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Book-Post

To,

# PRANA



# JAIPUR

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## Upcoming Nirvana Holistic Healing Centre

To expand the gamut of philanthropic services we are happy to share that our Foundation has purchased 3 Beegha 12 biswa of land in the village Meethawas on Agra road, which is approximately 45 kms from our Foundation. Proper fencing all around the land has been done and sometime back our volunteers contributed in planting over 150 different varieties of trees all around the fencing. Work is on for making plans/drawings for the construction of our holistic healing centre. Thus we request everyone to generously contribute towards this good cause.



## EDITORIAL

### Intuitive Intelligence And Life Threatening Situation

Due to our ailment of immune- deficiency since 2004, we have to take immunoglobulins-IgG infusions every 4-5 weeks to boost our immunity. As per regular practice when the infusion is over the nursing staff would take out the intravenous cannula. But on 5<sup>th</sup> Oct 2011, post infusion when the nursing staff was just about to take it out, we suddenly blurted out, "Do not take out the cannula", not knowing at that time why we said this but after a fraction of second we could comprehend and intuitively know that for a reason we had not got it removed. Now with the blessings of the Guru, our such acts happen more often with more clarity on the reason of our having acted in the manner that we had acted then, though it surprises our co-workers many a times; but later their anxieties are put to rest when they come to know the reason for the same.

On 5<sup>th</sup> Oct 2011, two hours after the infusion, we felt the need to get our blood pressure checked and to our surprise it was 74/55 (normal what people know is 120/80 appx). So now you can imagine, even with such low BP we were sitting and relaxing. But one must not forget that it is the blessings of the Guru in the backdrop of intuitive intelligence, keeping the cannula in working as a life saving-device for pushing in emergency drugs.

As a medical specialist we know that if BP goes down below 80 then the function of kidney is affected. Both the kidneys have to work continuously to filter the urine

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## In House Retreat at Govardhan Eco Village



Our Foundation decided to make a trip to Govardhan Eco Village with our Arhat Yogis for their spiritual upliftment from 8<sup>th</sup> to 12<sup>th</sup> Sept, 2018. Govardhan Eco village is situated amidst the lush green Sahyadri mountain ranges in Wada

district, just a two hour drive from Mumbai and 90Km from Mumbai Airport. It is an environmental, ecological and very spiritual place for Krishna devotees. The place is beautifully constructed on the theme of Mathura- Vrindawan. It is



managed by the young souls of India under the guidance of Radhaswami – Founder of this place. It depicts a good picture of 'simple living and high thinking'. Our group was excited to submerge themselves into divine bliss at this place. After settling in rooms on 8<sup>th</sup> Sept, we went for a walk around the Govardhan Eco village and saw various eco-friendly projects running within the place. At the end of this walk we had a wonderful meditation under the guidance of Dr. Rahul sir near Yamuna River and had a parikrama of Govardhan mountain. Everyday our schedule started from 6:30am and got over at 10pm. During our stay we did deeper purification practices and multiple meditations. We attended various spiritual preaching sessions that helped to further uplift ourselves spiritually and to do our practices with awareness. This trip helped to bring deep calmness and stillness within our system and deeper integration and harmony was developed among the members with each passing day. The opportunity of spending few days away from the hustle of busy city lives, under the guidance of Rahul Sir made us all experience spiritual bliss. To put our feelings in words is hard except that we look forward to many more such retreats in future

**- Ritu Jain**

Often amidst the rush of life, we forget to live for ourselves and introspect. The eco village was another world within this world. Organic and locally grown food, nature all around, animals set free. It was a cleansing shower for me. I was washing away all the sorrows & pain in the shower. The meditations were such planned so that it balances all our chakras and gave us tremendous energy. There was so much energy in our bodies which was never felt before and made us feel in total bliss. The book study sessions conducted by Rahul sir gave us a deep insight on our true beings & gave a

platform for discussion, sharing knowledge and solving queries. I had a great time and wish to attend many more such retreats.

**-Shraddha Jain**

This was my first Arhatic retreat and it was wonderful experience. Govardhan Eco village was a very thoughtful selection for the retreat. I felt divine, compassionate energy all over. Though we woke up early morning at 4am everyday and were awake till late night, still we felt fresh and energetic. We had sessions of deep purification and yogic breathing exercises followed by meditations, and felt a strong downpour of golden divine energy during meditations. Teachings given by Rahul Sir also gave me a deeper understanding about kundalini and ida, pingla and sushumna nadis and their physical, mental and spiritual aspects.

We visited the water harvesting and water purification plant, biogas plant, solar energy harvesting system, the polyhouse for growing vegetables and other plants, they used only organic manure obtained from the cowshed and plant waste, after treatment. Irrigation by drip and sprinkler method helped conserve water.

Overall, it was a wonderful experience to stay in the lap of nature in pollution free, peaceful, calm environment and recharge myself with divine energy through meditation and other spiritual practices. I feel grateful to the Divine and Rahul sir to provide me this opportunity to attend such a spiritual retreat.

**-Jyotsana**

We had a very nice time at Govardhan Eco Village. The first day was spent in traveling and a guided visit of the place. After the Yamuna aarti Rahul Sir made us do an invocation and we all had a wonderful session at the bank of Yamuna. The next morning began with the holy chants at the Krishna temple which was followed by a session taken by Ritu di at

6:30am. We had regular sessions of meditations and evenings were spent with Rahul Sirs where he would take a book reading and discussing session. Many of our doubts found their answers. Regular inner reflection helped us to have a feel of purification and upliftment.

**-Jyoti Rana**

Though many obstacles came in my way, but with my firm resolution and Guru's blessings I found my way out to the retreat. We were at the Eco village by 8<sup>th</sup> afternoon. The whole campus was beautiful and serene. The day went well. Next morning the meditations started and the experiences during the meditations were inexplicable. Interactions with Rahul sir cleared all my doubts on this path of spirituality. The knowledge that I gained there is one of the greatest treasures of my life. I had life changing experiences in this retreat for which I am highly thankful to Rahul sir and Ritu mam for organizing this retreat and for all their support and love.

**-Bharti Luhani**

A beautiful place and atmosphere and Dr. Rahul and Ritu ji to guide us. Despite being unwell, Dr Rahul conducted meditation and talks which were very inspiring. We all were uplifted by their energies. The meditations and blessings were so profound that it was at time difficult for this soul to handle that energy. The visit to temples and evening walks added to more calmness and peace. I had pain in my right knee before the retreat but the pain was no more there throughout the retreat though we did lot of physical exercises and walking. There was a feeling of happiness and bliss throughout and even after the retreat for some days. The thoughts were kinder, calmer and more compassionate. Thanks to Dr Rahul and Ritu ji.

**-Prithviraj Singh**

**Quote**

The Season of Failure is the best time for sowing the seeds of success.

**-Paramahansa Yogananda**

for which minimum systolic blood pressure required is 80, and it was 74/55 in our case but we did not panic. We were quite at ease and relaxed with my wife Dr. Shailja doing her best to heal us. At 10pm we immediately started saline drip and took steroid shots but nothing happened in the next one hour. Then we sent our wife to bring another hydrocortisone injection (steroid) which was given to us. My wife tried to energise my Mengmein chakra also, but nothing happened. It was clear that some karma was being worked out. At 11:30 pm, we again took BP and found it was 74/55. There was no improvement so we decided to take it easy. To divert our mind we watched TV for 15-20 minutes. Thereafter, did an invocation to the Guru and went off to sleep. Normally in such situations, people would rush and get hospitalized in the ICU.

In the morning, we got up and again took our BP to find that it was 74/55 but we slept peacefully throughout the night. At 8am, its not that we were neglecting our medical treatment, we discussed with 2-3 doctors including one of my close friends – Dr. Daga, in Delhi, as it was not a good sign of having such low BP condition for more than twelve hours. To boost up the BP we had to take a life saving drip – Injection Dopamine. We took it for six to seven hours and by evening my BP was 86/52 and we removed the drip. After two hours of that when the BP was measured again, it was down to 74/55. We were normal, not feeling dizzy etc, and not worried or afraid. My family got stressed and tensed but we were very confident that nothing would go wrong. It was another testing time for us. At times in life before you are given much bigger spiritual responsibility to handle, you are tested many times during your life time to see how patiently you can handle your own situations, if you can handle them nicely only then you can do the same for other people in your group. We handled

the situation absolutely with a cool mind, not flustered at all. The next day we started working, like any other normal working day inspite of such low BP. After 2-3 days the systolic BP touched 80. It was only intuitively we could comprehend to retain our I.V. cannula and all treatment of pushing in emergency i.v. injections could be instituted immediately otherwise it is a panic situation for our nursing staff to find a vein to insert an i.v. cannula for which we always call our anaesthetist to do during day times.

**Intuitive Intelligence** lies beyond the boundaries of science and analytics. It bridges the realms of reality and imagination, reason and instinct, material and spiritual dimensions of human existence.

Upon obtaining this ability the user's brain goes through permanent changes; The users become able to immediately knows the answer to any question or problem they happen to face and formulate how to overcome an obstacle. They can understand the mechanics behind any issue they face and know what must be done to solve any problem. Users instinctively use all of the circumstances surrounding them to their optimal benefit, thus they always "just know" what the best course of action is and makes the right decision in any situation. Users are completely self sufficient and can overcome any obstacle without outside help.

The whole process is automatic and intuitive, users simply need to decide what they want, and they will immediately perceive the path. Users can handle all situations and matters, regardless of the problem, situation or conflict. They will always know what to do, when to do, and how to do. They will never lose a fight, conflict, etc., as they are always able to see a way to win and/or escape the situation.

Two side effects to this ability are the immunity to mental manipulation, and flawless coordination. Users can perform

and mimic any physical act without difficulty, they possess perfect muscle control, allowing them to perform very precise muscle movements such as complex billiards shots and perform dexterous surgery with virtually no practice beforehand. Being a cosmetic surgeon many a times while doing certain complex surgeries we would just modify the operative steps intuitively on the operation table itself without any prior knowledge of the same and come out with a perfect result.

To be intelligent is to be capable of logic, deduction and abstraction. It is to pass, with flying colours, IQ tests, which have dominated our way of perceiving intelligence since Alfred Binet's research in the early 20<sup>th</sup> century. Yes. But what if intelligence was much more than this? What if intelligence had other features, which are not measurable according to an intelligence quotient?

Along the same lines as emotional intelligence, the notion of intuitive intelligence appears slowly but surely. Intuition has been a privileged theme of neuroscience researched over the last decade and for researchers, it is the mark of our subconscious intelligence. The brain, capable of stocking a phenomenal quantity of data, which for the most part escapes our conscious control, is capable of many achievements. It can, be known to our own free will, make analogies, comparisons and associations. It is able to process a large quantity of data in record time and to proceed to a rapid analysis of a situation. All of this, in an unconscious way.

- Dr. Rahul Agarwal

### Donations for Nirvana Centre

Cheque may be issued in name of "Yoga Vidya Pranic Healing Foundation Trust of Rajasthan."

Donations are exempt under 80G of the I.T. Act.



# Impressive Tomatoes Benefits

The many health benefits of tomatoes can be attributed to their wealth of nutrients and vitamins, including an impressive amount of Vitamin A, C, and K, as well as significant amounts of Vitamin B6, folate, and thiamine. They are also a good source of potassium, manganese, magnesium, phosphorous, and copper. They also have dietary fiber and protein, as well as a number of organic compounds like lycopene that also contribute to the overall health benefits that tomatoes can confer to our health.

The health benefits of tomatoes have been known to mankind since ancient times. Some of the other health benefits of tomatoes are as follows:

## Antioxidant Agent

The lycopene in tomatoes defends against cancer and has been shown to be particularly effective in fighting prostate cancer, cervical cancer, cancer of the stomach and rectum as well as pharynx and esophageal cancers. It also protects against breast cancer and cancer of the mouth, according to studies published by the Harvard School of Public Health.

## Rich source of vitamins and minerals

A single tomato can provide about 40% of the daily vitamin C requirement. Vitamin C is a natural antioxidant which prevents against cancer-causing free radicals from damaging the body's systems. It also contains abundant vitamin A and potassium, as well as iron. Potassium plays a vital role in maintaining nerve health and iron is essential for maintaining normal blood health. Vitamin K, which is essential in blood clotting and controls bleeding, is also abundant in tomatoes.

## Protects the heart

The lycopene in tomatoes prevents serum lipid oxidation, thus exerting a protective effect against cardiovascular diseases.

## Improves vision

Vitamin A present in tomatoes helps in improving vision and prevents night blindness and muscular degeneration.

## Aid in digestion

Tomatoes keep the digestive system healthy by preventing both constipation and diarrhoea.

## Lowers hypertension

Due to the good amount of potassium found in tomatoes, it reduces the tension in blood vessels and arteries, thereby increasing circulation and lowering the stress on the heart.

## Skin care

Tomatoes aid in maintaining healthy teeth, bones, hair and skin.

## Prevents Urinary tract infection

Tomato intake also reduces the incidence of urinary tract infections, as well as bladder cancer. This is because tomatoes are high in water content, which can stimulate urination, so they are a diuretic in certain ways. This increases the elimination of toxins from the body, as well as excess water, salts, uric acid, and some fat as well.

## Prevent Gallstones

Regular consumption of tomatoes can also provide relief from gallbladder disease such as gallstones. The antioxidant properties of tomatoes can also be derived from processed foods, including tomatoes found in ketchup and purees. Daily consumption of tomatoes fulfills the daily requirement of vitamins and minerals and exerts an overall protective effect on the body.

## Kalama Sutta

During the Buddha's time, as now people were and are confused by the myriad religious beliefs expounded by different religious teachers who exalted their own teachings and denounced those of others. This discourse was given by the Buddha when he was asked by the Kalamas (the citizens of Kesaputta) who were confused over the many religions at that time.

### The Buddha said:

**Do not accept anything on mere hearsay (i.e. thinking that thus we have heard for a long time)**

**Do not accept anything by mere tradition (i.e. thinking that it has thus been handed down: through many generations)**

**Do not accept anything on account of rumours (i.e. believing what others say without investigation)**

**Do not accept anything just because it accords with your scriptures**

**Do not accept anything by mere supposition**

**Do not accept anything by mere inference**

**Do not accept anything by merely considering the appearances**

**Do not accept anything merely because it agrees with your preconceived notions**

**Do not accept anything merely because it seems acceptable (i.e. should be accepted)**

**Do not accept anything thinking that the ascetic is respected by us (and therefore it is right to accept his word)**

But after observation and analysis, when you find that anything agrees with and is conducive to the good and benefit of one and all, then accept and abide by it.

## Universal Love, the Unstoppable Force

LOVE in its most unselfish form was described by H. P. Blavatsky as the "absence of every ill-feeling, selfishness, charity, goodwill to all beings." The alchemy of such enlightened ethics unleashes the power of an stoppable universal force. "The powers and forces of spirit," Blavatsky declared in her article Practical Occultism, "lend themselves only to the perfectly pure in heart — and this is DIVINE MAGIC." 'Kamadeva', a Sanskrit word, is defined in The Theosophical Glossary as "the first conscious, all-embracing desire for universal good, love, and the first feeling of infinite compassion and mercy for all that lives and feels, needs help and kindness. Only later did kama become the power that gratifies desire on the animal plane."

"Desire first arose in It, which was the primal germ of mind," (Secret Doctrine 2:176)- "and which sages, searching with their intellect, discovered to be the bond

which connects Entity with Non-Entity." That power arose, Blavatsky said, "in the consciousness of the creative One Force, as soon as it came into life and being as a ray from the Absolute." It was she also who, in the article, Love with an Object, fervently declared: "Love can exist without form, but no form can exist without Love." Devotion arose out of a feeling she explained, "and became the first and foremost motor in our nature — for it is the only one which is natural in our heart, which is innate in us."

### The Heart Rules

"All the organs in our body generate their own specific fields. One organ in particular seems to generate significant fields which affect the entire body. The heart is the Emperor in the system. The liver and all the organs have other tasks. But the heart is overruling all."

### The Solar Heart

The Sun rhythmically expands and contracts like the human heart it is taught, and "there is a regular circulation of the vital fluid throughout our system, of which the Sun is the heart — the same as the circulation of the blood in the human body.

Madame Blavatsky devoted an entire section in "The Secret Doctrine" to the teaching ("The solar Theory"), comparing the Sun to a heart, calling it "the heart of the solar system."

"Only, instead of performing the round in a second or so, it takes the solar blood ten of its years, and a whole year to pass through its auricles and ventricles before it washes the lungs and passes thence to the great veins and arteries of the system."

**Excerpt from:  
Theosophy watch, Feb 2018**

## Ancient Egypt- School of mysteries

For more than 3,000 years, the mystery Schools of Egypt have epitomized the ultimate in secret wisdom and knowledge. Perhaps, it has been theorized, they were wise masters who survived the destruction of the lost continent of Atlantis and made their way to the early civilization of Egypt, where they helped elevate it to a greatness far in advance of the other cultures of that era. The earliest human records legible, the Pyramid Texts of Egypt(3000 B.C.E.), contain many prayers that are quoted from a far more ancient period, and it is apparent that the prayers were used in the texts as magical formulas and spells.

The mysterious first initiator into these sacred doctrines was known as Toth and later to the Greeks by his more familiar name of Hermes. Hermes-Toth is a generic name that designates a man, a caste, and a god at the same time. As a man, Hermes-Toth is the originator of a powerful system of magic and its first initiator; as a caste, he represents the priesthood, the repository of ancient wisdom; as a god, Hermes becomes Mercury for the Greeks, the god who

delivers messages to mortals from the Olympiad and the god who initiates mortals into transcendent mysteries. Later, the Greek disciples of this secret tradition would call him Hermes Trismegistus(three times great), and he would be credited for originating the material contained in 42 books of esoteric science.

Seekers of the divine sciences came from the distant shores of Asia Minor and Greece to study in the sanctuaries with magi and hierophants who they believed could give them the secrets of immortality. The students who would be initiates of the mystery schools were well aware that they must undertake the rigors of disciplined study and the training of body, soul, and spirit. Only by developing one's faculties of will, intuition, and reason to an extraordinary degree could one ever gain access to the hidden forces in the universe. Only through complete mastery of body, soul, and spirit could one see beyond death and perceive the pathways to be taken in the afterlife. Only when one has conquered fate and acquired divine

freedom could he or she, the initiate, become a seer, a magician, an initiator.

A particularly interesting aspect of the Egyptian mystery schools is that for centuries the pharaohs themselves were the pupils and instruments of the hierophants. Each pharaoh received his initiation name from the temple, and the priests were honored with the roles of counselors and advisors to the throne. Some have even referred to the rule of ancient Egypt as government of the initiates.

Although the ancient Egyptians never appeared to produce a philosophical system in the manner of the Greeks or the Romans, the mysteries produced a remarkable number of systematized theologies that dealt with the essential questions about the true nature of humankind and its relationship to the cosmos. The hierophants created theological constructs and formulated esoteric answers that brought initiates and aspirants to the great religious cities of Heliopolis, Memphis, Hermopolis magna, Abydos, and Thebes.



## EXPERIENCES ON AWAKENING OF KUNDALINI

During meditation you behold divine visions, experience divine smell, divine taste, divine touch, hear divine Anahata sounds. You receive instructions from God. These indicate that the Kundalini Shakti has been awakened.

When there is throbbing in Muladhara, when hairs stand on their roots, when Uddiyana, Jalandhara and Mulabandha come involuntarily, know that Kundalini has awakened.

When the breath stops without any effort, when Kevala Kumbhaka comes by itself without any exertion, know that Kundalini Shakti has become active.

When you feel currents of Prana rising up to the Sahasrara, when you experience bliss, when you repeat Om automatically, when there are no thoughts of the world in the mind, know that Kundalini Shakti has awakened.

When, in your meditation, the eyes become fixed on Trikuti, the middle of the eyebrows, when the Shambhavi Mudra operates, know that Kundalini has become active.

When you feel vibrations of Prana in different parts inside your body, when you experience jerks like the shocks of electricity, know that Kundalini has

become active. During meditation when you feel as if there is no body, when your eyelids become closed and do not open in spite of your exertion, when electric-like currents flow up and down the nerves, know that Kundalini has awakened.

When you meditate, when you get inspiration and insight, when the nature unfolds its secrets to you, all doubts disappear, you understand clearly the meaning of the Vedic texts, know that Kundalini has become active.

When your body becomes light like air, when you have a balanced mind in perturbed condition, when you possess inexhaustible energy for work, know that Kundalini has become active.

When you get divine intoxication, when you develop power of oration, know that Kundalini has awakened. When you involuntarily perform different Asanas or poses of Yoga without the least pain or fatigue, know that Kundalini has become active.

When you compose beautiful sublime hymns and poetry involuntarily, know that Kundalini has become active.

**Excerpt from 'Kundalini Yoga' by  
Sri Sivananda Swami**

## MOKSHA PATAM

The 13th century poet saint Gyandev created a children's game called Moksha Patam. The British later named it Snakes and Ladders instead of the original Moksha Patam.

In the original one hundred square game board the ladders in the game indicated virtues and the snakes represented vices. The 12<sup>th</sup> square was faith, the 51<sup>st</sup> square was reliability, the 57<sup>th</sup> square was generosity, the 76<sup>th</sup> square was knowledge, and the 78<sup>th</sup> square was asceticism. These were the squares where the ladders were found and one could move ahead faster.

The 41<sup>st</sup> square was for disobedience, the

44<sup>th</sup> square for arrogance, the 49<sup>th</sup> square for vulgarity, the 52<sup>nd</sup> square for theft, the 58<sup>th</sup> square for lying, the 62<sup>nd</sup> square for drunkenness, the 69<sup>th</sup> square for debt, the 84<sup>th</sup> square for anger, the 92<sup>nd</sup> square for greed, the 95<sup>th</sup> square for pride, the 73<sup>rd</sup> square for murder and the 99<sup>th</sup> square for lust. These were the squares where the snake waited with its mouth open. The 100<sup>th</sup> square represented Nirvana or Moksha.

The tops of each ladder depict a God, or one of the various heavens (Kailasa, Vaikuntha, Brahmaloaka) and so on. As the game progressed various actions were supposed to take you up and down the board as in life.

## Holy Master DK instructed one of his disciples about the underlying power of love:

"Love more my brother. You only deeply love two or three people; let that limited love be the seed which will produce the flowering forth of a loving spirit. Disciples need to remember that love brings all earthly karma to an end. Love induces that radiation which invokes and evokes not only the heart of God but the heart of humanity also. Love is the cause of all creation and the sustaining factor in all living. Make your remaining years expressive of radiating love. Say not always the nice or loving thing, but learn to say the hard things with unalterable love."

## Discipleship in the New Age II, page 541-2]

The body is a treacherous friend. Give it its due; no more. Pain and pleasure are transitory, endure all dualities with calmness, trying at the same time to remove yourself beyond their power. Imagination is the door through which disease as well as healing enters. Disbelieve in the reality of sickness even when you are ill; an unrecognized visitor will flee.

Really, it has been your thought that have made you feel alternately weak and strong. Thought is a force even as electricity or gravitation. The human mind is a spark of the Almighty consciousness of God.

**-Excerpt from, "The  
Autobiography of Yogi".**



## Jokes



ससुर (दामाद से) : अनमोल, हीरे जैसी, करोड़ों की बेटी दी है तुम्हें मैंने।

दामाद : रहने दीजिए..

अब ये बताइए कि कितने में वापस लेंगे।



टिचर : डेट और तारीख में क्या अंतर है??

सारी क्लास चुप

चुप्पु : सर डेट में गर्लफ्रेंड के साथ जाते हैं और तारीख में वकील के साथ.. टीचर -बेहोश।

# Kwan-Yin, the Compassionate Rebel



"It is unfortunate that Buddhism's most enduring (and universal) contribution to the world has been insufficiently translated as compassion. The original Sanskrit word is 'karuna,'

which holds within itself traces of the fragment 'ru,' meaning to weep. While the Oxford dictionary describes compassion as pity bordering on the merciful, karuna is actually our ability to relate to another in so intense a measure that the plight of the other affects us as much as if it had been our own.

"Over centuries, Kuan Yin's visual depictions have highlighted her lithe, flowing form, much like the willow tree itself, which has the ability to bend during the most ferocious winds and then spring back into shape again. Indeed, who wants to stand rigid like the tall oak that cracks and collapses in a storm? Instead, one needs to be flexible like the willow, which survives the tempest."

"Never will I seek nor receive private, individual salvation; never will I enter into final peace alone; but forever and everywhere will I live and strive for the redemption of every creature throughout the world."

## The Pledge of Kwan-Yin

"First, we need to understand what a Buddha-field or pure land is. It is a place where everything is conducive for being able to study and practice the Dharma twenty-four hours a day."

"You don't have to work; you don't have to eat; you don't have to sleep; you don't have to pay rent; you don't have to go to the toilet – you don't have to do anything except study and practice all the time. It's not a place that you go, hang around the swimming pool, and play cards all day long.

"Buddha-fields are filled with Arya Bodhisattva, those Bodhisattva who have had nonconceptual cognition of voidness, and there they are taught by Sambhogakaya forms of Buddhas, physical forms that Buddhas manifest in that make full use of the Mahayana teachings. That's what happens in pure land Buddha-fields."

## Sambhogakaya

### The Three Buddhic Bodies:

1. Nirmanakaya.
2. Sambhogakaya.
3. Dharmakaya.

"The first is that ethereal form which one would assume when leaving his physical he would appear in his astral body — having in addition all the knowledge of an adept. The Bodhisattva develops it in himself as he proceeds on the Path. Having reached the goal and refused its fruition, he remains on Earth, as an adept; and when he dies, instead of going into Nirvâna, he remains in that glorious body he has woven for himself, invisible to uninitiated mankind, to watch over and protect it".

"Sambhogakaya is the same, but with the additional lustre of 'three perfections,' one of which is entire obliteration of all earthly concerns".

"The Dharmakaya body is that of a complete Buddha, i.e., no body at all, but an ideal breath: Consciousness merged in the Universal Consciousness, or Soul devoid of every attribute. Once a Dharmakaya, an Adept or Buddha leaves behind every possible relation with, or thought for this earth. Thus, to be enabled to help humanity, an Adept who has won the right to Nirvana, "renounces the Dharmakaya body" in mystic parlance; keeps of the Sambhogakaya, only the great and complete knowledge, and remains in his Nirmanakaya body. The esoteric school teaches that Gautama Buddha with several of his

Arhats is such a Nirmânakâya, higher than whom, on account of the great renunciation and sacrifice to mankind there is none known." -**H. P. Blavatsky, (The Voice of the Silence)**

"Although 'Nirmanakaya' is technically the name for the body or ethereal vesture of a Bodhisattva – being described on p.45 of 'The Voice of the Silence' as the 'Bodhisattvic Body' – it's also often used simply as a synonym for the Bodhisattva himself or herself".

"This is the acquirement or attainment of a permanent astral, closely linked with the attainment of unbroken continuity of consciousness. According to Theosophy, this is the true immortality."

(Blavatsky Theosophy Group UK, "The Permanent Astral")

Next are excerpts from instructions inspired by the greatest of all spiritual teachers and healers, The Buddha. There are many methods for achieving the "Great Compassion." Each person strives in his/her own way, but there are useful contemplative truths. In 'The voice of the Silence', one finds an important teaching about compassion. It is not an individual "virtue," but rather a universal law of life.

## The Vows of the Bodhisattva:

To actually gain the wish for enlightenment he must first contemplate it. To contemplate it, he must first learn about it from another. "Loving-kindness" is an almost obsessive desire that each and every living being find happiness. "Compassion" is an almost obsessive desire that they be free of any pain.

Think of how a mother feels when her one and only and the most beloved son is in the throes of a serious illness. Wherever she goes, whatever she does, she is always thinking how wonderful it would be if she could find some way of freeing him quickly from his sickness.

- **Excerpt from: Theosophy Watch, Nov 2017**



## Testimonials

I had heard about YPV course through my cousin but was convinced to do the course only when my sister and mother insisted. When I joined Level -1, I was not at a happy state of mind neither physically nor emotionally. Anyways RituDidi, who took our class, arranged a special session of Rahul sir during the Level -1 class. His energy drove me in a way that I was firm to do 2<sup>nd</sup> and 3<sup>rd</sup> level as well. With Divine blessings, I am a changed person today. Before the YPV course I had to think hard to have a laugh but to cry was never an effort. Well! The regular interaction and practice of the learnings have enabled me to announce with pride and gratitude that the situation is just other way round. My physical ailments that were unexplainable have gone since then. Most of the queries and doubts have been answered logically and sensibly. With deep regards and gratefulness, in full faith I know I will be availing the energy exchange programmes in future as well.

**- Jyoti Rana.**

My granddaughter Ms Prisha Jog 4yrs old was diagnosed with -3 power with cylindrical lenses in both eyes and was recommended wearingspecs. Somehow the parents decided not to make her wear specs as she was a small child. Her eyesight deteriorated in the next four years. At present my son-in-law and family are posted in South Korea. As the time passed Prisha did not pay attention to her studies, did not do her homework and in general had an unruly behavior, whereas her other two siblings were doing fine in studies.

I did YPV Level 1 course in the first week of Feb'18. One day my daughter and me discussed about Prisha, now aged 7yrs, and her not so good behavior towards me. I decided to give her healing, so started cleansing her aura, basic chakra, eyes and ajna chakra regularly. Within four days my daughter reported noticeable change in her behavior. She started playing happily with her siblings. She was paying attention to her studies

and happily did her homework. She became very loving and happy child. I continued her healing as above for 20-25 days. There is a remarkable change in Prisha now. Three days back my daughter took her for eye checkup, where her vision came out to be 6/6 (normal). By the grace of God and Guru, this healing has taken place.

This can be verified, if required, on whatsapp no. 9902200775 of Mrs. Aditi Jog (my daughter).

**- Maneesha Tikku**

I did Level 1 class in May 2018. After few days I was suffering from a condition called Tennis Elbow due to which I had severe pain in my arm. For 2-3 months I was living with this pain with no solutions being found medically. Then I thought to heal myself but since I did not practise much, I had forgotton all the healing techniques. So I reviewed Level 1 recently and to my surprise my pain was healed by 90% during the practice session in the class itself. I wholeheartedly thank God and our Master for healing my pain.

**- Tarun Solanki**

New Book in the Foundation Library

## Meditations by Marcus Aurelius (Book Review)

"Why do you hunger for length of days? The point of life is to follow reason and the divine spirit and to accept whatever nature sends you. To live in this way is not to fear death, but to hold it in contempt. Death is only a thing of terror for those unable to live in the present. Pass on your way, then, with a smiling face, under the smile of him who bids you go."

"Do not then consider life a thing of any value. For look at the immensity of time behind thee, and to the time which is before thee, another boundless space. In this infinity then what is the difference between him who lives three days and him who lives three generations?"

Marcus Aurelius wrote Meditations on his diary during a campaign in Central Europe in 175 CE. In Marcus' time philosophy was not meant as a means to understand life but also as guide on how to live. These meditations show the influence of stoicism, they help us keep our transitory lives in perspective and understand how to live accordingly.



## Jokes



Husband to wife – Today is a fine day. Next day he says : Today is a fine day. Again next day, he says the same thing – Today is a fine day. Finally after a week, the wife can't take it and asks her husband – since last one week, you are saying this "Today is a fine day". I am fed up. What's the matter?  
Husband : Last week when we had an

argument, you said, "I will leave you one fine day." I was just trying to remind you....."



Wife gave dice to Husband & said: "If u get 1, 2, 3, 4 or 5 You take me for shopping"

Husband asked: Aur agar 6 aya to?  
Wife: Kabhi 'LUDO' nahi khela kya? Phir se chance milega.

## 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 arhatic practitioners.
- Meditation on Fri, at 4pm (for level 3 practitioners'), followed by Book study.

## Pranayama

The word pranayama is composed of two words: prana which means "breath," as well as the vital energies of the human body, and ayama which means "conscious control." Together the words refer to the method of breath control that forms one of the eight basic steps of the classical science of yoga.

All yogic practices start with yama which is concerned with moral discipline and is achieved by taking vows of non injury, truthfulness, honesty, continence, non-covetousness, forgiveness, pure diet, and cleanliness. Then comes niyama which is moral discipline at a more subtle level and involves internal purity, contentment, austerity, spiritual study, and self surrender. Asana is the third stage -physical postures that help to keep the body healthy so that it is possible to sit in meditation for long hours without discomfort. Pranayama is the fourth stage and stands on the border between the physical and psychic aspects of yoga. After pranayama comes pratyahara the withdrawal of

consciousness from the senses and turning it inward for the next stage of dharana or mental concentration. The seventh stage is reached when dharana becomes absolutely steady and one-pointed with no disturbing thoughts entering the mind. This is called dhyana or true meditation. The final stage is samadhi or trance, in which the individual mind is freed from all material limits and is dissolved into the ultimate Reality.

Pranayama has three steps, which are the same as the three acts of natural respiration; they consist of inhalation (puraka), retention (kumbhaka), and exhalation (rechaka) of air from the lungs. The only difference between the two is that in natural respiration the rhythm is constant while in pranayama it is consciously changed to suit the different types of pranayama.

- Excerpt from, '**Secret Power of Tantric Breathing**' by Swami Sivapriyananda

## The Creation Of Woman

It is said that man was created first, and that the God Twashtri then took the gentleness of the moon, the softness of the dawn from swan's breast, the beauty of the flowers, the chatter of the joy, rotundity of the moon, lightness of leaves, the glances of the deer and combining these things, made woman and gave her to man. The man was so happy. But after a while he went to Twashtri and said, "She is a beautiful creature. I really appreciate her. But she talks without rest and she has become the bane of my life. Take her back." Then after two months the man again visited Twashtri and said, "I am very sad. Please return the woman to me." But after a while he came again and said, "Please take her back." This time Twashtri said, "No, you have to keep her!" Poor man! He couldn't live with her, he couldn't live without her.

Women can complain, for their part, about men. Unless man and woman understand each other's nature, they ignorantly torture one another. Both were created equal in God's eyes, no man can come without woman, and no woman can come without man. It is the duty of man and woman to attain within themselves a balance between their respective predominating and hidden qualities. Man is guided more by reason and woman more by feelings. Each should strive for an inner balance of both reason and feeling, and so become a whole personality, a perfect human being.

- By ParamhansaYogananda

## आज का प्रेरक प्रसंग

एक दिन एक राजा ने अपने तीन मन्त्रियों को दरबार में बुलाया, और तीनों को आदेश दिया के एक एक थैला लेकर बगीचे में जाएं और वहां से अच्छे अच्छे फल (Fruits) जमा करें। वो तीनों अलग-अलग बाग में प्रविष्ट हो गए। पहले मंत्री ने कोशिश की के राजा के लिए उसकी पसंद के अच्छे अच्छे और मजेदार फल जमा किए जाएं। दूसरे मंत्री ने सोचा राजा हर फल का परीक्षण तो करेगा नहीं, इसलिए उसने जल्दी-जल्दी थैला भरने में ताजा, कच्चे, गले सड़े फल भी थैले में भर लिए। तीसरे मन्त्री ने सोचा की नजर तो सिर्फ भरे हुवे थैले की तरफ होगी वो खोल कर देखेगा भी नहीं कि इस में क्या है, उसने समय बचाने के लिए जल्दी-जल्दी इसमें घास, और पत्ते भर लिए और वक्त बचाया। दूसरे दिन राजा ने तीनों मन्त्रियों को उनके थैलों समेत दरबार में बुलाया और उनके थैले खोल कर भी नहीं देखें और आदेश दिया कि, तीनों को उनके थैलों समेत दूर स्थान के एक जेल में 3 महीने बंद कर दिया जाए। अब जेल में उनके पास खाने पीने को कुछ भी नहीं था सिवाए उन थैलों के, तो जिस मंत्री ने अच्छे-अच्छे फल जमा किये, वो तो मजे से खाता रहा और 3 महीने गुजर भी गए। दूसरा मन्त्री जिसने ताजा कच्चे गले सड़े फल जमा किये थे, वह कुछ दिन तो ताजा फल खाता रहा फिर उसे सड़े गले फल खाने पड़े, जिस से वो बीमार हो गया और बहुत तकलीफ उठानी पड़ी। तीसरा मंत्री जिसने थैले में सिर्फ घास और पत्ते जमा किये थे वो कुछ ही दिनों में भूख से मर गया।

अब आप अपने आप से पूछिये कि आप क्या जमा कर रहे हो? आप इस समय जीवन के बाग में हैं, जहाँ चाहें तो अच्छे कर्म जमा करें.. चाहें तो बुरे कर्म, मगर याद रहे जो आप जमा करेंगे वहीं आपको आखरी समय काम आयेगा क्योंकि दुनिया का राजा आपको चारों ओर से देख रहा है।



## Glimpses of Foundation Activities (Dec. 17-Sept. 18)



Orientation at Lal Bahadur Shastri College, Malviya Nagar on 20<sup>th</sup> Dec by Shalini Lodha, Shuchi Kalra and Neeraj Bairwa.



Rahul Sirs one year class on 21<sup>st</sup> Jan where he treated us with mouth-watering Mashak Pappi which is Jaipur's one of the oldest chaat delicacy.



Our senior trainer Ritu Jain's Orientation programmes at Sand Dunes Sr. Sec. School on 'How to Score good' attended by 120 students and at ICG College attended by 150 students.



Successful conduction of the Free Healing camp at Senior Citizen Forum, Mansarovar on 15<sup>th</sup> April, attended by over 80 people.





Wesak Meditation, conducted at Foundation at 5am and at JMA Hall, on 30<sup>th</sup> April.



The Members of our Foundation celebrated the birthdays of our mentors with fun and frolic which is one of the most celebrated events of our lives.



Spiritual Liberation day celebration with special meditation conducted and talk given by Rahul sir on Reverance to the Guru.



A successful Healing camp conducted by Foundation at Rajyoga Sadhna Kendra , Jaipur



## Jokes



Wife : Agar meri shadi kisi Rakshas se bhi ho jati to mai itni Pareshan nahi hoti jitni tumare sath hu.  
 Awesome reply :  
 Husband : pagli Blood Relation me shadiya kaha hoti hai.. !!

According to reports,  
 The sound... \*"Om"\* can activate few parts of our brain, but...,The sound, "Suno" (from wife) can activate the whole brain and

body instantly.



A bookseller conducting a market survey asked a woman – "Which book has helped you most in your life?"  
 The woman replied – "My husband's cheque book !!" A prospective husband in a book store "Do you have a book called, 'Husband – the Master of the House'?"

Sales Girl : "Sir, Fiction and Comics are on the 1st floor!"



Someone asked an old man : "Even after 70 years, you still call your wife – Darling, Honey,

Luv. What's the secret ?

Old man : I forgot her name and I'm scared to ask her.



A man in Hell asked Devil : Can I make a call to my Wife ?

After making call he asked how much to pay.  
 Devil : Nothing. Hell to hell is Free.



Wife : I wish I was a newspaper. So I'd be in your hands all day.

Husband : I too wish that you were a newspaper. So I could have a new one every day !