

Programs for December - 2010

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| 4 | Mrityunjaya Homa followed by whole night meditation with Poojya Guruji |
| 5 | Satchintana |
| 6 to 10 } | { Prem Dhara Meditation with Poojya Guruji from |
| 21 & 22 } | { 9.30 am to 4.30 am, with liquid food at noon and |
| 28 to 31 } | { light refreshment after meditation |
| 11 & 26 | Kriya yoga punaschetana |
| 19 | Kundalini beejamantra punaschetana |
| 20 & 27 | Public meet |
| 22 | Whole night meditation with Poojya Guruji |
| 31 | Mrityunjaya Homa followed by whole night meditation with Poojya Guruji |

Programs for January - 2011

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| 1 | Mrityunjaya Homa followed by whole night meditation with Poojya Guruji |
| 2 | Satchintana |
| 3 to 7 | Prem Dhara Meditation with Poojya Guruji
from 9.30 am to 4.30 pm with liquid food at noon and light refreshment after Meditation |
| 8 & 23 | Kriya yoga punaschetana |
| 16 | Kundalini beejamantra punaschetana |
| 17 - 21 | Kriya Yoga Camp in Kannada (Sponsored by Dharwad Satsangh) |
| 17 & 24 | Public meet |

Special News for Dear Dhyana Bandhus, "YOGI - VARENIA SRI DEVBABA "

Biography of Poojya Guruji, written by Dhyana Bandhu Sri. V. Ramdas - Hosabettu.
will be released shortly. Those who want to book copies may please contact

Ashram

*Programs are liable to change. Readers are advised to contact the office
and ascertain exact dates before coming.*

|| Aum Aum Aum ||

Dear Dhyanabandhus,

Each one of us is born in this planet earth to contribute our bit to the universe. Our contribution helps the universe continue its process of evolution from one dimension to another. Each one of us in this world come to an understanding eventually after much suffering. God is ready to welcome us always, in any situation any state, however we are. If one tries to reach him through the roads of life's journey, one can't fail to reach god ultimately.

This reminds me of an incident during my primary schooling in childhood. It was the first period, the science class. A Ray of light passing through a glass prism, splits into seven rainbow colours. As the teacher was explaining I was trying to draw it out on the desk with a pencil and paper. I was engrossed in drawing although I was keenly listening to the teacher. The teacher took the paper from my hand and asked me to stand aside, thinking that I was not paying attention. Standing aside looking outside the window, I was thinking to myself 'each colour has it's specific span of wavelength in the visible spectrum'. I could distinctly see the colours moving in a spiral circular form in front of me but as if it was inside me. I am unable to put that experience in clear terms. I suddenly shouted 'Teacher I can see God 'look'. There was a burst of laughter in the whole class, and the teacher said "why don't You draw that in another paper!". The bell rang and the period and I was asked to go back to my seat. Homework was given to write an example of the "Prism explanation".



Guru Vani



On the occasion of the 16th Annual Day Celebrations, Poojya Guruji, speaking to Sadhaks, quoted a sentence from Rigveda “Yatha Drishti, Tatha Srishti” which means ‘As is the mind, so is the creation’.

We are all imprisoned by the mind. Our behaviour is according to our mind. Very rare are those who use intellect while working with the mind. Emotional imbalances, hatred, greed, longing for name and fame are hidden in the mind and he who doesn't understand his mind always blames others. He thinks he is always right and others are not. He tries to correct others. Because of this, the seed of unrest is sown. This leads to emotional imbalances. A wise man who uses his intellect and moves ahead can not be cheated by his mind. There is a dawn of sacrifice and love in him. He strives for others with plenty of love, not giving much importance to external circumstances. He goes forward with unity & togetherness. Because of this, the tasks undertaken by him move without any impediment.

Meditation is not just sitting with closed eyes. Only sacrifice, love and surrender to God will enable to get rid of thoughts and evolve in meditation. Meditation is food for the Soul. The real meditator is one who feeds the God daily with total love in the form of meditation. How many of us meditate daily? With pretext of meditating, closing the eyes and having the mind busy



**AVATAR PURUSH SADGURU
NITYANANDA SWAMI: PART-II
--- 'Veera' Hosadurga**



During the year 1921-22 Swami Nityananda came to Kozikode. Then he excavated the rock near the west side of the fort and constructed 44 caves with six doors, buildings, roads and gave job to people who suffered due to the first World War and solved their hunger problem. Some people complained to the then collector of Dakshina Kannada District E.M. Gawne and District Police Superintendent stating that the man in black langoti (loin cloth wrapped on bhil waist) is doing illegal work without the permission of the government and his financial sources are very suspicious. Authorities visited Swami Nityananda and saluted him. After talking to him, the collector ordered all authorities not to disturb him in his work and in his power as Principal Secretary to the Madras region, Gawne issued government order for everyone to help Nityananda Swami in his work.

While I World War was going on Nityananda Swami used to explain about the day-to-day developments of the war to his disciples. Whatever he had told to his disciples used to be present in the next day's newspaper. He used to help his disciples who were in problems and punish people who created problems. During the time of construction of the cave, principal of Board Higher Elementary School Mr.Devraya Pai used to come personally to provide food to Swami. His disciple Swami Janananda came from North India and joined his guru during construction of caves. Even though it took more than three years to complete, without the assistance of learned engineers, he personally guided construction.

YOUR QUESTIONS...
GURUJI'S ANSWERS...



1) What happens to man after death ? Some say that he lives even after death. Is it true ? Some others say that after death nothing remains and that is the end of life. Which one is true?

A 1) Here the question is, for whom is the death? Just think for a while, whether it is for the body or mind or life. Really, death is not for the dead. Death is for the on-lookers. That means for the relatives, friends and others who attend the funeral.

In fact death is for the body. Life, mind and Atman (Soul) leave the body and generally enter another body. It is just like a snake which leaves its scale and runs away. We are living inside our body till it is fit. Once it becomes unfit, we are forced to leave the present body and enter a new body. Just like we are throwing an old dress and wearing a new one. This has been accepted by science after a long research. Recently it has come to the notice of scientists that our gene has more than 40 lakhs of cells each, proving our past lives. Today every one of us can verify our past lives if need be. So please note our present life is not the end of our journey in this universe. We are only visitors to this planet. We may have to visit many more planets like earth in our future lives. So in this life, love all, try to help others. All are children of the same creation. Creator lives inside everyone of us. We named him as Atman or Soul. These are names given by man. It may be called as a Black Hole, in the words of scientists. According to science every thing comes out or takes birth from a Black Hole. Finally all will merge into the Black Hole. But the Black Hole can not be destroyed.

According to our scriptures nothing new can be created nor destroyed. Every creation we see through our eyes are only transformations. The truth is

If you have inclination for doing karma, do that. You are empowered to do that. If one desirous of the results according to his mind, then he will be a sufferer. If the karma is done with the knowledge of sacrifice, then there is no attachment of any desire or disgust. A person with wisdom will never have a feeling that he is doing the karma. He feels that God Himself is making him do karma. He doesn't think of the fruits of karma. One who does karma with detachment is called a 'Karma yogi'. Such a yogi who is not attached to karma, is a 'Sthithaprajna'. A drop of water on a lotus leaf glitters like a pearl, but there is no bondage between the water drop and the leaf. The karma yogi with total surrender to God performs the karmas knowing that the doer is not himself but God, and the results whether good or bad is dedicated to God. He is a realized person.

Q- 4) Is the power of wisdom destroyed by anger? How?

A-4) Desires crop up when thoughts about the senses are remembered. Anger follows desires very closely. That is why anger arouses when desire is not fulfilled. This is the deficiency of the mind. The person's mind entangled in this becomes ignorant. Ignorance leads to illusion in the memories. Illusion destroys the power of knowledge. With this he slips down from his normalcy and becomes lunatic. The path of Self realization perishes in the rage of anger, just like a lit lamp is put out by a strong wind. If a blind man is made to drink liquor and run, he will go astray and collapses frequently. In the same way if knowledge is perished, he reaches to a condition of births and rebirths. Therefore a Sadhak should be careful to remember that any negative impressions, desires, ambitions and anger should not get stored in the mind. In a peaceful and tranquil place, where there is no force of wind, the lamp that is lit will never shake. He who has stable intellect, steadily enjoys the Bliss and is in the state of Samadhi.

*A statue of Poojya Devaraha
Baba will be unveiled at
Surabhivan Gowmala at
Kompadvu at 10 am on 25-12-10.
All Dhyana bandhus are invited.*

Request to article contributors.
*Please send your articles by post to
Sri Shaktidarshan Yogashram,
Elathur,
Kinnigoli 574150 or by email to
shakthidarshan@gmail.com
Dhyana bandhus are cordially invited.*

Master Prajwal



He is studying in 9th Standard in Simanthur School and has been a very sincere student, a loving son to his parents and a disciplined student of Poojya Guruji in learning flute. It has opened a new dimension in his life to learn music along with his studies. That is how God has created interest in him towards our cows, Gomala and Ashram. On the occasion of Saraswathi Pooja Poojya Guruji has Blessed him for a bright future.

Kumari Priyanka

She is studying in Sullia and has being a multi talented cute girl. She is always ahead in Sports competitions. Having great interest from her childhood in music, She is learning classical music for the past 5 years. She enthralled the audience on Saraswathi Pooja Day with here beautiful rendering. Poojya Guruji Blessed her to shine as a good Indian citizen with inspiring social service. Smt. Suman Srikanth accompanied her on Tabla.



- Grind pappaya with seeds & husk all together in to a smooth paste. Apply it as a hair pack, wash the scalp after 15 minutes. It is a good hair pack to increase luster and beauty of hairs.
- Pappaya is good for growing children. It also increases resistance power against diseases.
- Pappaya seeds dried & made into powder, in take of this powder in empty stomach is a good wormicide.
- For burning & pain of scorpion bite the latex (while liquid) of pappaya unripened fruit is a good remedy.
- The latex of unripened pappaya fruit is stored in a vessel & made hot on fire, to get a white powder. Collect it & use daily 2 pinches with sugar & milk, it strengthens liver & spleen (twice daily for 4-6 weeks).
- Cholesterol reduces by the daily intake of pappaya for 4-6 weeks regularly.
- As it contains high concentrations of phytochemicals that reduce action of progesterone hormone, it should not be taken by pregnant woman, in early pregnancy (ie 3-4 months of pregnancy). It may cause abortion, so its intake is not good in early pregnancy.

Pappaya & healthy kitchen recipies

Pappaya Seekarane (Rasayana)

Smash fully ripened pappaya. Add jaggery to that & mix well. Grind the grated coconut and cardamom & extract the juice of coconut . Add it to the smashed pappaya & jaggery mixture. This rasayana is cooling, good for digestion and tasty too!

Pappaya Juice:- Cut in to pieces the ripened pappaya grind with jaggery or sugar. Add Lemon or lime or Orange juice to it. This is a healthy drink with rich Vit A and C. Best energizer!

Pappaya Banana Salad:- Cut pappaya & Banana into small pieces add milk and honey. Make it cool. Intake of this salad after food is good for digestion, removes constipation & good in piles.

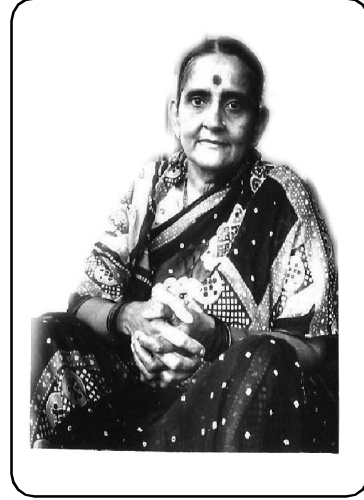
Raw pappaya Burji:- Take unripened pappaya & grate it. Fry it in a pan with ghee. Take sugar in another pan, add water & make a thick sugar syp (paaka). Then add the fried grated pappaya & mix well. Finally add dry grapes & cashew nuts, pour in to a vessel anointed with ghee. When cool, cut into a burfi with required shapes. It's a healthy fruit dish for evening snack to children.



- Dr. Anuradha Kamath.

AJJI'S "SANDESHAS"

Devotion is not a visible object. Devotion is the unconditional love for God. A true devotee is the one who does not forget the Creator when in sorrow and joy, does not hate God when sickness and poverty comes his way, instead thinks that 'this is my prarabda karma and not the God given trouble' and loves God



All that God asks from the devotee is love. He accepts anything given with love by a devotee. In the Vedas many types of Poojas, worships, Yajnas, Yagas are explained. The question is what is the use of these kinds of worships. Worshipping God by doing Abhisheka, Alankara and Naivedya is also a type of devotion. All type of worships explained in the Vedas are pure. However one must never worship for the purpose of exhibition. Because such worship is completely useless. We can obtain the close company of God through many different means. If devotee takes a step towards God, God runs ten steps towards us. The worship done during the special days [such as festivals] is more powerful/effective. Reason is, mind inclines towards God on those pure days. Of course one can happily sing the glory of God with other devotees. Nothing wrong in doing so. But doing so to exhibit our devotion to others, or to show off is not correct. See, we must have devotion like Hanuman. Does he want anything in return from God? It is his principle to be the servant of Rama.

While grinding the pulses few grains remain intact between the two stones. Similarly the devotees remain unharmed in this grinding stone called 'The World'. Ask God to make you a person of charitable nature. Pray to God to never make you a person who begs. Do service. But do not become slaves. Always be disciplined. Discipline in life is very very useful. Increase your devotion. Have total faith on God. Do your karmas very carefully. Take care and maintain your health. Do not let the cunning nature to come near you. Always think only of God. Devotees must

God if He fulfills everyone's wishes at any time, otherwise feeling sad and disturbed is not the character of a true devotee. People go to Badari, Kedara facing many difficulties just for the darshan of God's idol. This is the proof that you can achieve anything through devotion. Gods name must flow in your tongue like the pure river Ganga. Always have only pure thoughts. Think well before taking up any work. Trust someone only after thorough scrutiny. Ghosts, evil spirits run away hearing God's name. Those who have total faith on God are not scared of anyone.

Man must try to know what is the truth. There is only one that exists. That one itself is Atman. The mother loves the child and takes care of it. But when the child grows up it hates the parents instead of loving. Why? The parents bear with many hardships and take care of their child. Where as the child has not faced any difficulty for the sake of its parents. That is why the child doesn't like parent's advice. This results in hatred. But an intelligent child thinks that 'God has appeared in the form of my parents, and loves and respects them. Similarly a true devotee understands that, 'the difficulties are the lessons by God to correct me, but God will not let go off me. He is my only refuge and He is my only protector'. Thus thinking he experiences all the difficulties of life without complaining. And also he gathers courage by thinking, 'Everything runs as per God's wish. When such a God is our protector we need not fear anything.'

Just as we can light the lamp which had extinguished, it is possible to light the lamp of Namasmaran when we are disappointed/sorrowful. Chanting Lord's name is complete Sadhana. Lord's name is the breath of a devotee. Lord's name is the wealth. The bliss of God is the real happiness. We become aware of the darkness only if a lamp is lit, similarly the difficulties of life make us become aware of happiness. The Creator who creates and maintains this entire universe, isn't it possible for him to remove the difficulties of a devotee? The experiences of a devotee are the real happiness. The vast sky, stars, the cool moonlight all makes the mind happy. But a devotee enjoys much more happiness than that by worshipping, singing and praising God's form and name. The beggar sings God's name and moves from one house to other. He sings melodiously. But instead of enjoying he thinks how much money he would earn. Likewise, if people worship and do the Sadhana with desires, the desires may overtake and they will not attain the Bliss of God.

to be continued.....

WOMEN IN SPIRITUALITY: VIII: RABIA
--- Banumati, Chennai Satsang

HAZARAT RABIA was a great Islamic saint. She was pure and pious, exhibiting devotion to the Lord from early youth. She was inspired to perform great penance throughout her religious life. With the fire of divine love burning in her heart, she often lost herself in union with the Divine.

Rabia was born in 717 A.D, the youngest of four sisters (Rabia means 4th child). Her poor parents died in a famine soon after her birth. Later on she was kidnapped and sold as a slave to a rich man. One day, while walking along the street, she fell down and broke her wrist. She bowed her head in the dust and prayed to the Lord; "O Lord! I have no father and mother. I am poor and a slave. My wrist is broken, yet I do not grieve. I only wish to please thee. May Thou be pleased with me!"

Rabia's master gave her a great deal of hard work, yet she frequently fasted throughout the day and spent the greater part of the night in prayer and meditation.

One day, Rabia's master was awakened by some sounds. He looked through the window and saw her in the courtyard. She was praying, "Oh my adorable Lord! Thou knowest my heart already. My eyes are ever turned towards Thee. I wish to worship Thee always but Thou hast made me a slave, what can I do? How can I serve Thee constantly? As I am a slave, I can only worship Thee at night".

Rabia's master saw a light above her head. It illuminated the entire courtyard. He was struck with wonder and realized now that she was a saintly woman. The next day he released her from her work and begged her pardon. Rabia then left the city and moved to Basra (name of the city) where she remained until her death at the age of ninety.

Rabia lived alone in poverty and simplicity. Even though she had many rich disciples, she lived in a dilapidated hut, possessing a few earthen plates, a broken Jar and two pieces of cloth. She frequently fasted and spent days and nights in meditation and prayer. Men and women visited her cottage in order to receive her blessings and spiritual instruction. She received many offers of marriage but always replied, "I am devoted to God and therefore have no desire for human relationships. I am concerned

asked her to pray for the Lord's mercy but she said, "is it not God who wills this suffering?" Why do you bid me to ask for what is contrary to His will? It is not good to oppose one's beloved."

The veils of paradise and Hell:

She was once seen running with fire in one hand and a bucket in the other. On being asked where she was going to, she said, "I am going to set fire to paradise and extinguish the fire in hell so that both these veils may completely disappear for pilgrims and their purpose may become clear. The servant of the lord may then see Him without entertaining any hope of paradise or fear of hell".

On another occasion she said, "I have not served God because of the fear of hell, for, If did I would be a wretched hireling; nor have I served the Lord for the attainment of paradise, for then I should be a disloyal servant, working only for the sake of obtaining a reward"

A rich man offered to give Rabia some money. She said, "Verily, I should be ashamed to ask for worldly things from the Lord, to whom the whole world belongs. How then can I ask these things from those to whom it does not belong?"

One of her followers built a house for her. She admired its decorations but immediately turned back, saying, "I am afraid I shall become attached to the house and would be diverted from the main desire of total dedication to the service of the Lord."

A disciple asked her, "when was a servant of God truly resigned and surrendered unto Him?" Rabia replied, "when his pleasure in misfortune equals his pleasure in prosperity"

Sayings:-

The servant should possess nothing in the world but the Lord if he wishes nearness to Him.

Hide your good deeds as you hide your bad ones. That should be willed that he wills, so that you may be His true servant at all times.

(Extracted from the book of Science of Yoga By Sri. Swamy Sivananda)



The Celebration was inaugurated by lighting of the lamp by Poojya Guruji, Smt.Saritha Pai, Smt.Bhanumathi Raghunathan & Sri J.M.Bhat. Afterwards prayer was sung by Kumari Sameeksha & Kumari Samhitha of Yogashree Satsang, Sri Guruprasad, trustee of Ashram garlanded Poojya Guruji.Smt.Sathyavathi garlanded 'Sadhvi'Malathiamma.

The Teachers of the Ashram welcomed the audience through a beautiful group song which was composed and set to tune by Poojya Guruji. Smt.Suman Srikanth on Tabla and Sri Vivek Shenoy on Harmonium accompanied them. Silent meditation was held upto 11.00 a.m. After a brief interval, Poojya Guruji answered the questions of Dhyanis. The Bharatanatya dance performances by Sri Subramanya and Kumari Deepika were well received by the audience. They were honoured with shawls by the Trustees Dr. Rangappa Kamath and Smt. Jyothi D.Rao. Smt Veena Srinivas's rendering of Classical Music was heartening. The programme concluded with the Vote of Thanks.The programme was compered by Dr. Shashidhar. Around 300 meditators participated in the celebration.

