

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

Book-Post

To,

# PRANA



# JAIPUR

A Publication of Yoga Vidya Pranik Healing Foundation Trust of Rajasthan

No. 27

JAIPUR

June - 2015

## EVOLUTION OF THE EGO (HIGHER SOUL) Class



**Dt: Sat. 4<sup>th</sup> & Sun. 5<sup>th</sup> July 2015**

**Venue & Time: Nirvana, Foundation . 2pm – 6pm**

**Eligibility : None ( open to all above 16 yrs.)**

**As per Dr. Rahul these teachings had been constructed with the guidance & blessings of Gururji and Holy Master DK with the key building blocks of the presentation coming from, The Treatise on Cosmic Fire by Holy Master DK through Alice A Bailey.**

The presentation will cover the following topics :

- ❖ How Causal Body is built
- ❖ Configuration & functions of egoic lotus
- ❖ Physical brain & egoic/soul energy
- ❖ Sutratma's expression in the 3 nerve channels
- ❖ Building of anthakarna
- ❖ 5 points of crisis in your life
- ❖ Soul groups in relation to earth
- ❖ Factors influencing incarnation of a disciple
- ❖ Monads in relation to opening of egoic lotus
- ❖ Understanding Evolution
- ❖ Soul and its life as governed by new laws
- ❖ Being part of New Gr. Of World servers
- ❖ Soul consciousness v/s monadic consciousness
- ❖ A new meditation-“ Meditation on Parmatma” will be conducted ( cd will be given) .

**Note:** Limited seats so book/ block your seat early.

For registration contact : \* **Monika Daga** : 9829216136,

\* **Ankita Singhania** : 8290135418; \* **Sushma Bajaj** : 9828117080

## Om Mani Padme Hum



### The Meaning of the Mantra in Tibetan Buddhism

Tibetan Buddhists believe that saying the mantra (prayer), Om Mani Padme Hum, out loud or silently to oneself, invokes the powerful benevolent attention and blessings of Chenrezig, the embodiment of compassion. Viewing the written form of the mantra is said to have the same effect.

The Mani mantra is the most widely used of all Buddhist mantras, and open to anyone who feels inspired to practice it - it does not require prior initiation by a lama (meditation master).

The six syllables of the mantra, as it is often pronounced by Tibetans -- Om Mani Padme Hum --

Reading from left to right the syllables are :

**Om**(ohm) **Ma** (mah) **Ni** (nee) **Pad** (pahd) **Me** (may) Hum (hum)

The mantra originated in India; as it moved from India into Tibet, the pronunciation changed because some of the sounds in the Indian Sanskrit language were hard for Tibetans to pronounce.

### The Meaning of the Mantra

"There is not a single aspect of the eighty-four thousand sections of the Buddha's teachings which is not contained in

Sanskrit form	Om Mani Padma Hum mantra of Avalokiteshvara
Tibetan form	Om Mani Peme Hung mantra of Chenrezig

...Contd. pg. 4

For free private circulation

## The Ascended Masters

### Who They Are

Ascended Master - a being who has become Self-Realized and serves humanity; a being who has raised his/her vibration to a sustained frequency of light. He/she can come and go at will from the earth plane without the Birth//Death cycle.

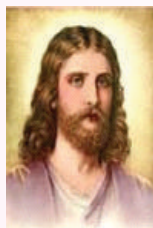
The Ascended Masters have worked with mankind throughout the centuries. Most of the time in the past the Ascended Masters have worked in the background. There were some Ascended Masters who have assisted mankind such as Sanat Kumara. also known in the Bible as the "Ancient of Days", by some He is known as the "Lord of the World".

Sanat Kumara came ages ago to give assistance to the Earth when it would have been dissolved otherwise.

Ascended Master Saint Germain's Cosmic Name is "Freedom". He is the Cosmic Father of the people of America.

SOME BRIEF INFO ON SOME OF THE ASCENDED MASTERS:

**Christ Jesus,** Jesus Christ, Jesus the Christ - because of the fullness of manifesting the Christ Self, Cosmic Christ , World Savior (Saviour) , World Teacher , Yeshua, the Messiah of Israel , Avatar of the Piscean Age - the example of the Christ Consciousness that was to have been out pictured in that two-thousand year Dispensation, World Teacher (since January 1, 1956), Formerly - Chohan of the Sixth Ray until December 31, 1959, when beloved Lady Master Nada fully took on the Office of Chohan of the Sixth Ray. Responsible for: Ruby Ray , Purple and Gold Ray , Resurrection Flame , Twelve Legions of Angels from the Heart of the Father/Mother God , Angels of Peace , Angels of Love , Angels of the Ruby Ray , Angels of the Purple and Gold Ray , Angels of the Resurrection Flame . Jesus Christ is known as Sananda in the inner planes. He is the Master of the sixth ray, the ray of abstract idealism and



devotion, which is indigo. During His incarnation as Jesus, He was a high priest in the order of Melchizedek and was overshadowed during His life by Lord Maitreya. He also had lives as Adam, Enoch, Jeshua, Joshua, Elijah and Joseph of Egypt. He works with Archangel Uriel to bring peace, brotherhood, service and freedom to people. Many missionaries, lawyers, public servants, social workers, blue collar workers, farmers and business people are on this ray.

**Mother Mary** Mother Mary, who volunteered before her birth to bring Jesus to the world. Also called "Mother of the World." A beautiful, powerful ascended master of great love, wisdom and compassion. She protects women and children and intercedes in healing. One of her past incarnations was Isis, when she instructed initiates in the Mystery



**El Morya** Chohan of the First Ray, connected to the Temple of the Will of God. El Morya was embodied as Abraham, the wise man Melchior, Arthur, king of the Britons,? Thomas Beckett Thomas More, both martyred, Akbar, greatest of Mogul emperors, Thomas Moore, El Morya Khan, the most renowned of the Tibetan mahatmas. El Morya came originally from Mercury and is a member of the White Brotherhood. He works with Archangel Michael and is the chohan or master of the first ray, which is red and governs power and will, drive, confidence and strength. He works with rulers, executives, public servants, the military, sports people and those who are commanders.

**El Morya** - Blue Ray - Throat Chakra. Working to transform the aggressive human from domination to the will to do good. Head of all Esoteric Schools.



Abraham The patriarch Abraham, "Father of many nations," was called the "Friend of God.

Abraham is now the Ascended Master El Morya.

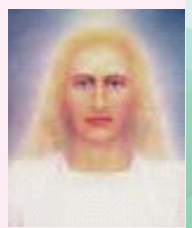
**Lanto-** Chohan of the Second Ray - Lanto was an ancient Chinese master who lived about 400 B.C. He is said to have accomplished more than any other master of earth. He developed the light in his heart to such a degree that it shone like a golden sun through his flesh.



**Paul the Venetian** Chohan of the Third Ray - Embodied as: Paolo Veronese (Paolo Caliari) 1528-1588, Italian Master Renaissance painter. He broke away from the tradition in religious art of making the figures of Christ and his apostles stiff and unreachable. He was a spiritual revolutionary who fought against the forces of anti-Life in the arts, and saw Beauty as the most powerful catalyst for enlightenment. Egyptian master of esoteric architecture who worked with El Morya (then a master mason) at the time of the building of the pyramids. Artist in the Incan empire who used paints that did not fade. Head of cultural affairs in the government of Atlantis who, before the sinking of Atlantis, Also known as: The Venetian Master, The Venetian, Lord of the Third Ray. Helps develop tolerance and love for one another. Training of elementals. Paul will be the next Maha Chohan, when the current Representative of the Holy Spirit for this earth goes on to another Office in Hierarchy. Ascended: April 19, 1588 from the Chateau de Liberte in southern France after his passing at the age of sixty.



**Serapis Bey-** Chohan of the Fourth Ray - Serapis Bey, an ascended master associated with Luxor in Egypt, who holds open



...Contd. on pg. 12

For quite some time we had been trying to ascertain our rays of different bodies so as to be able to work to improve our vices linked to those rays. As per our perception on deep analysis we could short list 4 rays playing major role in our life: 1, 2, 5& 7. There was quite a bit surety related to mental body on 5<sup>th</sup> ray and physical body including brain being on 7<sup>th</sup> ray, as per the characteristics of these rays but doubts lingered based on may be a personal bias. Now we were stuck up related to the soul ray being on Ray 1 or Ray 2. This was based on our perception that the repeated devastating bodily ailment could not shatter and break us down due to the virtue of Ray 1 manifesting strength, courage, steadfastness, truthfulness arising from absolute fearlessness (as evident in our case of NIL fear of death) singleness of purpose, vision. This was quite comparable to the virtues of Ray 2 as well as we have enumerated below. Thus we were stuck up and confused so did not think much on our rays of astral body and personality. The hunger for clarity was quite evident in our invocations

At times good things spring up when you least expect them to happen. In the afternoon of 21<sup>st</sup> feb 2015 our prayers got answered and the revelation comes related to our 5 rays of the different bodies, as under;

**The egoic ray –Ray 2(ray of love and wisdom)**

**The personality ray-Ray 6(ray of devotion and idealism)**

NOTE: Our confusion related to the soul ray being on Ray 1 also got clarified as under:

"In your last incarnation your personality ray was the first ray which may explain much to you about your reactions in this life. The past few years have brought to you many changes –primarily mostly of an interior nature related to consciousness. Period ahead is of intensive soul work so guard with care the physical body. You must learn to work through your frail delicate physical body not forcing it too much external work. Owing to the combination of your soul ray and personality ray the following contacts are easy for you to make:"

1. Soul contact –already aligned and

made.

2. Contact with hierarchy through the soul.
3. Contact with the astral plane on account of 6<sup>th</sup> ray personality making it easy to function on 6<sup>th</sup> plane.
4. Active intuition leading to contact with ideas.

**Your mental body on 5<sup>th</sup> Ray** – Ray of concrete knowledge, hence your keen mind and untiring search for truth and power to achieve light on many matters.

**Your astral body is on 6<sup>th</sup> Ray** as is your personality which greatly aids you provided you use the astral body as a medium of soul expression. This ray force gives you devotion, idealism, a dynamic will to pierce through all glammers and misconceptions.

**Your physical body (including brain) is on 7<sup>th</sup> ray** of ceremonial order and here lies the reason for much of your ill health. 7<sup>th</sup> plane is the plane on which the spirit must express itself. Your physical vehicles so sensitive and so frail a receptacle that your life problem is to handle wisely the spiritual energy which seeks to pour through. This is a real problem which you have faced for years and must continue to face. You will do well if you ask your soul to throw the light in your way.

**Dr. Rahul scribbles:** When we have covered 2/3 rd of our path then the soul ray starts dominating. The soul ray remains the same for countless eons while the personality ray varies for life to life until all qualities are developed. Thus as per above each of us is governed by 5 ray forces.

The soul expresses only the virtues of the Ray while the imperfect personality expresses primarily the vices. The vices are nothing but the virtues imperfectly expressed.

Now co-relating the info related to our different rays as revealed :

1. The Ray 2 (Love and wisdom) of the soul will express calm, strength, patience, endurance, love of truth, faithfulness, intuition, clear intelligence, divine love, wisdom, tact.
2. The personality of Dr. Rahul being on

Ray 6 of devotion and idealism expresses the virtue of devotion, single mindedness, love, intuition, loyalty, reverence, idealism and sympathy. The vices related to this ray are selfish and jealous love, partiality, self-deception, prejudice, over rapid conclusion, fiery anger, fanaticism, suspicion. Thus based on above, virtue's to be acquired are strength, self-sacrifice, purity, truth, tolerance, balance and serenity- major part acquired.

NOTE: As these virtues are acquired the personality moves onto another ray in the future incarnation.

Now coming onto the physical body with brain being on Ray 7 of ceremonial order or magic manifests the virtue of strength, perseverance, courage, meticulousness, self-reliance, creativity, organization and thoughtfulness. And the key vice in Dr. Rahul's case is over-stressing of routine.

Thus the personality ray gives the general tone of a person, and the mental ray gives the cast or quality of thought. The ray of the brain is the ray of the physical body and is easy to recognize. Each ray creates specific type of physical body and Dr. Rahul's physical body's 7<sup>th</sup> ray makes him thin and rangy, very athletic especially in sports demanding stamina (Dr. Rahul in school sports used to take part in 800M, 1500M and 5KM races and represented his college in tennis and badminton) The secret in understanding the rays is to know how to use the quality of one ray to make up for the weakness of another ray; for e.g. the 5<sup>th</sup> ray of concrete mind could be more successful in offsetting 6<sup>th</sup> ray fanaticism.

It is necessary to have a broad knowledge of the rays on which your different bodies are so as to know your strength and limitations and so also an insight on the bridge and barriers between oneself and others coming into manifestation due to our ray qualities. For better understanding on this it will be most appropriate to refer to Esoteric Psychology Part 1 by Holy master DK through Alice.A.Bailey to be able to have a rough idea of your different rays.

**With all our gratitude respect and love we thank Holy Master DK.**

-Chela R

Avalokiteshvara's six syllable mantra "Om Mani Padme Hum". Dilgo Khyentse Rinpoche -- Heart Treasure of the Enlightened Ones

People who learn about the mantra naturally want to know what it means, and often ask for a translation into English or some other Western language. However, Om Mani Padme Hum can not really be translated into a simple phrase or even a few sentences.

All of the Dharma is based on Buddha's discovery that suffering is unnecessary: Like a disease, once we really face the fact that suffering exists, we can look more deeply and discover it's cause; and when we discover that the cause is dependent on certain conditions, we can explore the possibility of removing those conditions.

Buddha taught many very different methods for removing the cause of suffering, methods appropriate for the very different types and conditions and aptitudes of suffering beings. For those who had the capacity to understand it, he taught the most powerful method of all, a method based on the practice of compassion. It is known as the Mahayana, or Great Vehicle, because practicing it benefits all beings, without partiality. It is likened to a vast boat that carries all the beings in the universe across the sea of suffering.

Within the Mahayana the Buddha revealed the possibility of very quickly benefiting all beings, including oneself, by entering directly into the awakened state of mind, or Buddhahood, without delay. Again, there are different ways of accomplishing this, but the most powerful, and at the same time the most accessible, is to link one's own mind with the mind of a Buddha.

In visualization practice we imagine ourselves to be a Buddha, in this case the Buddha of Compassion, Chenrezig. By replacing the thought of yourself as you with the thought of yourself as Chenrezig, you gradually reduce and eventually remove the fixation on your personal self, which expands your loving kindness and compassion, toward yourself and toward others, and your intelligence and wisdom

becomes enhanced, allowing you to see clearly what someone really needs and to communicate with them clearly and accurately.

In most religious traditions one prays to the deities of the tradition in the hopes of receiving their blessing, which will benefit one in some way. In the Vajrayana Buddhist tradition, however, the blessing and the power and the superlative qualities of the enlightened beings are not considered as coming from an outside source, but are believed to be innate, to be aspects of our own true nature. Chenrezig and his love and compassion are within us.

### Chenrezig : The Embodiment of Compassion

In doing the visualization practice we connect with the body and voice and mind of the Buddha by the three aspects of the practice. By our posture and certain gestures we connect with the body, by reciting the words of the liturgy and by repeating the mantra we connect with the voice, and by imagining the visual form of the Buddha we connect with the mind.

Om Mani Padme Hum is the mantra of Chenrezig. In the words of Kalu Rinpoche, "Through mantra, we no longer cling to the reality of the speech and sound encountered in life, but experience it as essentially the speech aspect of our being is transformed into enlightened awareness.

At first, the Union of Sound and Emptiness is simply an intellectual concept of what our meditation should be. Through continued application, it becomes our actual experience. Here, as elsewhere in the practice, attitude is all-

important.

### The Powers of the Six Syllables

The six syllables perfect the Six Paramitas of the Bodhisattvas.

Gen Rinpoche, in his commentary on the Meaning of this mantra said: "The mantra Om Mani Pädme Hum is easy to say yet quite powerful, because it contains the essence of the entire teaching. When you say the first syllable Om it is blessed to help you achieve perfection in the practice of generosity, Ma helps perfect the practice of pure ethics, and Ni helps achieve perfection in the practice of tolerance and patience. Päd, the fourth syllable, helps to achieve perfection of perseverance, Me helps achieve perfection in the practice of concentration, and the final sixth syllable Hum helps achieve perfection in the practice of wisdom.

So in this way recitation of the mantra helps achieve perfection in the six practices from generosity to wisdom. The path of these six perfections is the path walked by all the Buddhas of the three times. What could then be more meaningful than to say the mantra and accomplish the six perfections?

The six syllables purify the six realms of existence in suffering.

For example, the syllable Om purifies the neurotic attachment to bliss and pride, which afflict the beings in the realm of the gods.

In the Chenrezig Sadhana, Tsangsar Tulku Rinpoche expands upon the mantra's meaning, taking its six syllables to represent the purification of the six realms of existence:

Syllable	Six Pāramitās	Purifies	Samsaric realm	Colours	Symbol of the Deity	(Wish them) To be born in
Om	Generosity	Pride / Ego	Devas	White	Wisdom	Perfect Realm of Potala
Ma	Ethics	Jealousy / Lust for entertainment	Asuras	Green	Compassion	Perfect Realm of Potala
Ni	Patience	Passion / desire	Humans	Yellow	Body, speech, mind quality and activity	Dewachen
Pad	Diligence	Ignorance / prejudice	Animals	Blue	Equanimity	the presence of Protector (Chenrezig)
Me	Renunciation	Greed / possessiveness	Pretas (hungry ghosts)	Red	Bliss	Perfect Realm of Potala
Hum	Wisdom	Aggression / hatred	Naraka	Black	Quality of Compassion	the presence of the Lotus Throne (of Chenrezig)

## AWARENESS

There was one great Buddhist master, Nagarjuna. A thief came to him. The thief had fallen in love with the master because he had never seen such a beautiful person, such infinite grace. The thief asked Nagarjuna, "Is there some possibility of my growth also? But one thing I must make clear to you: I am a thief. And another thing: I cannot leave it, so please don't make it a condition. I will do whatsoever you say, but I cannot stop being a thief. That I have tried many times – it never works, so I have lost the whole sport. I have accepted my destiny, that I am going to be a thief and remain a thief, so don't talk about it. From the very beginning let it be clear." Nagarjuna said, "Why are you afraid? Who is going to talk about your being a thief?" The thief said, "but whenever I go to a monk, to a religious priest, or to a religious saint, they always say, 'first stop stealing.'"

Nagarjuna said, "then you must have gone to thieves; otherwise, why? Why should they be concerned? I am not concerned!" The thief was very happy. He said, "Then it is ok. It seems that now I can become a disciple. You are the right master."

Nagarjuna accepted him and said, "Now you can go and do whatsoever you like. Only one condition has to be followed: Be aware! Go, break into houses, enter, take things, steal; do whatsoever you like, that is no concern to me, I am not a thief- but do it with full awareness. The thief couldn't understand that he was falling into the trap. He said, "then everything is ok. I will try." After three weeks he came back and said, "You are tricky-because if I become aware, I cannot steal. If I steal, awareness disappears. I am in a fix."

Nagarjuna said, "No more talk about your being a thief and stealing. I am not concerned; I am not a thief. Now, you decide! If you want awareness, then you decide if you don't want it, then too you decide."

The man said, "but now it is difficult. I have tasted it a little, and it is so beautiful- I will leave anything, whatsoever you say. Just the other night for the first time I was able to enter the palace of the king. I opened the treasure. I could not steal. I

could have become the richest man in the world –but you were following me and I had to be aware. When I became aware and I became like a Buddha, and I could not even touch it because the whole thing looked foolish, stupid- just stones, what am I doing losing myself over stones but then I would lose awareness; they would become beautiful again, the whole illusion. But finally I decided that they were not worth it."

## A PEACE OF MIND

### A Story From Buddha's Life

Once when Buddha was walking from one town to another with a few of his followers, they happened to pass a lake. They stopped there and Buddha said to one of his disciples, "I am thirsty. Go, get me some water from that lake there."

The disciple walked up to the lake. When he reached it, he noticed that some people were washing clothes in the water and right at that moment, a bullock cart started crossing through the lake.

As a result, the water became very muddy, very turbid. The disciple thought, "how can I give this muddy water to Buddha to drink!" So he came back and said to Buddha, "the water in the lake is very muddy. I don't think it is fit to drink."

After about half an hour, again Buddha asked the same disciple to go back to the lake and get him some water to drink. The disciple obediently went back to the lake. This time he found that the lake had absolutely clear water in it. The mud had settled down and the water above it looked fit to be had. So he collected some water in a pot and brought it to Buddha.

Buddha looked at the water, and then he looked up at the disciple and said, "see, what you did to make the water clean. You let it be and the mud settled down on its own and then you got clear water. Your mind is also like that. When it is disturbed, just let it be. Give it a little time. It will settle down on its own. You don't have to put in any effort to calm it down. It will happen. It is effortless." What did Buddha emphasize here?

He said, "It is effortless." Having 'peace of mind' is not a strenuous job; it is an

effortless process! When there is peace inside you, that peace permeates to the outside. It spreads around you and in the environment so that people around start feeling that peace and grace.

## Animal Souls: How Leopard Diabolo Became Spirit



SOUL energy exists in both humans and animals, and when they communicate on the same level, magic happens. This is the incredible story of how a dangerous leopard called Diabolo was tamed by an animal whisperer, and then renamed Spirit.

It's true that animals always try to communicate with humans but we do not have the skills to listen, or more often, are not listening. This journey of a panther who was abused in the past is inspiring and touching, and reinforces an important teaching of Theosophy.

The animal whisperer in this story proves humans can talk to animals and understand their needs and wants, including finding out about their past very accurately. It's amazing what this panther told the animal whisperer was confirmed as true by everyone who knew the panther's past.

What if you could talk to animals and have them talk back to you? Anna Breytenbach has dedicated her life to what she calls inter-species communication. She sends detailed messages to animals through pictures and thoughts. She then receives messages of remarkable clarity back from the animals.

This is the first full length documentary film on the art of animal communication.

**-Excerpted from:** Theosophy Watch  
28 April 2015

# Thought Patterns for Healing Ailments

The thoughts we have and the words we use every day create our lives, affect our health and shape our experiences. By beginning to make changes in these thoughts and words, we can start to make a difference in our lives.

If we are willing to do the mental work of releasing and forgiving, almost anything can be healed. The way to control your life is to control your choice of words and thoughts. No one thinks in your mind but you.

We have learned that for every effect in our lives, there is a thought pattern that precedes and maintains it. It is the negative thought patterns that produce uncomfortable, unrewarding experiences with which we are concerned. This new awareness has brought an understanding of the connection between thoughts and the different parts of the body and physical problems.

In order to permanently eliminate a condition, we must first work to dissolve

the mental cause. But most often, since we do not know what the cause is, we find it difficult to know where to begin. The mental thought patterns that cause the most disease in the body are CRITICISM, ANGER, RESENTMENT, FEAR and GUILT. For instance, criticism indulged in long enough will often lead to diseases such as arthritis. Anger turns into things that boil and burn and infect the body and so on. So here is a helpful guide for building new thought patterns which will produce health in mind and body.

## HEALING AFFIRMATIONS

PROBLEM	PROBABLE CAUSE	NEW THOUGHT PATTERN
Arthritis	Feeling unloved. Criticism, resentment	I now choose to love and approve others with love
Back Problems -lower	Fear of money. Lack of financial support.	I trust the process of life. All I need is always taken care of. I am safe.
-middle	Guilt. Stuck in all that stuff back there	I release the past. I am free to move forward with love in my heart.
-Upper	Lack of emotional support. Feeling unloved. Holding back love.	I love and approve of myself. Life supports and loves me.
Baldness	Fear and tension. Trying to control everything. Not trusting the process Of life.	I'm safe. I love and approve of myself. I trust life
Blood pressure -low	Lack of love as a child. Defeatism.	I choose to live in the everjoyous now
-High	Longstanding emotional problem not solved.	I joyously release the past. I am at peace.
Cancer	Deep hurt. Longstanding resentment. Deep secret or grief eating away at the self. Carrying hatreds.	I lovingly forgive & release all of the past I choose to fill my world with joy & I love and approve of myself.
Colds (respiratory ailments)	Too much going on at once. Mental confusion." I get three colds every "winter" type of belief.	I allow my mind to be at peace. Clarity & harmony are within me. All is well.
Depression	Anger you feel you do not have a right to have. Hopelessness.	I now go beyond other people's fears & limitations. I create my life.
Gas pains ( flatulence)	Gripping fear. Undigested ideas.	I relax & let life flow through me with ease.
Headaches	Invalidating the self. Fear & self-criticism.	I love & approve of myself. I see Myself with the eyes of love.
Insomnia	Fear. Guilt. Not trusting the flow of Life.	I lovingly release the day & slip into peaceful sleep, knowing tomorrow will take care of itself.
Knee problems	Stubborn ego & pride. Inability to Bend. Fear. Inflexibility. Won't give in.	Forgiveness. Understanding compassion. I bend & flow with ease & all is well.
Menstrual issues	Rejection of ones femininity. Guilt. Fear.	I accept my full power as a woman & accept all my bodily processes as normal & natural. I love myself.

Our goal is to be happy and healthy. Look up the mental cause and see if this could be true for you. Ask yourself what could be the thoughts that created this? Repeat to yourself "I am willing to release the pattern in my consciousness that has created this condition." Repeat the new thought pattern to yourself several times. Assume that you are already in the process of healing. God bless you.

Excerpted from: **Heal Your Body by Louise .L. Hay**

# Eclipses

Do you realize that in ancient times, astrologers were beheaded for not alerting the emperors in advance about eclipses? Eclipses were taken as negative omens. It's true, they're not the greatest days for important new beginnings or advancing one's material affairs. If you are thinking about starting a business, getting married, approaching your boss for promotion, then an eclipse is not the right time to do. On the other hand, there is really no need to make them into dreaded events. In fact, eclipses are wonderful for introspection, meditation, going for retreats, cleaning house, letting go of old baggage, quiet time or any other spiritual pursuit. The idea of paying attention to eclipses, or any astrological event for that matter, is simply to harmonize your action with the astrological weather.

Eclipses can be used on different levels as well. The most common way to use an eclipse in astrology is as an omen or sign portending global trends or events. Typically, because the eclipse is caused by a shadow passing across the Sun or the Moon, it is taken as an indication of negative events, suggesting problems for particular countries, leaders, or some aspect of world politics. On the other hand, eclipses can also be used for individuals. The astrological house in which the eclipse takes place will usually become sensitized for up to 6 months. If the eclipse falls near the same degree as a planet in the persons natal chart then it affects that planet and everything it symbolizes in the chart. If the eclipse falls on the persons natal Sun, Moon, Ascendant, or ruler of the Ascendant, then it will have a powerful effect.

In the decision making process eclipses come in handy as well. If, for example, you find your dream house, or someone makes you a job offer at the time of an eclipse, it is generally a good idea to leave it. Things which you are presented with at this time are usually either short-lived or develop unforeseen problems later. If the thing that you are deciding is of an introspective or spiritual nature, however, then the eclipse might indicate a positive outcome.

The Nakshatra in which an eclipse falls will also give a clue to its effect on both nations and individuals. Generally, the nakshatra and whatever it symbolizes will be spoiled for the next six months after the eclipse. For this reason various remedial measures have been prescribed by the ancient Vedic Rishis in order to counteract the effect of an eclipse in each nakshatra. In India, it is common for people to fast for 10 hours before an eclipse and then perform a havan (fire ritual) in the middle of the eclipse. In the west, where Vedic pundits are more scarce, the recommended activity during an eclipse is meditation, or possibly the chanting of an appropriate mantra for the Nakshatra in which the eclipse is occurring.

## MYSTERY OF PEBBLES

Many hundreds of years ago in a small Italian town, a merchant had the misfortune of owing a large sum of money to the moneylender. The moneylender, who was old and ugly, fancied the merchant's beautiful daughter so he proposed a bargain. He said he would forgo the merchant's debt if he could marry the daughter. Both the merchant and his daughter were horrified by the proposal.

The moneylender told them that he would put a black pebble and a white pebble into an empty bag. The girl would then have to pick one pebble from the bag. If she picked the black pebble, she would become the moneylender's wife and her father's debt would be forgiven. If she picked the white pebble she need not marry him and her father's debt would still be forgiven. But if she refused to pick a pebble, her father would be thrown into jail.

They were standing on a pebble strewn path in the merchant's garden. As they talked, the moneylender bent over to pick up two pebbles. As he picked them up, the sharp-eyed girl noticed that he had picked up two black pebbles and put them into the bag. He then asked the girl to pick her pebble from the bag.

What would you have done if you were the girl? If you had to advise her, what would you have told her? Careful analysis would produce three possibilities:

1. The girl should refuse to take a pebble.
2. The girl should show that there were two black pebbles in the bag and expose the moneylender as a cheat.
3. The girl should pick a black pebble and sacrifice herself in order to save her father from his debt and imprisonment.

The above story is used with the hope that it will make us appreciate the difference between lateral and logical thinking.

The girl put her hand into the moneybag and drew out a pebble. Without looking at it, she fumbled and let it fall onto the pebble-strewn path where it immediately became lost among all the other pebbles.

"Oh, how clumsy of me," she said. "But never mind, if you look into the bag for the one that is left, you will be able to tell which pebble I picked." Since the remaining pebble is black, it must be assumed that she had picked the white one. And since the moneylender dared not admit his dishonesty, the girl changed what seemed an impossible situation into an advantageous one.

**MORAL OF THE STORY:** Most complex problems do have a solution, sometimes we have to think about them in a different way.

## VISITOR

A tourist from US visited the famous Indian yogi. He was astonished to see that the Yogi's home was only a simple room filled with books. The only furniture was a mat and a kerosene lantern.

"Yogi ji where is your furniture?" asked the tourist.

"Where is yours?" replied the yogi.

"Mine? But I am only a visitor here."

"So am I," said the yogi !!

# THE MATSYA PURANA

Amongst the eighteen mahapuranas, the Matsya Purana is number sixteen.

The Puranas themselves describes the five characteristics (pancha lakshana) that a text must satisfy before being classified as a mahapurana. That is, any such text must describe five different subjects. These are the original creation of the universe (sarga), the periodical process of destruction and re-creation (pratisaryga), the various eras (manvantara), the histories of the solar dynasty (surya vamsha), and lunar dynasty (chandra vamsha) and royal genealogies (vamshanucharita). The Matsya Purana describe these five different subjects.

Traditionally, the Ramayana is believed to have been composed by the sage Valmiki and the Mahabharata by the sage Vedavyasa. Vedavyasa was the son of Satyavati and the sage Parashara. His real name was Krishna Dvaipayana. The word krishna means dark and he came to acquire the name because he was dark in complexion. The word dvipa means island and the sage acquired the name of Dvaipayana as he was born on an island.

The Mahabharata has one lakh shlokas or couplets. After composing the Mahabharata, Vedavyasa composed the eighteen mahapuranas. These texts have four lakh shlokas between them, although they are not equal in length. The Matsya Purana is a medium-length Purana, and consists of fifteen thousand couplets. The longest Purana, the Skanda Purana, has eighty-one thousand. And the shortest Purana, the Markandeya Purana, has only nine thousand. The fourteen thousand shlokas of the Matsya Purana are divided into two hundred and ninety-one chapters (adhyaya).

The eighteen mahapuranas are sometimes divided into three groups, with six Puranas in each group. There are 33 million administrative demigods mentioned in the vedas. But the primary gods are Brahma, Vishnu and Shiva. Brahma is regarded as the creator, Vishnu as the maintainer, and Shiva the destroyer. Since all three are important gods, any sacred text will glorify each of

them. But the relative emphasis often varies from text to text. For example, a text which spends many chapters on the act of creation tends to glorify Brahma relatively more and is known as a rajasika Purana. A text which describes the forms (avatara) of Vishnu in great detail tends to glorify Vishnu more and is known as a sattvika Purana. A text mainly concerned with rituals and norms tends to attach more importance to Shiva and is known as a tamasika Purana.

The word matsya means fish. Usually Vishnu is regarded as having had nine incarnations, with a tenth one, Kalki, due to come in the future. The names of these incarnations are as follows.

- (i) Matsya or fish. This is sometimes also referred to as the mina (fish) avatara.
- (ii) Kurma or turtle.
- (iii) Varaha or boar.
- (iv) Nrisimha or narasimha, the half-man and half-lion.
- (v) Vamana or dwarf.
- (vi) Parashurama.
- (vii) Rama
- (viii) Krishna
- (ix) Buddha
- (x) Kalki.

The Matsya Purana is so named because it was first recited by Vishnu himself, in his incarnation of a fish.

Vedavyasa did much more than compose the Mahabharata and the Puranas. So far as the Vedas are concerned. Krishna Dvaipayana had four other disciples. But the Puranas were taught only to Romaharshana.

This is what Romaharshana has to say.

## **Romaharshana and the Other Sages (Setting the scene)**

There was a forest known as naimisharanya. Many years ago, several sages organized a yajna (sacrifice) in the forest. After the sacrifice was over, the assembled sages told Romaharshana. You have recited to us many Puranas. These subject matter is so pleasing that

we would like to hear them once more. Please satisfy our thirst for hearing.

I will recount for you the most holy of all the Puranas, replied Romaharshana. This is the great Matsya Purana, told by Vishnu to Manu. Get prepared for I am about begin.

## **Vishnu and Manu**

There used to be a king named Manu. He was the son of the sun-god.

In fact, in every era, there are fourteen manus. The Manu mentioned here is the seventh in the present era and his name was Vaivasvata Manu. He was the son of the sun-god Vivasvana.)

When it was time for Manu to retire to the forest, he handed over the kingdom to his son. (The son's name is Ikshvaku.) Manu then went to the foothills of Mount Malaya and started to perform tapasya (meditation \ austerity). Thousands and thousands of years passed. After some time Brahma appeared to him

I am pleased with your prayers, said Brahma; "what ever you like you can have just ask".

I have only one boon to ask for, replied Manu. Sooner or later there will be a destruction (pralaya) and the world will no longer exist. Please grant me the boon that it will be I who will save the world. Grant me this service.

Brahma readily granted this boon.

Days passed. On one particular occasion, Manu was performing ablutions in a pond near his hermitage. He immersed his hands in the water so that he might offer some water to his ancestors. When he raised his cupped hands, he found that there was a minnow (shafari) swimming around in the water. Manu had no desire to kill the minnow. He placed it carefully in his water-pot (kamandalu).

But the minnow started to grow and within a day, it was sixteen fingers in length. Save me, king. said the fish. This water-pot is too small for me.

Manu then placed the fish in a jar. But the fish continued to grow and, within a day, it was three hands in length. Save me, king. said the fish. This jar is too small for



me.

Manu put the fish in a well, but the well soon became too small for the fish. Manu transferred the fish to a pond, but the pond was also too small for the fish. Manu now removed the fish to the holy river Ganga, but even this was too small for the fish. Finally, Manu transferred the fish to the ocean. There the fish grew so much that it soon occupied the entire ocean.

Who are you? asked Manu. I have never seen or heard of such wonders. Are you a demon that is deluding me with its illusions? No, I do not think that you are a demon. Perhaps you are great Vishnu himself. Please tell me the truth and satisfy my curiosity.

Vishnu then revealed that it was indeed he who had adopted the form of a fish. He told Manu that the earth would soon be flooded with water. Vishnu had a boat built by the gods. When the earth was flooded, Manu was to place all living beings in the boat and thus save them. Vishnu would himself arrive in his form of the fish and Manu was to tie the boat to the fish's horn. Thus the living beings would be saved. And when the waters of the flood receded, Manu could populate the world and rule over it.

Vishnu disappeared, and for a hundred years there was a terrible drought on earth. The drought led to famine and people died of starvation. Meanwhile, the sun blazed in fury and burnt up the entire world. When everything had burnt to ashes, dark clouds loomed in the sky. These are the clouds that appear at the time of destruction and there are seven classes of such clouds, known as samvarta, bhimananda, drona, chanda, valahaka, vidyutapataka and kona. From the clouds, rain began to pour and soon, water engulfed the entire earth. The land mass was flooded. As instructed by Vishnu, Manu gathered together living beings inside the boat. And when the fish appeared, he tied the boat to the fish's horn.

While the boat was being dragged around by the fish, Manu asked Vishnu several questions. The answers that Vishnu provided form the text of the Matsya Purana.

### The Creation.

In the beginning, there was nothing in the universe. There was only darkness.

When the time came for creation to begin, Vishnu removed the darkness and expanded into three. These three parts came to be known as Brahma, Vishnu and Shiva. The first object that appeared was water and Vishnu slept on this water. Since nara means water and ayana means resting-place, Vishnu is accordingly also known as Narayana.

In this water next appeared a golden (hiranya) egg (anda). The egg shone with the radiance of a thousand suns. Inside the egg, Brahma grew from the navel of Vishnu. The egg was golden. Garbha means womb, and since Vishnu appeared inside a golden egg, he is also known as Hiranyagarbha.

For a thousand years Brahma stayed inside the egg. He then split the shell into two and emerged out. Heaven (svarga) was made from one half of the shell and the earth from the remaining half. All the land masses, the oceans, the rivers and the mountains, had been inside the egg in embryonic form. Brahma made them manifest.

Since he was the first (adi) being to be born, he is known as Aditya. (The name Aditya is more commonly explained as characterising the offspring of Aditi, from whom all the gods were descended. The Matsya Purana refers to this later.)

Brahma's first act was to meditate. It was while he was meditating that the Vedas were revealed from within his heart. He then distributed that knowledge.

Ten sons were also born to Brahma. Created from Brahma's mental powers, they all became sages. Their names were Marichi, Atri, Angira, Pulastya, Pulaha, Kratu, Pracheta, Vashishtha, Bhrigu and Narada. There were others too who were born. Daksha was born from Brahma's right toe. And the god Dharma was born from his chest.

But for further creation to continue, it was essential that created beings should have proper mothers and fathers. Brahma accordingly created two beings from his body, one was male and the other was female. The male half was named

Svayambhuva Manu and the female half was named Shatarupa.

Shatarupa is also referred to as Savitri, Gayatri, Sarasvati or Brahmani. Since she had been born from Brahma's body, she was like Brahma's daughter. In fact, Vashishtha and the other sages who were Brahma's sons welcomed her as their sister. But Shatarupa was so beautiful that Brahma fell in love with her and wished to marry her.

Shatarupa circled Brahma and showed her respects to him. When she stood in front of him. Brahma gazed upon her with the face that he had. But when she went and stood behind him, Brahma could see her no longer. (Brahma, obviously, did not want to turn his head.) Another head with another face therefore sprouted behind Brahma's first head so that he might be able to see Shatarupa. In similar fashion, a head sprouted to Brahma's first head so that he might be able to see Shatarupa. In similar fashion, a head sprouted to Brahma's right and another one to his left.

Brahma married Shatarupa and they lived together as man and wife for a hundred years. Their son was named Svayambhuva Manu.

Remember that this story was being told by Vishnu to Vaivasvata Manu.

Hearing the account, Vaivasvata Manu exclaimed. What you have just said is truly amazing.

.....-To be contd. in next issue

### Join for free meditation at Foundation (Nirvana)

- Every Monday 4pm (open to all above 16 yrs) at Foundation.
- Every Wed at 4pm for meditation on atma practitioners.
- Every Fri at 4pm for level 3 practitioners.
- Every Sat at 4pm for prana vidya arhat yoga practitioners.

### Join for free Meditation at Sarswati Nagar, Jagatpura

- Every Tues. and Thur. at 4 pm (for timings etc. contact Shashank/ Foundation)

# The use of Rhythm Collectively in Meditation

Rhythm might be expressed as that cadenced movement which automatically sways those who employ it into line with certain of Nature's forces. It is that directed action, followed in unison by a body of people, which results in certain alignments and effects upon one or other of the bodies or on all.

In the old, so-called pagan rites the value of rhythm was well understood and even David, the psalmist of Israel, danced before the Lord. The swaying of the body to a certain tempo, and the swinging of the framework of the physical vehicle in various directions, subject at times to the musical sound of instruments, has a peculiar and definite effect upon the matter of the two subtler vehicles. By this rhythmic movement:

1. The force that is tapped in this manner is directed (according to the rhythm) to some one or other centre in the body.
2. The matter of the emotional and mental bodies is entirely re-adjusted and re-blended, resulting in certain effects having probably a physical manifestation.
3. The alignment of the vehicles is affected, and may be distorted or misplaced, or they may be correctly aligned and put in touch with the causal.

This is one of the main objects of the true rhythmic movement, distortions of which come down to us through the centuries, and have their apotheosis in the low type of modern dance.

In the true use of rhythmic movement the effect is to align with the causal vehicle and this lining up- when coupled with intensest aspiration and ardent desire- results in a downflow of force from above. This causes a vivification of the three major centers and a definite illumination.

When an entire concourse of people is thus animated by a single high desire, when their auras blend and form one united channel for the downflow, the effect is tremendously intensified and can be world-wide in its radius. You have an

instance of this in the wonderful Wesak Meditation, kept so universally in India to this day, when the Hierarchy forms itself into a channel for the transmission of power and blessing from the levels on which The Buddha may be found. He acts as a focal point for that power, and – passing it through His Aura – pours it out over mankind by means of the channel provided by the assembled Lords, Masters, graded initiates and disciples. This channel is formed by the use of sound and rhythm simultaneously employed. By the chanting of a certain mantram by means of the slow, measured movements that accompany that chanting, the funnel is formed that reaches upwards to the desired locality. The geometrical figures formed in the matter of the plane higher than the physical (which are the result of the geometrical movement of the concourse gathered in that Himalayan centre) form themselves into wonderful avenues of approach to the centre of blessing for the inhabitants, deva or otherwise, from any particular plane. For those who can clairvoyantly view the scene, the beauty of the geometrical forms is unbelievable, and that beauty is enhanced by the radiant auras of the Great Ones Who are gathered there.

In time to come the value of the combination of music, chanting and rhythmic movement will be comprehended, and it will be utilised for the achieving of certain results.

**Excerpted from: Letters on Occult Meditation by Holy Master D.K through Alice A. Bailey**

# Oscar the Cat

"The scientist in Dr. David Dosa was skeptical when first told that Oscar, an aloof cat kept by a nursing home, regularly predicted patients' deaths by snuggling alongside them in their final hours," reported CBS News. Dosa's doubts eroded "after he and his colleagues tallied about 50 correct calls made by Oscar over five years."

"The feline's bizarre talent astounds Dosa," says CBS News, "but he finds Oscar's real worth is in his fierce insistence on being present when others turn away from life's most uncomfortable topic: death." "People actually were taking great comfort in this idea, that this animal was there and might be there when their loved ones eventually pass," Dosa said. "He was there when they couldn't be."



Dr. Dosa and Oscar (Photo – Janet Teno)

~~ju\_ / r / v / g / o / r / e / x / H / \$ / Z / m / m / W /~~  
 na Mom - Dad m / n / v / o / s / h / a / i / r -  
 Force | h / r / a



Kid- Why some of your hair are white dad

Dad – Everytime you make me unhappy one of my hair turns white..

Kid- Now i understand why grandpa's hair are all white



Wife : I hate that beggar.

Husband : why?

Wife: Yesterday I gave him food and today he gave me a book. "How to cook."



g / s / m / s / m / d / k / a / j / m

d / h / s / s / m / s / - / r / h / o / h / a / - / o / m

g / s / m - / v / a / a / m / r / h / o / a / v / a

"" / a / m / g / r / m / h / s / o / a / h

- / s / m - / h / m / a / . / z / n / v / a / r / \_ / g / \_ / v / h /

a / p / z / m / b / g / o / f / f / e / d / u / o / v / h / &

**Jokes**

S / V : AnZo | a | O | g | ( | S | D | h | m | \$ | K | g | o  
 X | b | a | n | v | h | &

- / r / r : W | v | K | s | g | s | m | b | a | h | a  
 n / v : Expiry Date T | s | a | m | v | g | o | r | z | o  
 { | b | r | h | Z | h | &

1 \_ j / u / z / o / r / g / e / x / h / a / b / r  
 \_ / v / e / h \_ a / j / o / v / s / m

## EXPANSION OF FACILITIES AT THALLY ASHRAM

With the blessings of the Guruji and Buddha Padmasambhava the construction of block A named as BLUE PEARL could finally be inaugurated in March 2015 with the one year participants shifting into them on 18<sup>th</sup> March 2015.

As per Atma Reddyje's vision for future the plans to start construction of the next B block adjoining the Blue Pearl building was finalized with the construction supervisor Rajanna .Plan for constructing a tank in between both the Blocks for storing rain water was also finalized. The construction with minor hiccough ups due to sand & stone problem finally got kicked off with the blessings of the Guru and all higher beings . The photos below will inspire you to visit the ashram more often; with souls in great numbers ( more than this year) registering for the next one year programme.



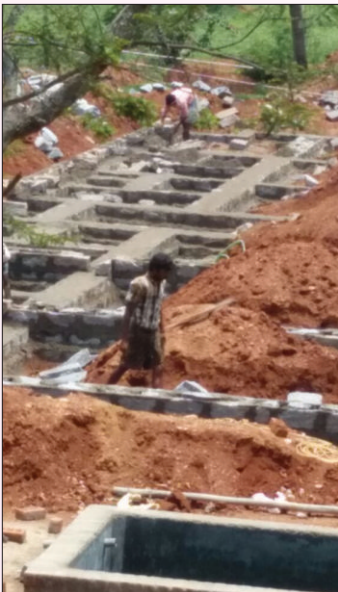
Mar. 2015 : New Unit From Inside



Blue Pearl block at night time



Mar. 2015 : Grah Pravesh Pooja of New Units -Blue Pearl



May 2015 : Second Block construction Commences



Shalini Daga being felicitated by Atma Reddyje for her sincere, dedicated service towards the planning & help in execution of construction of Blue Pearl as guided by Reddyje



“If you want to know your past life, look into your present condition; if you want to know your future life, look at your present actions.”  
- Guru Padmasambhava

### Wesak Festival Celebration at Thally Ashram-4<sup>th</sup> May 2015



Neeraj, Shalini & Monica with atma Reddyje, atma Mrs Reddy & other atmans'

#### TESTIMONIAL

I saw a miraculous healing effect during my stay in the US. A guy living in USA who was a fast driver and loved sports car had suddenly stopped driving. He was terribly scared to sit on the driver's seat or touch the steering. He felt dizzy and anxious. After just one month of healing and blessing and a little motivation, he drives fantastically.

He is the one who believed that Prana Vidya Healing won't help him as he had tried many medicines and alternate therapies and even psychiatrists and psychologists in last three years

- Roma

...Contd. from pg. 2

the Temple doors on the etheric level, and is one of the great teachers of ascension on the planet. SerapisBey originally came from Venus and is the Keeper of the White flame. He works with Archangel Chamuel on the ray of compassion and is the only Ascended Master who works with the Seraphim. He has an ascension seat Luxor. In past incarnations he was a priest in Atlantis He is the master of the third ray, the yellow ray of active, creative intelligence, helping to bring perfection, focus and independence to artists, musicians, peacemakers, philosophers and metaphysicians. He works to balance and activate artistic beauty in all areas of life. He helps with personal initiations.

**Hilarion** Chohan of the Fifth Ray, which is orange, the ray of concrete science, knowledge and research, which is connected to the Temple of Truth. He is helping to bring in the scientific aspect of the New Age. He is particularly teaching us to use our mental powers and drops seed thoughts of the new technology and scientific ideas into receptive minds. He works to help us expand the mind and bring new consciousness and spirituality into all areas of scientific discovery. He stands for accuracy justice, common sense and upright attitudes and works particularly with mathematicians, scientists, inventors, musicians, chemists, electricians, engineers, surgeons and researchers. He represents the highest galactic confederation of our solar system in Saturn. In a previous incarnation he was Paul the apostle. He works with Archangel Raphael.



**Ramana Maharshi** Attaining sudden self-realization at the age of 16, Ramana Maharshi (1879-1950) is one of the great sages of modern India. On the holy mountain Arunachalam, he taught seekers to meditate upon the question "Who am I?" He wrote, "One can thus attain immortal consciousness and awaken to the true self, God, the real nature of man."



**Babaji** He is the immortal master of the Himalayas, known as the deathless avatar. He was initiated into Kriya Yoga and became the greatest Siddha or Perfected Master ever known. After ascension he promised to stay in his physical body to help all humanity and still appears to groups of disciples. Yogananda writes about him in Autobiography of a Yogi. It is said that you only have to say his name with reverence and you directly attract a blessing from him.



- Excerpted from : Internet as compiled by Dee Finney

**DISCLAIMER:** "Prana Vidya Healing is not a substitute to orthodox medicine, but rather complements it. If symptoms persist or if the ailment is severe, please immediately consult a medical doctor."