



JOY

Magazine

EDITION 01

SEPTEMBER 2021



Hello Great Souls!

It's one of those cosmic coincidences, not orchestrated by man, that the launch of the JOY Magazine has aligned so perfectly with Ananda Mumbai's 3-year anniversary.

The idea for this magazine came from one of our devotees here, and we immediately jumped on it. Continuing the Ananda tradition, "If you suggest it, you should fulfil it", we saw this as a wonderful opportunity, not just as a seva for her, but to bring together our brothers and sisters everywhere, to contribute articles, stories, experiences, designs, photos, quizzes and trivia, and what not, all in the name of our shared path. This first edition, we must admit, is a little bare bones, but we wanted to just get something out, and let it evolve and grow into what it's meant to be.

When we first began thinking about what to name the magazine, we looked at several abstract, "unnecessarily-complicated-intelligent-sounding" options that are pleasing to the mind, but that, so often, miss the heart altogether. In the end, the profound simplicity of "joy" won us over and that is what we hope, in time perhaps, this magazine will be able to provide its readers.

Joy to you,

Narayani & Shurja

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[Watch Video](#)

Swami Kriyananda A Life in God

*This life that you are living
is a fantastic adventure.*

Do those things that will make you happy.

*Do those things that will make you
more loving.*

*Develop those attitudes that will lead you
toward bliss.*

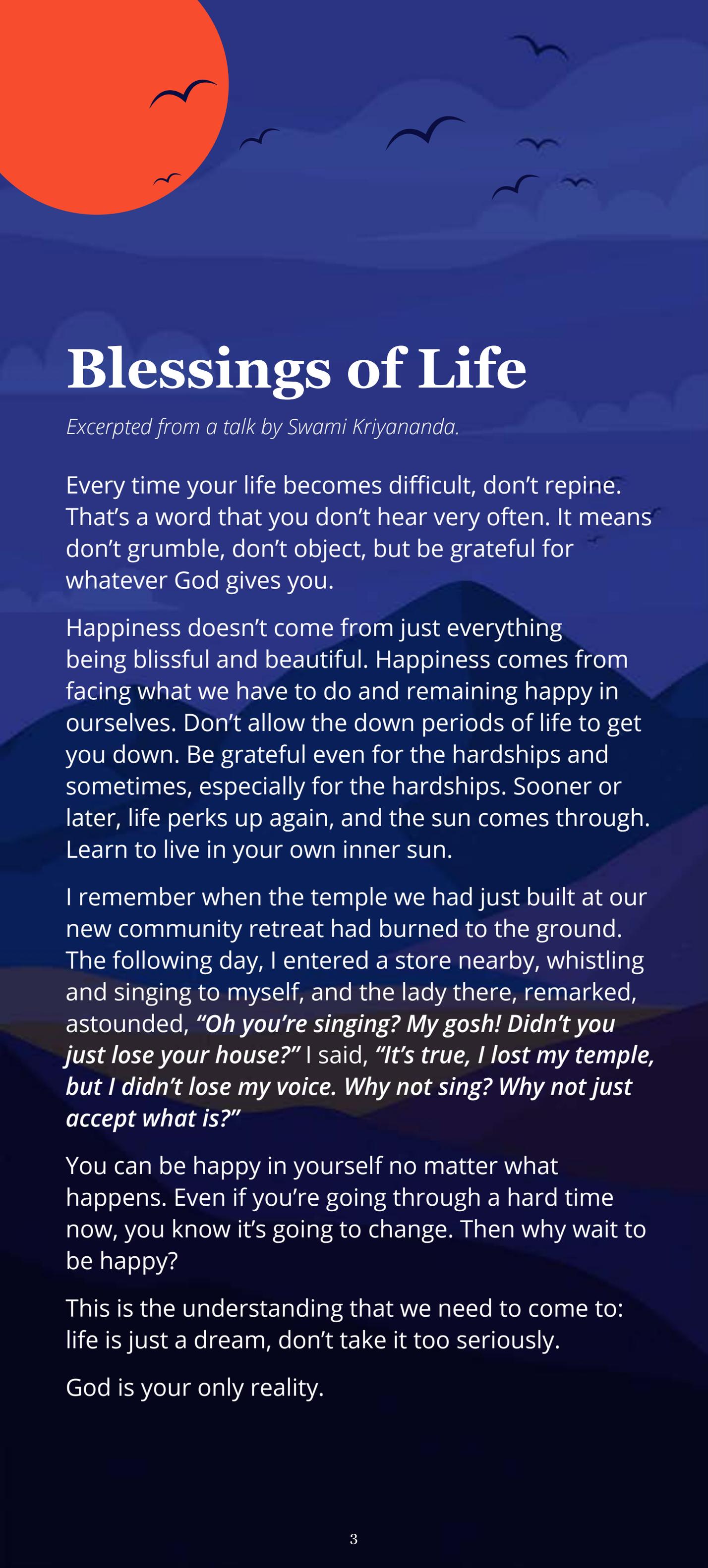
*The best thing you can be doing with your
lives is, living for God and helping other
people to live for God, and setting an example
to people everywhere that yes, it is possible to
live in brotherhood and harmony.*

*And this, more than anything else, will change
the world for the better.*

*I feel your blessings
and I want to return them.*

**Aum Aum Aum
God Bless You All**

Swami Kriyananda



Blessings of Life

Excerpted from a talk by Swami Kriyananda.

Every time your life becomes difficult, don't repine. That's a word that you don't hear very often. It means don't grumble, don't object, but be grateful for whatever God gives you.

Happiness doesn't come from just everything being blissful and beautiful. Happiness comes from facing what we have to do and remaining happy in ourselves. Don't allow the down periods of life to get you down. Be grateful even for the hardships and sometimes, especially for the hardships. Sooner or later, life perks up again, and the sun comes through. Learn to live in your own inner sun.

I remember when the temple we had just built at our new community retreat had burned to the ground. The following day, I entered a store nearby, whistling and singing to myself, and the lady there, remarked, astounded, *"Oh you're singing? My gosh! Didn't you just lose your house?"* I said, *"It's true, I lost my temple, but I didn't lose my voice. Why not sing? Why not just accept what is?"*

You can be happy in yourself no matter what happens. Even if you're going through a hard time now, you know it's going to change. Then why wait to be happy?

This is the understanding that we need to come to: life is just a dream, don't take it too seriously.

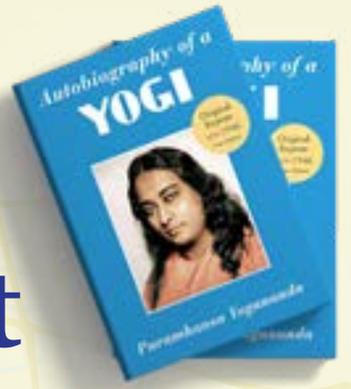
God is your only reality.



God Helping God



Share the book Spread the light



“**Autobiography of a Yogi**” has changed millions of lives around the world.

800+ copies have been pledged and distributed to individuals, public places, cafes, libraries and schools.

Pledge one if you are inspired to spread the light.

[Pledge Now](#)

Ann Daan



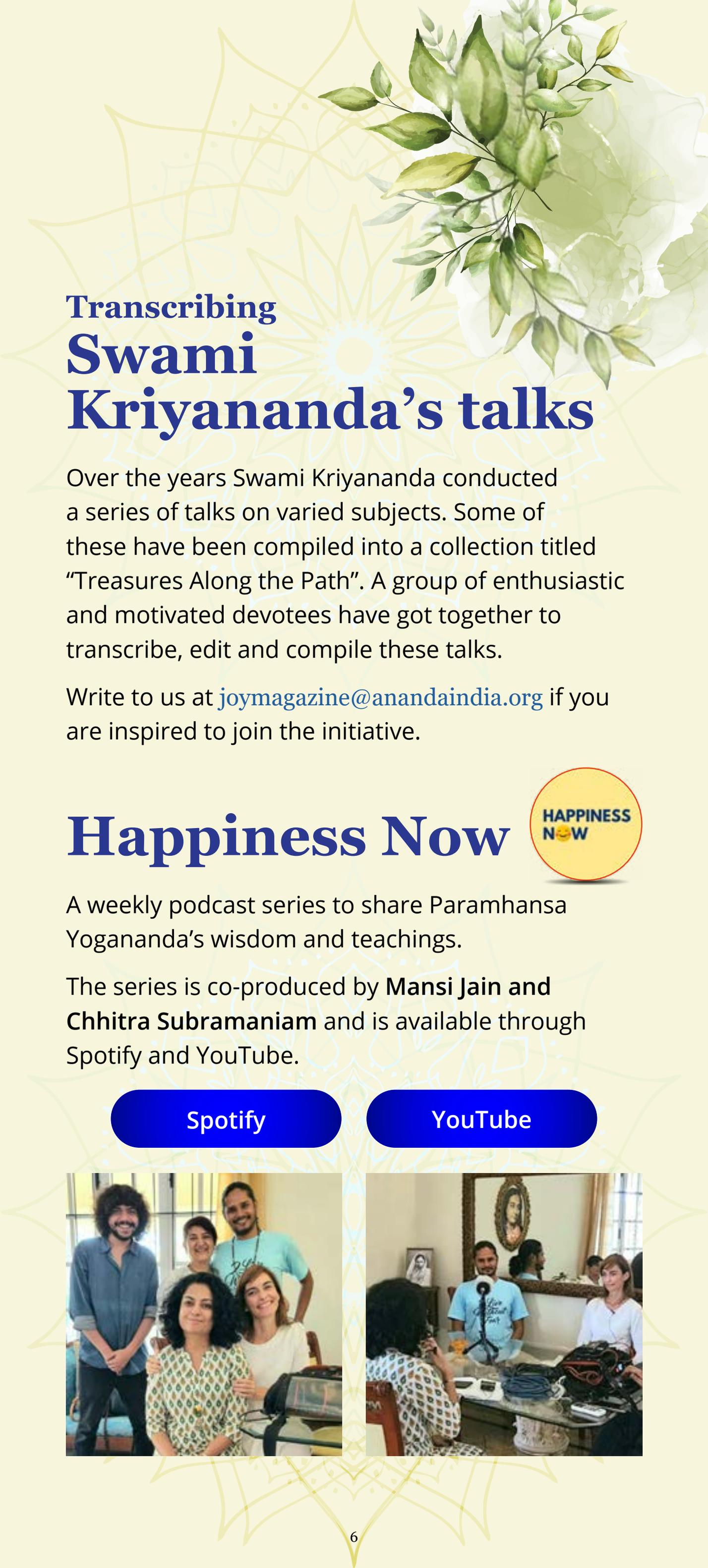
Ananda's Food Distribution Drive

“Never doubt that a small group of thoughtful, committed individuals can change the world; indeed, it's the only thing that ever has.” - **Swami Kriyananda**

A small group though we may have been, but the generous hearts that supported our food and ration distribution drive, were as big as they come. Thanks to them, we have been able to provide monthly ration kits to 1200+ families of daily wage earners who lost their livelihood due to the pandemic. The drive focussed on the local slums of Madh and Malvani, and some tribal areas surrounding Mumbai.

With your support, we hope to continue this endeavour with ever-greater zeal.





Transcribing Swami Kriyananda's talks

Over the years Swami Kriyananda conducted a series of talks on varied subjects. Some of these have been compiled into a collection titled "Treasures Along the Path". A group of enthusiastic and motivated devotees have got together to transcribe, edit and compile these talks.

Write to us at joymagazine@anandaindia.org if you are inspired to join the initiative.

Happiness Now



A weekly podcast series to share Paramhansa Yogananda's wisdom and teachings.

The series is co-produced by **Mansi Jain** and **Chhitra Subramaniam** and is available through Spotify and YouTube.

Spotify

YouTube



Instruments of Light



Chhitra Subramaniam has been relentlessly serving and doing relief work since the start of the pandemic. Her efforts to mobilize Grocery Kits, Oxygen/Medical aid, Nutrition for Kids and Support for Community Kitchens have been awe inspiring. Through the various initiatives she has managed to support vulnerable sections of the society across the country.



Sachin Mehta has been at the helm of frontline efforts to mobilize vaccinations and essentials to enable combating the pandemic. He actively worked with local authorities to enhance vaccination outreach by setting up vaccination centres equipped with necessary infrastructure.



Sachu Ramalingam conducted a week-long “Nurturing Wellness” workshops for 150+ staff members of EuroKids education group. The workshops introduced several new souls to the world of yoga and meditation, through sessions of chanting, visualization, basic pranayams and guided meditation.

If you are a beacon of light, then write to us at joymagazine@anandaindia.org, with your story in less than 200 words alongwith photographs. We will endeavour to include it in our upcoming editions.



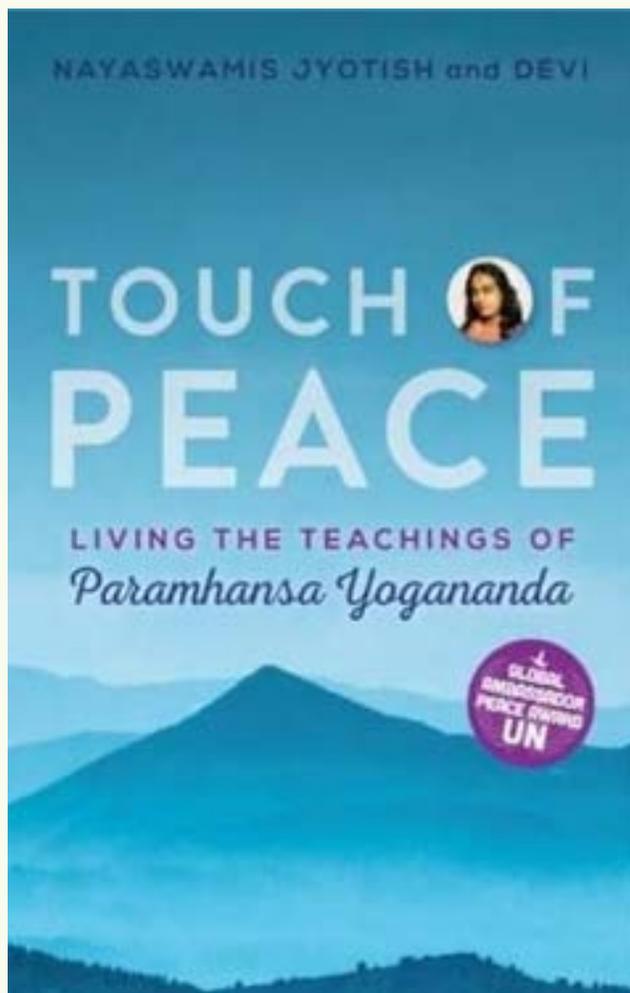
*Living in
the Light*



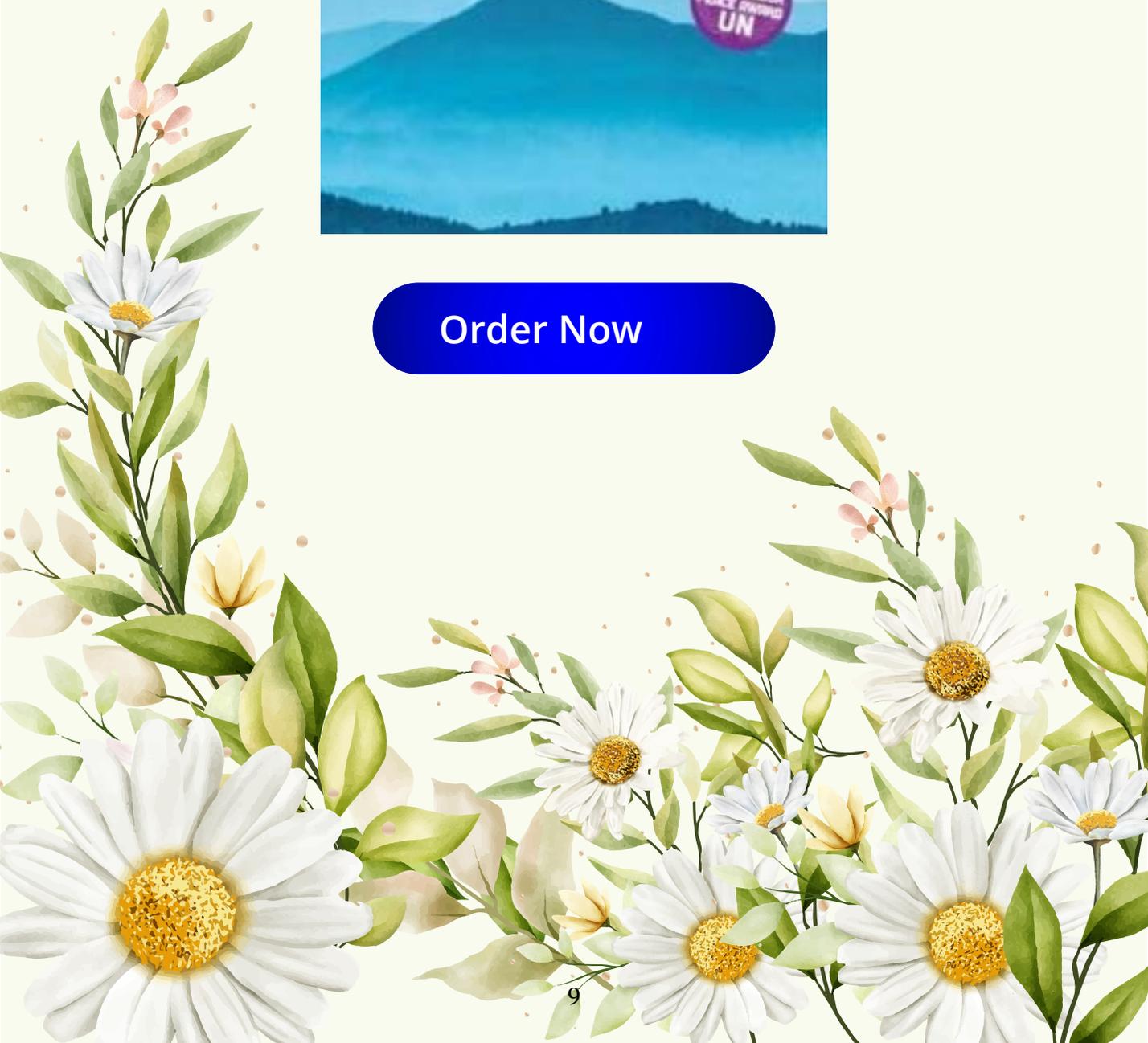
Touch of Peace

by Nayaswami Jyotish and Devi

With all of the changes taking place in the world around us, the need for inner peace is greater than ever before. This powerful collection of spiritual writings will change your life by guiding you through inspiration and new perspectives for facing life's challenges and finding peace within.



Order Now



Peace

by Swami Kriyananda

*Peace gave us the mountains.
Peace gave us the sky.
Nightly, when starlight enfolds us,
Peace is its lullaby.
Amen. Amen.*

*Peace gave us the morning.
Peace gave us the sun.
Bird songs that call us to welcome
Day, and fresh labors begun.
Amen. Amen.*

*Peace gave us the seasons.
Peace gave us the rain—
Cool clouds that gather to bless us,
Mist hands that soothe away pain.
Amen. Amen.*

*Peace gave us our hearts' love.
Peace gave us our smiles:
Rays of God's presence within us.
Light that all strife reconciles.
Amen. Amen.*

[Listen Now](#)

Peace of Mind

*"From pools of inner silence I sip the
sparkling waters of Thy peace."*

[Let's Affirm Together](#)



Fun with Games



Fill in the blanks to complete the following

Hint: It could be a chant or a quote.

1. I am the, make me the
2. of my, Open I keep for
3. those who me, I will be
4. The the flow of, The greater the
5. When I am, only can take my

Unscramble the following words

Hint: These words are regularly used during our spiritual practices.

- | | |
|---------------|-----------------|
| 1. EIOMIANDTT | 6. IIVNDE |
| 2. YGODAAANN | 7. -HUNSGOA |
| 3. NDAANA | 8. RTCIHS |
| 4. OYIGYRAAK | 9. NSCNUOSCESIO |
| 5. CATNH | 10. NIFOMFRATAI |

Solutions

Kid's Corner



Art From:
Kushank Cukkemane
Age: 05 years

Never Apart

*I am grateful about a lot of things,
Like, a bed I can sleep on,
Or the AC that cools my room;
Or the dustless floor,
That wouldn't be without a broom.*

*I am thankful for parents
That they are alive;
And all alone,
I do not have to survive.*

*I am grateful for my school,
Also my teachers;
Or else I would not know,
About a machine's features!*

*I am grateful for a huge family,
Many cousins and friends;
Who are always with me through,
All my twists and bends.*

*And lastly I am blessed with God,
Who is always in my heart;
And through whatever happens,
He is never apart!!!*



Art From:
Reya Kejriwal
Age: 12 years



Poem by:
Atharva Sunkersett
Age: 11 years



Art From:
Harshini Cukkemane
Age: 10 years



Crafted by:



Amay Sheth
Age: 12 years



Amyra Sheth
Age: 07 years



Fun with Games Solutions

Fill in the blank:

- 1) Bubble, Sea
- 2) Door, Heart, Wide, Thee
- 3) To, Think, Near, Near
- 4) Greater, Energy, Magnetism
- 5) Gone, Love, Place

Unscramble:

- 1) MEDITATION
- 2) YOGANANDA
- 3) ANANDA
- 4) KRIYA YOGA
- 5) CHANT
- 6) DIVINE
- 7) HONG-SAU
- 8) CHRIST
- 9) CONSCIOUSNESS
- 10) AFFIRMATION

We would love to hear from you !

If you would like to join the JOY Magazine team,
or have feedback to share, write to us at
joymagazine@anandaindia.org.

JOY MAGAZINE

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