Krishna Mantra" single was released and received favourable reviews in the British papers and constant airplay on radio. On the first day of its release, the record sold 70,000 copies and entered the charts at number 20. Within two weeks, it rose to the number twelve spot, selling 20,000 copies a week in London alone. England's most popular television show, *Top of the Pops*, twice broadcast devotees chanting Hare Krishna surrounded by go-go dancers and swirling clouds of dry-ice mist. George watched the nationally

televised show with glee. It was, he later remarked, "one of the greatest thrills in my life."

The stage was set. The time had come for the principal character to enter. Lord Krishna's ambassador to the West, was at last coming to England. For the six devotees who had pioneered bhakti-yoga in London, it had been a long struggle. But now it seemed that their once impossible dreams were coming true. They had found a place for Bhaktivedanta Swami to live, and they had obtained a temple in the centre of London.

### Bhaktivedanta Swami arrives in London like a king

On 11<sup>th</sup> September 1969, Bhaktivedanta Swami arrived in London. The timing was perfect. His movement has a strong foothold in Britain; Krishna's name is being heard daily - over the radio, on the television, in newspapers, and magazines - by millions of people throughout the land. So, their dreams of that big event are realised: Bhaktivedanta Swami arrives in Great Britain like a king.

A BBC reporter asks Bhaktivedanta Swami, "Swami, why have you come to England?" To this he responds, "I have come here to teach you what you have forgotten: love of God."

Bhaktivedanta Swami had indeed come to London not to be influenced by the Englishmen but to influence them. And he was off to a good start, under Krishna's special care. He landed in UK, greeted by his old and new students, delivered one of his most powerful interviews to the world press, then was whisked off in a chauffeured limousine to one of the poshest mansions in England, as the guest of one of the most famous people in the world. He remained deeply fixed in his purpose of carrying out the instructions of his spiritual teacher, whatever circumstances awaited.

### Bhaktivedanta Swami meets the Beatles

Bhaktivedanta Swami arrived as a house guest at Tittenhurst Park, John Lennon's estate in England. John, Yoko, and George Harrison, after enjoying an Indian vegetarian meal prepared by the devotees at the temple, walked over to his quarters for their first meeting.

Smiling graciously from behind his desk, Bhaktivedanta Swami asked his guests to enter and be seated. Here were two of the most famous people in England, and Krishna wanted him to speak to them.



With George Harrison and his then wife Patti Boyd

They had lively discussion about the path to peace and liberation, the eternity of the soul, reincarnation, the nature of God, qualifications of the guru, and the authority of the *Bhagavad Gita*. Although George and John were about the same age as most of Bhaktivedanta Swami's disciples, he considered them respected leaders.

On 14<sup>th</sup> July 1969, the Radha-Krishna Temple was officially opened in the heart of London. When at last everything was ready, Bhaktivedanta Swami opened the main curtain, revealing the graceful forms of Lord Krishna and Sri Radha. They had miraculously arrived just days before, when Mr. Goyal, secretary of the East London Hindu Centre phoned the temple to inform Bhaktivedanta Swami that their organisation had just received a set of large marble Radha-Krishna deities from Jaipur and enquired if he would be interested in seeing them.

Now that an authorized temple of Radha and Krishna was propagating bhakti-yoga in London, it was a historic occasion for the bhakti-yoga

tradition; a long-standing order of the previous spiritual teachers had been fulfilled.

### A lasting legacy for the world

In the eight years that followed, Bhaktivedanta Swami circled the globe 14 times on lecture tours spreading the teachings of Lord Krishna. Men and women from all backgrounds and walks of life came forward to accept his message. With their help, he established temples, farm communities, the world's largest vegetarian food relief programme, vegetarian restaurants, a publishing house, and educational institutions around the world.

With the desire to nourish the roots of bhakti-yoga in its home, he returned to India several times, where he sparked a revival in the bhakti-yoga tradition. In India, he opened dozens of temples, including large centres in the holy towns of Vrindavan and Mayapur.

Bhaktivedanta Swami's most significant contributions, perhaps, are his books. He authored over

70 volumes on the bhakti-yoga tradition, which are highly respected by scholars for their authority, depth, fidelity to the tradition, and clarity. Several of his works are used as textbooks in numerous college courses. His writings have been translated into 76 languages. His most prominent works include: *Bhagavad Gita As It Is*, 30-volume *Srimad Bhagavatam*, and 17-volume *Chaitanya Charitamrita*.

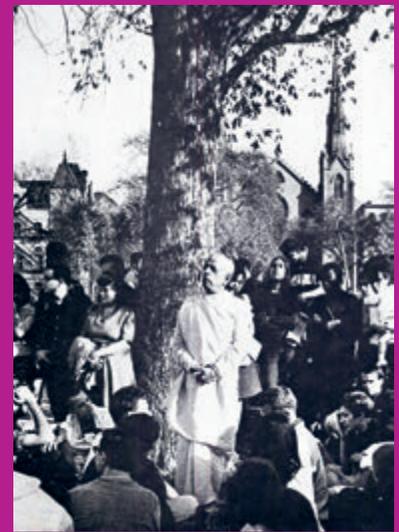
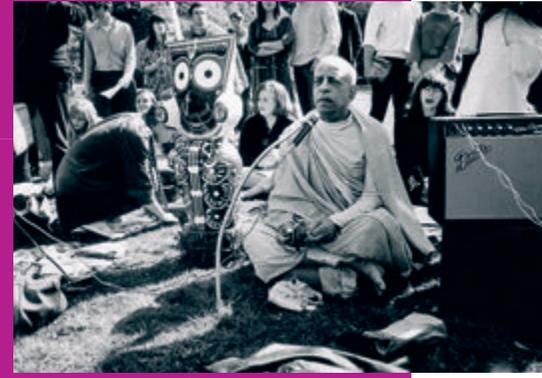
Bhaktivedanta Swami, passed away on 14<sup>th</sup> November 1977, in the holy town of Vrindavan, the home of Lord Krishna and where his mission began, surrounded by his loving students who carry on his mission of bhakti-yoga today.

Members of ISKCON practice bhakti-yoga in their homes and also worship in temples. They also promote bhakti-yoga, through festivals, the performing arts, yoga seminars, public chanting, and the distribution of the society's literatures. They have also opened hospitals, schools, colleges, eco-villages, free food distribution projects, and other institutions as a practical application of the path of devotional yoga.

### 2019: 50 years of the Hare Krishna movement in UK

We live in a stressful world with mental health problems like depression on the rise. 1 in every 4 people suffer from mental health issues each year and anxiety affects nearly 1 in 20 people. 41% of employers have noted an increase in mental health conditions. Much has changed since 1969 but the search for love and happiness remains.

Bhakti-yoga now attracts a diverse and inclusive population. You will find corporate executives, professionals in the creative arts, and in a variety of other fields practising bhakti-yoga, sharing mantra meditation sacred wisdom, and promoting karma-free lifestyle across the globe. Urban monks, game changers, deep thinkers and thought provokers are meeting with politicians, faith leaders and celebrities. They are offering timeless wisdom with modern relevance.



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The Radha-Krishna Temple, London is putting on a series of **'Love and Happiness Events'** - to celebrate 50 years of the movement in UK. The Events offer opportunities to learn more about and to experience bhakti-yoga wisdom, the enrichment of culture and lifestyle through mantra meditation, yoga, arts and karma-free food. To find out more visit [www.loveandhappinessevents.com](http://www.loveandhappinessevents.com).

#### Adapted from:

*Prabhupada: Your Ever Well-Wisher* by Satsvarupa dasa Goswami  
*Chasing Rhinos With The Swami: Volume 1* by Shyamasundara dasa Swami  
*in a Strange Land: How Krishna Came to the West* by Joshua M Greene

