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EDITORIAL

BHAKTI YOGA THROUGH SOULFUL BHAJANS



Bhakti yoga is the path of love and devotion and not an easy path to tread on in its singular aspect. . Bhajan, pooja, chanting are the some of the forms of Bhakti yoga. Hanuman is known to be the foremost Bhakti yogi with nil pride and so very humble. Anandmoi Ma is well illustrated embodiment of bhakti yoga as referred to by Paramhansa Yogananda.

Now as per swami Sivananda Bhaktas or devotees of God are of 4 types :

- 1) Arta : distressed devotee Dr. Rahul 10 yrs. back who longs for grace of God for relief from pain and sorrow eg.: Draupadi.
- 2) Jignasu : seeker after knowledge looking for grace of God to have wisdom, eg.: Uddhava got wisdom from Krishna.
- 3) Artharthi : seeker of wealth , material things so desires God for more. Eg.: Sugriva and Vibhisana.

4) Jnani : the wise, freed from desires and considers his own self as all inclusive of god. Self illumination achieved. Eg.: Suka Maharshi.

Bhajans are simple songs in soulful language, expressing the many emotions of love for God but one pointed love with reverence was & is the key for us - this is self-surrender to HIM through singing.

In 2004 after diagnosis of my devastating bodily ailment we latched on to hearing bhakti songs of God for prolonged hours on a daily basis trying to find that missing link of the inner peace which being in turmoil at that time. It seemed, the whole world had crashed onto us, with bhakti songs providing temporary solace only due to the external perceptions being prominent and limited to our selfish pleadings to the divine "Why pick on me oh "lord" in backdrop of living in fear of death between 2004-05. With passage of time as we moved up on the path the internal perceptions were taking charge and by end of 2005 even with diagnosis of Hodgkins Disease (malignant condition of lymphatic system) fear of death stood totally disintegrated. At times we were totally submerged in the ambrosia of the Krishna bhakti songs and subsequently Lord Rama songs, experiencing the expansion of consciousness for the first

time in 2005. In 2004-05 we had just 2 bhakti songs audio cassette/Cd and must have played them each for 6-8 hours per day for months together at a stretch. The soul connection with the songs was so profound (in variable degree) that this atma never felt bored listening to them again & again for the songs would be a stepping stone to connect to the divine & find such inner joy as a child in her mother's lap.

As and when we travelled to Delhi or Mumbai once in a while for our treatment consultation, we would visit a music shop and would just spread out all suggested CD's and were able to pick out the right ones, intuitively the ones we would love to listen, having a soul connection. The collection swelled to over 500 songs , with all being paid for ,no piracy of copying from someone.

The technology was moving fast while in May 2005 we were using our cassette cum CD player and subsequently from 2010 onwards all songs stood



...Contd. pg. 4

Lord Maitreya : The Future Buddha



The **Maitreya** or **Lord Maitreya** is described as an advanced spiritual entity and high-ranking member of a hidden Spiritual Hierarchy, the so-called Masters of the Ancient Wisdom. One of the Hierarchy's functions is to oversee the evolution of humankind; in accord with this function the Maitreya is said to hold the so-called Office of the World Teacher.

Lord Maitreya is a sage of great brilliance descending from the order of Lord Vishnu - The second Logos, the preserving Light, the Logos of Love-Wisdom, the Cosmic Second Ray.

Lord Maitreya was the Prince of Benares, the holiest city of ancient India. He abdicated the throne in favour of his brother, with his father's permission, and joined the Divine Plan 5000 years ago along with Veda Vyasa under the guidance of Parasara, the then World Teacher.

Maitreya, Veda Vyasa (the author of Mahabharata, Bhagavata and classifier of Veda) and Sandipani (The childhood teacher of Lord Krishna) are the chief disciples of the then World Teacher, Parasara, who perceived and worked for the Divine Plan until the birth of Lord Krishna.

Lord Krishna, installed Maitreya as the World Teacher at the time of former's departure from the physical.

Since then, Lord Maitreya, the World Teacher, assumed the august responsibility of imparting the "Word" through Astanga Yoga, through service and through sacrifice. The variety of Yogas, such as Raja Yoga, Kriya Yoga, Agni Yoga, Hatha Yoga, Karma Yoga, Jnana Yoga, Bhakti Yoga, Dhyana Yoga, Sanyas Yoga, are all offshoots of the Astanga Yoga introduced and initiated by Lord Maitreya.

Among those who co-operate with Lord Maitreya in fulfilling the Divine Plan are the great Initiates Maru (Morya) and Devapi (KootHoomi), of solar and lunar dynasties respectively.

Master Djwhalkhul (D.K.), popularly known as the Tibetan Master, has been the chief disciple from the network of disciples of Lord Maitreya,

Today there are about 3000 groups all over the world that function with the inspiration flowing from the World Teacher.

The Theosophical concept of Maitreya has many similarities to the earlier Maitreya doctrine in Buddhism.

According to the Theosophical exposition, in the current stage of Planetary Evolution the position of Maitreya in Earth's Hierarchy is that of the so-called Bodhisattva, originally a Buddhist concept. At this evolutionary level he is below only two other beings in the current Hierarchy: at its apex, the Sanat Kumara (also referred to as The Lord of the World), followed by the Buddha He is additionally described as having among other duties overall responsibility for humanity's development, including its education, civilization, and religion.

Maitreya's Incarnations

In Theosophical texts, the Maitreya is said to have had numerous manifestations or incarnations: in the theorized ancient continent of Atlantis; as a Hierophant in Ancient Egypt; as the Hindu deity Krishna; as a high priest in Ancient India; and as Christ during the three years of the Ministry of Jesus.

He is prayed as "Babaji" of the Himalayas

by some others. He is looked at the Maitree Buddha by some Buddhists. He is generally recognised by many in recent years as the head of the Himalayan Hierarchy, which constitutes the "Inner Government" of the World.

Maitreya's Reappearance

The name of the World Teacher is indicative of his divine qualities. Maitri means 'friendship, friendliness, benevolence and goodwill.

The strength of the World Teacher is in his benevolence and his kind-heartedness.

His presence is experienced by some as the return of the Lord as Kalki, by some others as the return of Christ and yet by others as the synthesis in their thoughts and deeds.

Alice Bailey referred to Maitreya as the Cosmic Christ, claiming his Second Coming would occur sometime after the year 2025.



Maitreya Doctrine in Buddhism

This future Buddha is still in the Tusita heaven, in the state of a Bodhisattva. Gautama Buddha himself will enthrone him as his successor.

He is usually shown as a Bodhisattva,

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...Contd. from pg. 2

standing and adorned with jewels, rather than seated. He is recognized by wearing a small stupa in his headdress. His attributes may vary, and he may hold a vase or a wheel (chakra) placed on lotus flowers. A scarf is always tied around his waist. Sometimes an antelope skin covers his left shoulder. He often forms a triad with Sakyamuni and Avalokitesvara.

Acolytes of Maitreya: Asanga and Vasubandhu

Besides the triads, Maitreya is often represented with two acolytes: Asanga (Japanese Muchaku), founder of the Hosso sect, and Asanga's brother Vasubandhu (Japanese Seshin). Tradition relates that Maitreya descended from the Tusita heaven at the request of Asanga and his brother to teach them the content of the five sutras. Asanga lived in India, in Pataliputra with his brother in the fourth century. They are represented in the form of monks, and are given the title of Bodhisattva.

He Comes as . . . The Maitreya (Buddhist Prophecies)

It must be realized that all the religions of the world, in their own manner, are predicting the same event. This is to say that the titles Mandi, Christ, Krishna Shah-Bahram, Kalki, Maitreya, Muhammad, and the like, are interchangeable just as the prophecies that herald each of their appearances are likewise. .

Hinduism is expecting the appearance of the Kalki Avatar, shortly after the beginning of the Krita age and the end of the Kali age. The exact date of when the Kali age ends and the Krita age begins is unknown. However, it has been estimated that the Kali age ended at noon on the first of August 1943 A.D. Assuming then that this date is correct, the Buddhist equivalent year (which pertains to the Dispensation of the perfect Buddha lasting 5,000 years) would be approximately the year 2,486 in the Buddhist era.

Buddha had previously promised that the Dharma would last for 5,000 years, after which the Dharma would disappear and the true message of Buddha would be lost.

However, Buddha contests that because

He has allowed women to participate in the fullness of Buddhist life, He would halve the time until the Dharma's expiration from five periods of one-thousand years (5,000 years), to five periods of five-hundred years (2,500 years).

According to Buddha, and explanation above, the Dharma would disappear 2,500 years after His Dispensation began (1957 A.D.), and shortly after the five disappearances, the Maitreya would come.

This interpretation of Scripture is supported by a number of ancient Chinese's Buddhist commentaries. Thus we may conclude that Maitreya should arise sometime around 1957 A.D. However, are there any other clues for the date of the Maitreya? Yes, and we will review one more before we reach our conclusion:

"I have another prophecy, also, Tibetan: It is predicted that the manifestation of Maitreya shall come after the wars..." (**Maitreya Lord of the World**, by Dr. M. Doreal).

Here is the conclusion that we have reached: (1) The **Maitreya** would have to arise sometime after the Kali age and at the beginning of the Krita age, which would be sometime after August 1st, 1943. (2) Around 2,500 years after the beginning of the Dispensation of the Buddha, the **Maitreya** would arise. This would be around 1957 A.D. (3) The **Maitreya** would come after the great wars, in an age that was beginning to prosper and rebuild. With these three points we can reach our final conclusion that is: **Maitreya** will arise between the year 1943 A.D. and 1957 A.D.

[**Note:** The date of 1957 is based on dating 2,500 years from 544 B.C., one of the possible dates given for Buddha's death (beginning of Buddha's Dispensation, the "Buddhist era"). Another possible date to begin this count is 483 B.C. In this case, adding 2,500 years leads us to the date 2017. The overall meaning is the same - we should expect Maitreya to come at this time in history - but the date of 2017 is especially interesting as it is the date Maitreya chose as the end of the 12,000 years of history of present man and beginning of the Golden Age!

Zodiac Signs That Adapt Well

The mutable quality attached to the zodiac signs of Gemini, Virgo, Sagittarius and Pisces makes them one of the most flexible and easy to work with people in the zodiac. They are not rigid like some of the other signs and do what's best in a given situation. When others would be sulking, having failed to come up with a solution to a problem, people with mutable quality in their chart would be gathering information, trying to process in their minds the best possible solution to a problem. They are excellent orators and use their communication skills to their advantage many a times.

They also happen to be quite restless, since they are forever trying to keep up with the flow of life. Often, they find themselves getting lost in details and losing sight of the more important things. Sometimes, because of the mutable aspect of their personality, these signs might experience a sort of identity crisis, which is often seen in Geminis, but over time their true personality emerges.

-Excerpted from : Astroyogi

Tue 26 Aug, 2014

TESTIMONIAL

Severe pain in the neck disappeared with Healing

Recently, I accidentally stepped in to a new world of healing when I hurt my neck in an adventure ride at a Theme Park.

In the excitement of the ride, I forgot that I have primitive symptoms of spondylitis. During the ride and post the ride I regretted to have sat on it, till Ritu came to my rescue. She gave me healing on neck and in 15-20 minutes I felt the pain reducing. By evening I conveniently forgot that I had a severe pain in the neck till Ritu asked me how am I doing. I am thankful to the Master and to Ritu for giving me the healing.

- Shewta Gambhir

downloaded in our I-Pod.

The day starts with switching on our I-Pod & it ends with our esoteric book reading, with the I-Pod playing in the background not forgetting to switch it on as & when we are in the room during the day. This helps with one pointed focus on the divine for the duration that one listen's to such songs (our perception based on self-experience)

Have you noticed the big crowds in the pravachan of the Katha vachak. The only positive aspect for those who attend it, is that for the duration that one sits in to listen his mind is not diverted to ill thoughts or wrong doings. *"Performing certain rituals to worship God is an easy way to keep the mind busy, but it is an inferior type of worship yielding no results and no progress in spirituality. In the higher way of bhakti, one totally surrenders everything to the Lord. The offering is not just a flower or a fruit, but all of oneself. There are no rituals involved. The offering is the devotee himself. He completely surrenders himself to the divine"* –Swami Rama

One-Pointed Love and reverence is called self-surrender. One can also let these emotions out through prayer and it can even strengthen one's meditation if properly used. This is what Dr. Rahul had been practicing in the initial years of the diagnosis of his bodily ailments of immune deficiency and complications there of including Hodgkin's disease. In submission to the divine in the back drop of these soulful chants tears would roll down often , not knowing whether they reflected pleading for help & divine guidance or self-surrender to the divine ,or gratitude for the healing energies of the Guru. Dr. Rahul always stresses in his nurturing sessions that the intensity of the prayer is more important than the duration of the prayer. The answers to the pleadings with the blessings of Guru unfolded in 2005-06 , with the mental seed in the pineal gland revealing the negative doings of Dr. Rahul's past life, leading to the different devastating sufferings in this birth, putting all

queries & concerns of the co-workers to rest. What you sow, you reap.

Prayer is an important part of bhakti yoga, with meditation being important in Raja yoga, contemplation in jnana yoga and selfless service in karma yoga. In bhakti yoga lot of people work through an idol while Dr. Rahul uses the soulful bhajans for his consciousness to root onto the attribute less aspect of the Divine.

One has not to stop enjoying the world, but one can let whatever he does for pleasure become an act of worship, an offering to the beloved Lord. True love dawns when one learns to love without an object. Love without an object is real bhakti; it is love for God, the ultimate reality.

In the path of bhakti, non-attachment is natural and easy .When ones focus in totality is on God, attachment to all other things in the world gradually fall off. One on this path remains fearless always.

"Rituals of worship are made to focus the mind and channel the emotions, but the highest worship is beyond rituals and worship of images. It is inner worship-the direct silent communication with the Divinity within. This union can go on all the time, not just during meditation," -Swami Rama.

Dr. Rahul uses the bhakti songs to help focus on the divine and dive within to feel the bliss of oneness with the Divine and even his Guru who continues to bless and show patience in his guidance that, Dr. Rahul gets from time to time.

Dr. Rahul – Chela R

 **Jokes** 

Punjab me 1Train ke niche 100 Sardar aa gaye!
 99 Mar gaye... 1 Bach gaya
 Reporter ne Usse Puchha : "Ye Sab Kaise huuaa.?"
 Sardar bola- "Galat Announcement ki wajah se, announcement huva tha ke Shatabdi Express Platform par aa rahi hai!"

ASTRAL PHENOMENA

In the training to be given during the next few decades, the unfoldment of astral vision and hearing, will be entirely ruled out, or (if it exists) will eventually have to be overcome. The true disciple has endeavoured to centre himself on the mental plane, with the object in view of transferring his consciousness higher still, into the wider and inclusive awareness of the soul. His aim is to include the higher, and there is no need for him, at this stage, to regain that astral facility which was the possession, as you well know, of the little evolved races of the earth, and of many of the higher animals. Later on, when adeptship has been reached, he can function on the astral plane should he so choose, but it should be remembered that the Master works with the soul aspect of humanity (and of all forms), and does not work with their astral bodies. This has been often forgotten by teachers both in the East and the West.

May I say therefore, to students that their main objective is to become aware of the soul, to cultivate soul' consciousness, and to learn to live and work as souls.

Excerpted from :
Books by Holy Master DK

To Sab Ghabra k Platform se Utarkar Patri par Aagaye!
 Par Train Platform par nahi, Patari par Aayi...
 Reporter : Aur Aap Samajhdar Nikle Jo Patri par nahi utre !
 Sardar : Ji nahi, Mai to Suicide kame Aaya tha, Announcement Sunkar mai Patri se Hatkar Platform Pe Let gaya tha".

Kid in English class :- "Me sleep with Dad last night."
 Teacher (correcting) :- No beta, "I slept with Dad last night.."
 Kid:-Toh aap mere sone k baad aayi hogi....

How to Benefit the Dying and the Dead

During the illness the main thing is to take care of the dying person's mind. Many others can take care of the body, but we can take care of the mind.

The most worthwhile thing to do is to inspire the person to think of others with loving kindness and compassion, to wish others to be happy and free from suffering. If a person dies with the thought of benefiting others, their mind is naturally happy and this makes their death meaningful.

It would be best if you could give the dying person some idea of the death process according to tantra; the evolution of the dissolution of the elements, the senses, the consciousness, all the way to the subtle consciousness.

For the person who has lost their capacity to understand because of coma, dementia, etc., there is not much possibility for them to understand. To transform their mind to the positive so that at least the person can die without anger, desire, etc.

When the person is dying

If you have studied the death process, you will be able to recognize the stages of a person's consciousness is going through, what elements are absorbing, and so forth, when the person is actually dying.

It is better if the family don't cry, as this creates clinging in the mind of the dying person. There are sounds to help the consciousness at the time of death, sounds that benefit, mantras, etc. Other than this, keep quiet and don't make any sounds. It is okay to medicate pain in order to help the person to be able to think. Sedation before death prevents working out bad karma. Often families want the patient medicated, but it is more for their own comfort than the patient's.

You can place a stupa on the person's chest or let them hold it. It purifies negative karma each time the stupa touches them. The person can visualize light rays coming from the stupa.

When the breath has stopped

The very first thing you could do after the breath has stopped is Medicine Buddha practice as a group or individually (for animals as well), chant the names and the mantra: Medicine Buddha made a promise that whoever chants his name and mantra, that all their prayers and

wishes will succeed. The power of the prayer has been achieved by Medicine Buddha, so it's very powerful for their prayers to succeed. Of the ten powers, one is prayer, so pray as if you are the Medicine Buddha's agent, on behalf of the being who has died.

Then you can do Amitabha po-wa (transference of consciousness to a pure land), then other practices.

You can recite the Namgyelma (Ushnisha Vijaya) mantra twenty-one times, then blow on water, sesame seeds or perfume or talcum powder, blessing it with the mantra, and then sprinkle that over the dead body. The Namgyelma mantra is very powerful for purifying; it is best to recite the long mantra if possible, but the short mantra can also be recited.

Preparing for death during life

His Holiness the Dalai Lama says that it is difficult at the time of death to really meditate as you did in life. If during your life you couldn't meditate well, then you can't at death, you can't hold the concentration.

The essence is to have accumulated merit and done purification in every day life in your relationship with sentient beings; to have served others with a sincere heart, loving kindness and compassion, to have done the hard work to benefit them. It is this negative karma that makes the mind experience fear of death.

It is very important to integrate into your life the Five Powers and to learn the Five Powers to be practiced at death. These are very special practices to achieve enlightenment quickly. They involve po-wa, transference of consciousness at the time of death into a pure land. In the pure land one receives teachings on the Vajrayana, which enables one to achieve enlightenment in one lifetime. How effective the po-wa is depends on how well one practices the Five Powers at death. And this depends on how well one does the general practices in the life.

Creating a conducive environment for the dying

Make the place as beautiful as possible: a calm, peaceful, serene, holy environment is so important. There should be beautiful views, beautiful art, flowers, Tara images. Flowers give a very special spiritual feeling. In general, Mahayana has much

to offer to the dying, or to anyone with problems. And Highest Yoga Tantra is the only system that offers a real explanation of death. The precise instructions only exist in the Highest Tantra, not in other traditions. Only general instructions are given in other traditions, not explanations in terms of the subtle consciousness, winds, chakras, etc.

Activity Calendar 2015

March 2015

4th - Full moon meditation

7th & 8th- YPV Level IV (Psychic Self Protection)

19th - Nurturing Session & meditation

28th -Nurturing session : Service from Soul perspective(4 hrs.)

29th - Free healing camp (10am – 2pm)

April 2015

3rd, 4th&5th - YPV L1 class

4th- Full moon meditation

Sat.11th& Sun. 12th-HD L1 Medical class1

25th& 26th - HD L1 Medical class 2

May 2015

Sun.3rd - WESAK celebration

9th&10th- HD L1 Medical class 3 (5 hrs)

15th,16th&17th - YPV L1 class

23rd & 24th - Meditation on Atma Class

June 2015

Tues.2nd – Full moon meditation

Sat.6th– Nurturing session by Dr.Rahul: "Roots of love as linked to the fruits of karma "(4hrs.)

19th, 20th&21st- YPV L1 class

27th&28th – Prana Vidya Arhat Yoga class

July 2015

1st – Full moon meditation

Sat.4th& Sun.5th(5hrs.each day)–Class by Dr. Rahul: "Evolution of the Higher Soul

Sun.12th- Free healing camp

17th, 18th&19th- YPV L2 class

25th&26th- YPV L3 class

31st - Full moon meditation

August 2015

14th – 17th –Pune Retreat

29th – Full moon meditation

Note : Above dates are tentative and subject to change. SMS will be sent before the programme or check out with Foundation.

Top 8 health benefits of coconut



Aptly titled 'kalpavriksha', the coconut tree provides a nutritious source of food and drink such as fruit (the inner fleshy part also known as coconut meat), milk and oil which are extensively used in Indian cuisine. Coconut is a powerhouse of essential nutrients like vitamins, dietary fibre and minerals providing wide range of health benefits. Although this functional food has been widely used in traditional medicine, its amazing benefits have been recently unlocked. Here are eight reasons coconuts are great for your health –

It is good for your heart

Being low in sodium and high in potassium, coconut is an excellent food for people suffering from high blood pressure. As coconuts contain no trans fats and are gluten-free, they are loaded with high amounts of dietary fibre, and are good for your heart. Coconuts not only improve the Cholesterol ratio in your body, but also protects your arteries from damage.

It helps in weight management

Coconuts are rich in fibre and low in calories which means that they make you full faster, and in turn beat hunger pangs. It also increases your metabolic rate thereby promoting weight loss.

It aids in better blood sugar control

The presence of fibre in coconut slows down the release of glucose into the bloodstream which in turn lowers the blood sugar levels and controls other complications caused due to diabetes.

It protects against infection

Coconuts are loaded with a myriad of healthy nutrients which boosts immunity and keeps diseases at bay. It also has antibacterial, antiviral and antifungal

properties that help protect you from a wide range of infections and support your overall immune functions.

It improves digestion

Most of us are unaware of the fact that coconut is an excellent source of good fats (MCTs – medium chain triglycerides) which are beneficial for people with digestion problems. It also improves bowel movement and digestion in addition to helping in nutrient absorption.

It prevents skin infection

The application of coconut oil or milk topically helps in shielding the skin from various infections in addition to combating symptoms of skin infections like dermatitis, eczema and psoriasis. It acts as a natural aid to prevent sagging skin, age spots along with softening your skin.

It promotes hair growth

Coconuts and their by-products are undoubtedly the best natural aids when it comes to promoting hair growth and preventing hair loss. As coconut milk is loaded with a wide range of healthy nutrients, using it on a regular basis reduces hair loss and hair breakage. Also, applying or massaging coconut oil to your scalp makes your hair strong.

It gives your energy levels a boost

In case you are feeling tired or stressed out, have a few pieces of coconut to boost your energy levels naturally. It is one of the best nutritional sources of instant energy that improve physical endurance as well as athletic performance. Coconut also helps in relieving symptoms of chronic fatigue syndrome in addition to providing extra energy.

-Excerpted from : By Bhavyajyoti Chilukoti , TheHealthSite.com

Experience of Retreat at Thally Ashram

You can experience a spiritual awakening over a period of time during your stay at the ashram . It sounds outrageous, but the vast majority of those who've attended these retreats have directly tasted the wonderful oneness and all-embracing love that naturally arises in the 'deep awake' state.

The experience can't be captured by words, but people who have attended these retreats have described it as ... self-knowledge ... enlightenment ... pure bliss ... deep peace ... connection with all ... Buddha-nature ... the thing I've been searching for all my life.

I thank our mentors Mr.N.J.Reddy and Dr. Rahul Agarwal who always keep showing the right path to awake us. Thally in Tamil Nadu ,a two hours drive from Bangalore is a beautiful place with the scenic beauty of the ashram spread over 12 acres of land keeps you spellbound ; you just want to be with yourself experiencing inner peace and calmness all throughout your stay. The day started with morning exercises and sadhna all under the open sky . Exercise were fun as we heard counting of 1, 2, 3... in myriad languages as participants were from different States of India. Be it any language, but all participants were so helpful and friendly ,that in no time we all bonded into one family. And everyone was with only one goal, 'self awakening' and to experience the bliss of oneness.

Shambala' a marked out place exclusively for meditation of one year participants at the ashram, was thrown open to all of us during our visit in Dec 2014. The divine energies anchored in the area were quite palpable and the place seemed to be a paradise of angels. While meditating there many people had unusual experiences , which were life changing too. One week is very less time but even if I get a chance for going only for 3 days I won't miss it.

- Pooja Sharma

Powers of Eye Gaze

VARIOUS kinds of 'eyes' or gazes are featured in Theosophical teachings, from healing eyes of soul, the spiritual or "third eye," to the "evil eye" of sorcerers. The power of the evil eye is described in detail by H. P. Blavatsky in her articles on occultism. The evil eye has "a great plastic power of thought," she says, that impregnates a current of energy "with every kind of misfortune and accident. "The Shiva eye, in the Mahabharata, is depicted as "the standard of invincibility, might, and terror", as well as a figure of honor, delight, and brilliance.

Shiva is an auspicious God. As the third person of the Hindu Trinity (the Trimûrti), Blavatsky explains, "He is a God of the first order—and in his character of Destroyer higher than Vishnu, the Preserver, as he destroys only to regenerate on a higher plane."

The sage Kapila is allegorized in the Vishnu Purana, in the Ramayana and other works, Blavatsky writes, "whose glance made a mountain of ashes of King Sagara's 60,000 sons, and which is explained in the esoteric works, and referred to as the Kapilaksha — 'Kapila's Eye.'"

Ashtar-vidya (Sanskrit) [possibly from astra weapon, missile + vidya knowledge] is used by Blavatsky for "the highest magical knowledge." (SD 2:427).

Right Hand vs Left Hand Adepts

In H. P. Blavatsky's Theosophical Glossary we find: AshtarVidyâ (Sk.) The most ancient of the Hindu works on Magic.

Astra-vidya, is the science of warfare, but also refers to the struggle between the adepts of the right-hand with those of the left.

"It would take the significance not so much of the science of missiles or weapons, but that of high and powerful magic forces."

Wikipedia: In the Shaiva tradition of Hinduism, Shiva is seen as the Supreme God. In the Smarta tradition, He is regarded as one of the five primary forms

of God.

Research Examines the Power of a Human Stare

Noted psychiatrist and author Colin A. Ross, M.D., has published experimental data that supports his scientific hypothesis that the eyes emit energy that can be captured and measured. Dr. Ross paper, The Electrophysiological Basis of Evil of Eye Belief, is published in the current issue of Anthropology of Consciousness, a journal of the American Anthropological Association.

The Eye of Spirit

This power of the eye is related by Blavatsky, in the Voice of the Silence, to the "kundalini," the powerful spiral-like force aroused by yogic practices: "Kundalini is called the 'Serpentine' or the annular power on account on its spiral-like working or progress in the body of the ascetic developing the power in himself," Blavatsky writes.

"It is an electric fiery occult or Fohatic power, the great pristine force, which underlies all organic and inorganic matter."

The "Power" and the "World-mother" are names given to Kundalini — one of the mystic "Yogi powers." It is an electro-spiritual force, a creative power which when aroused into action can as easily kill as it can create.

In order to control and use our powers wisely and beneficently, to help and not hurt others, our materialism must be cleared away. There is "no place for both" — i.e. pure spirit and our lower desires must part company. As Blavatsky poetically describes the process:

The Eye of Soul

(Excerpted from The Voice of the silence)

"Help Nature and work on with her — and Nature will regard thee as one of her creators and make obeisance.

"And she will open wide before thee the portals of her secret chambers, lay bare

before thy gaze the treasures hidden in the very depths of her pure virgin bosom.

"There is but one road to the Path — at its very end alone the 'Voice of the Silence' can be heard.

"Thou canst not travel on the Path before thou hast become that Path itself."

The Sense of Being Stared At

Rupert Sheldrake is a British former biochemist and plant physiologist who now researches and writes on parapsychology and other controversial subjects. His books and papers stem from his theory of morphic resonance. In 2003, Sheldrake published, The Sense of Being Stared At on the psychic staring effect, including an experiment where blindfolded subjects guessed whether persons were staring at them or at another target. He reported that, in tens of thousands of trials, the scores were consistently above chance (60%) when the subject was being stared at.

The Coming Force

(The Secret Doctrine 1:564)

"It is this vibratory Force, which, when aimed at an army from an Agni Rath fixed on a flying vessel, a balloon, according to the instructions found in Ashtar Vidya, reduced to ashes 100,000 men and elephants, as easily as it would a dead rat." She likens this force to the energy exuded from "Kapila's Eye."

In our age, many people would be injured and killed by his force if the complete knowledge was revealed. But the full development was, she said, hidden from Keely.

"Is it this destructive agency, which, once in the hands of some modern Attila, e.g., a blood-thirsty anarchist, would reduce Europe in a few days to its primitive chaotic state with no man left alive to tell the tale — is this force to become the common property of all men alike?"

**-Excerpted from:
Theosophy Watch- May 28,2010**

The Akashic Records

Often spoken of as the memory of nature, also as the true Karmic Records, or the book of the Lipika. The word akashic is suitable only because it is on the mental plane that we first come definitely into contact with the records. The student is already familiar with the fact that as a person develops, his causal body. Pursuing this conception to an enormously higher level, we arrive at the idea that the Solar Logos comprehends within Himself the whole of our solar system. Hence anything that happens within our system is within the consciousness of the Logos. Thus we see that the true record is His memory.

We know of these records on the buddhic, mental and astral planes, and we will describe them in the reverse order. On the astral plane the reflection is exceedingly imperfect and often seriously distorted. The analogy of water is remarkably apt in this case. A clear reflection in still water is at best only a reflection, representing in two dimensions objects which are three-dimensional.

On the mental plane, conditions are very different. There the record is full and accurate. With the faculties of the casual body the task of reading the records is still easier. It appears, in fact, that perfection in reading (so far as that is possible on the mental plane) the ego must be fully awakened, so that he can use the atomic matter of the mental plane.

Error, however, may easily occur in transferring the impressions received to the lower planes. In the nature of things, only a small fraction of an experience on the mental plane could be expressed in physical words at all; hence, since all expression must be partial, there is obviously some possibility of choice in selecting the part expressed.

Far greater are the difficulties experienced by a clairvoyant in endeavouring to express mental phenomena in physical plane language; for, as was mentioned the mental world is five-dimensional.

But he has the power of controlling the rate at which the drama shall pass before him. He could thus have the events of a year take place before him in one hour. He could also stop the movement at any moment and hold any moment and hold any particular scene in view as long as he chooses.

If he is observing a scene in which he himself took part in a previous life, there are two possibilities open to him. He may regard it in the usual manner, just as a spectator or he may once more identify himself with that long-dead personality of his and experience over again the thought and emotions of that time.

It is usually possible to determine the date of any record which may be examined, but it may require considerable pains and ingenuity. There are many ways of doing this; (1) The observer may look into the mind of an intelligent person present in the picture, and see what date he supposes it to be; (2) he may observe the date written in a letter or document.

In comparatively recent times there is usually no great difficulty in ascertaining the date. The accurate reading of the records is possible only after careful training. As we have seen, mental sight is necessary before any reliable reading can be done.

The akashic records must not be confused with mere man-made thought forms, which exist in such abundance on both the mental and the astral planes. To read the records requires training, whilst to see thought forms needs nothing but a glimpse of the mental plane. Hence many visions of saints, seers, etc. are not of the true records but merely of thought-forms.

The records, referred to as the memory of nature, are on the plane of buddhi very much more than a memory in the ordinary sense of the word. On this plane time and space are no longer limitations. The observer no longer needs to pass a series of events in review, for past and present, as well as future, are all alike

simultaneously present to him.

The future cannot be seen as clearly as the past, for the faculty to see the future belongs to a still higher plane. Moreover, although prevision is to a great extent possible on the mental plane.

But when the ego boldly takes his future into his own hands, exact prevision becomes impossible.

**--Excerpted from :
The Mental Body by A.E Powell**

OUR IMMUNITY

One of The most precious gifts which beings are born with is our immune system. But with our unnatural lifestyles, we often end up abusing it. A natural and balanced lifestyle is what we need to keep our immunity intact.

The immune system includes the spleen, lymph nodes, bone marrow, thymus and tonsils. It is a fact that most of us take our bodies for granted and abuse it as a matter of course with inadequate sleep, incorrect eating (with loads of junk food being one of the main culprits) and either lack of exercise or an excess of it doing our bodies a great deal of harm in the long run. The omnipotent stress (Which seems to have become today) adds to the problem and leads to accumulation of toxins in the body, and then the immune system has to work overtime to rectify our mistakes.

Typical signs of low immunity include:

- Fatigue
- A pale complexion
- Weakness Low energy levels
- In ability to concentrate on work
- Low haemoglobin levels
- Loss of appetite
- Infections affecting the body easily
- Constant cold, cough and congestion
- Slow healing of wounds

EVOLUTION OF THE HIGHER SOUL class at Pune

It was a soul uplifting experience on 1st Fe.2015 for all those who attended the class at Preeti's centre in Pune . As per Dr. Rahul these teachings had been constructed with the guidance & blessings of Guruje and Holy Master DK with the key building blocks of the full day presentation coming from , "The Treatise on Cosmic Fire" by Holy Master DK thru Alice A Bailey.

The presentation very aptly covered the following topics :

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

In the end a new Meditation- "Meditation on Parmatma" was also conducted by Dr Rahul.

NOTE : On request of the Group the above class will be conducted :

1. In Bangalore on 17th March 2015 – (contact atma Janani - 09916901811 for details).
2. At Foundation – "Nirvana" at Jaipur in first week of July 2015

- Ritu

MOUNTAIN OF GOLD

Once Krishna and Arjuna were walking towards a village. Arjuna was pestering Krishna, asking him why Karna should be considered a role model for all Donors (donations) and not himself.

Krishna, wanting to teach him a lesson snapped his fingers. The mountains beside the path they were walking on turned into gold.

Krishna said "Arjuna, distribute these two mountains of gold among the villagers, but you must donate every last bit of gold".

Arjuna went into the village, and proclaimed he was going to donate gold to every villager, and asked them to gather near the mountain. The villagers sang his praises and Arjuna walked towards the mountain with a huffed up chest.

For two days and two continuous nights Arjuna shovelled gold from the mountain and donated to each villager. The mountains did not diminish in their slightest.

Most villagers came back and stood in queue within minutes. After a while, Arjuna, started feeling exhausted, but not ready to let go of his ego just yet, told Krishna he couldn't go on any longer without rest.

Krishna called Karna. "You must donate every last bit of this mountain, Karna" he told him.

Karna called two villagers. "You see those two mountains?" Karna asked, "those two mountains of gold are yours to do with as you please" he said, and walked away.

Arjuna sat dumbfounded. Why hadn't this thought occurred to him?

Krishna smiled mischievously and told him "Arjuna, subconsciously, you yourself were attracted to the gold, you regretfully gave it away to each villager, giving them what you thought was a generous amount. Thus the size of your donation to each villager depended only on your imagination.

Karna holds no such reservations. Look at him walking away after giving away a fortune, he doesn't expect people to sing his praises, he doesn't even care if people talk good or bad about him behind his back. That is the sign of a man already on the path of enlightenment".

Giving with an Expectation of a Return in the form of a Compliment or Thanks is not a Gift, then it becomes a Trade.

" Give Without Expecting Anything in Return !!

Givers Gain ?

TESTIMONIAL

Healing for Lower Back Pain on Request - Thank you

Thanks Ritu for sending healing for elevating pain in lower back area during one crucial evening while at work for me. The pain was making it extremely difficult for me to sit & concentrate at work. Infact, I remember trying to soothe myself by putting head down over the desk for few minutes, but that was not helpful.

And it quickly subsided post request for the healing to Ritu. And it never returned since that evening till now. This is no less than a miracle given that my obese body profile, and long hours of un-interrupted sitting positions, whether at work, or while driving home.

- Deepika

Join for free Meditation at Foundation (Nirvana)

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

Join for free Meditation at Sarswati Nagar, Jagatpura

- Every Tues., Thur. & Sun. at 4 pm (for details contact Shashank/ Foundation)

Bach Flower - Remedies

Dr. Eward Bach was a medical doctor and a bacteriologist in London. He gave up his lucerative practice to study the causes of ill health. He ventured into flowers, and believed that if a patient's emotional balances were corrected, the body's natural ability to throw off illness would be strengthened. And to find out how to strengthen the patient's emotional balance, he ventured into the jungle and with the spiritual guidance, he discovered 38 flower essences. These flower essences or remedies, work on the emotional and mental states of the person. The Bach flower essences aim to transform the negative attitudes associated with disease into positive attitudes. This in turn allows the body's own physical system to fight disease and to fight the associated stress. The Bach flower essences are safe, natural and have no side effects and will not interfere with any other form of treatment including modern medicine. If you take the wrong Bach flower remedy, what will happen? You will simply not notice any effect. No harm will be caused even if you swallow the whole bottle of the medicine. The Bach flower essences are not for sick people alone. Even in normal people, in times of difficulty and fatigue, the flower essences can restore balance before any physical symptoms appear. Batch flower remedies are made from the specific flowers, when they are in full bloom. The flowers are taken, and put in distilled water or pure spring water, and exposed to the sunlight. To this, brandy is added to preserve it, for the patient either two drops of the essence is added to a glass of water or juice to be sipped at intervals or two drops of the essence can be directly placed on the tongue. This way it should be taken four times a day particularly in the early morning and before bedtime. If a patient is in a comatose condition, the essence can be applied, on the lips, on the wrist and on the temples.

Let us see what the specific qualities are for using some of the Bach flower remedies.

AGRIMONY is used for mental tortue behind a cheerful face.

ASPEN is used for the fear of the unknown.

CHERRY PLUM is used for the fear of the mind giving way.

CHEST NUT BUD is for the failure to learn from mistakes.

CLEMATIS for dreaming of the future, without working in the present.

CRAB APPLE is a cleansing remedy and it is also used for self hatred.

HEATHER is 'used for self centeredness and self concern.

HOLLY is used for hatred, envy and jealousy.

HONEY SUCKLE is for living in the past.

HORN BEAM is for procrastination, tiredness at the thought of doing something.

IMPATIENS is used for the impatience.

MUSTARD is for the deep gloom for no reason.

OAK is for the plodder who keeps going past the point of exhaustion.

OLIVE is for the exhaustion following a mental or a physical effort.

PINE for the guilt.

RED CHESTNUT is for the over concern for the welfare of loved ones.

ROCK WATER is for self denial, rigidity & self regression.

SCLERANTHUS is inability to choose between alternatives.

SWEET CHESTNUT is for the extreme mental anguish. When everything has been tried and there is no light left.

WHITE CHESTNUT is for unwanted thoughts and mental arguments.

WILD OAT is for uncertainty over one's direction in life.

WILD ROSE is for drifting, resignation and apathy.

WILLOW is used for self pity & resentment.

Along with these Bach remedies, there is a combination of remedies and one of them is called Rescue remedy. Rescue remedy can be used in any emergency - either for self or for other people before medical assistance arrives. There is another combination for radition, the atomic radition. And there is a combination for plant growth. So, these flower remides cannot only be used for

humans. They can also be used for plants and animals. Because of the success of these flowers remedies, another group called Master's flower essences have been derived.

These are :

ALMOND for self-control.

APPLE for helpfless.

AVACADO for good memory.

BANANA for humility.

BLACKBERRY for purity of thought.

CHERRY for cheerfulness.

COCONUT for upliftment

CORN for mental vitality.

DATE for sweetness and tenderness..

FIG for flexibility.

GRAPES for love & devotion.

LETTUCE for calmness.

ORANGE for joy.

PEACH for selflessness.

PEAR for peacefulness.

PINE APPLE for self- assuredness.

RASBERRY for kind heartedness.

SPINACH for simplicity.

STRAWBERRY for dignity.

TOMOTO for strength & courage.

Beside these, a group of new flower essence launch has been made. They are almost 100 in numbers. They are available from the flower essence society.

On similar lines, an Indian flower essence society has been formed in Bombay. They are making flower essences or flower remedies from the India flowers from mountains especially Himalayas and forests and their findings are that mostly the healing energy or the strength of the healing energy in domesticated house plants is much less than the flowers of the forest. Anybody can get these flower remedies from a homeopathic shop and they have the concentrate from which they will prepare the remedy for regular use. And these shops can themselves guide you or a person experienced in Bach flower remedies can guide you to take the correct remedy.

Dr. A. Saradamba

From the diary of Dr.Rahul during visits to ashram in 2014



Making friends with peacock



with atma Shalini & builder Rajanna



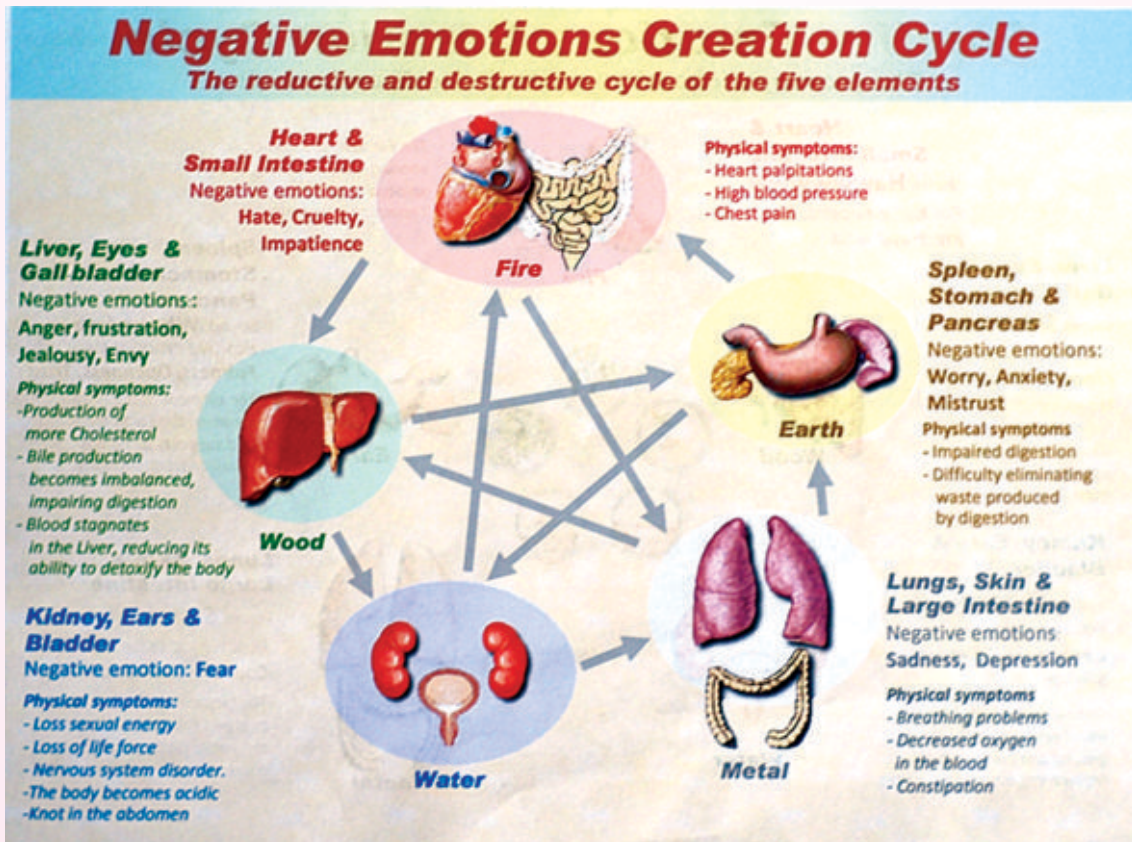
with atma Reddyje



Cooking for 1yr. gr. in kitchen



Block A nearing completion –15th Dec.2014



Free Healing Camp

A free prana vidya healing Camp was organized on Sunday 16 November 2014 at, 'Nirvana' 50, Dhuleshwar Bagh benefiting over 40 patients with a variety of ailments; depression and lack of focus being seen predominantly in

the younger age group of 18 to 25 yrs. The organizers were overwhelmed by the enthusiasm shown by the public and announced that similar camps would be conducted at least thrice a year.



Jokes



टीचर : चुम्बकीय शक्ति प्रभाव किसे कहते हैं।

पप्पू : जब कोई लड़की स्कूटी पर जाते हुये किसी बाइक सवार लड़के के पास से गुजरती है तो उस लड़के की बाइक की गति स्वतः ही बढ़ जाती है लड़की द्वारा उत्पन्न किये गये इस गति परिवर्तन को ही चुम्बकीय शक्ति प्रभाव कहते हैं। और यदि प्रकृत नहीं होती है तो इसका सीधा अर्थ है कि लड़के में आयरन की कमी है।

टीचर : प्रभु चरण कहाँ है आपके।

मंदिर के पुजारी को Loose Motions लग गये...

डॉ. से दवाई लेने के बाद पुजारी – डॉ. साब और कोई परहेज
डॉ. – अब शंख जोर से मत बजाना

CALL OF THE ASHRAM for ARHATIC YOGIS 23rd May - 19th June 2015

You have the option of staying for either 1/2/3 or 4 weeks BUT ALL THE PARTICIPANTS HAVE TO REACH BY 22nd May.



NOTE:

Co-ordinate with Monika- 9928107569 for more details.

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