

Ananda Sangha News

Ananda Sacramento

10450 Coloma Road, Rancho Cordova, CA 95670

916-361-0891



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Dear Ananda Sangha,

At our recent Mahasamadhi celebration for Paramhansa Yogananda we listened to a talk given by Swami Kriyananda at the Mahasamadhi celebrations in India. He spoke of Master's work in India and made an interesting and all too familiar observation. He commented how people will oftentimes, in their support and enthusiasm for some project, comment, "Oh, this is so wonderful, I hope it happens." Well?.....and how is it going to happen? If it's God's will, some person or group of people will come along and do it, but, why not you? Why not me? It's there to be done! God needs instruments!

Why watch it go by? "I plead with you," Kriyananda said, "to make this happen, to be a part of the movement of consciousness this great avatar was and is an instrument for." We can do anything! Refuse to let the world hypnotize you into thinking in terms of boundaries and limitations on whatever level. The reality of living the spiritual life means that in every circumstance there is a doorway onto opportunity, growth, and inner freedom. It is ours to claim. And when we do so there is a light in our eyes that gives testimony to the victories of our soul.



Mandir Project and Progress Report

At our Sangha meeting in Fall 2005 everyone felt that the creation of our permanent altar in the temple should take priority amongst the many items on our wish list which include landscaping, blue carpet in the temple, painting and lighting projects, etc. To this end we raised \$5,424 from the December 2005 World Brotherhood Day for the new altar, but we don't yet know if that will be enough. We are awaiting final drawings from JT Heater who is a member of Ananda and an architect. There is still some possibility that we might try to do this project in time for Kriyananda's proposed visit to Sacramento in May (date to be announced when available). Wouldn't that be something!

Thank you and bless you for your continued support, inspiration and fellowship. You are treasures in the Heart of God.

Joy to you,

The Ananda Sangha is a family of souls seeking Self-Realization through the scientific methods of raja yoga as taught by Paramhansa Yogananda. As divine friends, we seek to know, love and serve God in one another and in all life; we share a respect for the underlying spiritual essence of all religions. The Ananda Sangha is the heart, mind and hands for the work of Paramhansa Yogananda through Ananda with the inspiration, example and guidance of its founder, Swami Kriyananda.





JOY



Perhaps the most inspiring aspect of our Mandir Dedication weekend was seeing the joy on everyone's faces.



Joy



JOY

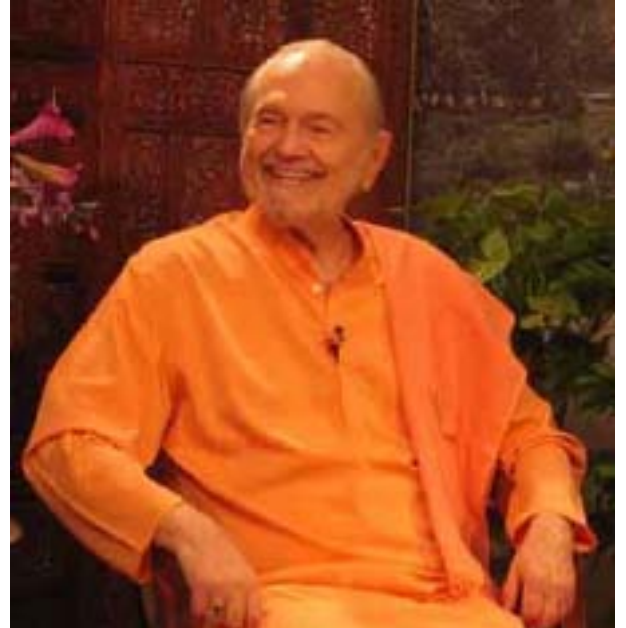


Swami Kriyananda Visits the U.S.

Swami Kriyananda will visit America for two months to celebrate his 80th birthday, to launch his new book, *The Essence of the Bhagavad Gita*, and to participate in the Festival of the Joyful Arts.

We hope he will get a chance to visit our new Mandir, however, he is deliberately keeping his schedule fluid, until he knows about his health after his arrival. The best way to stay informed about the details of his visit is to make regular visits to his new website: www.swamikriyananda.org.

The three events below are the ones currently scheduled during Swamiji's visit.



Thursday, May 18 – Sunday, May 21

Swamiji's 80th Birthday Celebration at the

Expanding Light (Call the Expanding Light for details 800-346-5350 or visit their website www.expandinglight.org)

Saturday, June 3

American Launch of "The Essence of the Bhagavad Gita" at the Herbst Theater in San Francisco

See the link to the Herbst Theater at www.swamikriyananda.org for tickets

June 8 – 11

Festival of the Joyful Arts at Ananda Village

(Check with Expanding Light for details)

Cost of various events

The Expanding Light is requiring all attending to purchase either an event pass or a day pass. The cost of the pass is calculated on the cost of the event, then the meals are added for free, so it's a good deal. The day passes are not as deeply discounted as the event pass, but it is a savings as well. Swami's Birthday passes are \$55 per day or \$92 for the weekend. Joyful Arts Passes are \$65 per day or \$129 for the weekend. Overnight accommodations are not included in the passes. Call the Expanding Light for more details.

The Gift of Laughter

A special thanks to Robert Clark and Joe Begley for bringing the gift of laughter to the Mandir Dedication from our gurubais in Palo Alto. Here are the words to their song which was a parody of Shakespeare's 12th Night, written and choreographed by Asha Praver.



Come Away, Death

*Come away, come away, death,
And in sad cypress let me be laid;
Fly away, fly away, breath,
I am slain by a fair cruel maid.*

*My shroud of white, stuck all with yew, Oh!
Prepare it. My part of death, no one so true
Did share it.*

*Not a flower, not a flower sweet,
On my black coffin let there be strown;
Not a friend, not a friend greet
My poor corpse where my bones shall be thrown.*

*A thousand thousand sighs to save,
Lay me Oh! Where Sad true lover never
Find my grave, To weep there.*

*Come away, come away, death,
And in the dumpster shall ye be laid;
Fly away, fly away, mess,
You are slain by a mortgage paid.*

*The Valley Tribe, so brave and true,
You did buy it,
With pizza crop, and lemons too-
Who woulda thunk it!?*

*Not a wreath, not a wreath of grief
On this new altar. Let there be cheer!
All the gurus, all the gurus greet
Devotees in this bright Mandir.*

*A thousand thousand joys we see,
Bliss abounds here. Ananda Rancho Cordovaji,
God Bless your Mandir.*

Need Some Youthful Energy in your Life? Think about serving as a Sunday School Teacher. The only requirements are that you attend Sunday Service regularly and that you enjoy children. Talk to Maria for more information.



Families sing during Dedication Ceremony

Congratulations to our
newest Kriyabans:

Wendy Slobodnik
Tricia Moore

*"Continue ceaselessly on your
path to liberation through Kriya,
whose power lies in practice."*

—Paramhansa Yogananda

Bonus Karma Points Available

Our larger mandir requires even more volunteers to keep everything happening smoothly, the vibration uplifted and the environment clean and inviting. If you are available to serve in any capacity, either indoors or outside, regularly or for special events; please call Alice at 361-0891.

Changes to The Oratorio This Year



The Oratorio this year will be a little different from previous years. Instead of a 50-voice choir, David Eby is working with a smaller ensemble group. This group of talented musicians and singers has been dedicated to Swami Kriyananda's music for many years and this year's Oratorio promises to be more uplifting than ever.

Last year Arnold Chalfant heard the Oratorio for the first time. Here are some of his impressions:

“The uplifting impact of that live choir sent me into a light meditative state, so my inner vision floated above the heads of the audience, and I felt that these men and women were drawing down the divine energies within them. The woman singing of Mary invoked for me a sense of Mother Mary and some angels just above her. As the songs prepared the way for Christ's birth, I began to feel the life and divine mission of Jesus come alive for me, for the first time in my life. I felt the real drama of Christ's mission in that dark time, and sensed at times the presence of different masters, saints and divine beings here with us. So it was entirely fitting that the resurrection choir song, Christ Is Risen, should fill the upper sanctuary with blessed divine beings. Wow, what an astounding gift!

Afterward, I realized that by buying the CD of this oratorio, I could recreate here at home some of this awesome

“The unexpected bonus was the strong impression of JOY”

inspiration. The unexpected bonus was the strong impression of the JOY of Christ's mission here on earth; joy before the birth, joy in the manger, joy in the early teaching, joy even in the suffering, and then explosive joy at the resurrection and beyond - as Christ guided his disciples and saints in spreading the Good News.”

We would like to pack the mandir with receptive souls once again this year for the Oratorio. Do you have friends or family who might enjoy this musical event?

Free tickets are available for you to give to first time visitors to Ananda. Pick them up at the table after Sunday Service.

The Oratorio is a beautiful way to invite the Christ consciousness of Easter deeply into your life

Saturday, April 8, 7:30 pm

Christ is Coming



A picture of the portrait soon to hang in the new mandir.

Santoshi (formerly known as Nancy Kendall) has donated this exquisite picture of Jesus in honor of our new mandir. She was able to purchase the original painting at the AUM Fund Auction. The artist is Sananda Lal Ghosh, Yogananda's brother.

Santoshi arranged for the oil painting to be copied onto canvas, then she donated enough money for us to have the portrait beautifully framed. Look for it soon in the Mandir.

Blessed Ribbons Become An Altar Cloth



Remember during the Mandir Dedication Ceremony we had a chance to bless pieces of ribbon? Here is a picture of the finished product. Our amazing Laura Henkel wove that blessed ribbon into the altar cloth you see. Even the roses are made of the blessed ribbon.

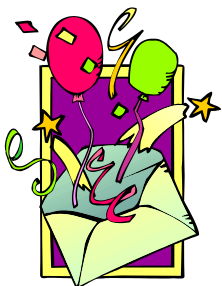
Thank you Laura!



James Thomas Cerussi

Born March 6, his weight was 7 pounds and his length 20 inches

Tom reports, "Mom and James are doing well ...doing the 24-7 feeding and sleeping thing and James is thriving with this. Has gained back his birth weight and is forging on to new frontiers of weight and good health."



Birthday Present for Swamiji

Would you like to contribute to a birthday gift for Swami Kriyananda's 80th birthday? We would like to give him money to help with the expenses of his travel this year, and also towards a group gift from the entire Ananda Sangha which is an image etched in glass of Swamiji presenting a gift to Master. You might be familiar with this

photo as it is in our temple, but it will be "updated" to picture Swamiji as he is now and the presentation will be of the "Temple of Light" a symbol for Ananda's mission. Any amount that you feel to give is appropriate and appreciated. Get your *cash* contribution to Patty at the Mandir before Wednesday, May 17. Look for a card after Sunday Service when we get closer to the date.

Financial Update from Ananta

Though it is hard to believe, we have nearly been in our new Mandir for 6 months! Last year, with the building fund and all the fundraisers added to your monthly support, our annual income rose to \$300,000, which was 27% greater than 2004. This year your generosity is nearly keeping up with last year and we are within 10% of last year's income for the



first two months of 2006. We want to thank you for your incredible generosity and the sacrifices you made to make this Mandir a reality. We are also aware that many of you are new, and or for other reasons, didn't have the chance to support the purchase financially. We want to assure you the opportunity still exists.

We are starting to get a feel for the expenses that accrue to an acre of land and the 5,000 sq ft building that we own. Now we are making a \$4,000 a month mortgage payment (instead of a \$1,700 a month rent payment) and we have much larger utility and insurance costs, so we need everyone to do what they can to support Master's work in Sacramento. We don't yet know if the \$5,424 raised at World Brotherhood Day in December 2005 for the new altar will be enough. There are landscaping projects, carpet for the sanctuary, painting and lighting projects in the works, so Master still needs your support. If you aren't making a monthly contribution or tithe, consider doing so. Talk to any of the members who made the miracle of the Mandir happen and tune into the blessings that have come to them from their support for this building. We welcome your participation.

Dakshina Update

Matt's hardworking remodelers, Arati, Equinox Workday, and Mark, Peia & Joan's constant energy are transforming Dakshina apartments into a haven of spiritual bliss. Many thanks to all of you who have helped out both physically and energetically!

When we see the number 5, we think "Pandavas" and so the five Dakshina apartments became a symbol for the Pandavas. They are named as follows: front left is Nakula, Mark Roy's apartment is Sahadev, right front is Arjuna, Peia's is Bhima, and the last one on right, furthest from the road is Yudisthira. In other words naming them starts at the back on the left side and circles in a "U" to the right back apartment.

The Pandavas are the heroes of the great Indian Epic, The Mahabharata. Each of the chakras is associated with one of the Pandavas.

Sahadev is associated with the first chakra and represents the upward moving energy of that chakra. He bestows the divine power of resistance (to temptation) and symbolizes of the power to avoid wrong action.

Nakula represents the upward moving energy in the second chakra and thus bestows the power of adherence to virtue, the power to cling to right action.

Arjuna is the conqueror of the entire world, the greatest of all heroes. With Krishna he cleanses the earth of all its poison. Arjuna is associated with the third chakra, seat of fiery self-control.

Bhima is the strongest of the five and the most affectionate. When righteousness is supported by strength nothing can withstand the combination.

Yudisthira is the perfect image of righteousness. The chakra associated with Yudisthira is the fifth chakra, or cervical center, just behind the throat. When the energy gathered at this point is directed upwards, the mind acquires divine calmness and expansion.

Much of the above is taken from Swamiji's new book, The Essence of the Bhagavad Gita.

Blessings, Ananta and Maria

