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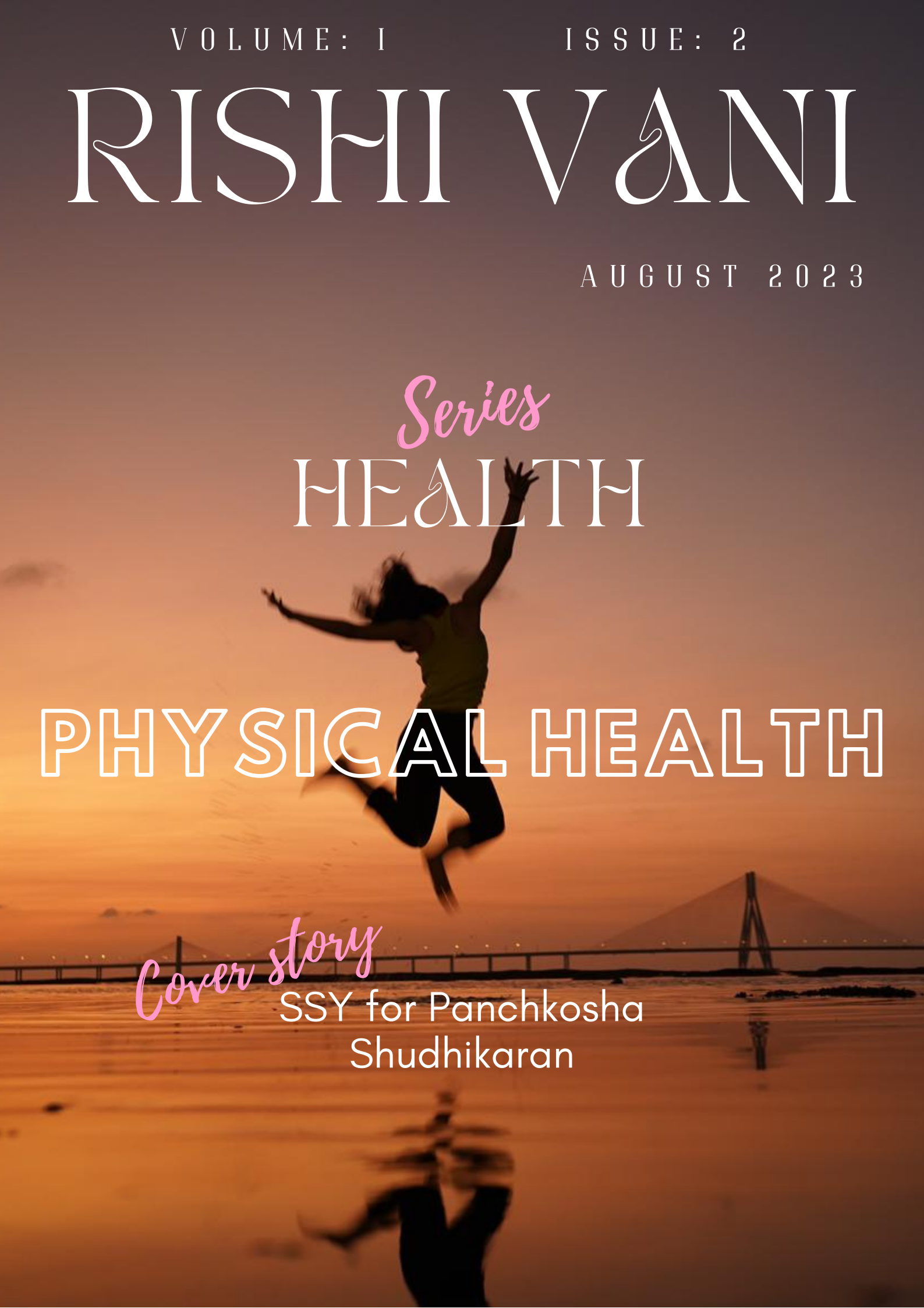

Series

HEALTH

PHYSICAL HEALTH

Cover story

SSY for Panchkosha Shudhikaran

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Credits

Editor: Madhu Bhatia
Co-editor: Kali S.
Design: Kali S.
Assistant editors: Vijay Pisal
Prasad Dasari

Authors:

- Guruji, Shree Rishi Prabhakar
- SSY Teachers and Meditators
- Manoj Lekhi
- Rushabh Turakhia
- Bhavin Shah
- Ajay Deshpande
- Madhu Bhatia
- Shilpa Kshirsagar
- Krishnaraj Ashar

Editor's note

Guruji, Shree Rishi Prabhakar formulated the Siddha Samadhi Yoga programs as per his calling, that of helping humans evolve in consciousness. His care was that raising human consciousness is the only way to build a better world, beyond corruption, beyond anger, hate, war and all things unwanted.

The first obvious result was: after practicing SSY, Siddha Samadhi Yoga, participants experienced many benefits of better management, better relationships, increased memory, enhanced energies and most of all: super health. Guruji himself was amazed at the shifts in health that happened as a result of Panch Kosha Shuddhi. This was the knowledge of our ancient Rishis.

After the warring tribes from North-West of India and the dominance of Western culture for a few centuries; the power of Indian sciences by the Rishis diminished. But today, we have rediscovered the power of Indian knowledge. Many have uncovered the power of healing right from our kitchens.

Guruji always said: 'learn to be your own doctor'. If we are aware of our body and how we operate, life will become simpler and healthier. We need not run to a doctor for every ache and pain but can often heal ourselves by simple methods. This strengthens our body and life.

In this issue we bring a clarity of all this. Also an understanding of how we grow beyond the innocence of childhood into, physically expanding adults. How we live matters, it touches and shapes our lives. Do we live by 'Expectations'? Or do we live by hiding from our true selves, how do we fall prey to poor habits? Is there a way out? How does anger build up in us? And how can we handle our anger? We bring you some thoughts on these. Read, reflect and imbibe the best within yourself. We also share about Guruji's birthday as per the English calendar, and the Indian Independence Day.~

Madhu Bhatia

Cover story

SSY for Panchkosha Shuddhikaran

From talks by -
Guruji, Shree Rishi Prabhakar

The Siddha Samadhi Yoga (SSY) Program offers systematic, scientific and powerful training to purify and cleanse all the koshas comprehensively and enable each individual to experience peace, tranquility and joyfulness.

Annamaya Kosha (Physical Body)
Impurities in the physical body manifest in the form of a dis-ease.

Shuddhikaran (Purificatory process)

- Shift to high prana, natural and uncooked food such as vegetables, nuts, fruits, sprouts, etc.
- Take a special diet of wheat grass juice.
- Give rest to your digestive system through fasting, water, juices and other kriyas.
- Give your body the deep rest of Samadhi Meditation.
- Exercise all parts of your body by playing, long walks, asanas, and massaging it.

Pranamaya Kosha (Life force body)
Prana is *aliveness.* Disease means a lack of life forces or aliveness. Before disease manifests in the body it shows in the pranamaya kosha as a lack of aliveness of body and mind.

Shuddhikaran (Purificatory process)

- Take fresh unpolluted air of villages and mountains.
- Do some deep breathing technique of Rajyog Pranayama.
- Expose yourself to aliveness i.e. by being in good company, this encourages everyone.
- Play and be with joyful people.
- Go to pilgrimages, satsanghs and surrender to your guru.

Manomaya Kosha (Mental body)
The power of the mind over the body is known, what is held in your mind happens in your body. As you think so you become.

Shuddhikaran (Purificatory process)

- Exercise the powers of imagination through endeavours that go beyond previous limits of yourself like: dancing, mountain climbing, learning skills, learning bhajans, stotras etc.
- See yourself as a healthy, joyful and alive person.
- Clear the mind to freshness through Samadhi Meditation.

Vignanmaya kosha (Intellectual body)
This is subtler than the mind body. This is the knowledge of what to hold in your mind that will strengthen its power. Discriminating between that which is truthful against what seems to be truthful. Most people have been conditioned into believing and acting based on wrong knowledge, which hurts and imprisons them as well as others. This kosha controls lower koshas, and a correct understanding of it is indispensable.

Shuddhikaran (Purificatory process)

- Shuddhi starts with 'Right discrimination': Realize the value of **Satya** (Truth), **Ahimsa** (Non-injury), **Asteya** (Non-stealing), **Bramhacharya** (Celibacy), **Saucha** (Cleanliness), **Aparigraha** (Non-hoarding) etc. and make it your sadhana.
- Realize the ultimate value in being in non-doing (**mouna**) and **Sanyasa** (dis-passion).
- Meditate and practice silence (non reactiveness and non injury)

Guruji playing cricket with Gurukulam children

- Being in and building an ashram for everyone, builds you.

Anandmaya kosha (Joyful Body)
This is the body of egolessness. All problems ultimately starts with ego. With Ego, one separates oneself from others and makes oneself important over others.

Shuddhikaran (Purificatory process)

- **Brahmagnana:** Through Brahm-opdesh - Realize your innate self as good and gain unity with everything around.
- Play in Fun Club as a child of God.
- Meditate and retreat into your own self where everything is okay
- Be with others who are in the same sadhana of love and joyfulness.
- Naturally express your joyfulness in the form of bhajans, kirtans, dancing, serving etc. ~

Let us go...
from untruth to truth
(activity to silence) -
asatoma sadgamaya

from darkness to light
(desperation to hope) -
tamasoma jyotirgamaya

from death to immortality
(lifeless to exuberance) -
mrutyorma amrutamgamaya ~

Happy Birthday Guruji!

By SSY Teachers and Meditators

Guruji, Shree Rishi Prabhakarji's birthday was on 30th August as per the Gregorian calendar and on 7th September as per Janmashtami.This has been written in his memory.

Poojya Guruji, a thousand Pranams,

You have held our hands through every step of the way.

On this great day we join hands in thanking you.

Your life is an example of inspiration, playfulness, simplicity, joyousness, dance and a hundred percent commitment to a vision of creating a great world for everyone to enjoy.

On this day, we pray that you bless us to go deep into our sadhana and be a part of your vision.

We are blessed to have a Master like you to guide us.

Pranams. ~

Health

By - Manoj Lekhi

Someone says I am healthy
Someone says I am unhealthy
Now how does one define health?
That's the big question

Health is the experience of no-body
If you have a headache
Then you know you have a head.
If you have a stomachache
Then you realize you have a stomach.

When you have no ache
You also forget that you have a body
Everything seems to work perfectly right
All functions of the body are working automatically

Maybe billions of functions are working miraculously
Your inhaling, your exhaling
Your heart beat, your blood moving
Your digestion, your purification
Your thinking, your emotions
All working just in perfect harmony
Without you even knowing about it
Without you knowing the existence of your body.

This is health!

The experience of no-body
The experience of nobodyness

When you are 'somebody'
You are in ill health
When you are in somebodyness
You are in ill-health.
Somebodyness means thinking that

I am a doctor, I am engineer
I am a father, I am husband
I am a mother, I am a wife.
I am a general manager, I am a director
I am I am ... is somebodyness

Somebodyness is disease
Nobodyness is health
Samadhi is a state of **'nobodyness'**
Samadhi is Health.

Hide-and-Seek

By - Rushabh Turakhia

Everyone, both children and adults love the game hide-and-seek. Today, I played this game with my friends after many years and guess what? The whole meaning of the game changed for me with the experience of growing up. After I was caught I watched how kids were playing. They were so innocent that after sometime, they would come out by themselves and show their face, or everyone would hide at one place. As a child we cannot hide, in fact we don't hide. Life is crystal clear and everything is open. But as we grow up we begin to hide so much, possibly due to parental or societal pressure, or many other reasons.

A person is not what he says; a person is what he hides. In fact as years pass by, life should be more about seeking than hiding. Seeking the truth and a way of life. Every person takes birth to evolve and grow within and without, and that is the answer that you need to seek. For instance, the next time you anger or annoy someone, try to step back from excuse-making or hiding and seek to acknowledge the root problem within you. They say if you seek, you can find God himself and here you just have to seek the real purpose of life.

If you strip down every person of their fake mask and see them in their naked truth, they are all the same. In life every person goes through various right or wrong decisions. Some will accept and seek the lesson from these. Others hide them and either commit them again, or get mellowed down with guilt and resentment.

Every problem brings its solution along with it and effort is needed to seek the answer rather than to hide yourself beneath the blanket of "I can't do this", "I'm not confident", or "I don't have faith in myself".

Stop hiding, and seek yourself. The more you seek, the more you will find, and the more you find the more you will love yourself and this beautiful life. ~

Anger as a habit

By - Bhavin Shah

Human emotions are not as simple as they seem. Nor do they have simple solutions.

I often recount a personal example in my sessions. I have always been a foodie. Often after a hard day's work, while walking back home from my office, I would treat myself to some or the other junk food delight, as a celebration of work well done. I'd do this once a week. When I wanted it more often I told myself, "What's the harm if I have it one more time?" I graduated to devouring these items twice a week. You may have guessed by now that it did not stop at that either. Soon I found myself having some or the other roadside delicacy every single evening.

This is how desire works. Common sense suggests a certain sequence of events, a desire is aroused: you satiate the desire and you are done. This is true, until it becomes false. It is true because it works in the short term since you transcend your desire for the time being, but false because your being is now conditioned with one more iteration of the desire.

And with every such iteration, the desire is going to exert a little extra force upon you the next time around. This is how temptations turn into addictions. Satiating the desire mindlessly provokes it yet more.

Your being is now conditioned with one more iteration of the desire and with every such iteration, the desire is going to exert a little extra force upon you the next time around. This is how temptations turn into addictions.

As is with desire, so is with emotions. Anger is troublesome and on venting gives you relief. But this relief, though it serves its short-term purpose, is transient. Your being is etched with one more episode of anger, and you are predisposed to becoming angry a little quicker the next time around. The intensity of the long term damage is higher than the gains from the short-term relief. Imagine what can happen to you after multiple eruptions of anger, for years together.

Your temperament changes for the worse. You become irritated at the drop of a hat. And in case of stronger triggers, you become almost reflexive in your outburst.

In my late twenties, I was victim to this vicious circle for many years, until I understood that just like other things in life, venting anger, that is so functional in the short term becomes dysfunctional in the long term. Instant gratification isn't worth it particularly when it came to anger. Anger is known to perpetuate itself, until it becomes really nasty. That happened with me. I almost hit the nadir* until I reversed my gears. I learnt it the hard way. But why should you? *worst moment.

A wise person, when he finds others falling into a pit, takes a detour. Do not fall into the pit, take a detour. **Expressing your anger only makes you angrier. It vibrates in your system. So, don't vent your anger, just breathe it away. ~**

Laugh it out

Sherlock Holmes and Dr. Watson are on a camping trip. In the middle of the night, Holmes nudges Watson awake, and says, "Watson, look up at the sky and tell me what do you see."

"I see million of stars, my dear Holmes".
"And what do you infer from these stars?"
"Well, a number of things," he says, lighting his pipe. "Astronomically, I observe that there are millions of galaxies and billions of stars and planets. Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the weather will be fine and clear. Theologically, I see that God is all-powerful, and man, his creation small and insignificant. What about you, Holmes?"

"Watson, you fool. Someone has stolen our tent!" ~

Healed

By - Ajay Deshpande

This article shows the power of Indian culture and Ayurveda. As we wake up to the power in our land, India will not only rise but be a major guiding reality to take the world from a fear consciousness towards Sat Yug.
~ Editor

I am very happy to share my own experience with Holistic Healing for my Aai (mother), aged 83. She was advised angiography by a cardiologist because of some health issues while she was attending a camp.

A friend and dedicated SSY teacher had told me earlier that there lived a Dattadas Maharaj in a small town called Dapoli Pargaon, 4 km from Panvel on the Panvel Uran Road who could diagnose the health status of any person with just a minute of Nadi Pariksha. He also had total precision and his readings would always match the test reports (which one needs to carry along with them while meeting him).

Abhijitji had announced a 100% guaranteed cure for any disease he encounters. He not only diagnoses the disease but also administers medication in the form of kadhas/juices made from herbs. These kadhas have to be consumed daily for a few days by visiting the temple where he stays, and thereafter at your own residence.

Maharaj diagnosed that Aai's heart arteries and heart were blocked 70% to 100%. Her heart was functioning only at 45%. Under these circumstances, she was vulnerable to a heart attack anytime. We paid 6 daily visits to the temple and after that she took the kadhas at home as advised.

On the 12th day, we took her Nadi Pariksha again in Kolhapur with Vaidya Dr. Dnyaneshwar. He confirmed that Aai's arteries opened 10% and now opened up from 60 to 90% Thus, in the last 11 days there was drastic improvement and her heart function improved from 45% to 85%!

I spoke to scores of patients suffering from cancer, heart, liver, etc. problems for which they had been advised chemotherapy, angiography, liver transplantation, angioplasty, byepass, etc. They all spoke highly about their healing, even after renowned doctors had expressed their inability to treat them. This was in 2014, today is 2023, Aai is in stable health at 93. And Dattaji was taken by an Indian to somewhere in USA. ~

Independence Day

By - Madhu Bhatia

Just a thought... We have celebrated so many Independence Days, but have we ever thought what they really mean?
Do they mean being free from each other? Do we want to shrug and fight to be free of the other? Or do they mean being in a wonderful state of inter-dependence/'in dependence'?

The truly independent person is, 'in dependence' of the other, in harmony with others. He can function wonderfully with others.

Truly seeing, only that person, who is free within, can be in harmony and in the state of interdependence. Free from being caught up in blame, greed, restlessness, irresponsibility and so forth.

The really independent person is, 'in dependence' of the other, in harmony with others. He can function wonderfully with others.

Such a person was the kulguru at the family level and a rajguru at the state level. In fact, India has had Gurus at every walk of life. Reverence of the guru brought a lot of clarity in every aspect of life of the Indian people.

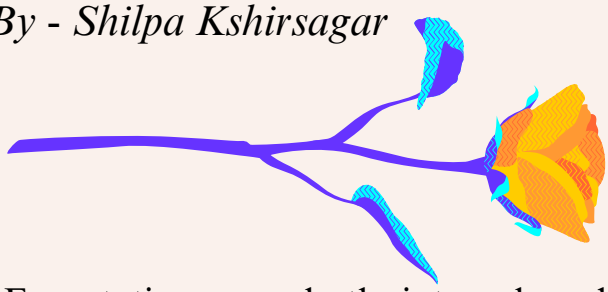
Gandhiji, showed the way to outer freedom in a non-violent way and the world followed suit. Now, specific brain neurons have been called Gandhi neurons, for when triggered in a person, he tunes into empathy.

Reverence of the guru brought about a lot of clarity in every aspect of life of the Indian people.

Today, the world has its eyes turned to India to once again show the path to a new life, new leadership and a new spiritual life. In fact, India is already the world leader. This will speed up if, we as Indians value ourselves, our culture, our land and our Gurus. ~

Expectations

By - Shilpa Kshirsagar



Expectations are both internal and external. I may want something to happen outside me or inside me. Something to happen as per my wish, as per my want, as per my desire. Expectations outside me include expecting to complete my studies before my exams, expecting to complete my targets before time, expecting to complete household work before bedtime, expecting others to talk softly with me, expecting my husband to spend quality time with me and so on. Expectations inside me are when I expect to spend time with my own self, I expect to be in awareness when I am getting angry, I expect to be silent when I am disturbed and so on.

Are expectations good or bad?
There's nothing wrong with having expectations. Expectations motivate a person to give their 100%. They lead to creation. They make one more enthusiastic to perform.
Expectations can become a problem if a person becomes obsessed with meeting them at any cost.

Expectations can also lead to problems if they have to be met by others, no matter what. We do need the support of many people to fulfil our expectations, but when a person becomes demanding of others to meet their expectations, it creates a problem. Yes, we do need to give our best, our 100% to fulfil our expectations, to get the result we want, but at the same time we need to be absolutely okay with the result we achieve even if it is not as per our wish or desire. After all, everything happens for the best, for a greater purpose.

So, what is the formula for being at ease with the expectations we set in our life? Don't get attached to the happening of a particular result based on your expectations. When we live this way, having expectations and meeting them becomes a game of life.

How is it possible to not get attached to the particular result of our expectations? The Mantra is the practice of SILENCE through various methods like meditation. The deeper we go into our silence, the more detached we are from the results of our actions.

I feel that expectations are neither good nor bad. They are simply a toy to play and enjoy the game of life. ~

Health in your hands

An extract from 'If even a single life is saved' by Krishnaraj Ashar

Mahatma Gandhi was an ardent votary of the science of Nature Cure and has often written his precious views on the subject.. He founded a 'Nature Cure Centre' at Uruli, near Pune. Here are some gems from his writings. ~

The business of a doctor is to take care of the body, or, properly speaking, to rid the body of diseases that may afflict it. How do these diseases arise?

Surely by our negligence or indulgence. I overeat, I have indigestion, I go to a doctor, he gives me medicine, I am cured. I overeat again, I take his pills again. Had I not taken the pills in the first instance, I would have suffered the that I punishment deserved by me and would not have overeaten again.

The doctor intervened and helped me to indulge myself. Had the doctor not intervened, Nature would have done its work, and I would have acquired mastery over myself. I would have been freed from vice and would become happy.

The Nature Cure man does not 'sell a cure' to the patient. He teaches him the right way of living in his home, which would not only cure him of his particular ailment but also save him from falling ill in future. The ordinary doctor or vaidya is interested mostly in the study of disease. The Nature Curist is interested more in the study of health.

Although with the passage of time the effects of natural wear and tear must be manifest in his body, his intellect instead of showing signs of decay should show progressive clarity.

If all this is correct, the real key to health lies in the conservation of vital energy.

Taste is acquired, not born with us. All the delicacies of the world cannot equal the relish that hunger gives to food. Because of our, wrong habits and artificial way of living, very few people know what their system requires.~ (Watch out for what it requires in our next issue.)

Our Pledge

We have a great task ahead of us.
The commitment we have to our own lives
and to the lives of everyone around us.

This can only be accomplished by focusing on ourselves,
not by focusing on the task.
To allow ourselves to be truly happy and useable.

People can only use useable material.
We don't ask them to use our teaching.
We shall allow ourselves to be used by truly being ourselves
and enjoying each moment as if it was the last.

We pledge to give nothing but our best.
This includes our love, our possessions,
our word, our honour and our citizenship, and ourselves.

We do not do this to elevate ourselves above others
or to belittle ourselves. We do this recognizing that
it is the opportunity to discover the best in us.

My only true personal gain is discovering the best in me;
to discover my ability to be with everyone
and everything around me.
This is my quest, my path, my goal.

I represent life.
No one is higher or lower than me.
No one is more valuable than another.
I will not make anyone my slave, nor will I submit as a slave to anyone.
In true partnership, I shall discover myself in you, in everyone.

This is my pledge. This is my pledge.

Guruji Shree Rishi Prabhakar

'Enhance Your Life',
in Management, Health, Memory,
Relationships, Understandings or
Enhance your sadhana.
To grow in every way of life, attend one of
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Contact: **Samraj** - 95944 22444
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Dubai - +97 1 50 476 5719
Japan - +81 03 5609 5977

A person who offers all of himself to everyone,
does not claim or own anything and serves everyone,
is revered by everyone and people are willing
to do anything for him / her.
Vairagya and seva are the traits of a Brahmana.

~ Guruji, Shree Rishi Prabhakar

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Ever in gratitude and bliss!
Jai Gurudev!