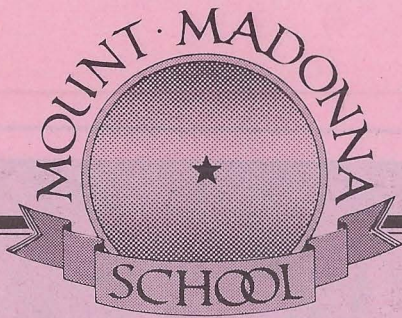


Gateways

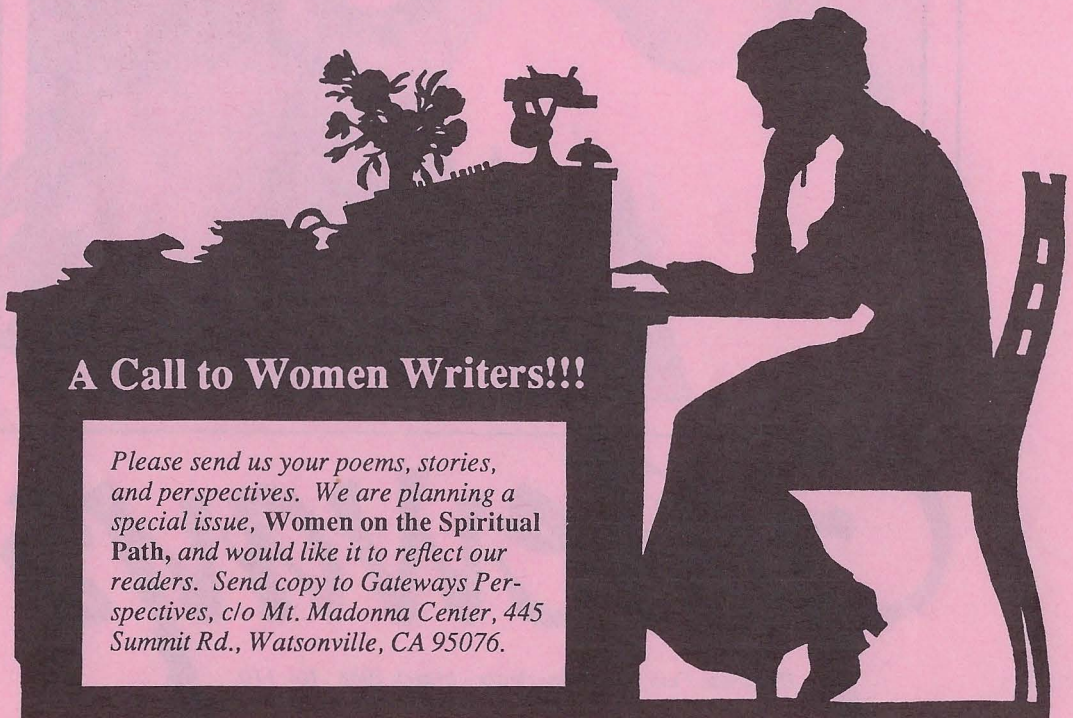
Hanuman Fellowship Newsletter - March 1988 - No. 110



Auction work in February? "Absolutely," says our auctioneer, who has been encouraging us to start early this year so we can tap the larger businesses community for tax-deductible donations. If you'd like to participate in this pre-auction work, contact Parvati Hinke via the School office.

The next parent meeting is scheduled for Saturday, March 5th, at the Lakeview Building, at 11:30 a.m. Bob Slawinski, our auctioneer, will be there to discuss the auction including how to make it bigger and better.

Ramayana rehearsals are in full swing now for the April performance at Santa Cruz High School. If you have some time and you'd like to be of service, there are many ways to "plug in" for as long or short a time as you like. Just contact Jivanti at the School office and she'll let you know how you can help. And, if you'd like to be a part of the backstage excitement during the performance, Ambika is now enlisting parents and friends to work in make-up, costume changes, etc. from Thursday, April 21 through Saturday, April 23. Advance ticket sale flyers will be mailed in mid-March; tickets will also be sold at Gateways beginning March 27th.



A Call to Women Writers!!!

*Please send us your poems, stories, and perspectives. We are planning a special issue, **Women on the Spiritual Path**, and would like it to reflect our readers. Send copy to Gateways Perspectives, c/o Mt. Madonna Center, 445 Summit Rd., Watsonville, CA 95076.*

Calendar

MOUNT
MADONNA
CENTER

Thursday: Gita Class: 9–10:30 am
Work Day: 11 am–5 pm
Dinner: 5 pm

Saturday: Ashtanga Yoga Class: 7:30–9:30 am
Work Day: 11 am–5 pm
Dinner: 5 pm

Sunday: Satsang: 12:30–4:00 pm, Live Oak School, Santa Cruz

March **GOING DEEPER: A FOCUSED MEDITATION RETREAT**, devoted to a deeper level of meditation and purification practice for people who already have had some Yoga experience. Silence will be observed throughout.
18-20-23

March **AMINAH RAHEEM: PROCESS ORIENTED ACUPRESSURE**, working through the body's energy systems - meridians and chakras - to facilitate psychological process.
25-27

April 1-3 **A SPECIAL EASTER WEEKEND**, highlighting the commonality between Yoga and Christian Mysticism and offering an opportunity to practice the methods of Ashtanga Yoga and to contemplate the spiritual significance of this special time of renewal.

April 8-10 **BARRY AND JOYCE VISSELL: THE SHARED HEART**, a loving journey to explore (among many topics) the inner relationship, attracting your spiritual partner, oneness and the sexual act, dependence and personal freedom, sharing life with children, and conscious farewells.

April 29 **CLAUDIO NARANJO & JACKIE JENNIS: CLEANING AND HEALING RELATIONSHIPS**, focusing on the social yoga of acknowledging and giving up negative patterns of relating while working toward the happiness of loving.
-May 1

May 6-8 **JOAN HALIFAX: THE GATE OF MINDFULNESS - CONTEMPLATIVE PRACTICE, CEREMONY, AND EVERYDAY LIFE**, exploring the experiences of stillness and intentionality in relation to ceremony and to our own cultural experience through the fundamental practices of meditation and insight developed in the Buddhist tradition.



Perspectives

Dear Members,

This note is possibly somewhat overdue as it concerns the questionnaires we passed out at last year's general meeting. I had hoped to present the results soon after they were compiled, but the flow of events swept me a "few" months past that good intention. So instead of looking back at last year's general meeting, perhaps we can use your comments as a way of looking forward to the upcoming general meeting in May.

Your response to the questionnaires and the process of asking the membership what their thoughts were was extremely positive. Your comments and suggestions generated some very meaningful discussions at the Board of Directors meetings and I believe has led to some positive conclusions and changes.

In the next few paragraphs, I would like to try to characterize your responses briefly. If anyone is interested in a complete summary of the question-

naires, they are available upon request. I would encourage you to take the time to read the summary if you have any interest.

In response to the first question about positive changes in the Fellowship, the general perception was that we have moved in the direction of more openness and friendliness. It was also noted that things were better organized and that the physical plant at the Center was improving. In general, people seemed happy with our direction and growth and it was easier for them to participate in activities.

The second question concerned what areas we might still improve. It seemed that we can still improve in the areas of openness and friendliness, but the most responses asked for the development of a quiet space at the land, followed by improved housing for karma yoga participants and encouragement for those who come for karma yoga programs. The general message was that everyone wants to feel included and accepted. Perhaps that is and will always be the most important goal for which we must strive.

Of the responses to the question 'has your participation increased or decreased,' 15 increased, 12 stayed the same, and 7 decreased. One person said, "I'm tired if that is any indication."

We asked what activities were most meaningful to the members and their families. Here were the first six most numerous responses:

- 23 - Saturday class
- 10 - Retreats
- 9 - Special Events (Shiva Ratri, Guru Purnima)
- 9 - Satsang
- 9 - Interaction with Babaji
- 6 - Productions (such as Ramayana)

On the question of what activities you would like to see more of, 15 out of 28 responses had to do with yoga related activities with asana classes, meditation, and theory classes at the top of the list.

Twenty-one people felt that their participation in activities was encouraged and valued, while 8 felt that it was not. One person responded that they didn't feel particularly encouraged but liked the fact that it was open for them to be involved at their own rate.

The following were the responses to the question of our main purpose:

- 13 - Supportive spiritual community
- 11 - Spiritual growth
- 9 - Peace
- 8 - Practice and teaching of Yoga
- 8 - Karma Yoga
- 3 - Contact with Babaji
- 2 - Satsang

In response to the question as to whether people felt they could communicate any problems in a meaningful way and be heard, 19 responded that they could, 4 felt they couldn't, and 2 said there were no problems.

The main impression of Center residents can be described in the word 'busy' with 21 responses. Seventeen used the word 'friendly,' 8 'open,' 8 'closed,' and 3 'tired.' There were a number of other single responses too numerous to mention here.

Eighteen out of 22 people felt enough effort was being made to stay in communication with the membership about the management of the Center via Gateways and posting of minutes of meetings.

The last question was whether we as a group are conscious of our higher goals and values in day to day activities and decision making. Twenty-five responded yes, 1 responded no, and 3 said we could use more.

Please understand that this is only a short synopsis of your responses. There were many good and interesting comments and suggestions that were noted and discussed. In general people seemed pleased that their opinions were being asked.

In the end I think it is the fact that we carry on a dialogue among ourselves that is important. Those who carry the responsibilities of running our activities and those who come to participate want the same consideration and understanding, and clearly have the same goals. Our general meeting and the discussions that arise when we take the time to examine how we are doing really become a kind of ritual where we can remind ourselves of that sameness and show that we care about one another's feelings.

Thanks for your participation. I hope that all of you will take the time to attend the General Membership Meeting in May. Your taking responsibility for membership and your participation in our ongoing discussion is very important to the Fellowship and the well being of us all.

-Sadanand Maillaird

Editor's Note:

Your comments (via letters to the Editor) on the "state of the Fellowship" are always appreciated. We'd like to share your views through this newsletter.

Talks with Babaji

6



Raghnunath Rodney Polden

How is meditation on light done?

Meditation on inner light is called tejas dhyana. There are many variations: 1) aura, 2) light on chakra, 3) flame at anahata (heart chakra), 4) full moon disk. One should visualize any of the inner lights in meditation.

I find it harder to meditate without an object.

One doesn't choose to meditate without an object but the mind goes so deep that it loses awareness of a gross object. In the beginning we choose a gross object for meditation. When the mind gets used to it, it will automatically go to subtler objects like sound or light. When the mind gets perfected, then it makes itself the object and stops. At that point, the mind is limited to nirodha vritti (arrested state) because all outside attractions fall away. When no object remains, that is objectless meditation.

How can the senses be limited or deprived while maintaining the body?

When ego is acting behind the senses, it is creating attachment which is an obstacle for attaining enlightenment. For keeping the body alive, the ego is a need. The obstacle starts when desire to have more than we need starts.

In the story of the Ramayana, what is the significance of Hanuman?

His name: Hanu = ego, Man = destroyed, 'whose ego is destroyed.' A perfect servant is he who is egoless. The form of a monkey represents energy (pranic energy).

How does one participate in loving others? Jesus taught the importance of loving all beings, but this seems to be a hard thing to do in daily life.

One can't love anyone unless love is established within. Love is a pure state of mind where self-interest ceases altogether. Because Jesus Christ was in that state of consciousness, so love was spreading out naturally. What Christ's teachings meant was to purify the mind first, then love will spread out equally for everyone.

Does one, then, need to be perfect to love?

You don't need to be perfect but you try towards perfection. Love will shine when the veiling elements are weakened. Trying means weakening the negative energies. If you try to love and the mind is filled with negativities, then it will not work.

How do the thoughts change in the process from working only for self-interest to working selflessly (i.e. karma yoga)?

The mind's nature is to see self-interest in our action, in objects, in thoughts. This way the mind develops attachment, desire and ego. Its result is pain, misery and ignorance. When a person becomes aware of the cause of pain, then the mind starts detaching from the world. But to function in the world we need desire, attachment and ego. If the aim of a person is to help others and the person removes his/her self-interest, then that ego, attachment and desire will act as a positive force. They function in the world perfectly but all their actions will be selfless actions.

7

WISDOM of the GITA

*Satisfied with what comes to him
without any effort on his part,
rising above pairs of opposites,
free from envy, and
even-minded in success and failure,
though acting, he is not bound.*

Bhagavad Gita IV:22



Babaji's Commentary

A yogi who is satisfied with whatever he gets without desiring, doesn't get excited and attached if something good comes to him and is not repulsed if bad situations arise. He accepts everything as destiny. He is not jealous of other's happiness, wealth, and progress in spiritual as well as social life. He is free from pairs of opposites like heat and cold, joy and sorrow, fame and defame, etc. He is balanced in success and failure. When he accomplishes something, it doesn't create excitement and attachment in him and, when he fails to accomplish something, he doesn't get sad or depressed. His mind remains balanced in both situations.

Such a yogi works in the world with no self-interest and remains unattached. Hence, his actions do not cause bondage in their performance. Just like the samkhya yogi who renounces everything, he works for the maintenance of his body and is not bound by the actions he performs.



"I am responsible for my fate, I am the bringer of good unto myself,
 I am the bringer of evil. I am the Pure and Blessed One.
 I have neither death nor fear, I have neither caste nor creed,
 I have neither father nor mother nor birth, neither friend nor foe,
 for I am Existence, Knowledge, and Bliss Absolute;
 I am the Blissful One, I am the Blissful One.
 I am not bound either by virtue or by vice, by happiness, or by misery.
 Pilgrimages and books and ceremonials can never bind me.
 I have neither hunger nor thirst; the body is not mine,
 nor am I subject to the superstitions and decay that come to the body.
 I am Existence, Knowledge, and Bliss Absolute;
 I am the Blissful One, I am the Blissful One."

This. . . is the only prayer that we should have.
 This is the only way to reach the goal;
 to tell ourselves and to tell everybody else that we are divine.
 As we go on repeating this, strength comes.
 He who falters at first will get stronger and stronger,
 and the voice will increase in volume until Truth takes possession of our hearts
 and courses through our veins and permeates our bodies.
 Delusion will vanish as the light becomes more and more effulgent,
 load after load of ignorance will vanish, and then will come a time
 when all else has disappeared and the Sun alone shines.

-Swami Vivekananda

Programs: Brajesh reported that the programs Continuum, Huna, and Adult Children of Alcoholics all went very well.

The New Year's Retreat was very successful. Participants and staff felt that the focus on Sadhana, Bhagavad Gita and Kirtan helped make the event a much stronger Retreat and a significant number stayed throughout the program. Plans for the Upasana Retreat are being discussed, including again emphasizing Sadhana, spiritual work and this time suggesting a voluntary day of silence for all involved. This retreat will probably be held at the end of May

The Buddhist Peace Fellowship which is renting Center facilities in June has requested to eat in silence. We will try to accommodate them by setting aside the Central Hall and West deck for silent eating. The Waldorf School will be renting the Lakeview facility on the weekend of Feb. 27-28th. Sarojani McCaughan will be leaving the Program Office and MMC on March 1st. She has been a mainstay in the Program Office during the past six months. Thanks, Sarojani!

Guru Purnima: Guru Purnima will be celebrated at the Center on Friday July 29th. Babaji will be going to Salt Spring Center from July 12 through 25th.

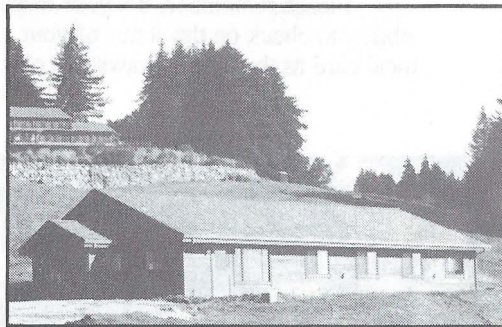
Sound System: Sadanand has been researching a sound system for the Community Building main room, to be purchased with the profits from the Ramayana. The plan is to find someone who can do a spectrum analysis of the room for the best placement of speakers. There should be enough funds for speakers, amplifiers, and cables, and for cleaning up our existing system.

Electrical Permits: PG&E has approved a pole for the Boarding School. To put a new pole in up top for the mechanics shop and the wood shop, the estimate is \$3000-\$4000 to rewire up there. It means adding an additional \$1500 to the budget for each project.

PG&E Update: The power pole is up for the Boarding School. All electrical permits are complete now.

Water Tanks: Sadanand suggests that we put a shed roof over the redwood tanks, and plans to go ahead and work on the project on workdays using already available materials. If you'd like to work on this project, see him.

Fire House: Bhairab has gotten the fire truck running and pumping and is prepared to paint it. It will then need a home. Because of the size, Sadanand will design a shed with gable roof and take it to the County for approval next Friday.



Boarding School: The building is now finished and the first boys have moved in. The Boarding School has several openings for the new semester, though several boys will be staying in the Boarding School while their parents are in India. Vivek and Dan Thiel are the resident-in-charges.

Dining Hall Addition: Sadanand presented plans for the addition which will be approximately 800 sq ft. Several considerations are underway with the County, including sprinkler system and access.

Other: Rugs are being considered for both the East and West Dining areas. These will both help keep the sound down and make it easier to keep the areas clean.



Meal Cards at the Center: In order to smooth the process of purchasing meal cards, we have made a change in the Value Amount from \$20 worth of meals to \$25 worth of meals per card. The discount of 20% will remain the same, making the Cost of the new cards \$20, when paid in advance. New Cards will be put into use April 1st.

Please remember, it's your responsibility to check on the status of your meal card as the month draws to a close;

if you owe for it, and we bill you on the monthly bills at the beginning of the month, the discount is not applicable; at that time, the charge will be \$25.

As always, your understanding and cooperation are important to us. To that end, here is a simplified version of Adult (13 years or older) Dinner costs:

Adult Guest - \$4.50

Hanuman Fellowship Member - \$3.50

KY and Land Members - \$2.50

(Add \$1.00 for dessert on Wednesday.)



T·H·E *Gateways Gourmet*

PRIYA'S PECAN PUFFS

Preheat oven to 300.

Blend together

1/2 cup soft butter

4 tbsps brown sugar

1 tsp vanilla

Measure, then grind:

1 cup pecan nut meats

Sift before measuring:

1 cup w/w pastry flour

1/2 tsp salt

Stir pecans and flour into butter mixture. Roll dough into small balls and place on greased cookie sheet. Bake about 20 minutes. Remove from oven, roll in powdered sugar and replace on cookie sheet. Put in oven for 1 minute to glaze. Remove, cool and serve.

Babaji once wrote "mul bandha cures constipation." And it's true -- practice has shown that ten rounds of mula bandha (the anal lock) each morning prior to one's regular sadhana can have a miraculous effect in regularizing one's bowel habits. (Check the Ashtanga Yoga Primer for details if necessary.)

Last month we described two types of constipation--spastic and atonic. This month our discussion will focus on the spastic variety, discussing different ways to alleviate this ailment.

Spastic constipation is likely to result from an irritated, inflamed bowel and produce a dry, hard stool. Such a condition benefits from resting the bowel; this can be done by removing all harsh bulk from the diet and concentrating on those foods that are non-irritating and which leave a small, smooth residue. Such foods as milk, eggs, strained soups and broths are recommended. This diet tends to produce small, hard stools, so drinking of at least 2 quarts of water per day is recommended. Bran is not recommended for people with spastic constipation because of its irritating effect on the bowel lining.

Fasting is often an appropriate response to constipation. In cases where resting of the bowel is indicated, fasting is a useful technique. The spastic bowel can benefit from a brief 24-hour fast once or

twice a week. The medicated basti (oily enema) is also indicated in this type of condition. A recipe will be sent on request; drop us a note c/o the Gateways Health Editor.

Drinking milk with ghee can be beneficial in this condition. Take one teaspoonful of ghee in a cup of hot milk just before bedtime. Another recipe suggests taking 11 raisins in one cup milk and one cup water; boil the mixture until the volume is reduced to one-half; add one teaspoon ghee and cool before drinking at bedtime. Another remedy is one glass of warm water boiled with one tablespoon of flaxseed or psyllium husk powder and taken at bedtime.

Another herb which may be helpful in spastic constipation is licorice root taken as a tea after meals. In addition, asafoetida acts as an antispasmodic nerve and may provide some relief in cases of spastic bowel.

It should be remembered that spastic constipation is incipient colitis, and unless it receives proper attention, will eventually result in a severe case of that disease.

Next month we will take a more complete look at remedies for atonic constipation.

Gateways

GATEWAYS appears on the first Sunday of each month. Deadline for material is the 20th of the previous month. Gateways is available at Satsang and the Land on workdays. If you want Gateways mailed to you, subscriptions are \$10 (U.S. residents) and \$12 (outside U.S.).

Send your name/address to Varuna, c/o Mt. Madonna Center, 445 Summit Rd., Watsonville, CA 95076. Please send check or money order in U.S. funds, payable to Mount Madonna Center. Varuna-editor, Tripura - design, Pratibha - typesetting Anupama-distribution.



BULLETIN BOARD

Public Service Notices are printed without charge.
Private ads are \$3 for the first 20 words; 10¢ per word thereafter.
Get your copy to us by March 20th and it will appear in the April issue.

THE MOUNT MADONNA BOARDING SCHOOL is finished and the boys have moved in!! We could use a few odds and ends, such as silverware, drapes, cups, and glasses. If you can help out, please get in touch with Vivek or Dan through 722-7175.

DAHLIA TUBERS (bulbs) for sale now for planting in March and April. A variety of sizes and colors available - choose from color photos. Call Radha Shapiro at (home) 722-8543 or (McDharma's) 462-1717 . . . or write 261 Enos Lane, Corralitos, CA 95076.

FOR RENT - \$250/month - 26 foot trailer on 3 serene, secluded acres for single person seriously doing sadhana. Contact Harriet (Hamsa) Hilker at 429-9124 (mornings).

SUBSCRIBERS! Our apologies to those of you who have received your last couple of issues of *Gateways* late. We have taken steps to remedy this mailing problem in the future and (on your sugges-

tion) will extend our Calendar to cover a longer period of events. Thanks again for your patience!!

SAROD CLASSES - North Indian Classical music taught by 12-year student of Ali Akbar Khan. Private or group instruction. Santa Cruz and/or Marin. Please call George Ward, (415) 456-7161.

WANT TO RENT - A.S.A.P. Quiet, modest, rural home with large garage, barn or building suitable for woodworking shop and art studio. Watsonville or Corralitos area preferred. Please contact Omanand or Tripura, 842-3707, or write 595 Summit Rd., Watsonville, CA 95076.

MADHU IS DOING MASSAGE AGAIN!! Let me help you ease the stress and tension from those aching muscles. My massage has been described as nurturing, deep and relaxing. Give a gift to yourself or a loved one. Call 761-0318 for appointment.

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