



Members' Newsletter

- PERSATUAN IYENGAR YOGA MALAYSIA -

FIRST ISSUE • NOVEMBER 2019



Warmest Greetings!

We are delighted to present to you our inaugural edition of PIYMs Newsletter. I would like to apologize for the delay in this first edition. We are hoping to produce quarterly editions starting with this first edition.

Let's work together as the Malaysian Iyengar Community to learn and progress together and let's harness the togetherness with joy. We welcome you as members to share artwork, reflections written work, photographs in any medium of expression - relating to the practice of Iyengar Yoga.

In this edition please enjoy the sharing of senior Iyengar teacher Birjooji, on Gurujii's birthday.

We look forward to any and all feedback.

Love
Chairperson

Birjooji is an adept & focused yoga trainer who learned yoga under the tutelage of Guruji BKS Iyengar in 1974. Engineer by profession, he is a very senior teacher of Iyengar yoga at Ramamani Iyengar Memorial Yoga Institute (RIMYI), Pune and is a trustee of Light on Yoga Research Trust, Mumbai. He used to do demonstrations at the conventions and workshops conducted by his Guru, BKS Iyengar.

He Learned not only right postures, alignment and breathing but also imbibed the teachings about spiritual and mental processes and their prominence in performing asanas. Today he guides his students to think intellectually while going through the asanas and bring mind to a static and balanced state that can be directed towards performing the postures without any fear or anxiety of doing them.

HERE'S AN ARTICLE SHARING ON GURUJI BKS IYENGAR BY BIRJOOJI

GURUJI'S BIRTHDAY 2017

Sharing by Birjoo Methaji

Lovers of yoga, devotees of Guruji, friends on behalf of the Iyengar family I welcome you all to this event which will start the annual celebration of Guruji's centennial year.

It was four years ago at this very spot, on this very day we had gathered to celebrate Guruji's 95th birthday. The event is still fresh in my mind that though Guruji had become frail in the past few years even in our wildest imagination we never felt that the message he gave us that day would probably be his last message to such a large gathering of his students. I can say for myself and I



can say for myself and also must be for many, many of us that irrational confidence that Guruji will be us here throughout that he would be the person who would beat the cycle of mortality. We were so confident that whatever would happen we would be here to celebrate his 100th birthday in his presence. We were sure that even if Lord Yama had to play a role it would be after our own lifetime. This irrational confidence that we

had was abruptly shaken within a year. At that time for me and I can say for me and as well as many many of us it was as if we had lost our anchor. Everything that meant everything to us

suddenly disappeared. We were not able to understand that what we would be doing next? Because all the time whenever we had some problem, some guidance was required he was always there to help us. And now what would we do now that he is no longer with us. The first thought that came in was that we should sort of save his inheritance by collecting all what he had said all what he had written, all his teachings we should now start to archive we should read it and so that we can carry his message but on the other hand I remember very clearly an incident where he explained what we need to do in a particular pose and the very next day we started to do in that manner he says, “Why are you doing this?” so one of us mentioned Guruji you had asked us to do yesterday. He says, “Yesterday is yesterday, Today is today”. Yoga is not stagnant. So we try to take his heritage his books, his lectures, his videos, his you tube videos and gather it together and treat it like an archive are we really respecting his memory? Because if we follow what he had said exactly as he had said then we are not following what he had said. So if we follow what he had said we would not be following what he had said. So this led me to wonder what do we do now and it’s not that the answer came immediately but over the time it slowly started to sink in that the message is there but only that we are blind and have not seen that message. At least for myself I could say. There is a practice in Carnegie melon that guest lecturers are asked to give what they would call the last lecture. So this last lecture lasts for a period of one hour and during this one hour the person who is speaking should be able to communicate his life’s achievement or whatever message he wanted to give in that one hour so that the essence of his life comes out. Influenced by that I thought that the message that Guruji gave in his 95th birthday at this very spot on this very day would give an idea because that was his last lecture. Not for an hour but just bare 10 minutes out of which five minutes were dedicated to the subject of yoga. So in this five minutes somehow something told me that the message the essence of what we are to do now would be in that.

I saw his videos number of times. That very same video I heard the talk a number of times, I read the transcript a number of times and then slowly the message started to crystalize in front of me.

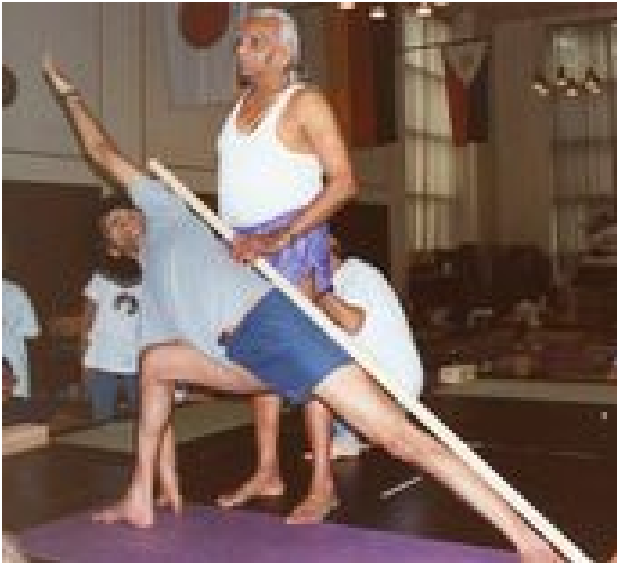


He had said that, this I am just giving a background that when we start yoga we work from the outer body. Through the mind through the intellect we have learned how to extend and spread the inner layer of the somatic body using our intelligence and the mind. He said now from now on that was the message. We have to understand that if we have to spread the mind and the intelligence the intelligence and the consciousness if that expands if that extends if that spreads then what happens to the body you will have to see that. So that got me the answer to which I will try to share with you what I understood. So I realized that if I follow the explicit instructions that he has given for every asana for e.g, stretch the arm, I will stretch the arm as he has instructed but then try to reflect on what is happening when I stretch the arm? If I can reflect on what is happening in the arm when I perform the explicit instruction that he has given what I

can sense what I can feel implicitly is the message. So if I can now work to get that implicit message explicit. So that now I no longer am working on trying to do what he has told, I do that but then I reflect on what is it the effect on me when I do that and if I can keep on with volition try to get that time and again that would lead me to the message.

So by doing that I soon realized that when I explicitly work to get the experience which was implicit in the message that he gave explicitly if I work on that when all the explicit instructions he has given come out naturally. Spontaneously his instructions start to reveal. It was no longer it was as if someone has given a path they tell you how to go but now it was as if I was actually on the path and if I look around me it was as if whatever he had said is now becoming a reality.

I was seeing what he was saying so that meant I was on the right path. If I did not see what he was saying explicitly it means the path was not correct and I am speculating. So with this understanding I realised that I should explicitly experience what was implicit in his instructions and the explicit instructions of his would get realised and that gave me a certain amount of confidence that if I am able to work on the implicit message then explicitly everything will come out right as it is required in today's day and age and the language.



So that was a start and then I realised that the loss I feel of Guruji was a loss of missing him explicitly in his explicit form as Guruji the person the guru the guide that was an explicit form. But he was not there with me all the time. He was in Pune I was in Mumbai, he could be traveling, I was somewhere but sometimes we met but that was a meeting of explicit manifestation.

I soon realised that in this same manner his presence also is implicit if I only look for it.

And then I realised that although explicitly he is not in this manifested form here, implicitly now he is with me forever. And I can say that all of us will feel the same. Although in physical manifestation explicitly he is not there but implicitly he is there now immortalised and guiding us at every moments of our lives.

It is surprising that sometimes when some intuitive thoughts start to come I find that it is not restricted to me it is restricted to far more greater people around me. They are saying also the same thing. They are also using the same language. It is as if now Guruji from a single manifested form has become infinitely infinite manifested forms in all of us.

So then that shock that loss became as if that explicit absence has given rise to implicit immortalised presence. This is the message that I thought I would share with you. I tried to articulate it as best as possible and therefore this day actually becomes a joyous day. A joyous

day because we have got within us immortalised Guruji. So today is the way we launch our year-long celebration of his centennial year and what better way than to start this to release a logo which binds us all together.

A logo is a symbol, a sign, that we are all connected in this celebration and therefore I would request Abhijata to now release the symbol of this centennial year celebration.

Don't miss out on more sharing from Birjooji on the coming workshop

23- 26 November 201

BKS Iyengar Yogashala Kuala Lumpur, Malaysia.

23 - 26
Nov · 2019



ONCE YOU KNOW THE INTERDEPENDENCY,
YOU THEN OPERATE FOR THE ECOSYSTEM.



WORKSHOP

BIRJOOJI

Upcoming Events

22 Feb - 1 Mar 2020

Iyengar Yoga Retreat with **RAMANANDJI**
@ChiangMai, Thailand

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9 - 14 Mar 2020

BKSI YOGA CONVENTION ASIA 2020
with **ABHIJATAJI**
@Jarkarta, Indonesia

**For further details, kindly check your email.*