

Notice Board

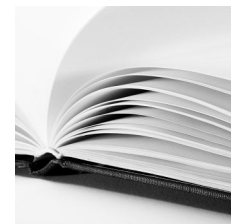


Christine and Des's ∞ Wedding ∞



Rick Calligaro is now a '**Probationary DCT**' and has been added to our list of contacts. Probationary DCTs have completed their DCT course and are running their first Diploma course with the assistance of a mentor. They use the suffix DP. Debbie Fraser-Lewis now has the spiritual name Devi. She's been added to our list of DCTs as a '**Provisional DCT**'. Provisional DCTs are training to become DCTs and are still on the DCT course. They use the suffix PD.

There's going to be a **book stall** and honesty box in the Quiet Room at **Mini-Congress**. If you have any books to donate please give them to a member of the Committee or bring them with you!



DCTs please remember that we will add **photos** to our '**Congratulations**' page at no charge. **Foundation Course successes** will be added in the future too, so get your cameras ready! Make sure everyone in the photo is happy to have their picture published before you send it in to the Editor (attachment to an Email is best).

On page 35 we have our first article from the new **Ethics, Equity, & Welfare Manager**, Helen Smith, who was previously Chairman of the Wheel. Please note Helen's new telephone number is **01268 775750**.

The **emergency contact for child protection** matters is the Chief Executive Officer who can be contacted on **07900 986648**.

Yoga Sangha

Opinion – Seva (Selfless Service) *by Carol Tresadern*

*I slept and dreamt that life was joy. I awoke and saw that life was duty (dharma). I acted, and behold, duty was joy! **Rabindranath Tagore, Poet***

As you may know we are now looking for three volunteers to fill vacancies on the Regional Committee. So what is it that brings us to Committee work in the first place? What compels us to work for no pay? Well, I confess that one of my driving forces was that it would look good on my CV. I love words (I studied Linguistics at University), I've been involved in producing a newsletter for a local charity, and I do a little proofreading now and then. So I thought being the editor of a regional magazine might open up some more editing and proofreading work for me. One of my Zen teachers, Rev Peter of Rochdale Zen Retreat, taught me that we are first drawn to our spiritual practice for ourselves; then we practice for self and others; and finally we just practice because it's good to do. This has certainly proven to be the case for me in serving the yoga community, the Sangha, through the Committee. It started for my self, but it has become so much more.

As **Paramhans Swami Maheswarananda** says in *Yoga in Daily Life – The System* 'social health' is one of the main goals of yoga. He says, 'Social health ... means to nurture genuine contact and communication with other people, to assume responsibility within society and work for the community... Living "Yoga in Daily Life" means to work for ourselves and for the benefit of others. To do valuable and constructive work for our neighbours and the community'.

This working for others is known as Seva - the spiritual practice of selfless service. Seva, a Sanskrit word (from 'Sev' - to serve, wait, attend, honour, worship), springs from two forms of yoga, Karma Yoga which is the yoga of action, and Bhakti Yoga, the yoga of devotion. **Sri Ravi Shankar** of the Art of Living Foundation defines Seva as 'Being there as the need arises'.

'There are two main benefits in practicing Seva; the healing impact it has on other people and the environment in which we are offering our service and the transformation that takes place within us as we come to new spiritual understanding. Doing service as a devotional act can bring us to an elevated state of being. It can connect us with our ability to love. Seva is an ideal way to both give and receive simultaneously. We are giving the very best of ourselves to the people and the activities we are engaged with and by the nature of spiritual law we cannot help but receive in return the inner inspiration, revelation and fulfilment.'

Shannon Brophy

Heal the world by healing yourself
Find a need and fulfil it.
Service is the greatest form of spiritual practice.

Everybody can be great because everybody can serve.
You don't have to have a college degree to serve,
You don't have to make your subject and verb agree to serve.
You only need a heart full of grace.
A soul generated by love.

Martin Luther King Jr

