



Welcome to the Winter 2019 edition of our e-newsletter. www.oriy.org.uk

Dear Members,

First, apologies for having left the I in the ORIY logo/header in the Summer newsletter – I didn't notice it myself when I proof read the final draft – I've got it right in this edition!

This time, as I was searching for some meaningful wisdom from Guruji to share I dipped into Light on Life. I hadn't looked at it for a while and had forgotten just how brilliant it was. I really do urge you all to dust it off and take another look at Chapter 2 STABILITY -The Physical Body (Asana). Guruji explains, that this chapter discusses asana not in terms of the techniques of each position (something he said he has covered in his earlier books) but in terms of the qualities and attributes that one must strive for in all asana and in life. The text speaks to you directly – like a fond grandfather sharing his knowledge and advice. I have focused on some of words from the section entitled 'Perfecting.' I hope you enjoy it as much as I did.

The rest of the newsletter features the usual mix of Events news, the recipe and some great advice from members on how they are taking small steps to help counteract all the damage being done to our environment. Many thanks to all who contributed – it really is hugely appreciated. And please don't stop sending in advice and suggestions for futures newsletters.

Also, don't forget applications for the second ORIY bursary for teachers interested in seeking support to visit RIMYI close on 3rd January – email me for details.

Finally, as we come to the end of 2019 I'd like to take the opportunity to thanks the key members of the committee, Jennie Wood, Treasurer, Evelyn Crosskey, Events Secretary and Julia Hardy Membership Secretary for all their hard work – their efforts really do keep the ORIY 'show on the road'.

Have a very Happy Christmas and New Year.

Best wishes

Mary
ORIY Chair and Newsletter Editor
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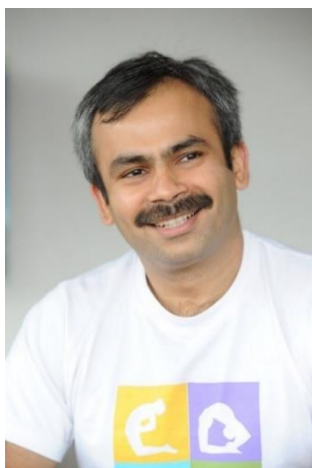
Future Events



Kirsten Agar Ward will be running a workshop on **Saturday 1st February** at Yatesbury House Farm near Calne SN118YF

Full Day 10:00 – 15: 30 with a short break for lunch

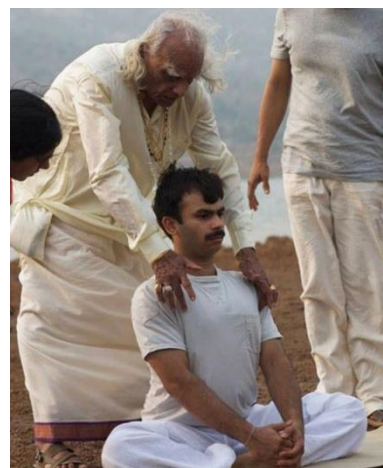
Half Day 10:00 – 13:00



Uday Bhosale will be returning to our region to teach a 2 day event on **4th and 5th April 2020** - the venue will be Steventon Village Hall.

Saturday 4th April – 10:00 – 13:00
Asana practice (General, suitable for all)

14:00 - 16:00 Asana Practice
(suitable for those with 5+ years' experience)



Sunday 5th 10:30 – 11:30 Children’s Asana Session (ages 6+). Iyengar Yoga Teachers are welcome to attend this session, the pre-requisite is that you bring a child student with you. Parents of the younger ones can also stay.

13:00 - 15:00 Restorative Asana and Pranayama – suitable for all aged 16+

Please book as early as you can to help us with the organisation - Additional information regarding booking and payment etc is available on the OYIY website

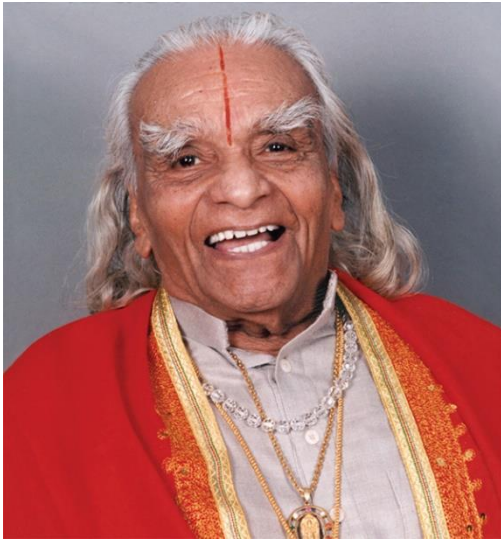
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ORIY Committee - IY Rep needed.

This plea is becoming a bit of a feature - as stated in the last two newsletters the position of ORIY Representative on the IY Executive Committee is now vacant so we are looking for someone to take on this role. So, if any of you are keen to get more involved please contact me. Maryfitzpatrick10@icloud.com

Light on Life by B.K.S. Iyengar Chapter 2 – STABILITY The Physical



Body (Asana)

Perfecting : Always Be Happy with the Smallest Improvement

Let the goal be to reach Perfection, but be content with a little progress towards perfection each day. Overambition can be destructive of sustainable progress.

Sometimes our body is willing. But our mind is weak and says, “We don’t have time,” or “Forget it, it’s not worth all the effort.” Sometimes it’s our mind that is willing, but our body is weak and says, “I’m really too tired for all this trouble.” A

practitioner must focus between the mind and the body, listening to the counsel of each, but letting the intelligence and the soul make the true decision, for this is where real will power and real dedication are found. Do to your capacity while always striving to extend your capacity. Ten minutes today. After a few days, twelve minutes. Master that, then again extend. It is better to do a good pose minimum than a bad pose maximum.

Do not say that you are disappointed with yourself. Find time every day to do something to maintain the asana practice. Sometimes both body and mind yield to willpower, and at other times they rebel. Do you have a problem part that makes the practice difficult for you? An injured knee? A stiff back? That is your problem child. Learn how to deal with it and how to nurture it, as you would a child who has problems that needed extra love and attention. Do not bother about failures either. Failures in life lead one towards determination and in having the necessary philosophical approach. Be detached. Look at me, I am not afraid, and I know there is no way to spare my difficulties. For me if it came yesterday, so much the better. If it comes after 20 years, it is also good. All is well.

Do not be afraid. Do not be attached to your body. Even if fear comes, accept it and find the courage to come through it. When you experience fear, you must practice without attachment to the body, thinking of it objectively as an opportunity for creative work. When fear is not there, you can treat the body more subjectively, as a part of yourself that nonetheless requires practice and cultivation.

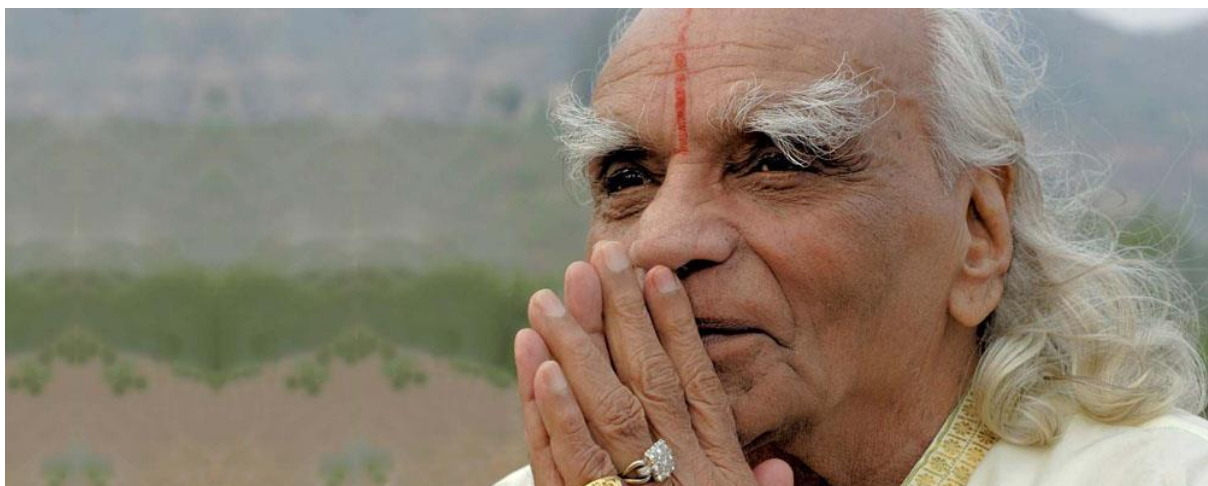
Long uninterrupted practice of asanas and pranayama, done with awareness, makes the foundation firm and brings success. The young, the old, the extremely aged, even the sick and the infirm obtain perfection in yoga by constant practice. Success will come to the person who practices. Success in yoga is not obtained by the mere reading of sacred texts. These are increasingly essential aids but without practice remain simply theoretical. The test

of a philosophy is whether it is applicable and even more so applicable now in how you live your life. Even Patanjali, who was born a spiritual genius, said that yoga is mastered only by long persistent nonstop practice, with zeal and determination.

When the gardener plants an apple seed, does he expect the apples to appear at once? Of course not. The gardener waters the seed, watches each day, and feels happy seeing the growth. Treat the body in the same way. We water our asana and pranayama practice with love and joy seeing the small progress. While we know what the goal is, we do not focus on enlightenment. We know that when our practice is ripe, illuminations comes. Patience allied with disciplined practices brings the required willpower.

Willpower is concrete, not ethereal. When you do something, you demonstrate your willpower, and it becomes all the easier to have the same power of will the next time. When you perform your asana, you are physically demonstrating willpower through the expression of the muscles. Willpower is not just in the mind, but it is also in the body. I have been known to slap a man's thigh and say, "Willpower is here." With willpower, you elongate the muscles and bring elegance. This willpower allows us to express peace, contentment, and freedom from body attachment as we expand our minds. Willpower is nothing but a willingness to do.

You have to ask yourself, using your intelligence and your willpower, can I do a little better than I am doing? Light comes to a person who extends his awareness a little more than seems possible. We limit ourselves by settling. We say, "Oh, I do not want to go beyond this, because I know this is good." This is living in one's old mind. Question whether you can do a little more. Then immediately you experience that the movement is coming. If you are conscientious, your conscience whispers, "Try a little harder." If one keeps one's aim to the maximum, Self-knowing will come. I say this because your mind and intelligence move deeper towards the inner body, bringing the mind closer to the Self-the core of being. The moment one goes a little more than the body wants to take; one is nearer the Self. The minute one says, "I am satisfied," the light of awareness and attention is fading.





Caring for the environment.

Here is a collection of some of the things we are doing to try to lead a more environmentally friendly life. Many of you felt the little things you do were quite insignificant and rather dull but if everyone tries to change some of the practices that are damaging our world, we must begin to have some impact. It's going to be a massive struggle but we mustn't give up!

Some of the ideas are repeated but I thought it made a better read to leave each person's contribution intact. Also, it's good to see how many of us are thinking along the same lines.

“Reusable water bottles for out and about but if one still likes sparkling water from time to time think about a Sodastream and make your own.

Bars of soap - how did they ever disappear as good quality soap lasts for ages? However, some retailers are dispensing liquid soap so if you already have pump hand soap think about refilling. Same applies to washing up liquid, laundry detergent, loo cleaner etc. etc. if you have a shop near you that has a refill station.

Many more retailers are also using gravity dispensers for dried goods (rice, pasta, nuts, seeds, oats etc.) so your own container may be used.

Cotton string Turtle bags for shopping - they expand and are tough.

Milk - delivery in glass bottle maybe via milkman. I am lucky enough to be able to fill my own glass bottles at a local farm.

If you have even a tiny space try growing some veggies - one courgette plant will supply more than a family can eat all summer. Get together with neighbours/friends/family so you grow different things and share.

After Christmas I cut up Christmas cards and turn them into labels for the next year. All you need is old cards, hole puncher, and some jute garden string for the tie.

Of course Christmas cards themselves may well disappear but they get a second use and can still be recycled at the end.”

“Using soap bars instead of liquid soap in plastic bottles

Using washing powders in cardboard boxes and not buying massive bottles of liquid fabric conditioner.

Going back to the old-fashioned cleaning methods using things like vinegar in water for windows (not that I clean them much anyway!)

Not using any kind of wet wipe or cleaning cloth like J- cloths which are plastic but using washable dish cloths.

Aiming to buy clothes which are made from natural fibres - this is challenging as even wool jumpers are normally mixed with materials like nylon or elastaine.

Trying to cut buying new clothes down to a minimum. I might have to go back to darning socks!

Travel : The dreaded global footprint. Keeping travel to a minimum - do I really need to jump in the car? Can I make do and wait and combine two or three things on my next journey. Keep air travel to an absolute minimum - one annual holiday by air or even less than that. In the supermarket - choose items which have environmentally friendly packaging. CAMPAIGN for this. I'm going to start SENDING BACK all plastic packaging to supermarkets etc. This is a small way we can put pressure on supermarkets to put pressure on their suppliers to package things like fruit and veg in cardboard containers etc."

"Actually don't think I am doing anything new, except no longer using plastic bags which we are all doing, but I have always done the following which comes from being a "war time baby" possibly.

Covering food in fridge with old saucer or plate instead of using clingfilm – banning use of clingfilm

Careful use of electricity – making sure lights are turned off when you leave a room, no security lights, and drawing curtains at dusk to keep heat in

Composting all household waste

Never using wipes of any sort"

"I'm a bit old fashioned and have always liked having my milk delivered, so I'm pleased to see other people thinking of moving over to it. I also never stopped using bars of soap (and buy unwrapped bars of Faith in Nature soap in bulk). I also buy big containers of Bio-D washing-up liquid and decant it. I have a very old string shopping bag which is a marvel - it expands to huge proportions and always surprises with the amount you can cram into it."

"Regarding looking after our precious planet: I am now using lemon juice (bulk buying it works out quite cheap) and bottled vinegar for cleaning. If you don't want to waste all the lemon juice you can extract it first to make drinks and then use the inner husks which still have enough juice in them to clean with. Vinegar is great for grease removal and lemon for keeping cups and mugs white. Both can be used for floors too (mixed with water).

Another one: buy a pack of bamboo or wooden cutlery and keep in your bag for when you need to eat a lunch on the go."

"Lush - solid shampoo, like a bar of soap, the pink one is great."

"I have been making my own cleaning products...and they're pretty effective too. They smell good and are not full of nasty chemicals."

"No longer buying Christmas Crackers – and Christmas wrapping paper. Instead using brown paper with interesting string and home-made decorations like a sprig of rosemary or simple hand drawn patterns"

KEEP YOUR IDEAS COMING SO THIS SECTION CONTINUES TO FEATURE.



Giant Mushrooms stuffed with Herbs and Cheese.

Large mushrooms are usually fairly plentiful at this time of year so take advantage of them and enjoy this delicious, quick and easy recipe.

Serves 4

Ingredients

4 large flat mushrooms

1 teaspoon each of fresh thyme, rosemary and oregano, finely chopped

1 slice of bread, crumbled.

1 clove of garlic, crushed

50g butter

Olive oil

100g vegetarian cheddar, grated.

Method

Wipe the mushrooms clean and cut off the stalks. To make the herby breadcrumbs, chop the mushroom stalks and mix with herbs, bread, cheese and garlic. Season to taste.

Put equal amounts of butter in each mushroom. Fill the whole mushroom with the stuffing and bake in the oven for ten minutes.



Once again a Happy Christmas to you all and may 2020 bring you good health and happiness