

From :
YVPHFT of Rajasthan
50, Dhuleshwar Bagh,
C-Scheme, Jaipur-302001

Book-Post

To,

PRANA JAIPUR

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No. 32

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May - 2017

WESAK FULL MOON MEDITATION

Thur. 11th May 2017, 9:30 AM sharp

Location: Mahavir Sabha Bhavan,
Mahavir Dighamber Jain Sr. Sec. School,
Mahavir Marg, C-Scheme, Jaipur



As per the legend, the Lord Buddha returns once a year to bless the world. The whole ceremony takes just 8 minutes. He comes back at only great cost and returns to the High place where he works and waits. This is the only live event to take place every year. So be a part of this great event to meditate in an ancient geometric configuration to pull down tremendous amount of spiritual energy. In the process you will be showered with vast amount of Divine Light, Divine Love, and Divine Power. This will cleanse the aura and disintegrate all negative thought patterns. As you are blessing Mother Earth you will also generate good karma that you can share with your family and loved ones and so also bless your family and projects. It will be conducted all over the world at the same time and is equivalent to meditating alone continuously for many months.



Meditation in Group is a catalyst to bring peace on mother Earth.

Programme:

- 9:30AM – Drop your wishes in wish container
- 9:45 AM – Exercises & briefing on Meditation
- 9:55 AM – Forgiveness Prayer
- 10:00 AM – Wesak Meditation
- 10:30 AM – Holy Blessed Water & Prasad Distribution

Recommended:

- Wear white or light colored clothing
- Come with a light Stomach
- Practice Metta Meditation for two days before Wesak.

Note : This event is FREE and open to all your family members, relatives and friends above 14 years old. Please be seated by 9:30 AM sharp

Organized by:

YOGA VIDYA PRANIC HEALING FOUNDATION TRUST OF RAJASTHAN

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Soul Should Not Be Held Back

- Dr. Rahul Agarwal

So many times relatives of patients with terminal diseases will approach us in search of a miracle through Prana Vidya healing to reverse the condition as medical treating doctors have indirectly hinted on the adverse outcome. But everyone lives in a false world of hope; with the presumption that he or his sick patient has a long life and nothing will go wrong and condition can be reversed through pandits doing havans, jaaps, tying taabeez. These self-styled Babas making tall claims in lieu of big fat fees – what an irony!.

We must not forget that lot of happenings in life work through entitlement and through application of spiritual technology entitlement can be created in vast number of cases where the karma is malleable and not fixed. In our over 12 years of experience as a Senior Yoga Prana Vidya Instructor, backed by our qualifications as a medical specialist, we can categorically state that alternative medicines (as in the past) will go into disrepute if claims of healing are made on unrealistic grounds. The healer has to be a doctor or has to work in close co-ordination with a qualified doctor to decide on as to whether to undertake the healing or not. In dozens of cases handled by this soul of terminal diseases admitted in ICU with serious consequences or in an elderly or young patients with some devastating ailment, its the duty of the healer to establish soul contact with the patient as per his Ray quality and then take a call as to heal him/her or work for release of the soul from the apparatus. We hereby share one such story, though there are many such cases in which Dr. Rahul as an embodiment of Guru's energy had been successful in release of the soul, cutting on the suffering of the physical self with pre-announcement to the relatives to augment their belief in the spiritual technology of Yoga Prana Vidya and power of our Guru flowing through this humble disciple of His. One should not

forget as a healer that if **"you can comprehend the suffering of others as your own then you are manifesting your soul consciousness and can relate to the other soul in oneness"**.

Through our close family friend Sanjay Khawad, a young soul , Pallavi approached us in Jan 2017 for the healing of her close friend Charu aged around 32 yrs then . Charu belonged to Jaipur and had joined Shah Rukh's company Red Chilly Entertainment in 2010 and worked as a lead animator for his super-hero film Ra One in 2011. On 24th March 2012 she met with a fatal accident in Mumbai which led to severe spinal injuries and subsequently was declared a quadriplegic (paralysis of all four limbs) by the doctors at Mumbai. She was recognized for her amazing skills as an animator for the movie Ra One which had bagged a national award for the best animation.. She finally shifted to Jaipur in 2014 to be under care of her family. As per the input provided in Jan 2017 by her friend, she had started breaking down and stood withdrawn due to confinement to her bed for so long. Based on the detailed inputs given to us, we categorically stated at that time that we will look into the system of the patient and decide what would be the best course of action. A brief input on law of karma was shared with Pallavi.

After a few days of our interaction we received a call from our friend Sanjay that Pallavi, who had met us, had requested for the healings as her friend Charu who had been shifted to a hospital and put on a ventilator support. The same day our specific whatsapp message to Sanjay was, **"Karma...Soul wants release since a day, mother was holding back."** Anyway subsequently Pallavi called us and we explained her the need

to release the soul if mother would grant permission to let go her attachment. We got the go ahead, to do whatever was best. This soul (Dr.Rahul) did the needful and the very next day we received a message of her having left the body.

We fail to understand as to why people cling to their apparatus/ garment/body, when as such its of no use for the soul to work through. The death is a joyful moment and not painful as such and rather the betrayal of trust by your loved ones is much more painful. One has to remember that it is not the number of yrs that you live but the life in those years – was it meaningful or not?; as Swami Vivekanand fulfilled his Guru's mission and left his body at 39 years of age.

Death is the only event which we can predict with absolute certainty, and yet it is the event about which majority of human beings refuse to think at all until faced with imminent.

Disease & Death

(As per Holy Master D.K.)

- We must not forget that the release of a soul through disease and death is not necessarily an unhappy occurrence.
- Second, disease is sometimes incident upon and part of the process of the withdrawal of the soul from its habitation. It can come quickly and unexpectedly or it can spread itself over a long period of time. In all these cases everything possible should be done from the standpoint of modern medical and surgical science . Much too can be done from the angle of mental and spiritual healing.
- The healer must clearly state to the patient that:
 - Cure is not guaranteed. Patients must learn to recognize and accept law of karma.
 - Fear is needless. One of the first objectives of the healing agent

should be to aid the patient to achieve a happy, sane expectant outlook upon his future.

- *Nobody is ever brought back from the "gates of death" whose karma indicates that his time has come ; the life cycle on the physical plane then ends unless he is a worker in a ashram, a disciple of some standing whose work and presence is still needed on earth to complete his assigned task. Then the master of the ashram may add His knowledge and energy to that of the healer or to that of the patient, and bring about a temporary postponement of departure.*
- *Where death is definitely indicated and the " signs of death" are noted both by the doctor and the healer, the healer has no need to stop his work, but will nevertheless be aiding the patient by hastening normally the act of dying. The old proverb is basically not true in all cases, that "where there is life there is hope".*

Inevitably comes a point , for instance in the case of malignant disease , where the physician knows that it simply is a question of time , and the spiritual healer can learn to recognize the same signs. Remaining time will be employed (if the patients faculties permit) with due preparation for the "beneficent and happy withdrawal" of the soul and funeral services , or rather the crematory services , will be joyous events because their emphasis will be upon release and return.

In due course of time (not far away) there will be no question in anyone's mind that the discarding of the physical body will leave a man still a conscious living entity. He will be known to be still, awake and aware.

The race is progressing , developing and becoming increasingly mental. The relation between the dead and the living must and will be upon mental levels , prior to the processes of integration; the true severance of communication will come when the human soul is reabsorbed into the oversoul, prior to again reincarnating.

ATMA – The Divine Part

Atma (also written "Atman") is the higher most and supreme part of man's spiritual being. It is pure eternal Spirit. It is the Higher Self, the Divine Self, the Real Self of the human being and it is literally one and the same in essence and identity as the Infinite Supreme Self. There is neither "my Atman" nor "your Atman" but only THE Atman, the ONE Universal Self of all. It is here that all is truly one. Atman is Who and What we really are. It is our essential nature, it is our true self, it is the All IN All. In fact, It is the one and only Reality. As the Upanishads say, "This Atman is Brahman."

Since the Atman is literally Divinity Itself, we should always remember that it never incarnates or reincarnates, nor is it ever affected by our Karma or even by anything whatsoever. It just simply is.

BUDDHI – The Spiritual Part

Buddhi is the second highest Principle of man's constitution and is referred to as the Spiritual Soul, the vehicle through which Atma (the highest Principle) radiates its light. There is nothing individual about the Buddhi principle. As with Atma, we cannot talk in terms of "my Buddhi" or "your Buddhi." Contrary to popular opinion, Buddhi is not the faculty or quality of intuition and has nothing to do with this. It has nothing to do with anything except serving as the vehicle for Atma, the Self.

"The Monad" (meaning "ultimate unit" or "primary unit") is a term used to describe the conjunction of the two highest Principles of the human constitution – Atma and Buddhi. There is nothing higher than Atma; Atma is the higher most and supreme part of man's spiritual being. Because Atma is literally Divinity itself, it has to have a vehicle through which to radiate its light to the individual soul. Buddhi is this vehicle and so the two in conjunction with each other are called the Monad.

MANAS – The Intellectual Part

Manas is the mind principle in man, the consciousness aspect, the thinker, the permanent individuality which incarnates and reincarnates. It is a mistake to confuse the mind and the brain, as if they are the same thing. The brain is only a physical organ and serves but as a physical vehicle for the mind/soul – who is the true thinker – to manifest through while in physical incarnation.

In the teachings of Theosophy, the Manas principle is often called the Ego.

It is the Manasic entity, the individual human soul, which sets the causes in motion in each lifetime – through every thought, word, and action – which have to have their corresponding Karmic effects in this and subsequent lifetimes. It is the maker and the experiencer of Karma. It has a dual nature, that of Higher Manas and Lower Manas. When the mind and consciousness are lifted, raised, and elevated towards higher things, spiritual things, abstract things, intellectual things, things of goodness, truth, purity, love, compassion and beauty, it is then functioning as the Higher Manas and rising ever closer towards the divine shining light of Buddhi, the Spiritual Soul. When the mind and consciousness are instead allowed to sink downwards towards the lower, separative, selfish, and sensual things of life, it is Lower Manas, attaching itself to the principle of Kama, the Animal Soul.

Manas cannot go in both directions at once. It can only either go up or down...up towards spirituality or down towards sensuality. Spirituality and sensuality can never and will never mix. Manas, the human soul, stands right in the middle between the two and must make a choice between them. Our primary battleground in life is that of the mind.

~ Blavatsky Theosophy Group UK ~

INITIATION

Through the agency of this hierarchy of achievement, men are lifted step by step, up the long ladder reaching from earth to heaven [the spiritual world], to stand eventually before the initiator and in that high moment to find that it is the Christ Himself Who thus greets them—the familiar friend who, having prepared them by example and precept, now receives them into the presence of God.

Christ gives us a definite picture of the entire process in His own life story, built around those major initiations which are our universal heritage and glorious [and for many] the immediate opportunity. They are:

- [1] The Birth at Bethlehem
- [2] The Baptism in Jordan.
- [3] The Transfiguration.
- [4] The Crucifixion.
- [5] The Resurrection and Ascension, the final triumph.

Such are the five great dramatic events of the mysteries. Such are the initiations [awakenings] through which all men must some day pass. Humanity [evolution of humanity as a whole] stands today upon the path of probation. The way of purification is being trodden by the masses, and we are in process of purging ourselves from evil and materialism. When this process is completed, many will find themselves ready to make preparation for the first of the initiations, and to undergo the new Birth. The disciples of the world are preparing for the second initiation, the Baptism, and for this must come a purification of the emotional desire nature and a dedication of the desire nature to the life of the soul. The initiates of the world are facing the Transfiguration initiation. Mind control and right orientation towards the soul, with a complete transmutation of the integrated personality, lies ahead of them. [From Bethlehem To Calvary, p21-23.]

THE FIRST INITIATION...THE BIRTH AT BETHLEHEM

At the first initiation, the control of the Ego over the physical body must have reached a high degree of attainment. "The sins of the flesh," as the Christian phraseology has it, must be dominated; gluttony, drink, and licentiousness [immorality] must no longer hold sway. The physical elemental will no longer find its demand obeyed; the control must be complete and the lure departed. A general attitude of obedience to the Ego must have been achieved, and the willingness to obey must be very strong. The channel between the higher and the lower is widened, and the obedience of the flesh practically automatic. The heart centre is the one usually vivified, with the aim in view of the more effective controlling of the astral vehicle, and the rendering of greater service to humanity.

THE SECOND INITIATION...THE BAPTISM IN JORDAN

The second initiation forms the crisis in the control of the astral body. Just as, at the first initiation, the control of the dense physical has been demonstrated, so here the control of the astral is similarly demonstrated. The sacrifice and death of desire has been the goal of endeavour. Desire itself has been dominated by the Ego, and only that is longed for which is for the good of the whole, and in the line of the will of the Ego, and of the Master. The astral elemental is controlled, the emotional body becomes pure and limpid, and the lower nature is rapidly dying. At this time the Ego grips afresh the two lower vehicles and bends them to his will. The aspiration and longing to serve, love, and progress become so strong that rapid development is usually to be seen. This accounts for the fact that this initiation and the third, frequently [though not invariably] follow each other in one single life. At this period of the world's history such stimulus has been given to evolution that aspiring souls—sensing the dire and crying need

of humanity—are sacrificing all in order to meet that need. At this initiation the throat centre is vivified.

THE THIRD INITIATION...THE TRANSFIGURATION [ILLUMINATION] ON A HIGH MOUNTAIN

At the third initiation, the entire personality is illuminated or flooded with light from above from the soul. [The light of the soul] It is only after this initiation that the monad [spirit] is definitely guiding the Ego, pouring His divine life ever more into the prepared and cleansed channel. Again, a vision is accorded of what lies ahead; the initiate is in a position at all times to recognise the other members of the Great White Lodge, and his psychic faculties are stimulated by the vivification of the head centres. The aim of all development is the awakening of the spiritual intuition. The personality has now reached a point where its vibrations are of a very high order, the matter in all three bodies relatively pure, and its apprehension of the work to be done in the microcosm, and the share to be taken in the work of the macrocosm is very advanced. It is apparent, therefore, why it is only at the third initiation that the great Hierophant, the Lord of the World, Himself officiates. It is the first at which He contacts the initiate. Earlier it would not be possible. For the first two initiations the Hierophant is the Christ, the World-Teacher, the Firstborn among many brethren, one of the earliest of our humanity to take initiation.

When purified and controlled they stand and for the first time consciously vibrate to the Ray of the Monad [spirit], then with prepared bodies can the ability to see and hear on all the planes be granted and achieved, and the faculty of reading and comprehending the records be safely employed, for with fuller knowledge comes added power. The heart is now sufficiently pure and loving, and the intellect sufficiently stable to stand the strain of knowing.

THE FOURTH INITIATION...THE CRUCIFIXION

By the time the fourth initiation is taken the initiate has mastered perfectly the fifth sub-plane [the mental], and is therefore adept, [to use a technical phrase], on the five lower sub-planes of the physical, astral, and mental planes, and is well on the way to master the spiritual or buddhic plane the fourth from the top. His buddhic vehicle can function on the two lower sub-planes of the buddhic plane.

The life of the man, who takes the fourth initiation, is usually of great sacrifice and suffering. It is the life of the man who makes the Great Renunciation, and even exoterically it is seen to be strenuous, hard and painful. He has laid all, even his perfected personality, upon the altar of sacrifice, and stands bereft of all. All is renounced, friends, money, reputation, character, standing in the world, family, and even life itself.

Before the fourth initiation can be taken, the work of training is intensified, and the hastening and accumulation of knowledge has to be unbelievably rapid. He has to grasp the laws of the three lower planes intellectually, and likewise wield them for the aiding of the scheme of evolution. He studies the cosmic planes and has to master the charts; he becomes versed in occult technicalities and develops fourth dimensional vision. He learns to direct the activities of the building devas, and at the same time, he works continually at the development of his spiritual nature....

The initiate has frequent access to the library of occult books, and after this initiation he can contact not only the Masters with Whom he is linked and with Whom he has worked consciously for a long time, but he can contact and assist the chohans, the Budhisattva and the Manu. [In measure.]

This is the Crucifixion or Great Renunciation. One tremendous experience to the initiate at this time is

the realisation [because he sees and knows] that the antahkarana has been successfully completed and that there is a direct line of energy from the Spiritual Triad, via the antahkarana, to his mind and brain. This brings to the forefront of his consciousness the sudden and appalling recognition that the soul itself, the egoic body on its own level, and that which for ages has been the supposed source of his existence and his guide and mentor, is no longer needed; his relation as a soul-infused personality, is now directly with the Monad. He feels bereft and is apt to cry out—as did the Master Jesus—“My God, My God, why hast Thou forsaken me?” But he makes the needed renunciation, and the causal body, the soul body, is relinquished, and disappears. This is the culminating renunciation and the climaxing gesture of ages of small renunciations; renunciation marks the career of all aspirants and disciples—renunciation, consciously faced, understood and consciously made.

This act of renunciation marks the moment when the disciple has nothing in him which relates him to the three worlds of human evolution. His contacts with those worlds in the future will be purely voluntary and for purposes of service. “Crucifixion” simply emphasises the suffering undergone by the initiate as he renounces all that is of a material nature and becomes a permanent and a non-fluctuating and unchanging member of the fifth kingdom in nature, the kingdom of God, called by us the Hierarchy. On all three planes, the disciple renounces; on all three planes he is, therefore, crucified. It connotes the ending of a life and—from

the cosmic angle—of the personality life of the soul through many incarnations and a point of entrance into a new life for which all the past has been a preparation.

His life takes on a new colouring, totally unrelated to the three worlds of his past experience. He faces new spiritual adventures, and has now to tread the Path which leads him away from normal human evolution, on the Why of the Higher Evolution. This new experience he is well equipped to face.

THE FIFTH INITIATION...THE RESURRECTION AND ASCENSION

After the fourth initiation not much remains to be done. The domination of the sixth sub-plane goes forward with rapidity, and the matter of the higher sub-planes of the buddhic plane is co-ordinated. The initiate is admitted into closer fellowship in the Lodge, and his contact with the devas is more complete. He is rapidly exhausting the resources of the Hall of Wisdom, and is mastering the most intricate plans and charts. He becomes adept in the significance of colour and sound, can wield the law in the three worlds, and can contact his Monad with more freedom. He is in charge, also of large work, teaching many pupils, aiding in many schemes, and is gathering under him those who are to assist him in future times. This refers only to those who stay to help humanity on this globe. After the fifth initiation the man is perfected, though he may, if he will, take two further initiations.

-Excerpted from: Initiation Human and solar, By Alice A. Bailey

Join for Free Meditation at Foundation:

- Meditation on Mon at 4pm, followed by Free Healing Sessions. (Open to all above 16 yrs).
- Meditation on Atma on Wed, at 4pm, (Open to all MOA practitioners'), followed by Group healing session for arhat practitioners.
- Meditation on Psycho haling on Fri at 4pm (for level 3 practitioners'), followed by Book study.
- Meditation on Sat at 4pm, for YPV Arhat Yoga practitioners' only.

There was a hindu devotee who was puzzled trying to decide what scriptures he should read, and what idol he should worship. He asked himself, which God shall I worship?" He would buy one idol, and then he would be afraid the others would get angry. So he would buy another. He had two big trunks in which he carried all his holy books and images, He saw he would have to buy a third trunk! But he thought, "it is not possible to carry three trunks." He sat by the side of the pond and began to weep: "Infinite spirit, tell me which book to read, which idol to worship. As soon as I worship one God I think the others are getting angry."

It so happened that a saint passed by that way, and seeing the crying man, said: "Son, why are you weeping? What is the matter?"

"Saint, I don't know which book to read, and look at these hundreds of idols! I don't know which one to please."

The saint said, "Close your eyes and pick up any book and follow that book throughout life, and drop the idols on a rock and break them one by one. The one that does not break, worship that one."

So he picked up one book. Most of the idols were made of clay, and all broke except one that was made of solid stone. Then the saint suddenly came back and said, "I forgot to tell you something. Now that you have found your God, go back home. But if you find a more powerful God than this one, worship him. Always worship the more powerful God."

So the man went home, and on his little altar he put the stone idol, worshipping and offering fruits. Every day he discovered the fruit was gone, so he thought, "The saint certainly told me of the right idol. Since he has eaten the fruits he must be a living God." One day, overcome by curiosity, he thought he would watch how God eats. He opened his eyes just a little, and while he was praying he saw a huge mouse come and eat the fruit. Then he said, "look at the stone idol. It cannot eat the fruit, but the mouse can, so it is a more powerful God." He caught the mouse by the tail and tied it on the altar. His wife said, "You have gone crazy." No, I am just following the

instructions of the saint to worship whatever form of God is most powerful." So put the stone aside and began to worship the mouse instead.

One day he was meditating when suddenly he heard a great noise. Opening his eyes he saw a pussycat eating the mouse. He thought, "the pussy cat is more powerful than the mouse. So I must worship the cat." He got hold of the cat and made a place for it on the altar. The cat did not have to catch the mice anymore, receiving an offering of milk everyday without any labour on its part. Day after day the man's meditation grew deeper and the cat got fatter.

After each meditation the man used to drink a bowl of milk placed before him by his wife. The pussycat was not satisfied with what she got, so she concentrated on the man's bowl of milk. One day she drank it up and went back and sat on the altar. The wife came in, saw the milk gone, looked at the cat sitting on the altar feigning innocence, and went and got the broom. Her husband's meditation was broken by the noise of the broomstick falling on the yowling cat. He looked at his wife chasing the cat, and thought, "That is interesting. My wife is more powerful than the cat." Then he demanded that his wife sit on the altar. So she sat, and everyday he meditated on her.

Ofcourse, the wife still cooked food for her husband, and after he finished worshipping her he would eat his meal. It so happened that one day he bit down hard on a piece of charcoal in the rice. "Why did you put charcoal in the rice? Why did you do that?" the man shouted at his wife. To which the wife replied apologetically, "Master, I did not deliberately do this. Forgive me, I am thy servant." Then he thought, So you are my servant, you like to serve me. Then I am the most powerful God. God is in me. I have found Him now."

You won't find God anywhere unless you find Him within. If you find Him in the temple of your soul, you find Him enshrined in all temples and churches and in all souls.

-Excerpted from: **Journey to Self Realisation** by Sri Paramhansa Yogananda

A Twinkle of Mirth

To help with creating a New Year's resolution, we bring you **El Morya's Pearl of Wisdom Vol. 1 No. 13** from November 7, 1958.

The twinkle of mirth is needed on earth in many a situation in which mankind find themselves. A happy, confident approach to any situation, even what appears to be quite a serious one, is of tremendous assistance to all concerned in bringing about a divinely just and satisfactory resolution thereof.

To possess a good sense of humor is to be greatly blessed; Unaccountability is a word that does not apply to man's use of God's life. Everyone is always accountable to the cosmic law for the release of his energy (life) through his thought, feeling, spoken word and deed.

Of course Divine Love is the master presence and authority of the entire universe, and its law supersedes all others. However, as applied to those who will not use that Law of Love, the karmic law by its very nature must return to its sender the energy sent forth qualified by human shadow, and always gathering more of its kind with accumulated energy of the same qualification. At times retribution for the misuses of God's life follows like a swift arrow that action which set the cause in motion and produces the effect of returning karma.

The chalice of the heart is the generative point in man from which the gentle, Godlike feelings of Divine Love emanate; and these feelings qualify the thoughts, spoken words, and actions of each lifestream. You see, feelings account for the greatest percentage of man's qualification of his daily allotment of energy—about 90 percent; whereas thought uses only about 10 percent. As the individual release his feelings from his heart and solar plexus, often as on swift wings, they travel around the world fulfilling the law of the circle, and they never fail to return to their source!

Therefore, watch the feelings you allow to pass through your lifestream. For they are even more important than your thoughts. It is easy to test this truth. For instance, if there is a difference between your thoughts and your feelings, most of the time your feelings will win out, because they represent the greater pressure of energy that is acting. Do you see?

So while standing watchful guard over your feelings, be sure to restrain the unhappy mood; and as quickly as you are aware of its presence, turn your attention to something pleasant in your surroundings or, better still, to one of us, and thus change that mood instantly from that which distresses you to that which gives you Light and its joyous expression.

The Right Understanding Of Reincarnation

In recent decades, meticulous scientific and analytical research, such as that of Dr Ian Stevenson, has proven reincarnation to be a fact. The thoroughly documented findings and conclusions of such respected professionals as Stevenson, backed up as they are with masses of unquestionable evidence, can of course not be explained by materialistic science but nor can they be explained away.

Theosophy states that Karma and Reincarnation are the two most vitally important spiritual concepts for humanity to accurately understand. We hope that these ten points will help to bring about a better and also a more practical understanding of this noble and ancient teaching.

1. WHAT REINCARNATION IS

Reincarnation means the same thing as re-embodiment and rebirth. It is the human soul returning to the earth again and again and taking up residence each time in a new physical body in order to continue the soul's progressive journey of inner evolution, advancement, development and unfoldment. Death is not the end and birth is not the beginning.

The soul reincarnates due to three main reasons – (1) It still has lessons to learn, (2) It still has "karmic debts" which it needs to work off in order to further balance its Karma, (3) It has not yet fully realised its own divine nature or its absolute oneness with the Divine and thus with all life and has not yet become in consciousness that which it truly and really is. It is an ongoing cyclic process and necessity for each soul.

2. REINCARNATION IS NOT IMMEDIATE

Reincarnation does not happen immediately after death. There is always an interval period, during which the soul experiences its own personal state of "Heaven," created unwittingly out of its own consciousness and matching exactly the afterlife the person had believed in and expected, during the lifetime just ended.

The teachings of Theosophy refer to this state under the Tibetan name of "Devachan." This lasts in exact

accordance with the amount and force of good or positive Karma that the soul created during the lifetime just ended. When the soul has reaped the full fruit of this good Karma in its blissful Devachanic experience, the process of reincarnation occurs. Some may not reincarnate until hundreds or even thousands of years have passed while others may even reincarnate within the matter of a few years. There is no hard and set rule.

3. HUMANS ALWAYS REINCARNATE AS HUMANS

There are distinct kingdoms or departments in Nature, which all represent definite and distinct stages of inner evolution. After evolving out of one of these kingdoms and into the one above it, the soul cannot then return to a cycle and stage of its evolution which it has already passed and completed. Although evolution is a very slow and gradual process, it nevertheless proceeds in a definite and orderly fashion.

The human soul never reincarnates as an animal, tree, plant, stone, or anything other than another human being.

4. KARMA AND REINCARNATION ARE INEXTRICABLY LINKED

Karma and reincarnation are inextricably linked with each other. You can't have one without the other. It is obvious that one single lifetime is by no means long enough to reap the full effects of every cause we have set in motion during that lifetime. It is also apparent that some of the aspects and circumstances of our current lifetime do not have their origins in the current lifetime but seemingly in the distant past. Physical incarnation itself is a Karmic effect, since one of the main reasons we reincarnate is in order to deal with our past Karma. To have a proper understanding of Karma, a person must also accept and believe in reincarnation. To have a proper understanding of reincarnation, a person must also accept and believe in Karma.

5. WE DO NOT CONSCIOUSLY CHOOSE OUR PARENTS

It is a popular belief in some circles that while in the spiritual realms prior to

reincarnation each soul consciously chooses and selects its parents for its next lifetime, along with other aspects such as the location, setting, and circumstances of the birth and so on. But the fact is that the soul does not consciously choose or decide who its parents will be, nor any of these other things, yet in a certain sense (albeit not consciously) it does choose, because its parents and other aspects of its impending rebirth are determined by the soul's own Karma, i.e. by causes that soul has previously set in motion when on Earth before, the effects of which must now be worked out.

6. MEMORY OF PAST LIVES

People often ask, "If reincarnation is true, then why don't we remember our previous lifetimes or at least some details from them?"

The question could be asked in return, "Why can't you remember the details of what you were doing on this date ten years ago?" We obviously have a new brain in each new lifetime because we have a new physical body.

The complete and accurate memory of all our preceding lifetimes is stored within the soul. It is obviously not stored within our current brain. How receptive our brain is to our soul is largely determined by the degree of spiritual consciousness and awareness that we have acquired in previous lives.

Remembrances of past lives which occur spontaneously have been found to generally be far more accurate and reliable, when investigated further, than "remembrances" instigated by such methods as past life regression therapy. Many have concluded that the seeming memories brought about through regression techniques are often little more than imagination, contents of the subconscious mind, or details and images picked up from the collective unconscious.

7. ACCORDING TO OUR DEEDS AND OUR NEEDS

The nature of each body in which the soul reincarnates is "according to our deeds and our needs," in the words of the

Upanishads, which are the foundational scriptures of Hindu philosophy. Our deeds of the past have determined the body – the outer shell – which we have to put up with for this present lifetime and it is also the most fitting and suitable body to help meet the soul's needs for its inner evolution, development, and the learning of its lessons in this life.

Karma makes no mistakes. Our body in this lifetime may be weak, prone to ill health, or even disabled...but that is according to our deeds and our needs. Our body may be inherently strong and robust, allowing us to achieve and accomplish all sorts of things on the physical level...again, this is according to the soul's deeds and needs for its advancement at this particular point in its evolution.

Some people feel as if they are a woman trapped in a man's body or vice versa. This tends to indicate or suggest that that soul has spent several of its most recent lifetimes in a continual succession of bodies belonging to one particular gender. The soul will therefore have become particularly feminised or masculinised, depending on which gender it was. We should remember that in reality the soul is neither male nor female.

8. THE PERMANENT INDIVIDUALITY & THE PRESENT PERSONALITY

It is important to always remember that there is a distinction between the present personality and the permanent individuality. The earthly personality or persona – John Smith or Mary Williams, for example – will never be reincarnated.

But the soul (the spiritual individuality) that lived a life on earth in and through the persona of John Smith or Mary Williams will reincarnate, in and through another new personality. So we should not make the mistake of thinking that our soul is identical with our earthly persona. It is not.

9. REINCARNATION AND THE WORLD'S POPULATION

The world population has risen by nearly 6-billion within the last 120 years and currently shows no signs of slowing

down. One of the main causes for this dramatic population increase is that people in general are nowadays reincarnating far sooner, far more quickly, than they did 100 years ago.

The duration of the soul's time in its state of Devachan in between lifetimes is always determined in part by how "spiritualised" the soul is. The more atheistic, agnostic, or materialistic a person is, the shorter and less clearly defined that intermediary period will be.

An atheistic or materialistic worldview naturally leads to a complete decrease in spirituality and ethics and a rise in sensuality and superficiality. So it is not really surprising that a huge proportion of souls, having developed no spiritual inclinations or qualities whatsoever in their most recent incarnations due to the above, have nothing within them at present to provide much – if anything – in the way of a Devachanic interval for them and are thus returning to earth life with disconcerting rapidity.

And the more often and frequently they return, the more time and opportunity they have to procreate again and thus help bring other such souls back into incarnation. As science and sex are the Gods of the 21st century, this problem shows no signs of abating. All the major problems and troubling issues which affect the world today are spiritual problems, in their underlying nature, and until spiritual people have the intelligence and initiative to address them in a sane, selfless and intelligent way, humanity's problems will just keep on increasing. Just saying "Love and light, love and light" and "We are all one" will not get the job done.

10. THE END OF REINCARNATION

When the soul has perfected itself, purified itself, settled all its Karmic accounts, and consciously reunited and merged itself with its Higher Self – pure eternal Spirit – then, and only then, can the cycle of birth, death, and rebirth be said to have come to an end. It is safe to say that very few of us, if any of us, are close to reaching that stage yet.

The cycle or circle or wheel of birth, death and rebirth is called "Samsara" in Hinduism and Buddhism, meaning "the

sea of suffering" and "the ocean of conditioned existence." When the individual soul or Ego has finished traversing the ocean of conditioned existence and has attained to Buddhahood (for want of a better phrase) it may then enter into the infinite ocean of unconditioned non-existence – Nirvana.

But greater than he who joyously and unhesitatingly enters into the eternal indescribable bliss of Nirvana is he who, having reached its threshold, turns his back on it and renounces Nirvana in order to be consciously reincarnated on this Earth again and again, as long as all life continues, in order to help and serve suffering humanity. He who gladly enters into Nirvana, thus leaving everything else behind forever, is described in Buddhism as a "Pratyeka Buddha," a Buddha of Selfishness. He who makes the great renunciation and thus becomes one of the saviours of mankind is called a "Bodhisattva," a Buddha of Compassion.

~ Blavatsky Theosophy Group UK ~

Our Real Strength

A young girl and her father were walking along a forest path. At some point, they came across a large tree branch on the ground in front of them. The girl asked her father, "If I try, do you think I could move that branch?"

Her father replied, "I am sure you can, if you use all your strength."

The girl tried her best to lift or push the branch, but she was not strong enough and she couldn't move it.

She said, with disappointment, "You were wrong, dad. I can't move it."

"Try again with all your strength," replied her father.

Again, the girl tried hard to push the branch. She struggled but it did not move. "Dad, I cannot do it," said the girl.

Finally her father said, "Young lady, I advised you to use 'all your strength'. You didn't ask for my help.

*** MORAL* :**

Our real strength lies not in independence, but in interdependence. No individual person has all the strengths, all the resources and all the stamina required for the complete blossoming of their vision.*To ask for help and support when we need it is not a sign of weakness, it is a sign of wisdom.

DISCIPLESHIP

Discipleship is a most practical way of life; it concerns living in the light; it requires penetration into the world meaning and it needs the relation of every life circumstance to Cause and Effect and this must be accompanied with due shouldering of responsibility. HPB tells us in The Secret Doctrine that the sense of responsibility is the first indication that the soul is beginning to dominate the personality.

This activity produces light and illumination. This results in the inherent light of substance being intensified and qualified by the light of the soul. This reveals the Path even more.

[a] A DISCIPLE IS ONE who above all else, is pledged to do three things:-

1. To serve humanity.
2. To co-operate with the plan of the Great Ones as he sees it and as best he may.
3. To develop the powers of the ego, to expand his consciousness until he can function on the three planes in the three worlds, and in the causal body, and to follow the guidance of the higher self and not the dictates of his three-fold lower manifestation.

[b] A disciple is one who is beginning to comprehend group work, and change his centre of activity from himself, to the group centre.

[c] He is one who realises simultaneously the relative insignificance of each unit of consciousness, and also its vast importance.

[d] He realises the force side of nature, and to him the form makes no appeal.

[e] He knows himself to be-to a greater or less degree-an outpost of the Master's consciousness.

[f] He realises his responsibility to all units who come under his influence.

We can go on.....the thing is, he must first know what he is and where he is going to realise his responsibility.

The disciple, therefore, has several things at which to aim:

A sensitive response to the Master's vibration.

A practical purity of life; a purity not merely theoretical.

A freedom from care which is the result of lack of dispassion and a too ready response to the vibrations of the lower worlds.

Accomplishment of duty. This point involves the dispassionate discharge of all obligations and attention to karmic debts.

He also has to study the astral body because it is the most important body in the solar system, where the human being in the three worlds is concerned.

He guards his words, he who only speaks with altruistic purpose, in order to carry the energy of Love through the medium of the tongue, is one who is mastering rapidly the initial steps to be taken in preparation for initiation.....the disciple must learn to be silent in the face of that which is evil. He must learn to be silent before the suffering of the world, wasting no time in idle plaints and sorrowful demonstration, but lifting up the burden of the world; working, and wasting no energy in talk.

He SERVES, because he knows what is in MAN. Such is the goal, but the intermediate stages are fraught with difficulty for all who stand on the verge of self-discovery, and of becoming the Path itself.

Some practical advise might be of value here:-

Study the Bhagavad Gita and the New testament. Stand by and watch the heart. In the transferring of the fire from the solar plexus to the heart centre, comes much pain. It is not easy to love as do the Great Ones.

Be prepared for loneliness. Cultivate happiness...no depression.

Have PATIENCE.

-Based on the works of AAB and DK.

Aligning to Light of The Soul

On the auspicious Spiritual Liberation Day, 19th March 2017, Dr. Rahul Sir inaugurated the One year programme, "Aligning to the Light of the Soul", which comprises of 12 monthly sessions, open to arhat yoga practitioners only. The first session began after the purification and meditation being done on Spiritual Liberation Day. We could experience powerful energies during and after the meditation as well as throughout the day during the first class. The first day teachings were based on Arhat Yoga practices, which helped us revise the lessons again. The session focussed on relevance of guru in life and also detailed insight on loving & kindness virtue from different facets as seen in life. It also included some fun filled videos shown by sir to generate some humour and lighten the environment.

The second monthly session was held on 9th April, which threw light upon Kundalini- the serpent fire. The teachings given were very interesting, simple and gave us a deeper knowledge on Kundalini and its Physiology. We deeply thank Rahul sir for beginning this class and for the immense effort put in for our benefit.



Jokes



वित्त मंत्री जी ने कल दोपहर में कहा कि दो या तीन क्वार्टर लगेंगे स्थिति सामान्य होने में...

मैं कल रात को ही तीन क्वार्टर ले आया, आखिर मेरा भी तो देश के लिए कोई कर्तव्य है लेकिन सुबह उठकर देखा तो कुछ भी ठीक नहीं हुआ था आज फिर से Try करूंगा ...



एक आदमी जब ससुराल से बीवी को लेकर चलने लगा, तो उसकी सास ने उसको 100 रुपये दिए। लेकिन घर पहुँचते ही उसने पत्नी से कहा : तेरी माँ ने मेरी बेइज्जती कर दी। मैं 150 रुपये के केले लेकर गया था और उनको मुझे 100 रुपये पकड़ते शरम नहीं आयी।

इतना सुनकर पत्नी माथा पकड़कर बैठ गयी और बोली तू मुझे लेने गया था या वहाँ केले बेचने गया था।

The Holy Science by Sri Sri Swami Sri Yuktेश्वर Giri

"Prophets of all lands and ages have succeeded in their God-quest," writes Sri Sri Paramhansa Yogananda in the foreword in The Holy Science.

"Swami Sri Yuktेश्वर... was eminently fitted to discern the underlying unity... Placing the holy texts on the spotless table of his mind, he was able to dissect them with the scalpel of intuitive reasoning, and to separate interpolations and wrong interpretations of scholars from the truths as originally given by the prophets."

The Holy science demonstrates, by explanation of parallel passages from the Hindu and Christian scriptures, the essential unity of the great religious teachings of East and West. With incomparable wisdom and discernment, Swami Sri Yuktेश्वर explains the universal evolution of consciousness, energy and matter- the entire spectrum of experience that we call "life."

Rooted in the deepest truths of religion, it yet offers practical advice for fulfilment in everyday living, by delineating the physical, mental, moral, and spiritual principles that govern the expansion of human consciousness.

केले खाते समय सावधान

बाजार में आने वाले केले कार्बाइडयुक्त पानी में भिगोकर पकाए जा रहे हैं इस प्रकार के केले खाने से 100% कैंसर या पेट का विकार हो सकता है, परन्तु केले को कार्बाइड का उपयोग करके पकाया है ये कैसे पहचानेंगे।

यदि केले को प्राकृतिक तरीके से पकाया है तो उसका डंठल काला पड़ जाता है और केले का रंग पीला हो जाता है।

कृपया नीचे दिए फोटो को देखें साथ ही केले पर थोड़े बहुत काले दाग रहते हैं।

परन्तु यदि केले को कार्बाइड का इस्तेमाल करके पकाया गया है तो उसका डंठल हरा होगा और केले को रंग लेमन यलो अर्थात् नींबूई पीला होगा इतना ही नहीं ऐसे केले का रंग एकदम साफ पीला होता है उसमें कोई दाग धब्बे नहीं होते कृपया नीचे दिए फोटो को देखें।

कार्बाइड का गाँव देहातों में गॅस कर्टिंग इत्यादि में काम लिया जाता है अर्थात् इसमें इतनी कैलोरी फिकर्वैल्यू होती है कि उससे एलपीगैस को भी प्रतिस्थापित किया जा सकता है।

जब किसी केले के गुच्छे को ऐसे केमिकल युक्त पानी में डुबाया जाता है तब उष्णता केलों में उत्पत्ती है और केले पक जाते हैं,

इस प्रक्रिया का उपयोग करने वाले व्यापारी इतने होशियार नहीं होते हैं कि उन्हें पता हो किस मात्रा के केलों के लिए कितने दाद में इस केमिकल का उपयोग करना है बल्कि वे इसका अनिर्बाध प्रयोग करते हैं जिससे केलों में अतिरिक्त उष्णता का समावेश हो जाता है जो हमारे पेट में जाता है जिससे कि -:

1. पाचनतन्त्र में खराबी आना शुरू हो जाती है।
2. आंखों में जलन
3. छाती में तकलीफ
4. जीमिचलाना
5. पेट दुखना
6. गले में जलन
7. अल्सर
8. तदुपरांत ट्यूमर का निर्माण भी हो सकता है।



New Books for library

The Foundation runs a library to quench the thirst of knowledge of the readers and it has been Rahul Sir's constant effort to keep upgrading the library with new books. Some books added to the library are :

Books	Author
The serpent power	Sir John Woodraffe
Kundalini	Om Swami
The Holy science	Sri Sri Swami Yuktेश्वर Giri
Dialogue with Death	Ekmath Easwaran
White Lotus	Osho
Om Shanti Shanti Shanti	Osho
Awareness	Osho
Daily meditations with Krishnamurti	J.Krishnamurti

जो भी करों आदर्श करो

"एक व्यक्ति कबीर के पास गया और बोला - मेरी शिक्षा तो समाप्त हो गई अब मेरे मन में दो बातें आती हैं,

एक यह कि विवाह करके गृहस्थ जीवन यापन करूँ या सन्यास धारणा करूँ? इन दोनों में से मेरे लिए क्या अच्छा रहेगा यह बताइए?

कबीर ने कहा - दोनों ही बातें अच्छी हैं जो भी करना हो वह उच्च कोटि का करना चाहिए। उस व्यक्ति ने पूछा-उच्च कोटि का कैसे है? कबीर ने कहा - किसी दिन प्रत्यक्ष देखकरन बतायेंगे वह व्यक्ति रोज उत्तर प्रतीक्षा में कबीर के पास आने लगा।

एक दिन कबीर दिन के बारह बजे सूत बुन रहे थे। खुली जगह में प्रकाश काफी था फिर भी कबीर ने अपनी धर्मपत्नी को दीपक लाने का आदेश दिया। वह तुरन्त जला कर लाई और उनके पास रख गई। दीपक जलता रहा वे सूत बुनते रहे।

सांयकाल को उस व्यक्ति को लेकर कबीर एक पहाड़ी पर गए। जहाँ काफी ऊँचाई पर एक बहुत वृद्ध साधु कुटी बनाकर रहते थे। कबीर ने साधु को आवाज दी। महाराज आपसे कुछ जरूरी काम है कृपया नीचे आइए। बूढ़ा बीमार साधु मुश्किल से इतनी ऊँचाई से उतरकर नीचे आया।

कबीर ने पूछा आपकी आयु कितनी है यह जानने के लिए नीचे बुलाया है। साधु ने कहा अस्सी बरस। यह कहकर वह फिर से ऊपर चढ़ा।

बड़ी कठिनाई से से कुटी में पहुँचा। कबीर ने फिर आवाज दी और नीचे बुलाया। साधु फिर आया। उससे पूछा - आप यहाँ पर कितने दिन से निवास करते हैं? उसने बताया चालीस वर्ष से। फिर जब वह कुटी में पहुँचे तो तीसरी बार फिर इसी प्रकार बुलाया और पूछा- आपके सब दाँत उखड़ गए या नहीं? उसने उत्तर दिया। आधे उखड़ गए। तीसरी बार उत्तर देकर वह ऊपर जाने लगा तब इतने चढ़ने उतरने ने साधु की साँस फूलने लगी? पाँच काँपने लगे। वह बहुत अधिक थक गया था। फिर भी उसे क्रोध तनिक भी न था।

अब कबीर अपने साथी समेत घर लौटे तो साथी ने अपने प्रश्न का उत्तर पूछा। उनने कहा तुम्हारे प्रश्न से उत्तर में यह दोनों घटनार्ये उपस्थित हैं।

यदि गृहस्थ बनाना हो तो ऐसा बनना चाहिए जैसे मैं पत्नी को धँसे अपने स्नेह और सद्यव्यवहार से ऐसा आज्ञाकारी बनाया है कि उसे दिन में भी दीपक जलाने में मेरी आज्ञा अनुचित नहीं मालूम पड़ती और साधु बनना हो तो ऐसा बनना चाहिए कि कोई कितनी ही परेशान करें क्रोध का नाम भी न आने।

अखण्ड ज्योति 1961 मई पृष्ठ 25

Above all else, know this: Be prepared at all times for the gifts of God and be ready always for new ones. For God is a thousand times more ready to give than we are to receive.

- Meister Eckhart

FOUNDATION ACTIVITIES ROUND UP - Jan-April 2017



Release of the OM Chant CD in Dr. Rahul's Voice on 12th Jan, Full Moon day.



New Dining area at Foundation - Before & after upgrade



Free Healing Camp at Hanuman Nagar on 29th Jan, attended by over 50 people, in which HIV afflicted kids were also healed.



Trainer Monika Daga conducted orientation on energy at Raipur.



Orientation programme by Dr. Shailja Agarwal at Jagatpura residential complex, Jaipur



Sr. Trainer Ritu conducting YPV orientation at Aayojan school of Architecture, Women's Polytechnique College and Geeta Bajaj B.Ed College; and at many more places.

...Contd. on pg 12



On the occasion of Spiritual Liberation day, donation of ration for 1 month to Ashray Care Home, for HIV afflicted children on 18th March.



Session at DPS school, Jaipur, co-ordinated by Pooja Sharma for children which included exercises followed by Meditation for kids.



I am never far from those with faith,
Or even those without it,
Though they do not see me.
My children will always,
Always,
Be protected by my compassion.
Padmasambhava



Free Healing camp at Bani Park, Jaipur, attended by 70 people.



Dr. Rahul inaugurating the one year programme "Aligning to Light of the Soul" on 19th March



First class on, 'Playing with Prana', by Ritu Jain at foundation for children followed by a new meditation introduced by Dr. Rahul, specially for the kids. Drawings by 8 children about energy perception.

Whoever possesses God in their being has Him in a divine manner, and He shines out to them in all things; for them all things taste of God and in all things it is God's image that they see.
- Meister Eckhart

Jokes

A frustrated husband in front of his laptop: dear google, please do not behave like my wife... Please allow me to complete my sentence before you start guessing & suggesting
☺ ☺ ☺
Do you remember the tingling feeling when you took the decision to get married? That was common sense leaving your body.

A man gifted his wife a diamond necklace for their anniversary and wife didn't speak to him for 6 months. Was the necklace FAKE? Nooooo! That was the deal ☺ ☺ ☺
Husband and wife went for divorce at court. Judge: you have 3 kids..How will you divide them? He had a long discussion with his wife and said, "ok we will come next year with 1 more kid." The joke doesn't end here... 9 months later ...they got twins. ☺ ☺ ☺

CEO of Audi while justifying its high cost: "We have 12 airbags, safety controls, safety sensors and safety parking assistance so we are completely safe.." Santa: "We have Durgamaa and Babaji on the dashboard, Hanuman ji on rear view mirror, nimburch on bumper and Maa di LalChunni around our the rear view mirror.. Don't worry about our safety...Tu price kamkar."
☺ ☺ ☺
Husband to wife : U should learn to embrace your mistakes..... She hugged him immediately.