

NALANIE HARILELA CHELLARAM

Four Locks & Keys



Four Keys to Life

According to Sri Patanjali

An interpretation by
Nalanie Harilela Chellaram

Sri Swami Satchidananda, my spiritual Master, says that with these four keys you can have a wonderful, peaceful life. Even if you decide to ignore yoga entirely and you do not believe in anything, if you follow these four keys to open the four locks, then you will attain peace. Sri Patanjali, in his Yoga Sutra, identifies the keys that go with the locks:-

*"By cultivating attitudes of
friendliness towards the happy,
compassion towards the unhappy,
delight in the virtuous,
and disregard towards the wicked,
the mind-stuff retains its undisturbed calmness"*

(from 'The Yoga Sutras of Patanjali', Book 1, Sutra 33)

“Four Locks, Four Keys,
use them well
and set yourself free”.

Acknowledgements

Dedicated to my spiritual master, His Holiness Sri Swami Satchidananda, who taught me how to use the locks and keys and showed me the path to peace and freedom. I am eternally grateful!

To my Raja Yoga teachers Swami Karunananda and Rev. Jaganarth. Mataji Gurucharanandaji for being the perfect example.

Thanks to Shanti Susanna Alman for her dedicated service and invaluable assistance.

Thanks to Divya Debbie Parkins for re-editing this 3rd edition with such joy.

Thanks to Ole Dammegard for designing the cover and always having been there 24/7.

And to my beautiful family the Harilela's in Hong Kong. My dad, mom, siblings who have always been so loving and kind to me.

My late sister Mira Mahtani who was a second mom to me. Her warmth and love is always in my heart.

My late husband Shanky, my children and their lovely partners, Shani, Andrew, Shaman, Hersha. And the grandchildren, Tara, Natasha, Talia, Indy and Shahan who bring so much light and joy to my life.

To my partner and good friend Les Roberts for his continuous love and encouragement.

To all the Sangha members who have really been my teachers and those who have hurt me in life as they have taught me to be strong and forgiving.

And to the most Revered Lord of Light and Love for all the blessings bestowed upon us... Om Shanti.. Shanti.. Shanti.. Loves nalanie

The First Key

Friendliness Towards the Happy

The first key, friendliness towards the happy, sounds pretty simple! Yet how often have you been chatting with a group of friends when you suddenly see someone go by looking very happy. She's had a stroke of good luck. Instead of hearing someone say, "I'm so happy for her!" you hear the comment: "She knows so-and-so in the department, that's why she got that promotion!" I am surprised and say: "She's your friend, you've known her all your life. Why are you not happy for her? Why has her good fortune made you miserable?"

I hear it in the business world all the time too and I'm sure many of have. Someone does well in business and people will say "Oh, it's because they're corrupt; because they're dishonest". Perhaps it might be simpler than that - they could just be hardworking or even plain lucky!

Someone I know won the lottery twice - "Why him"? people asked, "He's already wealthy". The truth is, why not him? Because we don't feel friendly towards, or happy for, other people, how does it make us feel? What are the consequences? Jealousy, anger, why-them-not-me; the thoughts come and consume us. "I worked hard all my life... I did all the dirty work ...I'm a good person...this person hurts people...why should they get this joy and not me?"

A few years ago I used to meet quite a lot of people who had gone bankrupt. Bankruptcy sometimes wakes people up, especially when their entire life-goals are material. Suddenly everything is gone, there is nothing left, nothing left to work for. The one thing I noticed in all these people was anger. "Why did this person make it and I didn't?" I asked them why they kept comparing themselves to someone else. What did someone else's life have to do with theirs? If you are constantly thinking "He has made it, and I haven't made it", what will you become? As the mind, so the man. If your thoughts are constantly on someone else's life, you will never make it. I told these people to watch the mind! This is what probably led them to bankruptcy, they were always comparing instead of being healthily calm and competitive; always thinking "he's done well...I want to do better... why not?"

Anger! When the mind has one seed of anger, do you know what happens? When you water that seed it grows and grows until it destroys the person who is angry. I have seen many people who are not happy for their friends when they do well and this makes me really sad. Ask yourself, have you done that in your life? Have you been happy for people who have been successful? Have you been happy for people who are happy?

I remember once in the Ashram in Virginia, there was someone visiting who had stayed for a year. She had been receiving treatment for depression and was recovering well. I was happily walking round the Ashram one day when I saw this girl and stopped her. The first few days I had seen her, she was always smiling and friendly but now, suddenly, she seemed really upset. So I walked up to her and said "Have I done something to upset you?" I think I surprised her, but she looked at me and said no. I said that I apologised if I was mistaken, but I had felt negative energy and thought I had upset her in some way.

"Well", she said, "now that you ask, yes you have." "Okay", I thought, "let me hear what I've done". She continued, "I just can't believe that you can be happy all the time!" Shocked, I said "Is that what I've done to upset you?" "Yes!" she said, "nobody can be happy all the time. It's not possible, you must be a hypocrite!" So I said "Oh I haven't really upset you, you have upset yourself because I'm happy." I found it quite difficult to believe and burst out laughing. She said she couldn't understand why I wasn't angry with her. I told her, "Because that's not my problem, it's your problem. Why should I be angry with you?" She walked away in a huff, and I really found it all quite funny.

I remembered this Sutra so clearly then. She was so angry because I was happy that I think she could have wished me dead at that moment. It so happened that I was invited to give a talk the next day. I don't know what it was I said, but right after the talk the same girl came up to me crying. She said she was so sorry for what she had said to me. She had felt jealous and realized that she wanted to be happy like me. She asked "It is possible, isn't it?" I said that it was, that it was all in the mind. She said "I realised that yesterday, when I got angry with you and you laughed. When I saw it didn't affect you; I realised that I could do it too."

It might be an idea, if anyone is angry with you, or upset because you are happy, to ask them about it. Sometimes people don't know why they are upset and by asking them you might awaken them to that knowledge. What happens is that most of the time we are jealous, but subconsciously. We

don't even realise that we're feeling these particular emotions until it is pointed out to us.

We know jealousy can never give us peace. When you're jealous, you're the worst person in the world to be with. There is a kind of sickness in your heart and a pain right below the abdomen. That's why people become bitter and the stomach starts to churn whenever they feel jealous. History is full of examples of the tremendous trouble and pain jealousy has caused the human race.

Sri Patanjali wrote this Sutra over four thousand years ago! Human beings have not changed; we have not learnt a thing! We have advanced so much in technology, but we still have the very same problems as our ancestors!

So, the next time you see somebody who's happy, think: "God bless you, it's your good fortune!" Don't recount to yourself all the many reasons why they shouldn't be happy - just be happy for them! And, if you can't be happy for them, at least show them friendliness.

I knew a great artist once. He was such a good artist, but nobody ever complimented him. I was at an exhibition he gave, watching everybody talking about his paintings and how good they were. But they never told him. No one said to him: "Your work is beautiful, I love it!" At the time I was studying art and had been put in charge of his exhibition. I watched him for a couple of days and noticed he seemed a bit down. So I went to talk to him and told him how much his paintings had inspired me, how much I wanted to paint, thanks to his example. "You have such talent," I said, "You're so lucky." He started to cry. He explained that nobody had ever told him that. People thought that because his work was good, he was already aware of that fact, and didn't need praise. People came and bought his paintings but never actually told him they thought he was good. So although he was a great artist, he felt depressed.

Now, whenever I meet somebody who is good at something, I make a point of complimenting them. It's a bit like seeing a beautiful woman or a handsome man - how often do we say to them "You are so lucky, you've got such good looks".

They can develop such a complex. I knew a woman who was so beautiful, but I never bothered telling her because I thought that everybody must tell her all the time. It so happened that I stayed with her for a while and during that time, realised she had such a complex. She was obsessed with having to wear the right clothes, the perfect make-up, having to do this

and having to do that! The poor lady was suffering so much because she felt she had to live up to her looks. And yet, she was so beautiful, she looked wonderful without make up. She could wear anything and still look like a model. Then I realised that, like myself, people didn't like to tell her that she was beautiful. Even the men who did were mostly making a pass at her, more interested in her body than her mind and spirit.

She was a very spiritual woman and she had great faith in God. I realised that she had developed this complex precisely because men whistled at her and gave her all the attention she wanted on a physical level. No one had told her she was beautiful at a deeper level. She was constantly trying so hard that she never had any peace. We talked and I told her that she was a beautiful human being, as well as being a beautiful woman. It made her feel happy.

We often forget to praise the people that deserve it. Beautiful people seem to have this complex. They are constantly aware of the physical body to the detriment of everything else. You would think they would just know that they had it all, but they don't. Even when we have it, we often don't realise it!

The key is friendliness; the lock is the people who are happy. So when you see people who are happy, be friendly towards them and be happy for them. Enjoy them; be happy for them and when you're happy for them, what thoughts are in your mind? Happy thoughts!

Friendliness Towards the Happy

A Meditation

Please sit comfortably, spine erect, shoulders relaxed, and place your hands in your lap. Close your eyes, take a slow deep breath, exhale and relax.

Bring your awareness to the centre of your forehead and imagine a beautiful white light just there, a beautiful circle of light.

Think of any persons that you may feel even the slightest jealousy towards, because they are happy; because they have a nice home; because they have a good family or a good job.

Bring those people to your mind. Look into their eyes and say to them, “I am so happy for you. I wish you well”. See them smile. Let them go. Watch them walk away.

Now see yourself in that circle of light. See your own life. Think how fortunate you are to have a healthy body and mind, a wonderful family and home, food on the table.

There is no need to be jealous of anyone. No need whatsoever, because you have everything you need.

Repeat to yourself: I am content; I have everything I need. Thank you, Divine Consciousness, for supplying my every need. Let me share in the happiness of others.

Take a deep breath, exhale very slowly, and, whenever you are ready, open your eyes, relax and enjoy the peace.

Om Shanti, Om Shanti, Om Shanti

The Second Key

Compassion for the Unhappy

Nowadays when we see people who are unhappy, we do not bother with them. We don't spend time with them, or, perhaps in another way, people care too much. Sometimes we care so much for other people that we suffocate them, we force ourselves on them. My Spiritual Master taught me a great lesson. I said to Gurudev, as we call him:

“People need this and people need that.....should I help this one....should I do that?” He said “No, Nalanie. When they need you they will ask. Never force yourself on others, because it is you, then, who wants to help and that is really rather selfish.”

You know what we are like. We want to say we helped somebody so we can then feel really good about it. But in actual fact, if somebody does not want to be helped, can they really be helped, no matter how much we try? You know the answer; we have all worked with people. We want to make people happy; we want to see them joyful, yet only they can do that.

If we let go of that, we become peaceful, but so many of us cling onto other people's unhappiness. “Oh, I'm not happy because my wife is unhappy. I go home and when my wife's in a bad mood, I can't handle it.” Why? Why can't you handle it? What is wrong? Or “Oh, my husband is always grumpy”. So he's grumpy! Does it mean you have to take on his unhappiness?

The secret to that problem is compassion because, if you have compassion, when others are unhappy, you say: “I'm so sorry you've had a bad day”. Instead, when you do not have compassion you say, “In a bad mood, again!” and then you get in a bad mood too!

What has been gained? We now have two of you in a bad mood! Note! Not pity, not judgment – compassion! It's the hardest thing to do. It's easy to do with people outside your home, but very hard to do with your family, your parents, your partners, and your children, because you see them all the time. When they come home in a bad mood, all they really need to hear is: “Darling, I'm here for you. If you need to be in a bad mood go somewhere else and enjoy being in a bad mood, but please don't expect me to be affected by it.”

If they have nobody to fuss over them and give their mood more energy and you go and do your own thing, sooner or later they have to come out of it.

The best thing is to just give them compassion, “I’m sorry you feel this way, but it doesn’t mean that because you feel like that, I have to feel that way”. Do you see the difference?

We are so connected to othersour partners, our parents... “My mother’s miserable so I am miserable.” So now there are two people miserable. “Why can’t my mother be happy?” The poor woman needs to cry, let her cry! Why does it upset you? She may need to cry, she needs to express herself. She just lost your Dad! You cannot expect her to be happy in three months or even a year. She’s grieving, it takes time. Accept it. But give her compassion. Don’t shout at her every time you see her, but say: “Mum, I understand your suffering. I love you. I care for you. I’ll pray for you. If you need me, I’m here. If you want to get out of the situation, we’ll go for a drive. We’ll take a walk on the beach. We don’t have to talk, I’ll just be there for you.”

We are so concerned about people being happy that we talk and talk and talk. We give them advice that they don’t even want, when all they long for is peace.

Simply offer some compassion, some love. Just say: “I understand.” Just hold their hand. Never give pity, people don’t need or like that. Pity is not a good thing. “ Oh poor thing.” What’s so poor about her? She has everything she needs! You make people feel inferior when you say that. Sometimes we say it just as a joke, when somebody has a cold or something; that’s different. However, if you say it too many times, the message gets into our subconscious mind, and that person will really feel “poor me”!

Many times, when people come to see me they talk about all the “bad” things in their lives. I tell them, I don’t see anything to feel sorry for them about. I see so many good things too. “Don’t count the negative, count the positive”. So, when you’re around unhappy people - and there are many around - give them compassion.

Try and talk to them if they ask you or if they call you. If not, just be understanding. Accept that everybody has moods; accept that we all have our bad times. Accept also that there are times when we all need to cry

and to be alone. Do not take on other people's unhappiness. The second key is compassion for the unhappy, not pity.

I have a friend who works with handicapped children and she told that me that the school where she worked had a lot of helpers. They gave a lot of love, but the effective ones were those with compassion, not those who wanted to give pity. The ones who gave pity never got anywhere with the children. The ones with compassion also had the discipline to know when to correct the children if necessary.

I once worked with a Down's Syndrome child and I remember he used to swear at everybody, and everyone laughed. "Oh poor thing"! they used to say, "What does he know!" I knew that in fact, Downs Syndrome children were normally very happy people and responded well to discipline.

The child used to swear at the school receptionist and she would laugh. I said to her: "Why are you laughing? You should tell him this is wrong, as you do with the other children. He thinks swearing is funny because everyone laughs, and he likes laughing. You laugh, he laughs, and carries on swearing".

By encouraging this behaviour, with misdirected pity, they were actually teaching the child that swearing was positive, acceptable and funny. Instead of helping this child, they were actually hurting him. In the name of love and compassion, we often tend to do the wrong things. This is such an important lesson to remember.

Compassion for the Unhappy

A Meditation

Please sit comfortably, spine erect but relaxed, shoulders relaxed, and place your hands in your lap. Close your eyes, take a slow deep breath and exhale very slowly.

Bring your attention to your heart and see a beautiful, white light there.

See someone you know who is unhappy, and place them there. If it is yourself that is unhappy, see yourself there.

Cover that person, or yourself, in light and see a smile on their face.

Send that person this message:

“I am sorry you are not feeling so good
All I can do is pray for you and wish you well.
May you learn to be happy soon”

If it is yourself that feels unhappy, please tell yourself: “Its alright. This is a learning time and soon you will get yourself out of it. Be patient, be strong, and allow yourself to just get through it slowly”.

Cover the unhappy person with light. Cover yourself with light. Take a slow, deep breath and exhale fully and completely.

When you feel ready, open your eyes.

Om Shanti, Om Shanti, Om Shanti

The Third Key

Delight in the Virtuous

Be happy when you meet good people. Everyone is good inside but not everybody has developed that quality in themselves. So thank God there are virtuous people.

Be happy! We need more people like that in the world. Let us praise them. It's a little like the newspapers or TV news – there is so much good going on in the world, but is this highlighted? No! What gets all the attention? All the negative news! The hijacks, the massacres, the bombings. Yet there are millions of people out there in the world doing wonderful work.

In India I saw the work that is being done by doctors that come from all over the world. They go there to serve. There is rarely any mention of such people, those who give up a part of their lives to go and serve others. Virtue has no place in our society any more. It seems we have forgotten the values of life and negative things get full front-page coverage. So, of course, people think: “Let's be negative.” This is what we're taught. As individuals we have responsibilities but everyone thinks: “Let the other guy do it...the next person ...”. None of us take on the responsibility. We need to change. We need to delight in virtuous things. There is so much that is good happening in the world.

There are so many people who care for the sick, or the needy, or a family member, day after day. They give love, they give care. There are many, many people who have given their entire lives to service. We should be filled with hope, that there are so many good and caring people in the world.

Although the news that is reported is often bad, we should always remember: “There is far more good in the world than there is bad.” We should not allow ourselves to become depressed by bad news.

It is all a false perception.. The news tells us one thing, we grab onto it and we become miserable. But why bother even with that example? Just look at our own lives. How seldom we speak about the good things in our lives. Do you ever go up to your parents, your brother, sister, your partner, or a friend and say “Thank you for being in my life.” Do you ever do that? It's such a nice, simple thing to say to people. Why not say it now? Don't wait until it's too late.

And, if you cannot get peace with someone, and there's no joy, no matter how much you try, then leave it. Don't harp on about the same thing all the time. If you cannot change it, remember the prayer: "Lord grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

What is the path of Yoga but uniting with God or the Self, or the Divine Consciousness, or one's own energy. When you focus on that you will be guided in which direction to go.

Many people say to me "Nalanie, this person is making my life miserable, what should I do?" And I always advise them as my Spiritual Master taught me. He said "Nalanie, if you're holding a frying pan in your hand and it's too hot, what will you do? Will you stand there saying: "It's hot! It's hot!" You won't; you'll just drop it."

So, when a healthy person needs to end a bad relationship they won't hesitate; they'll leave. But, if they're still in that relationship, or that situation, it's because they still need to learn something and they have not yet realized 'the frying pan is too hot'. So when I am asked: "When should I know to leave?" My reply is: "The very fact that you are asking me that question means you should not leave yet. If you knew you had to leave you would have gone already."

If there were a fire in your house you would say : " I have to get out of here – now!" and be out the door. You would not remain and say: "Fire, burn me." If you are still in the situation, it is because there is something you feel you have to do, something you have to learn, something you need to change. That's when a person should go and ask for help. When you are really focused and not judging the partner; when you have compassion for that person, then it is time to sit quietly, then is the time you will know what to do. You will know which direction to take and you will do it beautifully. Only then will you cause no pain to anybody - you will just give love. That is the only way to do things. Nothing should be wrenched out of its socket. If you pull an elastic band too far, it will just snap. You gently, gently, move it away; stretch it slowly. See how far you can get in life.

So, if you know anyone who is virtuous, delight in them, be happy for them - develop those qualities yourself. If you have wonderful, virtuous qualities, use them! Don't be afraid of rejection; don't be put off by what people may say. So many of the people I meet are so incredible; wonderful, loving people. If you are so loving and your heart is so giving,

why not simply do just that? There is no need to feel shy or afraid; if it's your nature to give, then give! You will be so happy.

I met someone recently with that problem. She was too shy to give; embarrassed that she might be rejected. Yet, when she gave, she felt so free. It made her so happy. It felt like a noose had been taken off her neck. We fear giving because we fear rejection. But, when we do it and we are not bothered about rejection, then we feel free....because we free ourselves.! That's another thing about being virtuous, do not worry about what you get back in return, the idea is to keep happy. Actually Yoga is very selfish - we are always aiming to keep happy and peaceful, no matter what!

Delight in the Virtuous

A Meditation

Please sit comfortably, spine erect, shoulders relaxed and place your hands in your lap. Close your eyes, take a slow, deep breath and exhale slowly.

Please bring your awareness to your heart area. Visualise a golden disc. Place your right hand on your heart and feel the warmth of the golden disc against the palm of your hand.

Imagine a virtuous soul, someone who fulfils your ideal of purity, goodness and simplicity. Feel the joy that comes with goodness, and delight in it.

Focus on these qualities and make a firm commitment to bring out these qualities within yourself.

Focus on this impression in silence for the next two minutes. Feel the warmth in your heart and smile.

Om Shanti, Om Shanti, Om Shanti

The Fourth Key

Disregard the Wicked

This is the one I have learned the most from. Disregard towards the evil or the wicked. There are people in this world who are not very nice and who want to hurt you. Bear in mind that I am not saying that to condemn anyone. I am simply pointing out that they do exist. As I explained earlier, many people have not developed or understood. So there are evil people. This used to affect me; it disturbed me so much when I saw evil.

When people were really horrible to somebody else I could not sleep. They may not have done it to me, they may have done it to somebody else, but it really used to upset me, until I learnt this Sutra. It is the *disregard* that is the secret. By saying this is evil, that is evil, I became miserable. By trying to change what I could not change, I became miserable. But when I ignored the situation and did not give it any energy, I became free. It is so incredible; just by disregarding it you can set yourself free!

When someone is negative or evil, the more attention you give them, the more they become evil. For example, somebody swears at you, so you get upset and swear back. Before you know it, you've got a full-blown argument and a problem on your hands. So, if someone is negative or someone is evil, ignore it. Do not give them either positive energy nor negative energy. Ignore them. It works!

I learnt a theory about nagging from a psychology course at university. Why do people nag? My Psychology teacher gave this example: A man walks into the room and the woman there says: "Darling, can you hang up your coat please." He says, "Sure, sure, sure", drops the coat on a chair, sits down and watches television. The following day, same thing. Next day, the same. She shouts: "For heaven's sake! Can't you just hang up your coat!" And he says: "Nag, nag, nag!" But he does hang up his coat. Which tells her that if she nags, he will eventually do as she asks!

While I was studying psychology, I was living with three of my brothers and you know what boys are like. I adored my brothers and I loved looking after them. This was in university in the States where we all shared one apartment. I used to have the longest hours at college and I came home and cleaned their rooms and did everything for them. I washed their clothes, cooked their dinner and did all of this really happily. Then one

day, I had so many exams to prepare for that I just did not physically have the time to do it anymore.

I thought: “What should I tell them?” I had already started to nag them. I'd say “Please can you fix this? Please can you do that”. Their reply was always: “Sure sis, we'll do it tomorrow”. Three or four days later I would do it myself.

Then I learned this lesson in philosophy. I went back home and did not say a thing about their untidy rooms. One week passed. I did all of my things, but touched nothing of theirs. You can guess what their rooms looked like, but I said to myself: “Control yourself, Nalanie. Don't shout, don't say a word, don't notice it, just disregard it.”

So I did!. I spent all my time at work in the university, coming home late. On the tenth day, I came home and they had cleaned everything! . Not only their rooms; they had scrubbed the bathrooms, the sitting room, the kitchen. Mentally I went: “Yes! It does work!”

I had disregarded the whole situation and had not given it energy. If they wanted to turn their home into a pig-sty, sooner or later they were going to hate it and have to do something about it. Nagging would only have cause irritation, mostly to myself, and I would have ended up doing the work anyway. Really I had been spoiling them and not teaching them.

On a more serious scale, if you notice somebody evil, it is important to stay totally out of their company. Do not even try to advise them.

Gurudev told a story of a monkey who lived near a little sparrow in a forest. During the summer months the sparrow built her nest, making it warm and lovely. Winter came along and the sparrow had this lovely nest to shelter in from the pouring rain. The sparrow looked across at the monkey who was sitting on a branch, shivering with cold.

The sparrow said to the monkey “Monkey, monkey! You should have done what I did instead of wasting your time playing and fooling around all summer, jumping from tree to tree. You should have built yourself a home and then, when the bad weather came, you would have had a place to keep you warm!” The monkey replied: “What! Do you know who I am? You are just a little, puny sparrow. I am a monkey; I am stronger than you. Do you really think you can advise me what to do?” Then he went to the sparrow's nest, destroyed it, and killed the little sparrow.

As Lord Jesus said: “Do not cast pearls among the swine.” Disregard the wicked. Do not even give them positive energy, because sometimes even that can backfire. You have to have the discrimination to know when to say something and when not to. We cannot change the world but we can make a difference. Give positive things energy – do not give energy to evil; let it die away.

Disregards the Wicked

A Meditation

Please sit comfortably, spine erect, shoulders relaxed, and place your hands in your lap. Close your eyes, take a slow deep breath and exhale.

We normally feel anger at the injustices that we see occurring in our daily lives or around us. This anger solves nothing. All we do is add to the negativity that is already there.

Please visualise the situation or the person that you feel is evil or wicked. See that person or that situation in front of you and smile. It is difficult, but please try. See them surrounded in light. Smile at the situation. See yourself bow before this great light and surrender to the force of the universe. Visualise that person or situation moving gently away from you. See yourself walk away with no anger. Feel peace in your heart.

Focus on that peace for a few moments.

Take a deep breath and open your eyes.

The secret is to let go and let God deal with the injustices in the world. Our job is to maintain the peace within ourselves. If we are called upon to change anything, we will know!

Om Shanti, Om Shanti, Om Shanti

About the Author

Nalanie Harilela Chellaram was born in 1954 into a distinguished family in Hong Kong, the Harilelas. Nurtured by very spiritual Hindu parents and educated at a Catholic convent school, she grew up in the presence of a close family friend, who, unbeknown to her at the time, was to have a deep and lasting influence on her life. This frequent visitor and friend was Sri Swami Satchidananda, her beloved Gurudev.

She attended university in the United States, where she read Philosophy, Psychology and Fine Arts. In 1975 she moved to Gibraltar with her husband, Shanky, where, for many years they ran a very successful fashion business.

Nalanie continued her study of Philosophy and Psychology, while running a popular dance school, and raising their two children, Shani and Shaman.

In 1986, Nalanie formally became a disciple of His Holiness, Sri Swami Satchidananda, and began her continuing study of the Science of Yoga. She has been accredited by the Council of Teachers of the Satchidananda Ashram in Virginia, USA, to teach asanas, meditation and pranayama. She is also an accredited teacher-trainer for Integral Yoga and a therapist under the British School of Yoga.

She is Chairman of the Integral Yoga Centre in Gibraltar, and George Harilela Hall in Sotogrande, where she holds regular weekly satsangs, teacher training and counselling sessions. The IYC, Gibraltar is a registered Charity, serving the community. Under her Guidance, it is run completely by volunteers. The Centre regularly raises funds for charities in Gibraltar and abroad, following the credo of Swami Satchidananda and Integral Yoga: “Selfless Service in Action” and “Live to Serve”

Nalanie, who now lives in Spain, lectures on the Science of Yoga in Portugal, Spain, Germany, the United Kingdom, the USA and the Far East. She is the first of a new generation of spiritual teachers. Her upbringing and education has given her a special insight into both Hinduism and Christianity, inspired by her beloved Gurudev.

As a wife, mother, grandmother, business-woman and teacher, who has devoted her life to God and Service, she is a shining example to her students and others. She proves that it is not necessary to withdraw from life in order to find the “Guru within.”

Nalanie was born in 1954 into a distinguished, leading family in Hong Kong, the Harilelas. In 1986 Nalanie formally became a disciple of His Holiness, Sri Swami Satchidananda and began her continuing study of the Science of Yoga.

She has been accredited by the Council of Teachers of the Satchidananda Ashram in Virginia, USA, to teach Asanas, Pranayama, and Meditation. She is also an accredited teacher-trainer for Integral Yoga and a therapist under the British School of Yoga.

She is the Chairman of the Integral Yoga Centre in Gibraltar, where she runs regular weekly satsangs, teacher training, and counseling sessions.

Nalanie now lives in Spain, where she runs the George Harilela Yoga Hall, as well as she frequently lectures on the Science of Yoga in Portugal, Spain, Germany, the UK, the USA and the Far East.

In 2008, she was presented with an award by the Governor of Gibraltar, on behalf of Her Majesty the Queen of England, for her service to humanity. The same year she was also awarded a Humanitarian Award from Yogaville, Virginia, USA.

Her example as a wife, mother, businesswoman, and now grandmother, who has devoted her life to God and His service, has been a beacon to her students. She shows that it is not necessary to withdraw from life in order to find the "Guru within." She is also deeply involved in many charities, one of the main ones being Service in Satchidananda, www.sisproject.org.

www.integralyogagib.com
www.sisproject.org