

# GOA SATSANG SPECIAL

## *Programmes for June – 2011*

- 4<sup>th</sup> Mruthyunjaya Homa and whole night meditation
- 5<sup>th</sup> Satchintana - Goa Satsang
- 6<sup>th</sup> – 15<sup>th</sup> Brahma Vidya Camp (for ladies)
- 15<sup>th</sup> Lunar Eclipse – Whole night meditaion
- 11<sup>th</sup> & 26<sup>th</sup> Kriya Yoga Punashchetana
- 19<sup>th</sup> Kundalini Beeja Mantra Punashchetana
- 20<sup>th</sup> & 27<sup>th</sup> Public Meet

## *Programmes for July – 2011*

- 2<sup>nd</sup> Mrtutyunjaya Homa and whole night meditation
- 3<sup>rd</sup> Satchintana
- 4<sup>th</sup> – 12<sup>th</sup> Brahma Vidya Camp (for gents)
- 9<sup>th</sup> & 24<sup>th</sup> Kriya Yoga Punashchetana
- 15<sup>th</sup> Gurupoornima
- 17<sup>th</sup> Kundalini Beeja Mantra Punashchetana

### **“YOGI VARENYA SRI DEVBABA” (Kannada)**

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 requested to contact the office and ascertain exact dates before coming.*



# SHRI SHAKTIDARSHAN

*A Magazine dedicated to Yoga and Meditation*

Vol : X

Issue: VIII

June - 2011

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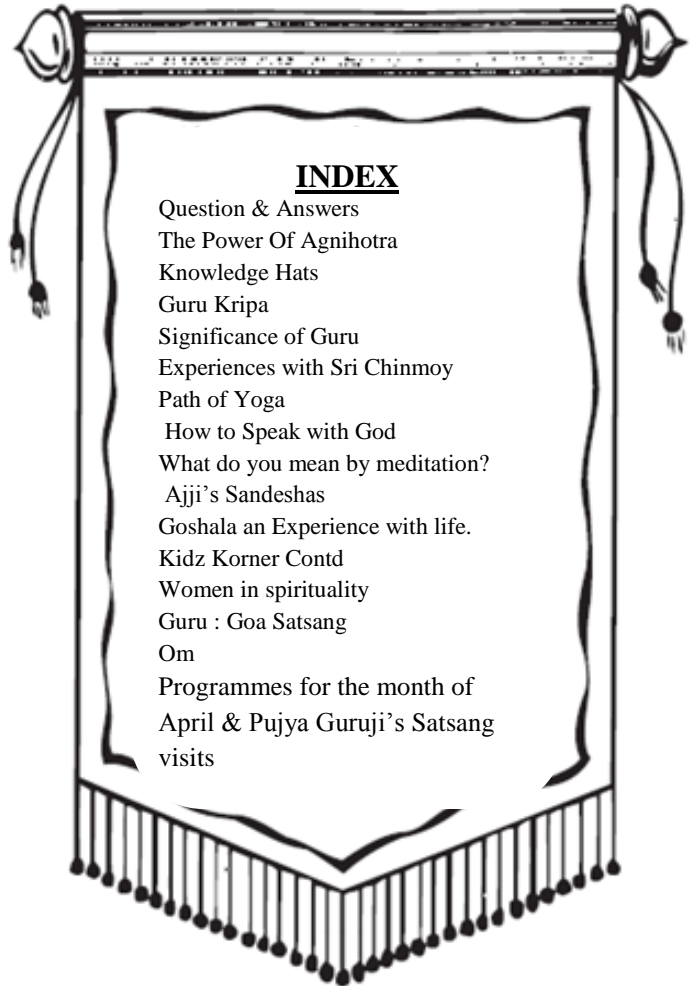
**Domestic**

Single copy : Rs. 10  
Yearly : Rs. 120  
Poshak : Rs. 1000  
(10 years)

**International**

Yearly : USD 30\$

**Sri Shakti Darshan Yogashram**  
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**Printed by** Sri Arvind published by Sri Srinivasa Bhargav M.K. on behalf of Sri Shaktidarshana Yogashram (R) & Printed at Brindavan Printers & Publishers Pvt. Ltd No. 39/2-1 Kalyani Garden, B.S.K 1st Stage, Bangalore - 560050 and published at Sri Shaktidarshana Yogashram (R) Yelathur, Kinnigoli - 574 150, D.K.Dist.

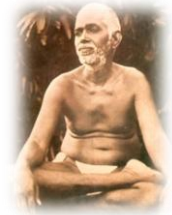
**Editor: Srinivasa Bhargav M.K.**

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**Dear Dhayanabandhus,**

God and Guru are in truth not different. Just as the prey that has fallen into the jaws of a tiger cannot escape, so those who have come under the glance of the Guru's grace will surely be saved and will never be forsaken; yet one should follow without fail the path shown by the Guru.

According to Sri Ramana's point of view there are no disciples but from the point of view of the disciple the grace of the Guru is like the ocean. If the disciple comes with a cup he will only get a cupful. It is no use complaining of the niggardliness of the ocean; the bigger the vessel the more he will be able to carry. It is entirely up to him.

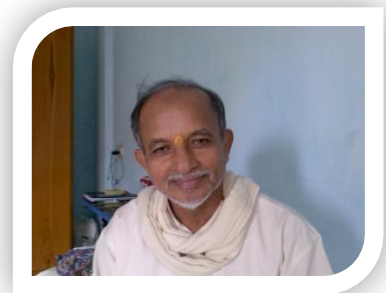


The term Guru is often loosely used to describe anyone who gives out spiritual advice, but in Sri Ramana's vocabulary the word has a much more restricted definition. For him, a true Guru is someone who has realised the Self and who is able to use his power to assist others towards the goal of Self-realisation., Guru and the Self are identical; the Guru is God in human form and, simultaneously, he is also the Self in the Heart of each devotee. Because he is both inside and outside, his powers work in two different ways. The outer Guru gives instructions and by his power enables the devotee to keep his attention on the Self; the inner Guru pulls the devotee's mind back to its source, absorbs it in the Self and finally destroys it.



Guru is necessary for almost everyone who is striving towards a permanent awareness of the Self. The catalytic role of the Guru in spiritual development is therefore crucial; except in rare instances, ignorance of the Self is so deeply rooted that individual seekers are unable to escape from it by their own efforts.

Although that a Guru is indispensable for those seeking Self-realisation, he also pointed out that the Guru has no power to bring about realisation in those who are not energetically seeking it. If the individual seeker makes a serious attempt to discover the Self, then the grace and power of the Guru will automatically start to flow. If no such attempt is made, the Guru is helpless.



## Question & Answers

**Q (1) It is not possible to take any firm decision while taking up a task. So many thoughts arise and ultimately mind is divided over decision. Is it possible to make the mind firm?**

A (1) It is possible. But it is difficult. Spirituality is meant for that. Spirituality is a way for keeping the mind firm. It is to develop will-power. It is not easy. Lot of efforts need to be made for this. Our mind has two parts. The negative and positive poles are these two parts. Our brain has two divisions. The left brain is kinetic energy and the right brain is potential energy. These two energies give two kinds of thoughts. Women possess more of kinetic energy. The kinetic energy changes the mind every second. It is like the waves in the sea. There are lot of ebbs and tides. Sea waves cannot be stopped. Each wave is temporary. Likewise, in human beings especially ladies, all the thoughts in the mind are momentary and temporary. Mind in human beings is not stable and changes every moment. That is why it is difficult for you to take decision.



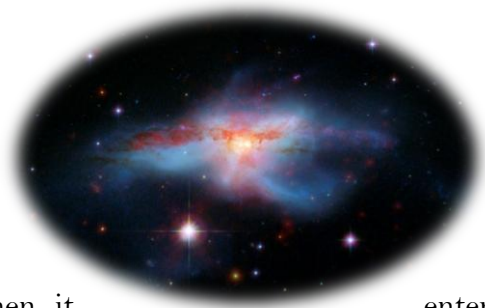
A mind with only potential energy is as static as a 'Shivalinga'. It does not do any work. It cannot take any decision. Because of this no activity will take place in the external world. For any higher activity both left and right side of the brain should work together. That means for doing any work both kinetic energy and potential energy should join together. Then only there is creation of the mind and the work would be completed. The task undertaken by you will be successfully finished. It is not possible to understand with this explanation. It is like this. While taking any decision, work with your right brain. That means you contemplate and meditate for 15 minutes and think about the decision. Then the left brain with the wisdom of the right brain will be able to take correct decision. Then mind becomes one. That means the kinetic energy and potential energy merge together to become one. This you can see in nature. Just before dawn there is a meet between darkness and light. Mind would be jubilant at that time. It is the right time to take any decision. Practice to utilize that particular time

well. That is meditation. Those who meditate before sunrise will be having strength of mind. This is an easy way to solve all your fickle mindedness.

**Q (2): How should be our 'sadhana' to unite with God? Please explain.**

A (2): Your question has the answer in it. First, who is God? Where is He? How far is He? How to find Him? If you go on questioning yourself, what will be your answer? All these questions are from the mind. Hence the answers also may be got from the mind in different manner. But there is no benefit from this. That is why, start meditating. The presence of God within us would be experienced. Let the experience be even for a fraction of a moment. On this basis, all your tasks would be completed successfully.

What is uniting with God? After experiencing the God inside, there is nothing to unite. But to feel and experience 'I am God', lot of efforts is required while marching ahead in the external world. That means awareness of Truth every moment. As soon as you get up, sit on the bed and for only for a while thank the God inside. Let there be awareness that you are sitting on the bed and meditating. After that, when you are brushing your teeth, washing your face, keep it in mind what you are doing. Further, while drinking a cup of water, remember the soothing touch happily



when it enters the mouth. God Himself drinks the water. Experience and feel the water reaching the God inside. While doing yogasanas even though the body experiences little pain while doing asanas, remember and feel that the God inside is experiencing this. In the same way observe and feel that these ultimately merge with the God inside when you are doing Pranayama and meditation.

When you are eating food, feel that the taste is enjoyed by the God Himself inside. Let this continue till you complete your food. Remember when you are serving food to others, feel that the God in you has inspired you to prepare and serve food with love. Remember that God resides in person who receives food and lovingly you feed the God in him. Enjoy when they are consuming food. The happiness they get by your loving service may result in a flash of bliss in your heart. Likewise, when you are transacting in the external world you follow the same principle and experience this Truth. While doing all these, do not forget to question yourself 'Who am I?' When we see beautiful things, when we

eat tasty food, the feeling of satisfaction ultimately goes where and merges with whom? Search 'Who am I' who enjoys that ultimate satisfaction. If you tread in the path of this Truth, you will get abundant peace, contentment in your job and your other transactions. Remember, this happiness is equivalent to meditation. The life with path of Truth has plenty of happiness and satisfaction. That is the pleasant life of living in present.

**Q (3): You mention that if everyone meditates, then the disasters happening in 2012 may be avoided. But everyone is not a meditator. Non meditators are more. Is it possible to save them? How? Please explain.**

A (3): It is possible to guess what is going to be the future of living beings on the earth before coming December. Japan, the world's third largest economy has shivered due to the disasters in nuclear technology of their own making. Now it looks as if it is ranking one among many poorer countries. In the next 50 years lakhs of people may become sick and die because of the leakage in atomic reactors. We will have to pay a heavy price for anything wrong, we commit against the nature. Today our beautiful environment is being destroyed by accumulation of plastic goods everywhere. Because of this we

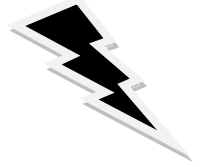
may be going to face difficulties. Try to reduce the use of plastic as much as possible, or stop it. The people whether owners of the plastic industries or employees, lead perturbed lives everywhere. They suffer from incurable diseases. Keep away from the use of plastic in the daily life. Otherwise this also may be responsible for another major disaster ahead.



There are a few lunar and solar eclipses occurring between June to December this year. During the same period the scientists believe that there will be excess of magnetic energy in the earth. Due to this there may be earth quakes, volcano eruptions, tsunamis taking place. America, Central Canada, South America, England, Eastern coast of India, Australia, some parts of Arabia, is identified as very sensitive areas. Meditation is the only way to reduce the severity of the magnetic energy. For this, we, the Ashramites will have to meditate as much as possible. Join your hands with us. Meditate daily without fail.



# KNOWLEDGE HATS



## GOA SPECIAL:

1. What is Goa's capital city?
  - a. Vasco da Gama
  - b. Panaji
  - c. Mapusa
  - d. Mumbai
2. What kind of fruit types are Alphansoonso, Fernandina and Malcorado?
  - a. Coconut
  - b. Papaya
  - c. Apple
  - d. Mango
3. What is the most popular sport in Goa?
  - a. Golf
  - b. Cricket
  - c. Soccer
  - d. Hockey

## MAP ME GOA:



## Find:

4. Valpoli
5. Ponda
6. Old Goa
7. Airport
8. Which of the following is not located in Goa??
  - a. Calizz
  - b. Charao island
  - c. Dhaka

## KIDZ KORNER



## GOD IS EVERYWHERE:

Once upon a time there lived Kanakadasa. His Guru called all his students gave a banana to all of them. He told them to eat banana in a place where nobody is watching. Next day all students assembled and the Guru asked all his students as to where the banana was eaten. First student told that he ate banana behind a tree. Second student told he ate behind the temple. All the students told Guru that they ate bananas while nobody watched them. At last the Guru asked Kanakadasa, where he had eaten the banana. Kanakadasa told that he was sorry that he did not eat banana. The Guru questioned him why he had not eaten it. Then Kanakadasa replied that the Guru himself had told that God is everywhere and observes all our activities and hence he had not eaten the banana!

- Vinod

Ans: 1 (b), 2(d), 3(c), 8(c)

## GURU KRIPA

Karen Sheehy

I left for America several months ago to see my family and to get a new visa for India. Five years had passed since my last visit, and it was wonderful to see my son and his wife after so long. I stayed with my sister in California and had plenty of time to visit several cousins.

Still it was not very long before I began to miss Guruji, the Ashram and all of you. I've always known that there was a lot of love between us, but now I began to reflect on how deep that love really was. I began to experience some difficulties getting the paperwork now required for the new visa. Then the fear that the visa could be denied arose, and I was beside myself. To imagine that I could not return to my beloved India was more than I could bear. I wrote to Guruji and he wrote back immediately telling me that I belong to this country and that the Creator looks favorably on me and the

visa will be granted. I felt his love and guidance which helped to calm me and gave me hope.

His love for us has no limits, no boundaries at all because its unconditional. Learning to receive his love, which is always flowing, helps us to recognize and experience Gods love. Each day Guruji sits with me, his smile shines from the picture before me. His loving gaze goes so deeply that all the petty irritations and worries simply vanish leaving a warm illness inside. I am simply transformed by this love and my body is now completely relaxed and ready for meditation. What joy there is in knowing that where ever I am in the world he is at my side.

I was finally granted a 5 year visa and I can now remain here without having to leave for the next 5 years.

“We are responsible for what we are, and whatever we wish ourselves to be, we have the power to make ourselves. If what we are now has been the result of our own past actions, it certainly follows that whatever we wish to be in future can be produced by our present actions; so we have to know how to act.”

- Swami Vivekananda

## **SIGNIFICANCE OF A “GURU” IN THE PATH**

|| Guru brahma Gururvishnu  
Gururdevoh maheshwaraha ||  
|| Gurusaakshaath parambrahma  
tasmai shree gurave namaha ||



The Guru symbolises trinity of gods - Brahma, Vishnu and Maheshwara, who creates the world, maintains it and also brings the same to an end. Guru is none other than the Almighty who is Omnipotent, Omnipresent, Omniscient Supreme being that is Parambrahma, for that Guru I bow my head. The literal meaning of the word “Guru” means that which dispels darkness of mind – ‘gu’ stands for darkness and ‘ru’ refers to the light. One who leads us from the path of darkness towards light or wisdom is called a GURU. Guru in this sense, is the God himself. We are engrossed in our ignorance and hidden in deep illusion of maya due to which we cannot experience the Ultimate reality. Unless there is a person to dispel ignorance with the light of wisdom, we may not be able to come out of the clutches of “Maya” leading to Samsara Bandhana. The role of a guru in the

path of liberation is therefore very significant and essential.

Saint Purandaradasa in one of his composition has declared that “Guruvina gulamanaguva tanaka doreyadanna mukuthi” which means, that unless we surrender and submit ourselves to the Guru, we will not be able to attain liberation. Here gulama means servant – and by mere serving of a guru with total dedication, one gets liberated. Such is the power of the guru. Complete surrender is the other version for gulama. One who submits everything to guru the path of liberation becomes much more easier to him.

|| Ajnana moola haranam janma  
karma nivaranam ||

|| Jnana vairagya sidhyartham guroho  
padodakam pibeth ||

Guru who is also a Brahmajnani, removes the agnana (ignorance) of his disciple and imparts wisdom in him. If such a gurus padodaka is consumed as sacred water then the ignorance is wiped out. Knowledge and vairagya will be acquired. The heap of karma acquired from the cycle of life and death will be banished. Gurukripa has the power to uplift a seeker from the cycle of life and death flows from the guru and his parampara to the deserved ones. It is the most precious thing in the world. To have a glimpse of “grurukripa”, the

mumukshu strives hard . Without Gurukripa no one can attain salvation.

Guru serves as a bridge between the both jeevatma [disciple/seeker] and paramatma (Ultimate Self). He inspires his disciples to follow the path which he himself had travelled in the spiritual path. The Guru knows as to which path is more suitable and guides the disciple to follow the same - be it, Karma marga, Raja marga bhakthi marga or jnanamarga.

|| Dhyana moolam gurur murthihi  
puja moolam gurohpadam ||  
|| Mantra moolam gururvakyam  
mokshsa moolam guroho kripa ||

Sadguru through his tapobalam transcends his disciples to the highest state. For this the minimal requisite is the gurunishta and the humble attitude to seek the Supreme. This itself takes the seeker to the highest state within no time with the grace of the guru. The great warrior Arjuna's ignorance was dispelled through Sri Krishna when he submitted himself and considered Krishna as his guru. Not only he was uplifted by 'Geethopadesha' and 'Vishwa rupa darshana', the whole

world of seekers was benefitted by the grace of Lord Krishna through the medium of Arjuna. Sri Ramakrishna Paramahansa, by virtue of his tapobalam, transcended Narendra and made him Vivekananda. Sadguru pours the knowledge in most of the unexpected ways.

Guru shishya relationship is something which is beyond comprehension. Though the "guru" resides within oneself, is a micro form of the macro. Bahya Guru is none other than the personified form of God himself assisting the seeker, in reaching the macro. God almighty has chosen the Guru to uplift the souls, who seeks the Ultimate. Hence there is no "tatva" (knowledge or principle) which is more than a guru, neither "tapas" is more than a guru. Guru is more than everything. I salute That Sadguru who has transcended Tatva or Gnana.

|| Na guroradhikam tatvam na  
guroradhikam tapaha ||  
|| Tatva gnanat param nasti tasmai  
shreegurave namaha ||

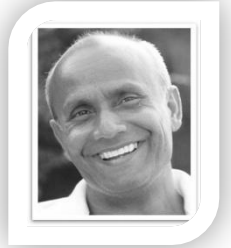
- Veena Srinivas

It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven or hell.

- Buddha



## Experiences with Sri Chinmoy



I have been a disciple of Sri Chinmoy since 1981 when I was 19 years old and I want to share some of my experiences I had with this great Spiritual Master.

I started to practise Yoga and Meditation already 1,5 years earlier alone, only reading books about it.

At the beginning I did not have in mind to look for a teacher, I thought I can do meditation alone by myself. And indeed, after maybe 3 months of doing certain exercises I had a very powerful, overwhelming experience. Somehow my heart chakra opened and I had feelings of bliss I never had before in my life. However I also got frightened a lot by that experience because I could not explain what happened. I just thought: wow, thats happening fast!

A few days later I tried again meditation, and again I expected some extraordinary experience to happen – but nothing happened! And also the following days and weeks nothing special happened in my meditations. But despite that this first experience encouraged me to continue my seeking and I became more humble, thinking that probably I should look for a good Master. Many years later, during my visits to India, a clearvoyant Yogi told me that this first experience I had was actually given to me by my Guru – and it actually happened more than one year before I met my Guru!

That shows how in many cases great Masters know their disciples long

before the disciple knows the Master.

And when the time is ready, the Master

will come into the life of his disciple.

One thing I will never forget are the meditations we did together with Sri Chinmoy. He used to sit in front of us and actually meditated on us, bringing down very sublime spiritual energies, peace, light, bliss. Sometimes he called up several disciples who could sit right in front of him. Many times I had this opportunity, and it was always an overwhelming experience. He himself would enter into Samadhi and lift everybody up into heaven. That was a special capacity Sri Chinmoy had – he could easily transfer very high, suplime Spiritual energies into seekers and disciples meditating with him.

When I was Sri Chinmoy`s disciple for a little more than one year I had another very significant inner experience. My Guru visited me in a dream. In that dream I saw him as the Lord of the Universe and I experienced a bliss which cannot be descibed. After that dream I woke up with tears in my eyes. Even now, 28 years later, I can remember every detail of that dream – it was such a powerful experience. And actually – that dream was a kind of initiation I got from my great Guru.

I hope that one day many seekers and people will know about the greatness of that Master and Yogi!

**By: Satyaki  
Vienna, Austria**

## PATH OF YOGA



A mind, which is not controlled and guided by the intellect blindly follows the senses. Such a mind cannot concentrate on a single ideal. The mind needs to be well prepared and trained for meditation. Only a well-prepared mind can concentrate and use the technique of meditation to progress spiritually.

To prepare the mind for meditation, withdraw it from materialistic attractions. When the mind craves for sensual indulgence, it becomes agitated and an agitated mind can never concentrate. If such a mind is forced to meditate, the person develops frustration, and instead of evolving, only degenerates.



### **Flow of Thoughts**

An agitated mind has three fundamental imperfections. Unless these faults are removed, there can be no effective meditation. The first of them is the excessive flow of thoughts. The mind is flooded with

thoughts. All kinds of thoughts show up; some make you angry or upset, while some others make you emotional. Negative thoughts, relating to anger or jealousy drag you down to a lower level of the spiritual ladder. If you have negative thoughts, let them flow; just channelise them in the right direction. These have to be carefully dealt with and directed, only then can you gain equanimity, an essential prerequisite for meditation.

### **Karma Yoga**

You can reduce the flow of thoughts with the karma yoga or the path of action. This discipline is



based on your personality. Karma yoga means selfless actions dedicated to the prosperity of one and all. It is practised by surrendering all activities to a higher ideal and working without egocentric attachments to any work, without craving for the rewards. When one continues to practice right action, the mind instead of pursuing the senses, maintains the thought of the higher ideal and successfully reduces the flow of thoughts.

### **Bhakti Yoga**



The flow of positive thoughts can be improved by bhakti yoga or the path of devotion, which is prescribed for mental or emotional stability. Devotion is the same as love

except that love is meant for mere mortals, whereas, devotion is a higher ideal. Devotion is developed with prayer, by mental prostration and surrender of the ego to the lord or guru. When this is practised regularly, negative thoughts are replaced with positive ones.

### Gnana Yoga



Finally, the direction of the thoughts can be changed by gnana yoga or the path of knowledge. This path deals with the human intellect; it helps in distinguishing between the real and the unreal through the study of and reflection upon the spiritual truths. When a seeker constantly reflects upon sacred truths, his attention automatically withdraws from sensual pleasures, and gets established in the higher and nobler values of life.

In fact, you need to follow all the above-mentioned paths to subdue the three aspects of a troubled mind. The extent to which each shall be followed depends on the nature of your personality. If you are predominantly intellectual, you need to take gnana yoga and spend more time and effort in the study and analysis of the scriptures, as well as reflect on them. But if you are more emotional than intellectual, you require bhakti with more prayer and worship.

If you are a combination of the intellectual and the emotional, where both are almost equally developed, then karma must be followed, as it caters to both aspects of your personality. If you follow the three paths gradually, you are relieved from the entanglements of the material world and can turn your attention to God.

With this achievement, the agitation in your mind is reduced and tranquility is restored. Such an equanimous mind alone is qualified to obtain the best results from concentration and meditation.

If, however, you try to meditate without preparing yourself, then your spiritual personality will not grow and all your efforts will be wasted. This advice is not meant to turn people away from the practice of meditation, but only to caution students that a lot of preparation has to be done, if they want the best results out of meditation. The success in meditation depends on your preparation and equanimity of the mind.



**By: Dr. Meena Bhaduria**

## **HOW TO SPEAK WITH GOD**

**By: Mrs. Ratan V  
Betkar, Goa**

God is everywhere. But if we do not see him and feel him inside our hearts, then we will not be able to see him anywhere. First we have to see him within us and talk inside our hearts. Then only will be able to see and speak to god.

We live in ignorance. That is why we feel that god is somewhere else. But if we go deep within, if we realize the highest within ourselves, then we will see that our own consciousness is one with gods' consciousness. Right now, an ordinary human being will never dare to say that he and god are one ,for he knows that this consciousness is tiny, limited,

obstructed. But when the Christ said, "I and my Father are one", he was fully conscious of the fact that his consciousness and gods consciousness were totally one.

We have to shed soul full tears, if we want to embody the Supreme consciously and if you want to fulfill and manifest the supreme, at every moment of our earthly existence. When a child cries, the mother comes running. Similarly when we cry from the inner most recesses of our heart our eternal father, the Supreme comes running to feed us, to illumine us, to carry us to the Golden shore of the beyond.

**“The voice of truth will speak to us only when**

**Our heart becomes a sacred reservoir “**

## **HOW CAN I LEARN TO SPEAK WITH GOD**

God is ready to talk with you, but you are not paying attention to him because you are so fond of hearing the sound of your own voice. If you can start to feel that you have heard the sound of your own voice, millions of times and now you want to hear a much more meaningful and fruitful voice, then you will hear the voice of god very clearly.

Again, there is a great difference between hearing and listening. You can hear the Divine in me now, but you may not listen to it. You may not apply it to your day to day activities. If you hear what somebody says, its importance to you may not last even for a second. But if you really listen, then the words are

recorded on the tablet of your heart, inside your aspiring being. Then spontaneously that divine message will be manifested in your inner as outer activities. If you want to learn to speak to God, you have to allow God to speak

to you. You have to stop talking all the time, then when God speaks to you, you have to listen, you have to apply God's divine message in your day-to-day life.

GOD IS LISTENING  
JUST SPEAK QUIETLY  
GOD IS LISTENING  
JUST SPEAK DEVOTEDLY  
BELIEVE ME,  
GOD IS NOT AND CANNOT BE DEAF  
TO YOUR HEART – LONGING.  
HIS COMPASSION – PERFECTION  
HAS CAUGHT THE VERY FIRST FAINT CRY  
FROM YOUR ONENESS – HEART  
GOD IS LISTENING  
JUST SPEAK QUIETLY AND DEVOTEDLY

### **WHAT DO YOU MEAN BY MEDITATION?**

Meditation is the language of God. If you want to know what God's will in our life, if we want God to guide us mould us and fulfil himself in and through us, then meditation is the language that we must use.

Meditation does not mean just sitting quietly for five or ten minutes. It requires conscious effort. The mind has to be made calm and quiet. At the

same time, it has to be vigilant so as not to allow an distracting thoughts or desires to enter. When we can make the mind calm and quiet, we will feel that a new creation is dawning inside us. When the mind is vacant and tranquil and our whole existence becomes an empty vessel, God will fill it with peace, light and bliss.

If you can silence your mind  
And ask your heart to speak to God

Then only are you heading in the right direction  
 When we think that it is we who are trying to meditate, then meditation seems complicated. But real meditation is not done by us. It is done by our Inner Pilot, the Supreme, who is constantly meditating in and through us. We are just the vessel, and we are allowing him to fill us with his whole consciousness. We start with our own personal effort, but once we go deep within, we see that it is not our effort that is allowing us to enter into meditation. It is the Supreme who is meditating in and through us without conscious awareness and consent.

**HOW CAN ONE LEARN MEDITATION?**

Each persons soul has its own way of meditation. My way of meditating will suit you and your way of meditating will not suit me. If you do not have a spiritual master, who can guide you then you have to go deep within and get your meditation from the inner most recesses of your heart.  
 If you have a teacher who is a realized soul, his silent gaze will teach you how to meditate. A master does not have to explain outwardly how to meditate, or give you a specific technique of meditation. He will simply meditate on you and inwardly teach you how to meditate. Your soul will enter into his soul and learn from his soul.

**WHAT IS THE ULTIMATE AIM OF MEDITATION??**

The ultimate aim of meditation is to establish our conscious union with God. We are all God's children, but right now we do not have conscious oneness with God. Someone may belive in God, but his belief is not a reality in his life. He just believes in God because Some saint or yogi or spiritual master has said there is a God or because he has read about God in spiritual books. But if we practice meditation, a day comes when we establish our conscious oneness with God.

To commune with God,  
 Man has his silent meditation.  
 To commune with man,  
 God has his Urgent Peace.

**From the writings of Sri Chinnmoy**

## AJJI'S SANDESHAS

- Savitri



When I was almost recovered from my illness, my sisters went to meet Aiji. She enquired about my health and told them, 'Tell your sister to come here again, when she has got time. She should write Ramayana'.

I was very happy that I can go and meet her again. This time when I reached the house was almost empty. Aiji spoke with such closeness as though she had known me for ages! I spent hours with her, listening to her. She told me about the beginning days, how Swamy gave Sandesha every evening, the Ramayana, songs and Bhajans composed etc...She also explained me about the miracles of early days.

She gave me the Ramayana book and told me to copy it and bring it back whenever possible.

I was very happy that I had a reason to go back to meet Aiji! Because though I wanted to spend a lot of time with her, I was worried and very hesitant that I may be wrong in approaching Aiji like that. I thought my visits may annoy her!

Once I finished copying the Ramayana I went to return the book. As conversation continued Aiji told me that many people come to her only when they have a problem or when

they need something. Many of them don't come back when their wish gets fulfilled/problem gets solved. She also explained about such behaviour of few people who were known to me, of course she laughed saying 'see child, after that no address of them 'She seemed surprised about how one can approach someone only for a favour or profit and why not visit out of love! This made me feel that if I approach Aiji as often as possible, I may not annoy her instead she may actually feel happy about it.

This also gave me a strong determination to never use anyone or approach someone only when I need a favour.

So after that visit, I visited Aiji whenever possible. I always went with my tormenting mind, sat down at her feet, listening to her loving talks and I always experienced peace, got the Courage, Consolation and Hope. My mind significantly calmed down in her presence. Although after few days, the mind was disturbed again.

- To be Continued

## **Goshala – An experience of life.**

When I first met Guruji, I was struggling with issues of anger, intolerance and impatience. Of course I didn't think they were big issues then- I felt just one or two techniques to cleanse myself of them and I would be back on track. It was only when I made an attempt did I realize how difficult it was!

Anyway, Guruji's diagnosis of my problem was that all this was due to my BIG EGO! I was surprised and shocked...me and EGO? No way...not possible! (My ego refused to accept this truth) and so it continued for sometime. I went back to Guruji seeking answers. He kindly said the one and only solution to my growing temper was service. I could start by working in the Goshala at the Ashram and later extend this service in various forms when I returned to Goa.

I felt this was simple enough and with great enthusiasm jumped (literally) in to the Goshala. The first time we were a group of ladies who soon became good friends – a few of my friends had already worked with cows earlier so I got off lightly by cleaning superficially and feeling good about myself. It was only later in my

subsequent visits that I realized that it wasn't as easy as it was made to be by Dayananda Anna. It is really inspiring to watch him cleaning and feeding the cows while chanting "**BUDDHAM SHARANAM GACHAMI**" – almost as if he was in a trance. Thus, whenever I visited the ashram, I would try to spend atleast some time in the Goshala, since I wanted to get rid of my *ego* as soon as possible!

Many times I would start of alone and just when I would begin to despair about finishing on time to reach for Guruji's Meditation/discourse, there would always be help!

Someone or the other would always volunteer & we would finish on time! We were told to observe our thoughts while working- this was something which I found quite difficult to follow. But the last time I was there, a series of thoughts flowed which I felt I must share. The Ghoshala, home of the cows (Pure souls) is not only a source of Love and Go Ksheera (Milk) but is also a place constantly filled with Go Maya,(dung), Go Mutra (Urine), hay etc (which have to be cleaned regularly). We all know the medicinal values of Go Maya and Go Mutra which can be utilized well in many productive ways.

- **To be continued**

**Jai Guru Dev**

- **A Seeker**

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## **KIDZ KORNER CONTINUED**

### **FORGIVE AND FORGET:**

The moral is that if anyone troubles you or irritates, we have to forget and forgive them. I feel this habit is very good. We should always learn to love every life on the earth. If you love everyone, your mind becomes very peaceful. You can achieve this by meditation and with complete devotion to God. We have to always give love to everyone but we should not expect love from others. If we develop this habit, we automatically learn to forgive others and make our enemies as our friends. So we can make more and more friends. This gives you lot of happiness.

**-SUNIL**

### **STRENGTH IS LIFE, WEAKNESS IS DEATH:**

Strength is encouragement, determination and power of will. Mind has the psychic strength. We can say inner strength has more power than outer strength. The outer strength deals with worldly things but inner strength deals with god.

The fear or feeling of lacking ability is called weakness. Weakness is caused by one's negative feelings or discouragement or criticism. Only way to overcome it is with strong determination.

Weakness is like a rope which pulls you towards darkness but determination (strength) is like a knife which cuts the rope and takes you gently towards the divine light, that is why 'Strength is life, weakness is death'

**-SIDDHANT**

## **APPEAL**

We are inviting articles from yogabandhus for publication in July 2011 'Shri Shaktidarshan' (Gurupoornima Special) magazine. We welcome the articles which could be like torch bearers in the path of Spirituality. Let the articles be not more than two pages, written on only one side of the paper. The last date for receipt of articles is 10.06.2011. The articles may also be sent by e-mail to our address

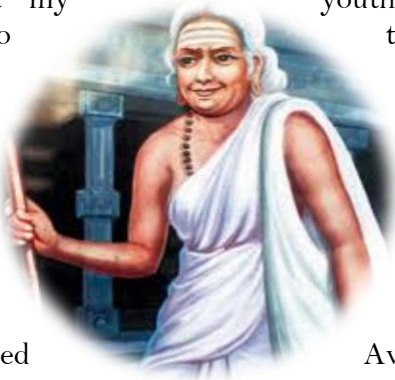
**shakthimagazine@gmail.com**

## WOMEN IN SPIRITUALITY --- X

### AVVAIYAR PART 2



In the previous issue, we have seen how she rejected her marriage proposal and prayed the God, O Lord Vigneswara! All these people care for nothing but my youth and beauty. Please take these away from me so that I may live a life of renunciation. I wish to dedicate myself to the pursuit of knowledge and to impart wisdom to others. If my youth and beauty are removed, I will be able to live in peace and follow my chosen way of life. The Lord granted her wish, transforming her instantly into an old woman of common appearance.



One day, a man invited Avvaiyar to his home for a meal. The man's wife, however, was an extremely disagreeable woman, and before her husband told her of the presence of Avvaiyar, he had to placate her by combing her hair, caressing her and speaking sweetly and kindly to her. When he finally informed his wife that he had brought an old woman home for a meal, she flew into a rage, emitting a tirade of offensive words. As Avvaiyar began to leave, he apologized to her and she said, "Married life is only pleasant when one's wife is affectionate, loving and agreeable. If she is not, it is a veritable hell and the only recourse is Sannyas".

On another occasion, Avvaiyar met a farming couple who lived together harmoniously. The wife had just persuaded her husband to give up farming and accept employment as the servant of a chieftain. When Avvaiyar heard this she said, "Reliance upon a king is as insecure as planting a tree along a river bank. Go back to farming, for, no work has greater dignity than that of tilling the land." If farmer do the farming for profit, finally no one will get food grains. So farmer should do the farming for the society.

Avvaiyar was greatly respected by all, including kings, who frequently invited her to their courts. But she preferred a life of simplicity and lived among the poor who sought her help and consolation in their tribulations. Their "Universal Grandmother" shared all their joys and sorrows with them.

- To Be continued

## GURU

The significance of a realized Guru is just amazing.

The Guru does not need anything from a seeker, he has everything, but he just gives and gives.

No, this is not totally right, he does not need anything for himself, he has everything, but what he needs is the happiness of each and every seeker.

He wants to give and give and is looking for people to receive, to receive his light, delight, peace and happiness; but who is ready to receive?

A Guru can show us the shortcuts in our spiritual life and helps us to expedite our spiritual progress and is even taking parts of our karma onto him and lightens our burden.

Selflessly and constantly he is pouring his purity and peace into us and paves the way ahead of us.

In our ignorance we disciples complain, we argue and inwardly find faults with him, but the Guru just smilingly takes our arrows and gives us roses in exchange, until our poison is exhausted and we are ready to receive.

It is a sheer futile battle, but the Guru slowly and steadily marches along in the battlefield and is gaining grounds, he does not easily throw in the towel, fearless and relentless in his fight for the divine and he is sure to win.

Just a little bit of gratitude from the disciple adds to the army of the Guru and accelerates his progress.

His victory is sure and as the disciple is more and more receptive to the light, delight, peace and happiness, so the Guru is able to give more and more.

What greater gift is there than having a realized Guru?

Gratitude,

Gratitude and a hundred times Gratitude for excepting me as disciple, why ever you have chosen me, whatever I have done to earn such an honor, it does not matter, just do be at your feet, to feel your hand that is guiding me, is more than I can ever ask.

**By: Goa Satsang**



“It is our own mental attitude which makes the world what it is for us. Our thought make things beautiful, our thoughts make things ugly. The whole world is in our own minds. Learn to see things in the proper light. First, believe in this world, that”

- **Swami Vivekananda**



## OM

Some have chanted OM as a practice. Are you chanting Om or simply wanting it? You have to do it. Chant Om always. This is enough. Then you will be happy and in peace also. Don't try to understand, simply go on chanting day and night, from when you wake up until you go to sleep. Om should always be in your mind and on your lips. You won't lose anything. Even if you do this for only one day, you will know what it is. It is meeting the self because this word is the self itself. Unless you do it, wanting it is of no importance.

Om must be inside and outside because this symbol of Om forms into the Emptiness of the space when you repeat it. It is not a word at all. When you breathe out listen to what it is speaking, it is speaking Om. The first word of the baby when it is born is Om.

Om is everything. It is not a word nor is it a non-word. It is how the creation was created. With the word Om creation was there. Om is a soundless sound. It created everything and after the dissolution of everything it will be there. It is eternal sound and it has no form.

By **SRI.H.W.L.POONJA**

### Opinions of participants of Kriya Yoga camp held from 25.04.11 to 29.04.11

- Thank you Guruji and all organizers of the Kriya Yoga Camp. This has been a pleasant experience. The Kriyas, especially the 'Shoonya meditation' has been one of the best in the whole course. Instructors have been polite, helpful and friendly. Gomala trip was entertaining and educational. I carry with me lot of nice memories of this trip. Thank you Guruji and his team.
- Great camp! Good food! Good teachers! Amazing experience!!! Thank you Guruji.
- Before I came here from Croatia, I knew little of Guruji and Ashram and I did not have many pre-ideas about this place. But I am happy with all that I saw and experienced here. Probably I will come again, if possible to serve at least a bit, because I feel that Guruji is true and serving Spiritual Master. Kriyas proved themselves to me as

a very useful and powerful technique and simple as well. Yoga camp as such was a great experience!

- I am really happy to come over here for the Kriya Yoga camp. The environment, food and facilities are very nice. I love to come here again and again every year. There is no word to say for my happiness.
- Accommodation facility is good and safe, so that ladies can come alone and stay. I thank everyone in Ashram for their cooperation. I salute Guruji for giving this golden opportunity and pray Guruji to give me strength to practice Kriya Yoga.
- I am studying in 9<sup>th</sup> standard. This was my first camp. It was very good and useful to us.
- The Bliss what I experienced, cannot be expressed in words. Heart is full of joy and happiness.
- I really, really wanted to do this course... My kids stayed at my sister-in-law's place, without their parents for 5 days, the first time ever and I magically completed the Kriya Yoga course! I had

some beautiful experiences during this course for the first time. I had only heard about 'Guru Kripa'. Guruji, this time, I experienced it too. The peace, happiness & love I have in my heart is amazing! I feel blessed to be associated with the Ashram and feel fortunate to have dear Guruji. His love has been unconditional and I realised that too. I thank the teachers who conducted the course with patience and happiness. Each class was well planned and executed. Thank you Guruji, for making me realize there is not any other relationship quite as wonderful as the Master and the disciple. I consider myself very fortunate to have dear Guruji in my life.

- I am immensely happy about the camp. It is a wonderful experience I have ever had in my life, these five days spent like a flash. Atmosphere in the Ashram is so pleasant and Guruji's presence has given us moral support like we feel it in the presence of our parents. The kriyas were splendid. Teachers were very nice and taught with keen interest. Yoganidra was my favourite part of this camp and it took me to a different world!

Let no man in the world live in delusion. Without a  
Guru none can cross over to the other shore.

- **Guru Nanak**

## Ashram's programs held in April 2011

**2<sup>nd</sup>** - Between 3.00 pm to 7.00 pm Mruthyunjaya Homa was performed in presence of Poojya Guruji. The Homa was sponsored by Smt.Susheelamma, Sri Vasudeva Bhat, Master Prithvi, and Baby Arushi. Following this Sanjeevini Pranayama was conducted by Smt.Shantha Muralidhar.



**3<sup>rd</sup>** - Satchintana program was conducted by N.M.P.T. Satsang, Surathkal Satsang, Omkara Sadana Satsang, Kavoor Satsang, Mangalore Police Line Satsang, Hosabettu Satsang, Jodumutt Satsang. Poojya Guruji inaugurated the program at 9.30 am by lighting the lamp. Silent meditation was held till 1.00 pm. After lunch Satsang members rendered bhajans. Between 2.00 pm to 4.00 pm discussions with Poojya Guruji was conducted. The program concluded with distribution of Prasad. About 150 meditators participated.

**9<sup>th</sup> & 24<sup>th</sup>** - Kriya Yoga Punashchetana was conducted. About 12 & 30 meditators participated.

**17<sup>th</sup>** - Kundalini Beeja Mantra Punashchetana was conducted.

**19<sup>th</sup> - 29<sup>th</sup>** - Kriya Yoga Teachers (for new Teachers) camp was conducted. About 10 Teachers participated.



Smt.Geetha,Bangalore,  
Smt.Geetha, Mangalore. About 15 children participated.

**19<sup>th</sup>- 24<sup>th</sup>** - Shakti Prerana Camp was conducted for students of 6<sup>th</sup>, 7<sup>th</sup>,8<sup>th</sup> Standards. The camp was conducted by Sri Suchith Puthalat, Sri Sujay, Kumari Sriraksha Bhide, Dr.Ravi Kumar, Smt.Sadhvi, Smt.Vyjayanthi Rao, Smt.Padmini Kamath,



**25<sup>th</sup> - 29<sup>th</sup>** - Kriya Yoga Camp was conducted. There were about 30 participants.



**25<sup>th</sup> - 29<sup>th</sup>** - Shakthi Prerana Camp was conducted for students from 9<sup>th</sup> to 12<sup>th</sup> Standards. The camp was conducted by Sri Suchith Puthalat, Sri Sujay, Sri Vivek Shenoy, Kumari Sriraksha Bhide, Dr.Krishna Prakash, Smt.Geetha, Bangalore, Smt.Vyjyanthi Rao, Smt.Padmini Kamath. About 22 students participated.

**21<sup>st</sup> & 22<sup>nd</sup>** - 16 & 28 members respectively took the opportunity of public consultation with Poojya Guruji.

**30<sup>th</sup>** - Between 3.00 pm to 7.00 pm Mruthyunjaya Homa was conducted. The Homa was sponsored by Sri Hemanth Shetty, Master Nagaraj Prabhu, Sri L.S.Prabhu, Smt.Janhavi. Following this Sanjeevini Pranayama was conducted by Smt.Shantha Muralidhar. From 9.00 pm whole night meditation was conducted in the presence of Poojya Guruji.

### Poojya Guruji's visits to Satsangs



**7<sup>th</sup>** - At 9.00 pm Seven of us along with Poojya Guruji boarded the train for Nasik. On the 8<sup>th</sup> morning at 6.00 am Poojya Guruji was welcomed by Sri Raghavendra Prabhu and other satsang members at the Railway Station. After an hours travel we reached Sri Prabhu's residence. After breakfast, silence meditation was held till 8.00 am. Later Question and answer session was held. Between 9.30 am to 11.00 am silence meditation was held at Sri Maruthi Prabhu's residence in presence of Poojya Guruji. After juice break, Sri Vivek Shenoy conducted First Kriya of Shakthidarshan Kriya Yoga. After lunch, Poojya Guruji answered the questions of meditators. In the evening we visited Thrayambakeshwar Temple.

**10<sup>th</sup>** - In the morning Poojya Guruji conducted a satsang for about 70 staff members of Sri Maruthi Prabhu's factory. Later Poojya Guruji visited Swami



Advayananda's Ashram for meditation. At 4.00 pm we visited the factories of Sri Maruthi Prabhu. Sri Maruthi Prabhu and satsang members, Sri Raghavendra Prabhu, Dr.Ganesh Prabhu and all satsang members were all very happy with Poojya Guruji's visit.



**11<sup>th</sup>** At 8.00 am we along with satsang members visited Swami Nityananda's disciple Swami Sadananda's Ashram and took his blessings. We started our journey towards Mumbai. At 4.00 pm. Poojya Guruji was warmly welcomed by members of Thane Satsang. The satsang members meditated in presence of Poojya Guruji. At 7.00 pm we reached Sri P.N.Rao's residence. Poojya Guruji was welcomed with great love by members of the family. After refreshment, meditation continued till 11.30 pm.



**12<sup>th</sup>** Poojya Guruji visited Smt.Kusum Indurkhya's Satsang at Pune. At 3.00 pm Poojya Guruji attended a Satsang at Smt.Meenakshi Balachandar's residence in Nerul.

**12<sup>th</sup>** At 6.00 pm, Poojya Guruji attended a satsang conducted by Sri Gurunath Shenoy at Kopar Khairne. Satsang started with singing of bhajans. After silence meditation, Poojya Guruji answered the questions of the meditators.

**13<sup>th</sup>** – At 5.00 pm, we started our journey towards Kandla, Gujarat. Poojya Guruji was welcomed at the Airport by Smt. & Sri Bhaskara Acharya. We reached their residence at mid-night. On the 14th morning from 9.30 am to 1.00 pm silence meditation was held. In the evening Poojya Guruji cleared the doubts of the meditators.



15<sup>th</sup> – Poojya Guruji conducted a meditation session from 6.00 pm to 8.30 pm at Kandla Port Auditorium. Around 60 meditators participated. Smt & Sri Bhaskara Acharya and other satsang members felt very happy with Poojya Guruji's visit.



## **APPEAL TO ADVERTISERS**

The July 2011 issue of 'Sri Shaktidarshan' magazine will be a special issue on the occasion of Gurupoornima. We are receiving Advertisements from our well wishers for publication. The interested advertisers shall send advertisement matter along with payment of tariff to Ashram on or before 10.06.2011. We request for your cooperation.

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