

# Buderim Yoga NEWSLETTER



June, 2017



What a great term Term 2, 2017 was!

Thank you for all the fun.

I hope you have found our practice encouraging on your way to good health.

Please send me an email if there is anything you would like to cover, as the practice of Yoga covers many things, not just the asana.

Watch out Term 3, 2017 we are coming at you 10th July :)

*“The Seat of the Soul” by Gary Zukav*

Have a watch of what Oprah has to say about this book, written 30 years ago. Below is the attachment for you to watch:

<https://youtu.be/OJ6okNOxRqo>

A copy of the book is available on YouTube for free for you to enjoy.

## **OM MANI PADME HUM**

“Sparkling lakes, great mountains, heaving oceans, sky, air and fire; man’s physical body and his ethereal thoughts are all but vibrations of one cosmic energy” P. Y.

## **WINTER SOUP**

I've been asked to repeat last years' soup receipe, which was Broccoli Soup. It was a big hit and very tasty. However, I have a new favourite Soup and its from our fellow classmates Kurt and Karen, its Moroccan Carrot Soup. Both are delicious. Let me know what you think:

## **BROCCOLI SOUP**

20g Butter

1 leek

2 sticks of celery

1 clove of garlic

2 large broccoli heads chopped

3 cups vegetable stock

Handful flat leaf parsley

1 cup peas

3 tablespoons cream

Melt butter in a large saucepan, add garlic, leeks, celery and broccoli heads. Cook until softened then add vegie stock parsley, and peas. Cook till it smells yummy. Blend it up so that its a green smooth soup and serve with cream.

This is very tasty, better than I expected :))))

## **MOROCCAN CARROT SOUP**

400g carrots

100g sweet potato

1 large onion

olive oil

1/3 cup red lentils - rinsed

4 cups vegetable stock

1 heaped teaspoon moroccan spice

Fry onions in oil for a few minutes and add spice. Add the remaining diced ingredients, lentils and stock and simmer for 20 minutes. Blend with stick mixer and taste for salt.



**OM MANI PADME HUM**



It is believed that saying the mantra **Om Mani Padme Hum** out loud or silently to oneself, invokes the powerful benevolent attention and blessings of Chenrezig, the embodiment of compassion. Viewing the written form of the mantra is said to have the same effect! It is often carved into stones and place where people can see them, see above! In the Himalaya most people have it carved above their door, so that when they walk in they feel compassionate. When they walk out they take compassion with them.

People who learn about the mantra naturally want to know what it means and often ask for a translation into English. However, **Om Mani Padme Hum** can not really be translated into a simple phrase or even a few sentences.

All of the Dharma is based on Buddha's discovery that suffering is unnecessary: Like a disease, once we really face the fact that suffering exists, we can look more deeply and discover its cause; and when we discover that the cause is dependent on certain conditions, we can explore the possibility of removing those conditions. Buddha taught many very different methods for removing the cause of suffering, methods appropriate for the very different types and conditions and aptitudes of suffering beings. For those who had the capacity to understand it, he taught the most powerful method of all, a method based on the practice of compassion. It is

known as the Great Vehicle, because practicing it benefits all beings, without partiality. It is likened to a vast boat that carries all the beings in the universe across the sea of suffering.

Don't worry if you have the pronunciation wrong!

### **The True Sound of Truth**

An old story speaks about a similar problem. A devoted meditator, after years concentrating on a particular mantra, had attained enough insight to begin teaching. The student's humility was far from perfect, but the teachers at the monastery were not worried.

A few years of successful teaching left the meditator with no thoughts about learning from anyone; but upon hearing about a famous hermit living nearby, the opportunity was too exciting to be passed up.

The hermit lived alone on an island at the middle of a lake, so the meditator hired a man with a boat to row across to the island.

The meditator was very respectful of the old hermit. As they shared some tea made with herbs the meditator asked him about his spiritual practice. The old man said he had no spiritual practice, except for a mantra, which he repeated all the time to himself. The meditator was pleased: the hermit was using the same mantra he used himself...but when the hermit spoke the mantra aloud, the meditator was horrified!

“What's wrong?” asked the hermit.

“I don't know what to say. I'm afraid you've wasted your whole life! You are pronouncing the mantra *incorrectly!* “

“Oh, Dear! That *is* terrible. How *should* I say it ?”

The meditator gave the correct pronunciation, and the old hermit was

very grateful, asking to be left alone so he could get started right away. On the way back across the lake the meditator, now confirmed as an accomplished teacher, was pondering the sad fate of the hermit.

“It’s so fortunate that I came along. At least he will have a little time to practice correctly before he dies.” Just then, the meditator noticed that the boatman was looking quite shocked, and turned to see the hermit standing respectfully on the water, next to the boat.

“Excuse me please. I hate to bother you, but I’ve forgotten the correct pronunciation again. Would you please repeat it for me?”

“You obviously don’t need it” stammered the meditator; but the old man persisted in his polite request until the meditator relented and told him again the way he thought the mantra should be pronounced.

The old hermit was saying the mantra very carefully, slowly, over and over, as he walked across the surface of the water back to the island.

### **“Christmas in Winter” Social**

Dear Yogis and Friends and Family,

You are invited to a Dinner together to celebrate .... anything really ha!  
Being at Buderim Yoga, Winter, A night with Friends that you never get enough time to chat to! Good food, and fun. Please keep the date free, it would be wonderful to see you there :)

**Date: Wednesday, 23rd August, 2017**

**Where: The Shak, Buderim**

**Time: 6pm**

**BYO and Licenced**

More details will be given in class!!!

## **Students Choice!**

The students choice from each of the 4 classes in Term 2 was so good I could not pick which class to print. So I have a copy at the desk of each of the classes if you would like to get one, please ask.

## **TERM 3:**

### **THURSDAY MORNING AND THURSDAY EVENING CLASS**

I am sad to say I will be closing the above two classes during Winter. The numbers have been so small, its costing me extra to put them on. I have been looking for a teacher that could join us to take the above classes, without success. So if you hear of a Yoga Teacher that would like to take those classes, please let me know. I will continue teaching them in Term 4 when Spring comes!! If I get the numbers!!!

### **Hatha Yoga Class      Term 3 is 10 weeks      Term Fee \$150.00**

Monday	6pm to 7.30pm	10th July to 11th September
Tuesday	9.30am to 11am	11th July to 12th September

### **Meditation Class      Term 3 is 10 weeks      Term Fee \$180.00**

Monday	7.40pm to 8.40pm	10th July	FREE CLASS
Monday	7.40pm to 8.40pm	10th July to 11th September	

## **OM MANI PADME HUM**

I am looking forward to seeing you in Term 3. This is the term we work on our Spring bodies and bounce into Spring, because of our Yoga Practice. See you on the Mat.

Many Blessings,

Lyn Moes

[www.buderimyoga.com](http://www.buderimyoga.com)

