

- **Tiffany Myers** As someone who grew up in the Indian bsy ashram I have come to terms with what happened and when I see comments wondering why satyananda did not come and fix things and do anything it's because it was happening there too. The problem with these places is we see them as more than human and above ourselves when all they are is men with the power to manipulate and abuse. Now there is no doubt they have also done some good for the world and yoga should not be blamed for the evil few. But I feel it imperative that we should never devote ourselves to any one man that seems to be enlightened. Never believe in any power other than our own humanity and the universe and live to be better human beings and build supportive communities. I have to say I have nothing but love for the people running mangrove now as they were always great to me as a child and I hope they are still the loving people I remember. But I unfortunately cannot be part of the yoga community anymore when I see pictures of swamiji and Niranjan being adored when they were part of the problem. I have found a Buddhist practice which has helped me forgive and take my power back and has no priests or people that put themselves above anyone. My heart and love go out to all those still suffering and please believe that you have the power to be happy and heal. Xo

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Sagar Julie O'Brien Thank you for speaking out, Tiffany, and for your message of encouragement and hope. Just a note: some people might not know that the bsy ashram to which Tiffany refers is the Bihar School of Yoga, the ashram founded by Swami Satyananda in Munger, India.

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