

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

Book-Post

To,

PRANA JAIPUR

A Publication of Yoga Vidya Pranic Healing Foundation Trust of Rajasthan

No. 31

JAIPUR

January - 2017

EDITORIAL

COMPREHENDING THE POWER OF DIVINE PROTECTION

Dr. Rahul's physical body gets knocked out : a real happening during break journey at Bangalore enroute to Ashram, as per recording of narration by Dr. Rahul to one of his co-worker.

Ok, what you have to understand is, when the lower self of Dr. Rahul is guided by the higher self, that is the soul consciousness, then Dr. Rahul will never question as to why he should not do this or that. We will go by that guidance. To clarify further in certain situations it is the energy of the Guru which is backing up that soul consciousness.

We left for ashram at Thally in Tamil Nadu with one of our co-workers on 6th of Dec 2016, to fulfill our commitment to take care of the kitchen construction. We also did our booking for 6th night stay in a hotel at Bangalore, as the flight was reaching late evening on 6th. In the morning after overnight stay at hotel we had planned to go to Hosur Industrial Area, enroute to ashram to check out on the lift supplier for the kitchen and an agency who manufactures motorised wheelchair, which Dr. Rahul may need in future. Actually now what one has to understand is that, for the first time it so happened in 12 years that on reaching the hotel, we asked our co-worker to call for a wheelchair, though in the past, this body has never moved around on a wheelchair in the hotel except only at the airport for boarding a flight. We had conducted many YPV programmes at Clarks Amer, Jaipur which had involved lot of walking but we never took a wheelchair though had severe cramps in-between. Recently even at a hotel at Jaipur in May 2016, we conducted a whole day YPV programme, but inspite of all odds we pushed the body to walk.

Now we were not questioning our perception, but the co-worker looked at us with surprise and asked, "Sir, wheelchair?" We just replied, "yes get one". So we went to the reception on the wheelchair to complete the check-in formalities and Dr. Rahul enquires at the reception, "We may have to stay for one more day". The receptionist replied, that they were totally booked and will not be able to extend but

anyhow will be able to tell us tomorrow morning at 8'0'clock, that is on 7th morning whether we can stay for one more day or not. Now on the wheelchair only from the reception we go to our room. It's already 8pm and feeling a bit tired we unpack our things. Now, carrying our sterilised plates from the room, in the wheelchair, we come down to the dining hall for dinner. We call the Head chef, Mr. Banerjee and explain him our special food needs and strict hygiene conditions due to compromised immunity. Mr. Banerjee did what could have been the best to put all our anxieties to rest and cooked a fantastic meal for us exclusively (this is all work of the energies that one radiates to others). Just at the end when we finished our food, we sounded our co-worker, that "we are not feeling good and must move to the room". We just finished our sentence and after that we do not know what happened. When we came back to our senses, the co-worker had splashed water on our face and people were standing all around, showing their concern, as to, should they call the doctor. We said, no need, we are fine. Our co-worker informed us that we were knocked out completely for 3 to 4 minutes and she had been praying to Gurujee for our safety. By God's grace and guru's blessings we did not fall off the chair, and were not at all aware as to what happened during those 3-4 minutes. It seemed to be a glaring life threatening situation. We told our co-worker that in such situation we should have been made to lie down flat on the ground with legs raised to augment blood supply to the brain As our BP stays pretty low around 80/50 so this black out happened due to the BP further going down to a critical level for key reason unknown and this situation could have proved fatal; eating of food also diverts blood supply to the gut which added to our woes.

"After this episode we were totally exhausted as the brain was deprived of its normal blood supply for 3-4 minutes. The Soul

...Contd. pg. 3

For free private circulation

ASHTAMANGALA

Editor scribbles: My good friend Dr. Daga gifted me a wall hanging of eight auspicious symbols which he got from Ladakh. Thus this article was the outcome of our curiosity to know more about them.

The Ashtamangala are a sacred suite of Eight Auspicious Signs endemic to a number of Indian religions such as Hinduism, Jainism, and Buddhism. The symbols or "symbolic attributes" are yidam and teaching tools. Not only do these attributes, these energetic signatures, point to qualities of enlightened mindstream, but they are the investiture that ornaments these enlightened "qualities" (Sanskrit: guna).

Groupings of eight auspicious symbols were originally used in India at ceremonies such as an investiture or coronation of a king. In Buddhism, these eight symbols of good fortune represent the offerings made by the gods to Shakyamuni Buddha immediately after he gained enlightenment.

In Buddhism

Tibetan Buddhists make use of a particular set of eight auspicious symbols, ashtamangala, in household and public art. Some common interpretations are given along with each symbol although different teachers may give different interpretations:

1. Conch

The right-turning white conch shell (Sanskrit: śankha) represents the beautiful, deep, melodious, interpenetrating and pervasive sound of the dharma, which awakens disciples from the deep slumber of ignorance and urges them to accomplish their own welfare and the welfare of others. The conch shell is thought to have been the original horn-trumpet; ancient Indian mythical epics relate heroes carrying conch shells. The Indian god Vishnu is also described as having a conch shell as one of his main emblems; his shell bore the name Panchajanya meaning "having control over the five classes of beings". In Hinduism, the conch is an attribute of Vishnu along with the Sudarshana Chakra.



2. Endless knot

The endless knot (Sanskrit: śrīvatsa) denotes "the auspicious mark represented by a curled noose emblematic of love".



Moreover, it represents the intertwining of wisdom and compassion, the mutual dependence of religious doctrine and secular affairs, the union of wisdom and method, the inseparability of śūnyatā "emptiness" and pratītyasamutpāda "interdependent origination", and the union of wisdom and compassion in enlightenment. This knot, net or web metaphor also conveys the Buddhist teaching of Interpenetration.

3. Fish

Pair of golden fish

The two goldfish (Sanskrit: gaumastya) symbolise the auspiciousness of all sentient beings in a state of fearlessness without danger of drowning in saṃsāra. The two golden fishes are linked



with the Ganges and Yamuna nadi, Prana and carp. The two fishes originally represented the two main sacred rivers of India - the Ganges and Yamuna. These rivers are associated with the lunar and solar channels, which originate in the nostrils and carry the alternating rhythms of breath or prana. They have religious significance in Hindu, Jain and Buddhist traditions but also in Christianity (the sign of the fish, the feeding of the five thousand). In Buddhism, the fish symbolize happiness as they have complete freedom of movement in the water. They represent fertility and abundance.

4. Lotus

The lotus flower (Sanskrit: padma), represent the primordial purity of body, speech, and mind, floating above the muddy waters of attachment and desire.



5. Parasol

Jewelled parasol

The jewelled parasol (Sanskrit: chatraratna), which is similar in ritual function to the baldachin or canopy: represents the



protection of beings from harmful forces and illness. It represents the canopy or firmament of the sky and therefore the expansiveness and unfolding of space and the element ether. It represents the expansiveness, unfolding and protective quality of the sahasrara: all take refuge in the dharma under the auspiciousness of the parasol.

6. Vase

Treasure vase

The treasure vase represents health, longevity, wealth, prosperity, wisdom and the phenomenon of space. The wisdom urn or treasure vase is used in many empowerment (Vajrayana) and initiations.



7. Dharmachakra

The dharmachakra or "Wheel of the Law, represents Gautama Buddha and the Dharma teaching. This symbol is commonly used by Tibetan Buddhists, where it sometimes also includes an inner wheel of the Gankyil (Tibetan). Nepalese Buddhists don't use the Wheel of Law in the eight auspicious symbols. Instead of the dharmachakra, a fly-whisk may be used as one of the ashtamangala to symbolize Tantric manifestations. It is made of a yak's tail attached to a silver staff, and used in ritual recitation and during fanning the deities in Pujas. Prayer wheels take the form of a dharmachakra guise. The Sudarshana Chakra is a Hindu wheel-symbol.



8. Victory Banner

The dhvaja (Sanskrit) "banner, flag" was a military standard of ancient Indian warfare. Within the Tibetan tradition, a list of eleven different forms of the victory banner is given to represent eleven specific methods for overcoming defilement. Many variations of the dhvaja's design can be seen on the roofs of Tibetan monasteries to symbolise the Buddha's victory over four maras.



Sequences of Symbols: Different traditions order the eight symbols differently.

Assigning Healing Angels

After treatment, it is better to request God to assign a healing angel to remain with a patient suffering from a severe ailment in order to further accelerate the healing process. The patient should be instructed to be more receptive by invoking God's blessings several times a day. The healer can request for healing angels to be assigned to the patient by silently reciting the prayer :

To the Supreme God,
 Thanks you for assigning a healing angel to remain with the patient until he is completely cured.
 With thanks and in full faith. So be it!
 To the healing angel assigned,
 Thank you for the healing .
 In full faith
 So be it.
 It is important that the invocation should be done with humility, sincerity and reverence.

Extracted from – Prana Jaipur, Dec. 08 Edition.

Contd. from Pg. 1

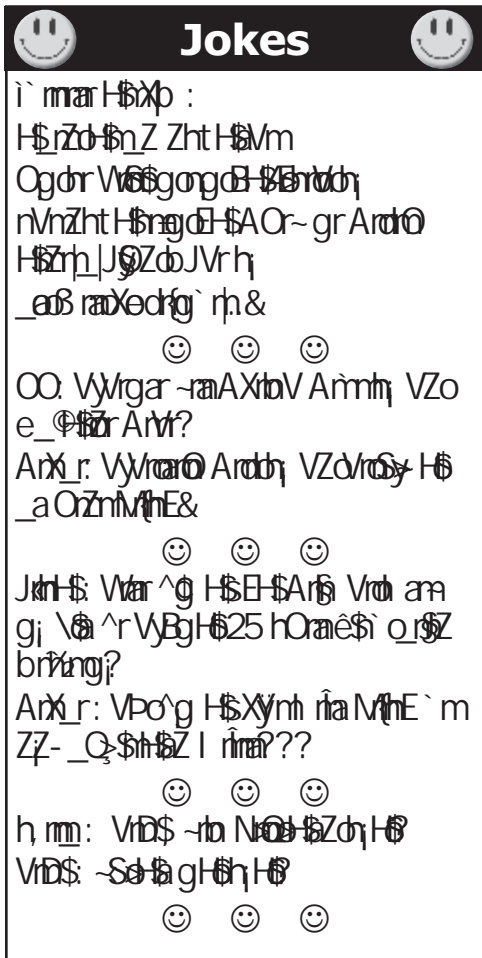
consciousness was aware, but probably was not aware of the time when it is going to happen(break down of physical body system), so that safeguard / precaution was instituted by way of instructions to take a wheelchair right from the point when we entered the hotel.If at all this knock out would have happened while walking around in the hotel premises we could have banged our head on the floor and injured ourself badly. So that divine protection was there. Dr. Rahul will never question , will just follow, the guidance of soul consciousness as it comes being aware that we will soon know why we were acting in the manner as acted to call for a wheelchair .

Next day i.e. 7th Dec, as per schedule we were to check- out but with the blessings of the Guru, the reception informed of a days' extension as per our request allowing to rest the body to recover. Now our co-worker could comprehend the reason for extension to stay and also being on a wheelchair at the Hotel even for short distances repeatedly.

So finally on 8th we went to ashram via Hosur Industrial area , concluding our meetings there.We sorted out things of the kitchen under construction at ashram and travelled back to Jaipur on 12th Dec.

So people have to understand when you are guided and aligned with the higher self the guidance comes. If you work selflessly for Guru over-riding your physical limitations then divine also takes care. It is not easy to travel in such conditions with the BP already being down to 82/50, while we were travelling and at the time of black out when the BP would have further gone down to 72/46 for 3-4 min. At that time the co-worker was invoking to the Guru but at physical level also you have to address appropriately. So probably we are still required to work for our Guru so we came out, came back otherwise in such situation anything could have happened in the light of the background that we were not made to lie down flat on our back, with the legs up to quickly augment the blood supply to the brain to come back to senses. So that's how people have to comprehend.

"One must remember that the Guru works with the soul aspect of your form or rather of the humanity and does not work with their astral bodies. This has been often forgotten. Now through the use of the still higher faculty which is the characteristic of the soul, one enters into voluntary and intelligent control of his instrument and learns to understand the purposes for which it exists. This higher faculty is the intuition. Now further one has to understand, as the man becomes intuitive and the disciple can pass from the stage of probation, to that of acceptance in Master's group. So intuition or intuitive abilities of the soul helps align to the group of the Master and you are accepted by the Master as well. As the great deal of training is given to the probationer, without his really recognising it consciously; it is that mental world wherethe Masters are first contacted." (As per Holy Master DK) Thus, one has to carry his consciousness on the higher planes, align the lower self with the higher self and as you build the antahkarana and the rainbow bridge and control the lower nature through selfless service for the Guru, pushing yourself to extreme then at some stage you can become the conductor of the energy of the Guru for the manifestation of his plan. More you push yourself hard, more the alignment with the Guru and more the energy flows down to guide you and even protect you, like in this case which we narrated. But even in such devastating bodily condition, we are not deterred from our determination to go on working for the Guru. He will test you in many ways. If you fulfil your commitments as assigned by the Guru then more higher responsibilities come onto you to shoulder and carry forward your group on the path as the light of the soul shines forth. So this is a lesson for all of you that do not be deterred by your physical limitations in working for the Guru or what has been assigned to you and that the same work has to be carried out selflessly without any personal selfish motive otherwise you will not be at the place where you have to be on the path.



Discipleship and the NGWS

The World has passed the stage where a disciple used to sit at the feet of a Master or Guru to get instruction. A greater need in the world and the intellectual development in the world today have given rise to a new and better way of training for discipleship. The experiment of changing the methods [of training] and of implementing the new technique of group work [New age], has to be carried out in the midst of the stress and strain of Western civilisation.

The Master DK has stated that in the New Age, the field of training for the disciple is in the New Group of World Servers. [NGWS]

Who or what is the NGWS? One of the decisions that was made, by the Hierarchy at the Great Meeting of Cooperation in 1925 was to link more closely and subjectively the senior disciples, aspirants and workers in the world. To this end, all the Masters put Their personal groups of disciples in touch with each other, subjectively, intuitively, and sometimes telepathically. Thus the NGWS came into being.

This group would act as liaison officers, interpreters between the inner active Hierarchy and the thinkers of the world, and also serve as agents in every country and in every group. Thus all groups which were animated by any desire to serve, and which were [in spite of errors in technique and method] of any usefulness in aiding their fellow men, were swept into a current of spiritual stimulation with the intent to increase their effectiveness.

All the disciples are divided into two parts:

1. An inner nucleus, composed of those servers who know themselves to be disciples, is consciously in touch with the Plan, and is strenuously working at its development.
2. Those who have responded to the vision as it has been presented to them by the first group and have ranged themselves definitely on the side of the Plan. They are therefore, men and women of good will.

Thus we have the Masters, and Their cooperating initiates, working on the

inner side. Their activities are confined largely to the mental plane and to the scientific use of thought. Thus they guide their workers and helpers and influence and direct Their working disciples and the world disciples. [NGWS and men and women of good will.]

Then we have those who act as links between the Masters and the race of men. [NGWS] They are the intermediaries in the working out of the Plan in the world, thus aiding with their wisdom and experience and supplementing the capacities of the field of workers.

Members of the NGWS stand for the following ideals, tasks and functions.

1. They are steadily cultivating an international spirit of good will and to this they consecrate every effort .
2. They have the immediate task of achieving power in moulding men's ideas to the needed changes of thought and the new technique of work all over the world.
3. Materialising ideas like brotherhood, expression of good will and the fulfilment of the law of love.
4. Their work is the educating of the human being and the expanding of the human consciousness so that the newer and truer ideas may be grasped; the idea of the New Age.
5. They are mediating between Hierarchy and humanity, responding to Hierarchical impression and meditating the Plan into existence.

Discipleship training in the New Age is primarily an experiment in group work and its main objective is not the perfection of the individual disciple in the group. Every disciple has to learn to subordinate his own ideas of personal growth to group requirements. Only that is of moment which will further group effort and enrich the group consciousness. Disciples in the group of a Master have to love each other with intelligence and an abiding strength and thus release that light and power which will eventually make the group of effective value in the world for working out the Plan for the world through

service.

The reasoning mind of the disciple can then take the successes and failures he encounters in his training,[and through service] and learn the intended lessons; he finds that progress upon the Path brings a man into closer conscious touch with those who have walked this way before, and that the way into the Hierarchy is a way of discipline, of increasing enlightenment, of service to his fellowmen and of a growing responsiveness to contacts and to individuals of which the average human being knows nothing.

Only those who are beginning to come under the influence and the control of their own souls and are, therefore, mentally focussed and attuned, are eligible for the training offered by the Hierarchy. This Esoteric training is also concerned with the development of soul consciousness and with the expansion of that consciousness to include, and exclude, all forms of life through which pulses the life of God. The true disciple is ever inclusive and never exclusive.

-Excerpted from teachings of Holy Master DK



Roerich's Shambhala: A Land of Mystery

"Over 120 years ago, it was Helena Blavatsky who introduced the legacy of Shambhala to Western seekers, otherwise it might have remained hidden in the domain of a few scholars. **'Shambhala' means "source of happiness in Sanskrit — 'a place of peace and tranquility.'** (Wikipedia) Nicholas and Helena Roerich asserted that **"Shambhala is the indispensable site where the spiritual world unites with the material one."**

"S'ambhala (Sk). A very mysterious locality on account of its future associations. A town or village mentioned in the Purânas, whence, it is prophesied, the Kalki Avatar will appear. The 'Kalki' is Vishnu, the Messiah on the White Horse of the Brahmins; Maitreya Buddha of the Buddhists, Sosiosh of the Parsis, and Jesus of the Christians (See Revelations). All these 'messengers' are to appear 'before the destruction of the world,' says the one; before the end of Kali Yuga say the others. It is in S'ambhala that the future Messiah will be born. Some Orientalists make modern Murâdâbâd in Rohilkhand (N.W.P.) identical with S'ambhala, while Occultism places it in the Himalayas. It is pronounced Shambhala."

Blavatsky also tells us, in The Secret Doctrine (SDII 319), that the continent of Lemuria's elect had "taken shelter on the sacred Island...in the [current] Gobi Desert..."

And Master K.H. reveals (Mahatma Letters, 155) that the inhabitants of Shambhala, "when yet an island in the Central Asian Sea," were called the "Sons of the Fiery Mist" who triumphed over "the selfish but not entirely wicked magicians of Poseidonis..."

A Scientific View

I've always wondered about the island of Shambhala and the notion of an ocean in the Gobi Desert. Is there any geo-scientific evidence for this? Some years ago, I asked a professor at UCLA's Department of Earth and Space Sciences this question and he said that the Gobi Desert, which spans areas of China and Mongolia, had indeed been covered by



water at one time! So, the legend can be substantiated. But it would be Nicholas Roerich who would lead a five-year scientific and artistic expedition of Central Asia in 1923 — the first expedition to cross the Tibetan Highlands, north to south, from western China to India. A noted archaeologist and artist, Roerich was the first to capture the magnificence of the Himalayas — the subject of a number of his 7,000 paintings. **Roerich was also the first Buddhist nominated for the Nobel Peace Prize.**

Their 15,500-mile journey throughout Asia, taking their sons with them, was an extraordinary and dangerous adventure involving, for example, the crossing of 35 mountain passes from 14,000 to 21,000 feet in elevation.

"But these were the challenges [Roerich] felt born for.



The Roerich Family

Agni Yoga

Nicholas and Helena Roerich co-

founded the Agni Yoga Society, headquartered in New York City.

FDR, The Gobi and Climate Change

The expedition was funded by the U.S. Department of Agriculture. One of the purposes was to gather samples of drought-resistant grasses for the Great Plains areas.

But it was **President Roosevelt** himself who proposed the expedition as he believed that trees at one time grew in the Gobi Desert and that when the trees were cut down, the climate changed. If trees could be grown there again, he thought, it would correct the climate. **But for the Roerichs and Wallace, the expedition also meant the possibility of finding Shambhala.**

Roerich's Shambhala

Nicholas Roerich explains in Heart of Asia. **"In the East they know that there exists two Shambhalas — an earthly and an invisible one."** In their search for Shambhala, the Roerichs travelled to Inner Mongolia. Roerich had been a student of the Mongolian **Lama Agwan Dorjeff** in the early 1900s and the Roerichs lived in Ulaanbaatar, Mongolia in 1926-1927.

The Roerichs oldest son, George (1902-1960), was an accomplished scholar in Tibetan studies. One of his many great contributions was the translation of a 15th century Tibetan Buddhist text called The Blue Annals - almost 1,300 pages in length.

Trace how the word Shambhala is uttered in the East. Try to penetrate, even in a small way, into the ideology of this concept. Try to understand the rhythm of structure of speech about Shambhala, and you will perceive a great reality which causes the harp-strings of humanity to vibrate. Let reason help you to ponder on the values accumulated by the best strivings.

-By Kara LeBeau

Excerpted from : Theosophy Watch Sep.' 16

Souls and karmic connections

We have travelled through many lifetimes and lived with many different souls amid family, friends or those who don't really get along with us. Some may have even tried to harm us emotionally, physically or spiritually. All said and done, we all are the same and belong to only one group that is souls. We all have travelled together in different lifetimes and have shared various relationships with each other.....Father-mother, husband-wife, uncle-aunt, brother-sister, friends, neighbours, servants, drivers and even so-called enemies.

Each person is a Soul that tries to help the other move forward spiritually and reduce the Karmic baggage.

Sometimes the Soul that loves us the most, might willingly take birth as an enemy or a tormentor in a lifetime, just to help us work out our karma.

Thus, a person who we think hates us and we in return hate might be our greatest well-wisher spiritually. He or She may be responsible for our becoming spiritual or compassionate. That very person who is creating hell in our lives may bring us closer to spirituality. In the present lifetime, he/she may be doing so because that could be the only way to teach us a lesson. Sometimes, a Soul is reborn just to comfort us and be there in times of need.

So, who is our friend and who is our enemy? They all are part of the Soul-Family who wants to help us and want help in return. Sometimes an opportunity comes in the form of a Disaster. Sometimes, the only way to grow spiritually and in life is through pain, sorrow and turmoil. That is when Life seems strange. Hence never form judgements, abuse or hate and never say nasty things about anyone. Who knows we may be harming the Soul who loves us the most spiritually but are not able to recognize it as the soul is wearing a

The Probationary Path

The probationary Path precedes the Path of Initiation or Holiness, and marks that period in the life of a man when he definitely sets himself on the side of the forces of evolution, and works at the building of his own character. He takes himself in hand, cultivates the qualities that are lacking in his disposition, and seeks with diligence to bring his personality under control. He is building the causal body with deliberate intent, filling any gaps that may exist, and seeking to make it a fit receptacle for the Christ principle. He is taught principally to know himself, to ascertain his weaknesses and to correct them.

A great deal of training is given to a probationer without him really recognising it consciously. All this time the aspirant remains in ignorance of what has happened and is unaware of his subjective contacts. He, however, recognise in himself three things:

1. An increased mental activity.
2. Increase responsiveness to ideas and increased capacity to vision the Plan of the Hierarchy.
3. Increased psychic sensitiveness. [This can be a test.]

The aspirant has to grow in all parts of his nature, but until he can function as the soul, the psyche, consciously and with the use of co-operative intelligence, the lower powers must be quiescent. The path is, therefore, a path on which steady expansion of consciousness is undergone with increasing sensitivity to the higher vibrations.

To be a probationary disciple, one can be a devotee; the emphasis can then be laid on purification and the acquiring of an intelligent understanding of brotherhood and human need; to be an accepted disciple, working directly under the Master and active in world work [with a growing influence] requires a mental polarisation, a heart development and a sense of real values.

A disciple is one who above all else, is pledge to do three things:

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

His sense of proportion is adjusted, and he sees things as they are; he sees people as they are; he sees himself as he inherently is, and seeks to become that which he is. He works with force and through force; he recognises himself as a force centre within a greater force centre, and his is the responsibility of directing the energy which may pour through him into channels through which the group can be benefited.

He is an outpost of the Master's consciousness, which is the centre of his group, he realises his responsibility to all units who come under his influence; a responsibility of co-operating with the plan of evolution as it exists for them, and thus to expand their consciousness and teach them the difference between the real and the unreal, between life and form.

For a disciple, direct alignment with the Ego via the centres and the physical brain, is the goal of his life of meditation and discipline. Only then can he be of any real use to the Master. Thus, he is what he is because he has tried all lesser ways and has found them wanting, and has submitted to many guides, only to find them "blind leaders of the blind". Nothing is left to him but to become his own guide and find his own way home, alone. In the loneliness which is the lot of every true disciple, are born that self-knowledge and self-reliance which will fit him in his turn to be a Master. This loneliness is not due to any separative spirit, but to the conditions of the Way itself.

**From the works of
AAB and Holy Master DK.**

THE GARLIC PLANT

While Bhagwan was persuing the monthly journal GrihLakshmi he began to laugh and handed the journal to SuriNagamma as she was leaving the hall, saying, the greatness of garlic is described in it. Please read it. "People say it is very good for health. Really is it so. It cures rheumatism and gives strength to the body. For children it acts like amrit(nectar). Garlic is also known as amrit." A devotee asked how it got that name. Sri Bhagwan replied, "There is a curious story about it," and began telling the following story.

As is well known, when Gods (devas) and demons(rakshashas) churned the ocean, amrit came out of it. When the rakshashas were running away with the vessel containing amrit, devas appealed to Vishnu. Vishnu came to the scene in the shape of Mohini(enchantress), and offered to resolve their quarrel by serving amrit to them all. They agreed. While serving it to the gods first, it appeared that there might not be enough to go round for the demons. One of the latter got into the line of the gods, unobserved by Mohini, and was swallowing the amrit, when the Sun and the Moon noticed it and gave her the hint. She threw the ladle, with which amrit was being served, at the demon in such a way as to cut off his head. The ladle became the chakra (an invincible lethal weapon of Vishnu) and cut off hid head. But as the amrit had already gone down his throat, the head became a graham (planet) and has since been taking vengeance on the Sun and the Moon at the time of eclipse. That is the story. Now when the head of the demon was severed, the trunk fell down, and in the process, a few drops of amrit fell on the ground. It is said that those drops became the garlic plant. That is why it is said that garlic has some of the properties of amrit. It is very good for the body. But since it also has the touch of the demon, it has tamasic qualities too, which when eaten affect the mind. Hence it is forbidden for sadhakas.

-As told by Ramana Maharshi

'Om Mani Padme Hung'

'Om Mani Padme Hung' Mantra of Avalokiteshvara for Love and Compassion towards all sentient beings who are tormented by misery. The Six Syllables are the quintessence of the mind of noble Avalokiteshvara. If you (Lay man) recite this mantras 108 times a day, you will not take rebirth in the three lower realm. In the following life you will attain a human body and in actuality you will have a vision of noble Avalokiteshvara. If you recite daily the mantras correctly 21 times you will be intelligent and able to retain whatever you learn. You will have a melodious voice and become adept in the meaning of all buddhadharma. If you recite this mantra seven times daily, all your misdeeds will be purified and all your obscuration will be cleared away. In the following lives no matter where you take birth you will never be separated from Avalokiteshvara . When someone is afflicted by disease or an evil influence, compared to any mundane ritual of healing or of repelling obstacles the merits of the mantra is much effective for warding off obstacles in disease. Compared to any medical treatment or cure, the six syllables are the strong remedy against sickness and evil. The compassion that has the Dharma as its focus in the six syllables of OM MANI PADME HUNG.

'OM' pacifies the suffering of the transmigration that the gods experience and makes them attain happiness

'MA' pacifies the suffering caused by fighting that demigods perpetuate and makes them attain happiness.

'NI' pacifies the suffering of serfdom and poverty that human beings undergo and makes them attain happiness.

'PAD' pacifies the suffering of stupidity that animals endure and makes them attain happiness

'ME' pacifies the suffering of hunger and thirst that hungry ghosts experience and makes them attain happiness.

'HUNG' pacifies the suffering of heat and cold that hell beings perceive and makes them attain happiness.

'Om Mani Padme Hum mantra is the quintessence of the Great Compassionate one so the merit of uttering it just once is incalculable. The possible multiplication

resulting from a single seed of the lotus flower lies beyond the reach of thought. But compared to that the merit of uttering the Six Syllables i.e.'Om Mani Padme Hung' just once is even greater.

Thus recitation of this mantra liberates all beings from Samasara.

**Excerpted from:
The Lotus Born- The life story of
Padmasambhava.**

Testimonial

Kids feel Great in School

Atma Namaste. I am running schools and I have to deal with kids aged 2-6 years. 2 kids were admitted in my new school 2 months ago but they had been crying from the date of admission. Teachers were unable to understand what to do.

I thought why I don't do YPV Psycho healing of the kids. I applied it on Vardan (kid's name) and I was surprised with the result. It took only two healings to make him comfortable in school. It gave me confidence. Then I started healing of Chirag Gupta along with blessing. It took 6-7 healing sessions. But now both kids are happy. Vardan doesn't want to go home. He feels great in school. Thanks to Gurujji, Rahul Sir, Shalja Ma'am & Ritu Ma'am for this help. Feeling blessed.

- Anil Sharma

LIVING FOR ONE ANOTHER

In a theatre when drama plays, you opt for front seats. When film is screened, you opt for rear seats. Your position in life is only relative, not absolute. For making soap, oil is required. But to clean oil, soap is required. This is the irony of life. Only two category of people are happy in life: The Mad and The Child. Be Mad to achieve a goal. Be a Child to enjoy what you achieved. Enjoy the life..!! Neither you can hug yourself nor u can cry on your own shoulder. Life is all about living for one another, so live with those who love you the most. Relations cannot be understood by the Language of Money. Because, Some Investments Never Give Profit But They Make us rich...!

Vanishing of the Bees

MANY millions of years ago, ancient sages taught, man and all the kingdoms of nature were in their early formative stages. The living prototypes were held in an invisible astral matrix, a semi-physical energy field, the repository of Earth's pre-evolutionary blueprints. There was no 'solid matter' as we know it in those astral times, more than 300,000,000 years ago.

Just as Earth mother nourished and birthed innumerable beings in the faraway past, the same grand evolutionary scheme is mirrored today in the differentiation of the human fetus-stages that traverse single-celled zygote, which becomes a mass of cells known as a blastocyst.

Day by day mineral, plant, animal and human kingdoms are all represented sequentially over a relatively short period as the developing fetus takes shape from a tiny egg invisible to the naked eye.

Just 12 days after fertilization, the cells destined to become the fetus turn into something else first: the embryo. By month's end, this embryo is about the size of a grain of rice, and it looks more tadpole than human, sporting a tail where legs should be.

There was also a critical cycling in Earth's development, when a relatively rapid appearance of forms occurred, "seemingly abruptly and from nowhere." Nearly all of the major phyla in the animal kingdom appeared in a sudden burst of evolution.

But, according to The Secret Doctrine (2:52), "nature unaided fails," and the long period of ancient evolution was neither random or blind. On the job at the same time were highly evolved intelligent beings who assisted in transferring and reorganizing the many root-types carried over from an older system.

Additionally, a few more developed entities were transferred to the newly forming Earth already in finished form, occult science maintains, requiring no



prolonged evolution. "Neither the bee nor the wheat had their original differentiation in this chain of globes," Judge remarked cryptically: **"but must have been produced and finished in some other [globe] from which they were brought over into this.** Evolutionary adaptation was not needed for the honeybees, apparently, who must have hit the air flying.

"In the honeycomb of the bee lies the symbol of its Eternal Record."

Sadly, modern humans have become notorious despoilers of Nature's divine harmony. Known as Colony Collapse Disorder, a man-made disaster, honeybees have been mysteriously disappearing across the planet — literally vanishing from their hives without a trace.



The actress-narrator Ellen Page opens the documentary Vanishing of the Bees: "If you like fruits and vegetables, you like bees... honeybees pollinate one-third of your diet. And they're in deep, deep trouble.

"The problem was first brought to light by veteran beekeeper David Hackenberg in October of 2006," the film makers explain, and this stunning documentary "examines why honey bees have been mysteriously disappearing from their hives, often by the thousands in mere hours. "Colony Collapse Disorder is a crisis that affects not only beekeepers, but also the farmers who depend on the delivery of commercial honey bee hives to pollinate more than \$15 billion worth of U.S. crops, including apples, broccoli, almonds, watermelon, onions, cherries and a hundred other fruits and vegetables. "And without the bees to pollinate crops, one out of every three bites of food on our tables vanishes, too."

"Meeting up with the owner of the largest honey bee operation in the U.S. — a 5th generation beekeeper in Yuma, Arizona — they learn he has inexplicably lost more than 2 billion bees in a very short period. Gone without a trace, he's never seen anything to this degree in his life.

"What's behind these unexplained disappearances? With scientists casting doubt on known pathogens and parasites as the origin of the problem, this daring documentary pinpoints a single, probable cause and a handful of contributing issues behind Colony Collapse.

"Filmed across the United States, Europe, Australia and Asia, the documentary explores the increasingly troubling effects of commercial farming methods upon the planet and its inhabitants.

"Along the way, organic beekeepers offer up everyday solutions and generous helpings of hope along with their explanations for this tragic loss."

The ancient world believed that honeybees were prophetic — that their actions were messages not to be ignored. Could it be they're trying to tell us something, but we're just not listening?

**Excerpted from Theosophy Watch
April 26, 2012**

AUM

AUM commonly known as OM is the essential vibration of creation. According to spiritual tradition everything was created from vibration and OM represents the vibration of creation and the universe and can be felt during deep meditation.

OM is believed to be the sound present at the beginning of the universe from which all creation spawned. When we consider that all perceived matter is condensed energy vibrating at certain frequencies that keeps sub atomic particles together then idea that creation originated from a vibration/sound is plausible.

AUM consists of the three basic sounds; A-U-M. These are the sounds that we can utter without the use of our tongue. Press your tongue down with your finger and you will see that the only sounds you can make are A-U-M. The sound commonly uttered as "O" is what we utter as we attempt to blend A and U together (O is pronounced as diphthong blending A and U together). When we utter AUM we can feel the vibration move upwards from our stomach and chest to the head. A and U generate a vibration from the stomach and chest while with M we feel the vibration in our head.

These three sounds work in the same way as the three basic colours from which all other colours are derived. From AUM all other sounds and vibrations can be created. We position our tongue in various locations in our pallet and use the vibration of the basic sounds A-U-M to produce all other sounds. As all sounds/vibrations originate from OM/AUM the traditional view that the sound represents creation makes sense.

Although we associate OM chanting with eastern traditions of Hinduism and Buddhism it is prevalent in Christianity. If you observe "AMEN" chanting from ceremonies in the Vatican or the Greek Orthodox priests of Mount Athos, they utter the "AM" part of AMEN in the same way as OM (i.e. prolonged AU and M). It seems that there is a shared knowledge between spiritual traditions and religions that has been lost or not shared with the masses.

SIX POINTS OF GOOD CONDUCT

"Never for a moment forget your occult relationship; it should be an ever-present inspiration to you- not only to shield from the fatuous thoughts which float around us, but a constant stimulus to spiritual activity. The ineffable bliss of Adeptship is not yet yours, but remember that you are already one with those who live that higher life. You are dispensers of their sunlight in this lower world. Therefore, you, at your level, must be radiant suns of love and joy. The world may be unappreciative, uncomprehending; but your duty is to shine." – C W Leadbeater

The inculcation of moral conduct is a standing characteristic which has forever been on par with meditations and service in spirituality. The important attributes that one needs to imbibe have been listed in many books, articles, sayings, instructions and teachings. Many methods have been taught for the practice of goodness and elimination of the negative qualities. In the end, all that has ever mattered is the efforts of the practitioner. The simplicity of the six points of Good conduct called Shatsampatti (Upacharo) meaning attentions to conduct also came across in the book "The Masters and the Path" by C W. Leadbeater. They are listed as follows for the readers:

1. Samo (quietude): The most necessary and difficult quality to attain as it implies complete self-control. It simply means purity and calmness of thought which comes from perfect control of mind, thereby enabling one to become perfect instruments for Master's work.
2. Damo (subjugation): It is followed by Samo, that when there is complete control over mind, the next is complete control over actions and words.
3. Uparati (cessation): The aspirant here is required to have independence of thought from superstition and religious rituals and a wide and generous tolerance. This in the general world would require one to be free from the necessity of any act or ceremony prescribed by a particular religion. It would also require one to be tolerant to others who are still mere believers of them.
4. Titikkha (endurance or forbearance):

This means that one is ready to bear whatever his karma brings to him with cheerfulness. The readiness to part with anything and everything worldly should also exist if at all necessary. What is to be noted is that one must look at the men who do him wrong as nothing but instruments of his own karma and avoid all wrongs towards him in the form of thoughts or actions.

5. Samadhana (intentness): One-pointedness. The characteristic to be acquired here is the incapability to deter from one's path by temptations.
6. Saddha (faith): It implies the faith and the confidence of the pupil in his Master and in himself. The belief that there exists the Divine spark in him and when exercised upon will enable him to attain as his Master has done. The belief that no matter how diffident he feels at times, he has Master and the powers of him which will guide him and strengthen him each and every time.

Follow Simple Instructions

Sometimes, healers get into trouble - Stiff, painful or itchy hands, arms and joints, low energy condition, difficult in sleeping, pain in legs or back, Kundalini syndrome or contaminated with symptoms of patient.

Almost always, the root cause is the same not following simple instructions.

To help understand what the simple (but important instructions are), to clarify any doubts or questions, to know how others are managing, or how you can stay free from such problems, some things you can do:

- Read the course book again and again
- Review the classes when they occur. There is no limit to how many times you can repeat a course, and it is almost free for most courses
- Discuss with other healers regularly and especially if you face problems
- Come to the foundation for group meditation and discuss with members present. Stay Connected.

Extracted from—
Prana Jaipur Nov'06

The following special preaching programmes were conducted by Dr. Rahul Sir at our Foundation, "Nirvana" 50 Dhuleshwar Garden Jaipur.

THE SEVEN TEMPERAMENTS OF HUMANS AS LINKED TO SEVEN RAYS

Date: 1st & 2nd Oct 2016

Building blocks for this presentation are excerpted from vast number of books of Holy Master DK through Alice.A.Bailey and as per guidance received from him. The teachings covered;

- What do Seven rays stand for
- Why the need to care about them
- Understanding our clarification by 4 qualities-colour, sound, number and geometry
- Rays in relation to disease
- 5 rays as they govern us
- Healing methods for different rays
- Rays in relation to planet earth
- How rays help build your rainbow bridge
- Understanding cyclic manifestation of rays
- India in its ray influence
- Rays in relation to healer and patient and to top it- Meditation on 7 rays conducted and Cds given.

SERVICE FROM SOUL PERSPECTIVE

Date: 4th Dec 2016

(Based on teachings of Holy master DK, our Guru and self experience of Dr. Rahul)

- Understanding motive of service; Methods of service; attitude for service
- Understanding compassion
- The law of sacrifice
- The law of service-Governs all soul activity
- Misconceptions about service
- Characteristic of true server
- Service based on Ray science & much more

Join For 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 sessions for arhatic practitioners
- Meditation on Fri on Psycho healing at 4pm (for level 3 practitioners), followed by book Study
- Meditation on Sat, at 4 pm for YPV Arhat Yoga practitioners

Forthcoming classes at Foundation

CAN DESTINY BE CHANGED

In April 2017, Eligibility: Level 1

The session will cover:

- Energy perspective of karma
- 12 great laws of karma
- Thoughts, emotions and functions of mind
- Karma particles and bondage
- What is bhagya/destiny
- How karma creates destiny
- Types of destiny and role of free will
- Science of karmic relationship
- 8 categories of prakathibandha and much more.....

ARHAT YOGA (Basic)

A truly rejuvenating and transformative workshop

Eligibility: YPV Level 3 & YPV Soul Class

On Fri 24th, Sat 25th, Sun 26th Feb 2017

- Learn and experience the Essence and powers of the 7 yogas.
- Learn how to safely awaken your kundalini.
- Learn to increase your energy, prosperity and make yourself more magnetic and attractive.
- Gain spiritual insights.
- Enroll TODAY for this three half day 'Spiritual Spa'. Contact: Ritu Jain at 9820901633 for queries

5 Reasons to Eat More Mushrooms

Super foods and their several health benefits are dominating the health markets today, but our edible mushrooms have been left in the wild. People are quite indecisive about this naturally growing fungus—they either love them or hate them. Mushrooms impart a fifth taste sense called umami, which is savory. It is a fact that mushroom is no short of a super food with its miraculous, beneficial powers.

It is a common phenomenon that if a food lacks color, it also, in turn, lacks necessary nutrients. However, mushrooms, which are commonly white, prove quite the contrary.

Listed below are top 5 reasons why we should include mushrooms more regularly in our everyday cooking:

- **Boosts immunity**-Selenium present in mushrooms is a powerful anti-oxidant and has been found to improve the body's immune response to infections, thus aiding to keep any kind of infections at bay. Mushrooms are the best way for vegetarians to obtain the necessary amount of selenium.
- **Helps battle anemia**-Mushrooms are a good source of iron and most importantly over 90% of this nutritive iron value can be absorbed by the body. Iron deficiency anemia is extremely common with characteristics like chronic fatigue,

headache, reduced neural function, etc. Thus, consuming mushrooms helps prevent these symptoms.

- **For a healthy heart**-Mushrooms provide lean proteins as it contains no fat and cholesterol and is low in carbohydrates too. Thus, it will not cause any clogging of arteries which eventually leads to heart disease and heart attack.
- **Bone health**-Mushrooms also contain Vitamin D which is a relatively rare vitamin to find in foods and that too, in the bio available form. Vitamin D can facilitate the absorption and metabolism of calcium and phosphorous (which are also present in mushrooms) so the combined effects of having all of these nutrients in one powerful food source makes it a food you shouldn't be neglecting.
- **Helps control body weight**-We all know that dietary fiber plays a big role in weight management and mushrooms contain 2 important types of dietary fibers-beta glucans and chitin. These make you feel full and thereby decrease your overall calorie intake by slowing down your appetite.

- From Practo Health Feed
by Ms. Jasleen Chawla,
Dietitian/Nutritionist

FOUNDATION ACTIVITIES ROUND UP - JULY-DEC. 2016



YPV Stall for two days was taken in Shubham Exhibition, Jaipur in July 2016. Another stall was also taken at Hotel Sarovar Portico, Jaipur in Oct .



The spiritual liberation day was celebrated on 15th Aug with nurturing session conducted by our beloved teacher Dr. Rahul followed by meditation and then some interesting games and high tea.



Participants from Rajasthan Foundation enroute to Bihar retreat



Class on "The Seven Temperaments of Humans as linked to Seven Rays," being conducted by Rahul sir on 1st & 2nd Oct.



Free Healing Camp was organized on 18th Sept, at the Community centre of Shyamnagar at Jaipur.



A fun filled Diwali Milan was co-ordinated by Shuchi Kalra on the auspicious day of full moon on 14th Oct after the meditation, in the new block constructed at Foundation.



To make us more competent in scanning Rahul sir gave a small teaching and guided us to evaluate our spiritual growth on 29th Oct. ...Contd. on pg 12



Orientation on YPV by Ritu Jain at Rajkiya Mahavidyalay in Sawai Madhopur



Free Healing Camp at "Nirvana", Foundation on 27 Nov 2016



Orientation before a group of ladies, by our trainer Monika Mohata at Raipur



Free Healing Camp organised by Shalini Daga at Makrana

DISCLAIMER: "Prana Vidya Healing is not a substitute to orthodox medicine, but rather complements it.

El Morya



El Morya is the chohan of the first ray and chief of the Darjeeling Council of the Great White Brotherhood. El Morya represents the godly attributes of courage, certainty, power, forthrightness, self-reliance, dependability, faith and initiative. These are the qualities of the Father principle—the statesman, the executive, the ruler. He inspires in his subjects illumined obedience to the holy will of God.

Statesmen, leaders and organizers are on the first ray under El Morya.

Retreats: The Temple of Good Will over Darjeeling, India El Capitan, Yosemite Valley, California.

El Morya's Previous Lifetimes

The Master Morya was embodied as Abraham, the first Hebrew patriarch; Melchior, one of the three wise men.

Camelot—a Vision of a Golden Age

In the fifth century, a ruler of mythical proportion enters life's stage. No myth, this noble soul forged a glorious society where respect, justice, courage and truth prevailed—the mystical Camelot. El Morya was King Arthur.

The Price of a Principled Life-Thomas Becket and Thomas More

Twelfth century England finds the soul of El Morya incarnated as Thomas Becket, Arch bishop of Canterbury, defender of the church and at odds with King Henry II. Conflict regarding the influence of the church in the political affairs of the realm rise to a fever pitch. And Becket pays for his stand with his very life, brutally slain.

Three centuries later, El Morya returns as Thomas More, Chancellor of England, during the reign of Henry VIII. And once again the soul of El Morya finds himself at loggerheads with the king of England. The same conflict of church and state arises, and finally a sentence of death by decapitation bring to a dramatic end in 1535 yet another embodiment of this unflinching soul.

Akbar, Mogul Emperor-An Attempt to Foster Spiritual Brotherhood

A mere seven years later, El Morya returns this time to embody in the East. He is Akbar, the greatest of the Mogul emperors.

Service from the Heavenly Realms

In the nineteenth century, El Morya, while residing in the spirit plane, collaborated with two other unascended masters-DjwalKul and Kuthumi—to work through Madame Helena Blavatsky and others in order to teach occult mysteries to a larger body of mankind. The founding of The Theosophical Society by Blavatsky in 1875 would be a major vehicle for this purpose.

The striving of this "Man for All Seasons" won him his ascension in 1898.

Jokes

Wife : Shall I prepare Sambar or Rasam today .

Husband : First make it, we will name it later.

☺ ☺ ☺

A frustrated husband in front of his laptop: dear google, please do not behave like my wife...

Please allow me to complete my sentence before you start guessing & suggesting.

☺ ☺ ☺

A married man's prayer:

Dear God, u gave me childhood, u took it away, U gave me youth, u took it away. U gave me a wife..... Its been years now, just reminding u.....

☺ ☺ ☺

Husband: I found Aladin's lamp today.

Wife: wow, what did u ask for darling??

Husband: I asked him to increase your brain ten times..

Wife: oh..jaan..luv u so much.. Did he do that??

Husband: He laughed and said multiplication doesn't apply on zero.