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June, 1981

# Self Discovery



**Why More Women  
Don't Attain  
Enlightenment**

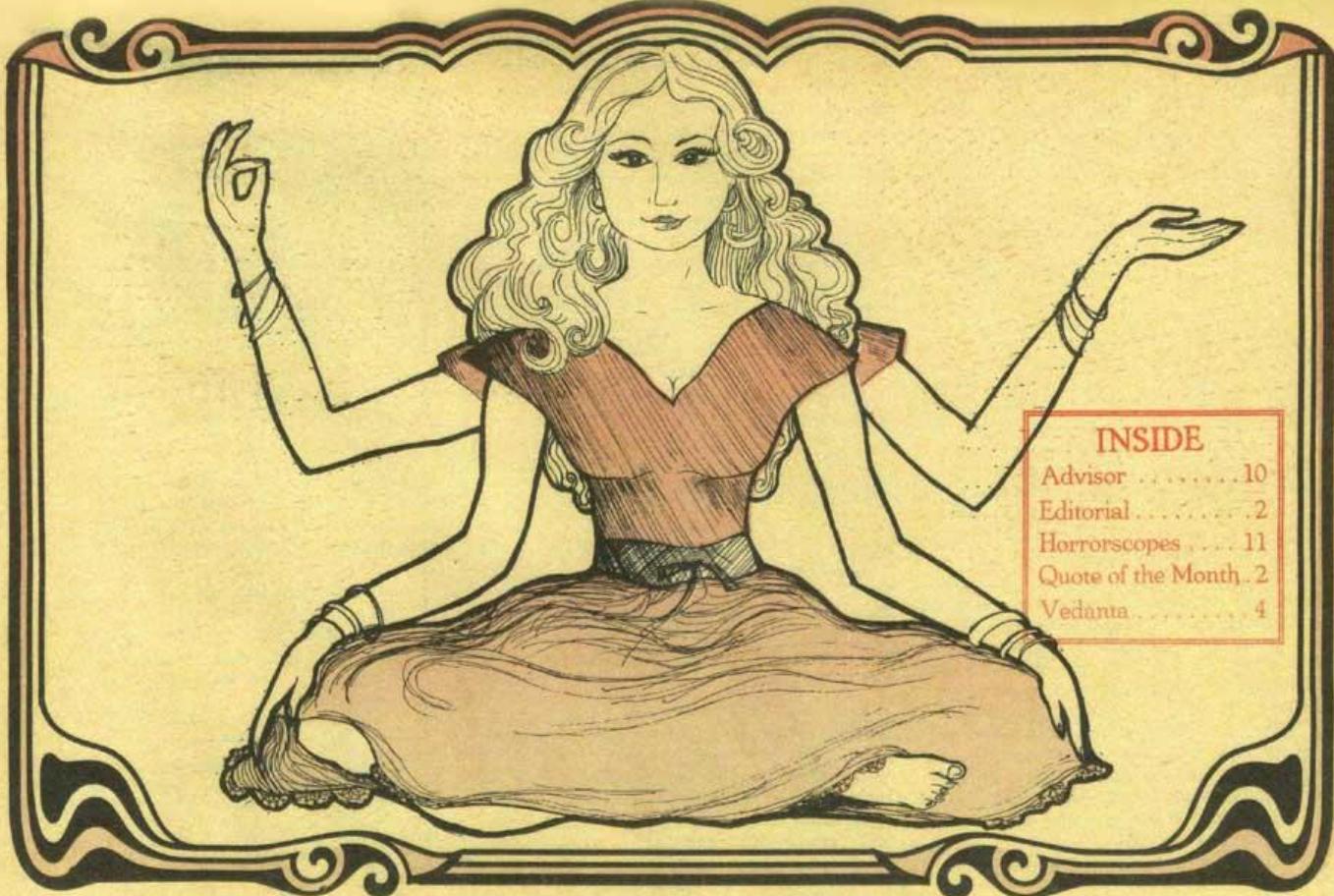
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## EDITORIAL

# Humility and Self Discovery

The pathway to Self Discovery is long and joyous. On the way you will meet many different companions. But the most important companion you will encounter is Humility. If you make friends with humility, your conscious experiences here on earth will be both meaningful and fruitful.

A seeker of higher realities should be patient, true, self giving, pure, maintain a good sense of humor, and be loving. But without the quality of humility the gates of self awareness will remain closed. No matter what you do, how much you pray and meditate, how much you give to others, you will not find what it is you seek until you become humble. What is humility? Why is it so important in the inner life? Humility is the acceptance of your self and your life as they are, without making more or less of them. If you try to hide your good qualities you are making a spiritual error. You can't really change what you are. You can pull a curtain of illusion down over your awareness, however, and if you do you will suffer.

Each human being is capable of attaining perfection. This perfection already exists within your own being. But unless you know how to become aware of this perfection and employ it in your daily life, it will be of little or no use to you.

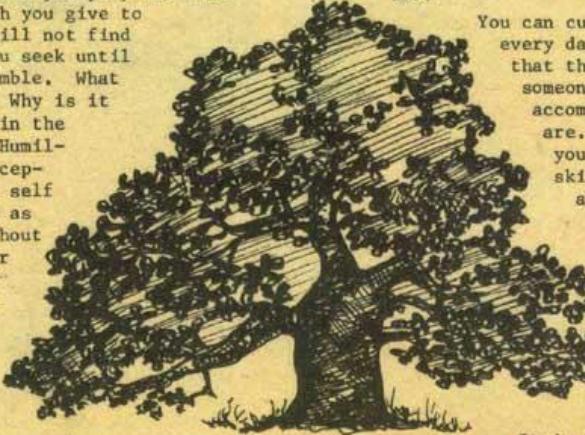
Humility shows you the truth and teaches you how to use it. When you are humble you can learn. Your willingness to learn precludes that you are already learning.

When a person is in the ego they feel that they know it all. It is very hard to teach such a person. They are like a glass that is filled with water. No more can be added. But when a person is humble they can always learn more. There is no end to their learning. The forces of existence always will help someone who has true humility. But they will pass by the person who is arrogant, egotistical, and judgmental.

Humility is your passport to immortality. What we call immortality—the awareness of God—is everywhere. It has always existed and will always exist. But in order to be aware of the infiniteness of existence you must learn to listen. A person with humility listens. Someone who is locked up in their ego is too busy talking to listen. They are always trying to impress others with their knowledge. They don't have time anymore to listen and learn from others.

Life is always trying to teach you something. But in order to learn, you

must have inner humility. Inner humility is an attitude that couples a reverence for life with a delight in the stream of existence. A person who hates this world and can't wait to escape from it lacks reverence for life. They seek to escape to some imagined heaven where everything will be perfect. They fail to see that God—the Infinite Self—is as much present in this world as in any world. Those persons who hate this world and defile it and who profess to love God are hypocrites; if they really loved God they would love his creation too.



You can cultivate humility every day by remembering that there is always someone who is more accomplished than you are. If you think you are the best skier, then you are wrong. Even if you hold the records today, tomorrow someone else will come along and break your records. This shouldn't matter to you.

It is not important what you do, but who you are. Your worth is not measured by what others think of you, or by what you have accomplished. Your real worth is measured by your ability to smile, to accept yourself, and to make yourself useful to others.

Happiness and humility always go together. You can be happy if you relieve yourself of your self-imposed responsibilities. You are not really necessary. The world got along fine before you arrived on the scene and it will somehow survive without your majestic presence. This realization should not diminish your feelings of self worth. On the contrary, it should inspire you to let the Infinite take the responsibility for everything and everyone.

All you need to do is to be happy, to follow the dictates of your own inner voice, and to give constantly to others. Real humility flows from the soul. It reminds us that we are only here for a little while and that we should enjoy our moments of splendor in the grass while we can.

Humility embraces and accepts life. It is life in its proper balance. When you embody humility others will be drawn to you as thirsty travelers are drawn to a clear and cool mountain stream.

Real humility is inner silence. If your mind is always talking and restless then your ego is operative. When—through the practice of inner meditation—you have learned to still your mind and let go of your ego, you will merge with the Self. Then you will experience completion. Your humility will become endless. ☺

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## Quote of the Month

*The Self, which is free from impurities, from old age and death, from hunger and thirst, which desires nothing but what it ought to desire, and resolves nothing but what it ought to resolve, is to be sought after, is to be inquired about, is to be realized. He who learns about the Self and realizes it obtains all the worlds and all desires.*

—The Upanishads

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# Why Don't More Women Attain Enlightenment?

Suzie had always prided herself on her appearance. When she walked down the street men turned their glances towards her in admiration. In her teens and early twenties she was energetic and happy. She enjoyed her relationships with men and was able to deal with love in a balanced way.

However, by the time Suzie was twenty-nine she began to notice a major shift in her conscious awareness. She felt tired, drained, and older. She found that relationships with men were bringing her down. In an attempt to gain more energy and awareness she entered into the world of self discovery.

Suzie attended TM and EST seminars, started to jog, and began to read about zen. Finally one day a friend of hers told her about an illumined teacher she studied meditation with. Suzie went to visit him and attended several of his meditation classes. After one of the classes Suzie walked up to the teacher and engaged him in conversation.

Suzie surprised herself by directly asking the teacher why she felt drained from her relationships with men. The teacher paused for a moment, and after looking deeply into her eyes, he told her the following:

From the psychic and spiritual point of view, men are the downfall of women. As you may be aware, very few women have ever attained total enlightenment, while many men have.

The reasons for this are many; you yourself are an illustration of this phenomenon. There are three primary factors involved: your self image, the amount of lower energy that enters your consciousness, and the amount of personal power you lose in your relationships with men.

"Now, let us look at these things one at a time. First of all let us consider your self image, and the image of women in general. Most women are conditioned from the time of infancy to think of themselves as being less powerful than men. Actually, quite the opposite is true. Women have much more personal power than men do, and theoretically it should be easier for them to attain enlightenment than it is for men.

"Men tend to be more restless and unreliable. They waste their inner power needlessly. Women are more reliable and generally more pure. This is to their advantage in the field of self discovery.

Happiness and fulfillment in life are dependent upon a person's luminosity. When you have a great deal of luminosity you radiate energy and good will to all. When your luminosity is low you get depressed easily. You become a victim for unhappy thoughts and experiences.

"When your consciousness is high you automatically repel lower vibrations and negative forces. You can compare this to resistance to disease. When a person is resistant to disease they remain healthy. The atmosphere is always filled with germs. But your resistance

protects you. However, if you have been sick, your resistance is lowered. This is why many persons who enter into the hospital with one ailment often pick up another infection or pneumonia.

"Each person is born with a sphere of luminosity. The outer reflection of this luminosity is their subtle physical body. If you can see with your third eye, you can look at a person's subtle physical body and see their aura. You can easily tell how much luminosity they still have, and what types of negative energies are affecting them.

"Men and women are born with a great deal of luminosity. However, in the process of growing up, most people lose a portion of their inner power. Eventually, when they lose enough power, they die.

"On the other hand, luminosity can be increased too. When you meditate with an enlightened person who shares their luminosity with you, luminosity is increased.

"But luminosity can easily be damaged. If you expose yourself to the wrong types of lower forces and energies your luminosity will decrease. If you hate, become jealous, or harbor negative feelings about others, your luminosity will decrease. It is also possible for your luminosity to be drained and stolen by another person.

"Women are constant victims of the negative energy of men. Men may not consciously wish to hold women back in their spiritual development, but they do. Their attitudes are repressive in the outer world, and in the inner world they often unknowingly hurl negative sexual forces into women's consciousness and also drain them of their power.

"Women have been taught from their earliest childhood to make themselves attractive to men. This teaching weakens women. Instead of simply being themselves, they try to become something that will attract or please others. After doing this for a number of years women lose their identity and self awareness.

"You should never hide your beauty, nor should you flaunt it. When a woman makes herself too attractive she does herself a disservice. If she has all the men looking at her, she has all the men desiring her. All their sexual vibrations and lower energies will be directed towards her and will enter her consciousness. This will psychically drain her energy. She will have headaches, back aches, and feel tired. She has made herself into a target and the men are shooting at her.

"It would be nice if we lived in a world where there was only good, where there was no crime. But that is not the way the world is. It would be nice if people would only love each other. But the history of the world suggests that they don't.

Men—particularly in sexual relationships—will often take a woman's power. This happens unconsciously, but it happens nev-

ertheless. You may notice that very often the following occurs in a relationship:

"A man and woman fall in love. They seem well matched. They both have inner power. But as the years go by the woman becomes tired and drained and the man remains powerful, or his power even increases.

"Occasionally, a man will even leave his companion for a younger woman whose power and luminosity are still intact. This is an observable phenomenon.

"What is actually happening on an inner level is this: The man is pulling on and draining the woman's power. A woman will not notice this in the beginning of a relationship, and later she won't know what happened, but her energy will be radically decreased by the man she has been with. This also often happens with a woman's boss at work. It is unfortunate, but it happens every day.

"Needless to say, all men don't do this, and most of the ones who do don't do it consciously. But it happens just the same. Someone may be carrying a disease and not realize it, but if you are exposed to them you will catch the disease and suffer. If you are the victim, it is not fun. You must be aware of the effect others have upon your consciousness. Your happiness and awareness is dependent upon it.

"Now when you visit an illumined person the opposite happens. You gain energy from them. When you meditate with them your consciousness receives a terrific boost. However, if they are really illumined they won't be drained by this. They have a direct channel to the source of all luminosity, so the more you take the more there is.

"Women can attain enlightenment, and they must to become really happy and free. But it will only happen when they become more aware. Men have suppressed women in the outer world for thousands of years. This has also occurred in the inner worlds.

S o my advise is to be aware. Don't hide your beauty, but don't display it either. Try not to define yourself by how much others admire the way you look. If they don't admire and love you for what you are, then their vision is shortsighted.

"Be conscious of your relationships with men. When you are with a man you are close to, try to feel what is taking place on a deeper level. Don't take my word for it, experiment yourself and see. Pay particular attention to the way you felt before you were with a man, and then notice how you feel after he has gone. If you feel less energetic and happy than before it is because he has drained some of your power.

"Try to associate only with those persons who help you and not with those who use you to their advantage. There are nice people in the world, although you have to look a little harder to find them." ●

# VEDANTA

Vedanta is the oldest known form of self discovery. It traces its source back to the Vedas—the oldest written books—which date back to 4,000 B.C.

Vedanta teaches that the unity of all life is Truth. Truth can be perceived and realized by meditation. In meditation the mind becomes free and clear and reality becomes apparent. Vedanta is a systematic approach to the apprehension of the true nature of existence.

The history of Vedanta is many faceted. The Rishis—ancient yogis of the Aryan civilization—meditated and practised a variety of spiritual disciplines in order to understand existence. They recorded their spiritual experiences in the Vedas. The word 'Veda,' loosely translated means "to know." The Vedas represent the knowledge of the ancient yogis of India which were recorded in the verses of the Rig, Sama, and the other Vedas.

The Vedas were written in a highly symbolic and poetic language. Since it was difficult for the uninitiated to understand these esoteric writings, commentaries on the Vedas were developed that explicated the central themes of the Vedas. These commentaries—which were written over a period of several hundred years are known as the Upanishads. They present the knowledge of the Vedas in a more readable and comprehensible form.

The knowledge of Vedanta was practised for thousands of years in India. It was communicated from teacher to student in an unbroken chain. However, as the centuries passed, the wisdom of Vedanta fell into disuse. The Brahmanic Priests introduced countless rituals into Vedantic practice, corrupting the ini-

tial purity of the Vedic tradition.

A number of reformers appeared throughout the following centuries who brought the light of the Vedas back to the world. These persons went through spiritual practices similar to the Rishis—and ultimately achieved enlightenment. Some of the more well known enlightened persons who have followed in the Vedantic tradition are Shankara, Pantanjali, Krishna, Buddha, Sri Chaitanya and, more recently, Sri Ramakrishna.

One of the greatest illuminated teachers of all time was Sri Ramakrishna (1836-1886). After many years of meditation, Sri Ramakrishna attained enlightenment and began to teach a group of young disciples, who later spread the teachings of Vedanta throughout the modern world.

Ramakrishna was a living example of Vedanta. He constantly stressed that Truth and Perfection can be achieved by following many different spiritual pathways.

Ramakrishna spent most of his later life in Samadhi. He spent countless hours meditating with his students and answering the questions of those who came to him seeking enlightenment. Ramakrishna's fame spread throughout India, and in his own lifetime he was regarded as one of the greatest spiritual teachers of all time.

Ramakrishna was not a conventional teacher. He was not interested in attracting masses of followers and disciples. He did not allow his students to place him upon a pedestal and worship him. In spite of his great spiritual height, he remained casual, funny and accessible. This allowed his students to be relaxed and feel a closeness with him that accelerated their own spiritual development.

The process of attaining enlightenment is complex. The greatest possible boon that a person who seeks enlightenment can have aside from their own aspiration to become illumined—is a good teacher. Enlightenment is not simply attained through meditation, good works and study of scriptures. For most persons, enlightenment is attained through association with an enlightened person.

In order to enter into the supraconsciousness states of awareness, it is necessary for most persons to develop a close connection with an enlightened person. When they meditate in the physical presence of an enlightened person—and if they are receptive to that person—they are literally lifted into higher states of awareness. Realistically, it is necessary to be in the presence of an enlightened person several times a week to make the necessary progress. Ramakrishna presented his students with constant opportunities to be with him while he was in Samadhi. He also advised them on personal matters in a gentle and patient way.

Ramakrishna advised most people to first practice Bhakti or devotional yoga. He asserted that the easiest way for most persons to realize Truth was through love. At the same time he suggested that more advanced persons practice Jnana yoga when they were ready to move beyond personal conceptions of God to a more impersonal realization of Truth.

Ramakrishna provides a joyful example to all, that every human being is capable of attaining to the highest states of spiritual consciousness. He constantly asserted that he was not a special soul—but an ordinary person—who through the grace of the Infinite had attained enlightenment. His story has been beautifully told in many books and accounts. Perhaps the most intimate descriptions of his life and teachings are contained in *The Gospel of Sri Ramakrishna* which is available in most spiritually oriented bookstores.



# Thoughts for Higher Living

• I believe that all systems are good provided they bring one to an awareness of that which lies beyond good and evil. However, I don't believe in any system. I don't follow any creed. I enjoy systems and use that which is useful from them. I respect others who use and believe in systems. But I find Truth in Truth, not in systems.

• You and you alone know how far along the pathway to Truth you have progressed. Your heart tells you at every moment. Go to your heart and embrace it. Love it. Make friends with it. Then go to your soul and bid it farewell. Go beyond your soul, beyond this world, beyond all worlds and the creator of all worlds. Go beyond birth, death, change and changelessness. There alone will you find the Eternal Reality which is your Self. Beyond form, beyond description, brimming with life, form and description. This is completion. This is rest.

• It is good to have a teacher of meditation as your guide. A real teacher is able to go beyond the confines of this world and become one with the Self. A real teacher helps you to ascend to the Self. Once you have learned how to go up and down the ladder yourself, you no longer require a human teacher. At that time Samadhi becomes your teacher.

• Meditate and see Divine things everywhere.

• Fate or free will? In my opinion, neither. Either is an idea-form that can't possibly hope to encompass the shape of human destiny. Don't worry about fate or free will. Whichever it may be, it really doesn't matter. What does matter is right before you, your life. Live it. Explore it. Believe in it. When you come to understand the cosmic process you will see that neither fate nor free will as ideas have anything to do with how it is, or how it isn't. Don't worry about such things. Live now.

• When you meditate try to go beyond form and thought. Always remember that the very highest meditation is done without thought. You will have thoughts in your meditations for many years. But constantly strive to eliminate all thoughts from your mind. Thoughts are enchanting. As you sit and meditate the oceans of thoughts will swirl around you. Be neither attracted nor repulsed by your thoughts. If you can simply ignore them, eventually they will go away.

• The question of thought is endless. How do they get into the mind? How can you stop thought without employing thought to stop thought. If you strive, isn't that a limiting thought too? There are many questions and distinctions. Zen has some, Yoga has some, Buddhism has some. But the ideas of striving or non-striving are simply ideas. The concept of going higher, or of non-duality are still ideas. Any way you look at it, you are looking at it with ideas. So you may feel that your ideas are better than someone else's. And well they may be. But in my eyes they are still ideas. Ideas limit and bind you to this world.

• You are complete. Completion has taken place in you eons ago. Accept yourself. Enjoy yourself. This time will never be again so fulfill the moment with your own self joy.

• Miracles are all around you. A Spiritual Teacher sees miracles in his students. A spiritual person sees miracles in everything. But where do these miracles come from? Where do they go to? They come from the Infinite. This is perhaps the greatest of all miracles.

• Desires are neither good nor bad. Only thinking makes them so. Friends are neither good nor bad. Only thinking makes them so. Life is neither good nor bad. Only thinking makes it so. Death is neither good nor bad. Only thinking makes it so. Therefore, if you don't think you will live in a fluid existence that is beyond judgment, beyond salvation, and beyond damnation.

• People enjoy pomp and circumstance. They like their Presidents to be Gods. They like their parents and teachers to be Gods. They like their spiritual liberators to be Gods. However, Presidents are Presidents, parents are parents, teachers are teachers, spiritual liberators are spiritual liberators, and Gods are Gods. It's a good idea not to get them confused.

• Pedestals were invented by a wise man who perceived the need in human consciousness to cast people down. This wise man realized that it would be impossible to cast people down unless you had put them on something first. So he invented the pedestal, which is now employed on a regular basis. You put people on it so you can cast them down later. Indeed, he was a wise man.

• The source of life is everywhere and in everything. You can find contentment in all places. But I have found a place that is beyond contentment. This place is called acceptance. I accept this. I have no choice.

• It is not necessary to have a specialized knowledge of occultism or higher spirituality. This knowledge will come to you when it is needed. If it does not come it is not needed. What is needed, though, is to learn to still your thoughts. If you can do this then there is nothing left for you to do.

• Happiness is the fountain of all expression. While heaven may be wonderful, and the cosmic Dieties sublime, happiness gives you freedom from unhappiness. Is there more?

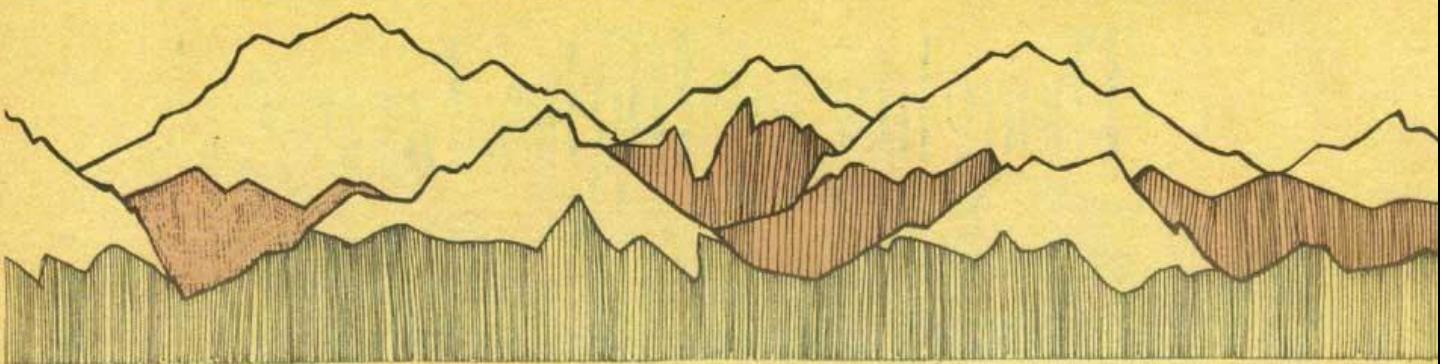
• Worship life in newness. This is the secret of happy people. Each moment is new. It has never existed before. Look into its depths and allow it to delineate your existence.

• Ultimately, it is impossible to will your Self Realization. Self Realization will occur for you when it does. Not one moment sooner and not one moment later. Once you have realized the Self you will see that you were one with the Self all along. There was never a time when you were not Self Realized. There has never been nor can there ever be anything but Self Realization.

• Don't be upset regarding the circumstances of your life. If they were suppose to be different they would be. When they are supposed to be different they will be. Detach yourself and learn to enjoy poverty if you have poverty, and wealth if you have wealth. Trust the Source. It brings you precisely what you need at each moment.

• Experience has shown me that when ideas vanish the world vanishes. Karma vanishes, man and woman vanishes, love vanishes, hate vanishes, Life and Death vanish, Gods and Goddesses vanish, I vanish, you vanish, nothing and everything vanishes. Experience has taught me this.

• I prefer happiness. Happiness is fun. Unhappiness isn't. So you choose which you prefer. Either happiness or unhappiness. Neither will change your destiny. But choosing happiness will make you joyful until then.



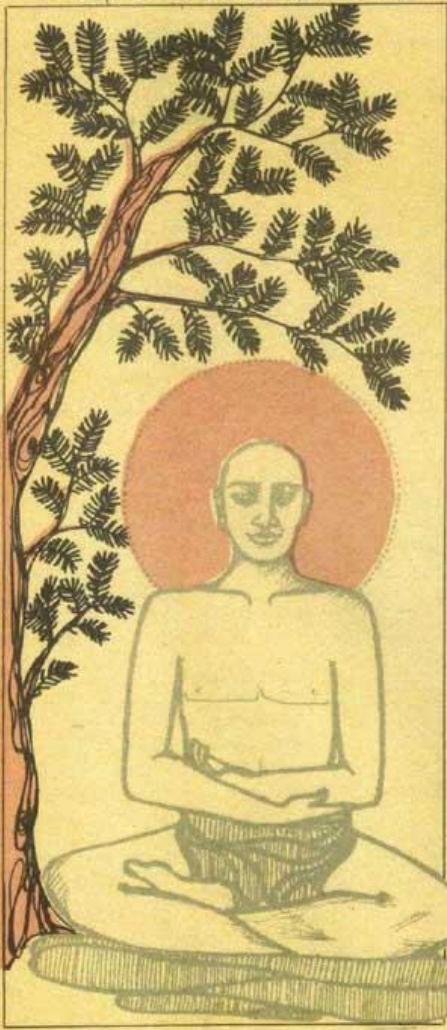
Samadhi is limitless awareness in ecstatic bliss. It is the peak experience of existence in its purest form. A person enters into Samadhi after many lifetimes of meditative practice. It is the ocean of fullness devoid of ego-centric awareness.

There are four principle pathways in yoga: karma yoga, bhakti yoga, jnana yoga and raja yoga. Each of these forms of self discovery accents particular methods for the attainment of Samadhi.

But what is Samadhi? Can it be described? Is it worth experiencing?

Different spiritual traditions apply varying definitions for the experience of Samadhi. They agree that Samadhi is a transcendent awareness which cannot be understood by the cognitive mind. But what is Samadhi?

Samadhi is a sanskrit word that sym-



bolizes a mystical awareness that is beyond description. According to Shankara—the father of Indian philosophy—there are two principle forms of Samadhi, Salvikalpa and Nirvikalpa. These are the twin peaks of spiritual and religious experience.

You are at the foot of the mountain and starting your journey towards the top. As you climb you begin to see the world below you shrinking. Above you are the clouds. But what lies beyond them?

You climb further. Soon you enter the clouds and the world vanishes. But still you are climbing, constantly as-

cending the mountain.

Then you come above the clouds. You have reached the top of the mountain. All that remains is the summit.

You take all your remaining energy and go for it. You reach the final summit. From here the world loses definition. Life takes on a different shape and meaning. You are exhilarated beyond all comprehension. Then you start down.

In the beginning a person comes to meditation and self discovery not knowing why. Their mind may supply a variety of reasons. They feel they are seeking peace, joy, completion, love, security, or they are simply curious.

A person begins to meditate. At first their experiences are uneven. Sometimes they will have a glimpse of a higher reality, they will be filled with a deep understanding of a particular truth, a sense of balance and happiness will come to them. Another time it will appear as if nothing has happened. They will sit meditating trying to still their thoughts in frustration. They will be convinced that it is of no avail to meditate, their mind is filled with negative thoughts and frustrations. But with perseverance, a good sense of humor, willingness to experiment, and a good teacher, a person weathers the first storms and experiences meditation.

The months pass. They begin to live in an expanded state of awareness. They have climbed a little higher on the mountain and they see the earth receding below them.

Soon they learn to love and no longer feel hate. They are childlike and happy. A deep sense of purpose enters their

life. Their meditative experiences show them that life is endless and that existence is endlessly beautiful.

The years pass. One day they find an enlightened teacher. The teacher shows them how to move beyond glimpses into a vaster reality.

The teacher teaches the student how to overcome attachments that bind him to unhappiness and sorrow. The teacher inspires the student in difficult times, laughs with the student in easy times, and points the way at all times.

The student enters the clouds. They experience their first illumination. One day in meditation the world disappears. They are surcharged with light and filled with joy. An incredible feeling grips them and they see and feel God. Their wonder knows no bounds. The experience passes.

The experience of illumination comes many times on the journey upward. It is a momentary flash of Light when the deeper aspects of reality become apparent to the physical mind. This is not Samadhi.

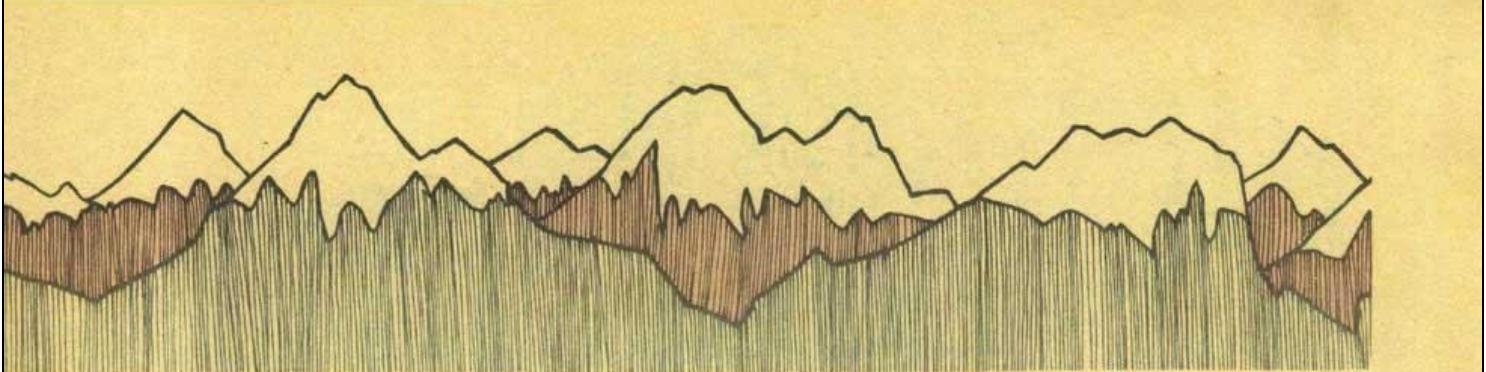
A person loses interest in their personal fulfillment. They gain joy through caring for the welfare of others. They become humble, pure and true. The light of Truth shines in their face. Laughter is in their eyes. Their nature is refined until they are fully delightful, happy and complete.

One day—without knowing why—the first Samadhi comes. During meditation they go beyond any previous understanding of existence. In Salvikalpa Samadhi they merge with eternity. Previously they had seen and felt eternity in their meditation. Now they become eternity. However, even in Salvikalpa Samadhi there is still a trace of self awareness. They are aware that they are experiencing infinite bliss.

When a person can enter into Salvikalpa Samadhi many, many times each day, they have come out of the clouds and reached the top of the mountain. Only the summit remains.

It is hard to say how long the final stage lasts. When you reach a certain point all conceptions of time fall away. One day your realization is complete. When Nirvikalpi Samadhi dawns you become the Self—your individual consciousness merges with eternity. You have reached the summit and found the summit is far different than you had imagined.

There is no possible way to comment on Nirvikalpa Samadhi. A person who experiences Nirvikalpa Samadhi has achieved the goal of existence. They have become the source. They are infinite bliss and joy. Their journey knows no bounds.



Buddha had a wonderful sense of humor. Whenever one of his students would ask him to describe Nirvana he would refuse to answer. At most, he would say that Nirvana is an end to suffering, to maya, to unhappiness.

Nirvana is synonymous with the term *Self Realization*. However, *Illumination* is used to describe advanced states of consciousness that are not necessarily of the same caliber as Nirvana and Self Realization.

After Samadhi, what is there? Only Nirvana. Nothing else remains. Nirvana is not death. One experiences Nirvana in life or death. Nirvana is not the extinction of awareness—it is existence itself, undifferentiated existence.

Try not to think too much about Nirvana. That was Buddha's point. If you think about it too much you will only get further away from it. You cannot describe it, fathom it, or avoid it. Eventually everyone attains to Nirvana, in one lifetime or another.

We like to think of what Nirvana is or is not. Some spiritual persons even take vows renouncing Nirvana—the thing they cherish most. They feel that they cannot attain to Nirvana until every last person on earth does. They are Nirvana—expressing itself in and through form.

The universe is subtle. It is physical. But in Nirvana the subtle and physical realities disappear. In Nirvana there is no past, present or future; there are no Samadhis, there are no people, there is no life and no death. All that can be said is that it is endless bliss. It is not anything that can be said, nor is it without anything.

Before the beginning of all time Nirvana existed. All of the worlds were created out of it. All of the worlds dissolve back into it. Yet Nirvana stands apart from all activity. How was it created, this sourceless source that is the source of

all.

Round and round the wheel of rebirth one must travel, pushed ever forward by karmas and desires from past lives. However, when you enter into Nirvana all karmas and desires cease. There is no life to live and no death to die.

Some people fear Nirvana because they suppose that once they have attained to Nirvana they will no longer be reborn. They assume that it is a non-existent state—

## Nirvana

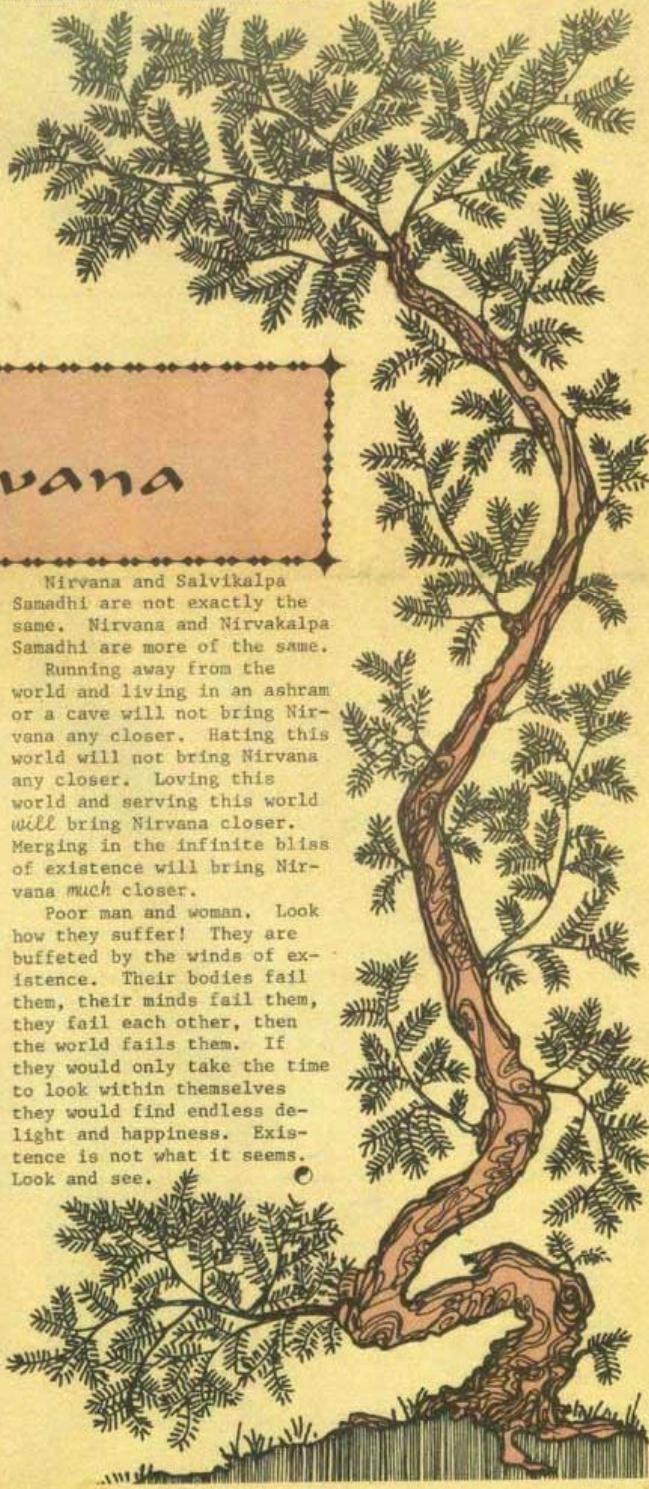
a kind of endless sleep. But to attain to Nirvana is to be free. Nirvana has nothing to do with sleep. There is no death in Nirvana. It would be more correct to say that it is endless wakefulness. Yet that is not quite it either.

Set your sights on Nirvana. It is located nowhere and everywhere. In the meantime, meditate, practice self giving, and enjoy your life right now.

The way to happiness is not seen by many. Most persons suppose that fame, fortune and power will bring them happiness. Yet look at the wealthy, the famous and the powerful. Are they happy? Certainly not. Nor are the unknown, the poor or the powerless happy. All persons on this earth suffer unhappiness, frustration and limitation until they have been liberated.

There can never be full happiness in change. To see change is to perceive only the surface of existence. Let go of the surface and rise into Nirvana.

Meditation liberates a person from sorrow and unhappiness. Samadhi liberates a person from meditation. Nirvana puts an end to liberation.



Nirvana and Samadhi are not exactly the same. Nirvana and Nirvakalpa Samadhi are more of the same.

Running away from the world and living in an ashram or a cave will not bring Nirvana any closer. Hating this world will not bring Nirvana any closer. Loving this world and serving this world will bring Nirvana closer. Merging in the infinite bliss of existence will bring Nirvana much closer.

Poor man and woman. Look how they suffer! They are buffeted by the winds of existence. Their bodies fail them, their minds fail them, they fail each other, then the world fails them. If they would only take the time to look within themselves they would find endless delight and happiness. Existence is not what it seems. Look and see.

# THE WAY OF

# MEDITATION

There are many different ways to enter into meditation. You can choose an easy or difficult way. But ultimately any way you choose will lead you there. So what matters is choosing a way that suits you. If you want the difficult way, then choose it. If you prefer the easier way, then choose it.

The difficult way to meditate is to watch your thoughts. Practise sitting for long periods of time and observing your mind. You should sit in a cross legged position on the floor with your back straight. If this is very uncomfortable you can sit in a chair. But don't lie down. You will not meditate as well. When you lie down your body automatically relaxes. Meditation is not relaxation. It is total intensity.

After assuming a comfortable position watch your mind. You are trying to determine where your thoughts come from. The idea is that if you can watch your thoughts for a long enough period of time you will eventually understand that they are projections of your mind. You will then see that your mind is a projection of your psyche—your individual awareness—that is a projection of your inner being. Finally, after you have traced your thoughts back to this stage, you will find that your inner being—the portion of you that incarnates from lifetime to lifetime—is a projection of the Self. When you come to know this Self you will enter into a high level of meditation. This is the difficult way.

Now consider the easier way. Here again you should assume a comfortable position on the floor or in a chair. Next determine a minimum amount of time you will meditate for. If you are new to meditation you should not meditate for less than ten or fifteen minutes. No matter what happens in your meditation—whether you succeed or fail at your task—you will sit and practise for this length of time.

When you meditate it is a good idea to avoid eating much food for at least two hours before beginning your meditation. Otherwise it will be more difficult for you to meditate. Meditation on a full stomach is like trying to run a long distance after a full meal. It can be done, but it takes a lot of the joy out of your experience.

In the beginning you will be practising concentration. Then you will practise meditation. Eventually you will learn the art of contemplation. This is the order in which you will proceed in your inner education.

Concentration is the first step. When you concentrate on something you become part of it. By practising concentration for the first few minutes of your meditation session you will learn how to focus your field of attention. This is an essential step in learning how to let go of this world.

Practice concentration for the first few minutes of your meditation session. Begin by chanting a mantra. A mantra is a word of power. When you chant a mantra silently or out loud you are invoking a higher sphere of energy and light. So begin your daily meditation session by chanting *Aum* or another mantra several times. This will invoke a higher power and will clear your mind for what is to follow.

Begin by focusing on a candle flame, a yantra, or any small object. Focus your gaze on one small part of the object and simply look at it. During concentration you want to avoid your thoughts. If you become completely absorbed in the object you are looking at, then your thoughts will fade and eventually disappear.

If you practise meditation without concentration, you will not do as well. The goal in meditation is to stop all your thoughts. But before you can stop your thoughts you must first learn how to focus your thoughts. One step at a time. Focusing your thoughts is concentration.

Look at the object you have selected to concentrate upon. Don't think about it, don't analyze its qualities, don't try to understand its metaphysical nature. Simply look at it. When your attention wanders—which it will—when you begin

to think of something you will do later, or your mind is filled with thoughts or images from your past—ignore them. No matter what your mind thinks or imagines, pay no attention to it at all. If you forget that you should be concentrating and then suddenly realize you have been day-dreaming instead, don't be upset. This happens to everyone.

Practise concentration for only a few minutes, otherwise you will get frustrated, bored, or you will become tired. After a few minutes of concentration try meditating. In meditation you want to avoid focusing—instead you should simply let go. It sounds easy, and it is if you know how. But for most people this part of the process is the hardest and it takes many years to master it.

So enjoy learning. If you are patient and persevere, then you will succeed.

Meditation is the short cut to immortality. After practising concentration close your eyes and be still. Try letting go just for a few minutes. Then, focus your attention on the center of your chest. This is where your heart chakra is located. Your heart chakra is one of the seven doorways to the Self. It is the easiest and safest doorway for you at this time.

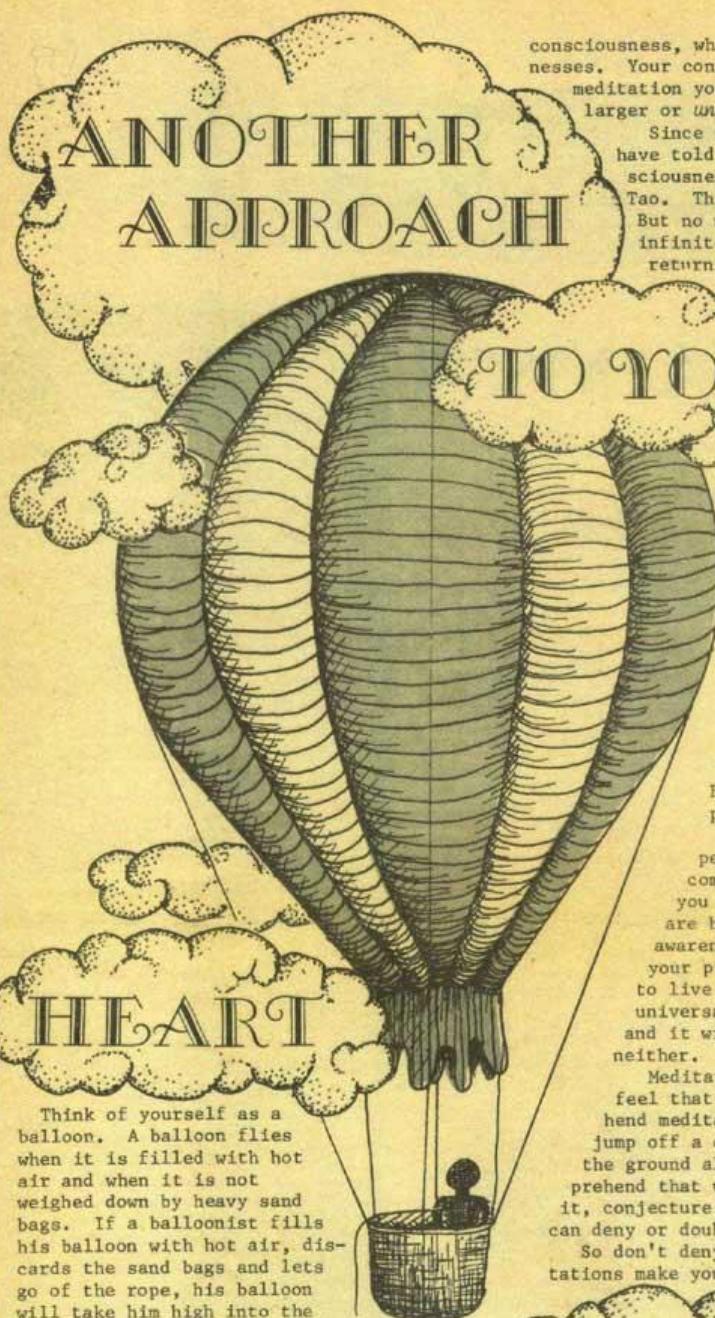
There are seven chakras within your subtle physical body. All human beings have subtle physical bodies. Your subtle physical body is approximately the same size and shape as your physical body.

The subtle physical body has seven major focal points. At these points thousands of tiny filaments that exist within the subtle body merge. These filaments are very tiny. They act in a way that is similar to your arteries and veins. They transmit the light of the Beyond to the various parts of your subtle body. When these threads are damaged a person will die.

The heart chakra is the central chakra. It is a luminous chakra. The three chakras below the heart chakra lead to worlds which are somewhat dark. The forces there are very powerful and they can be difficult to handle if you are not properly prepared.

The chakras above the heart chakra present a different type of challenge. The throat chakra will increase your artistic sensibilities, but it is really not that good for meditation. The *agni chakra*, or *third eye* as it is often referred to, can provide you with powerful psychic experiences, but they will not be as clear and luminous as the experiences and realizations you will gain from your heart chakra. The crown chakra will not do much at all for a beginner.

The heart chakra is best for meditation. It is filled with light and delight. It also leads directly to the deeper self. After you have practised concentrating on something outside yourself, close or half-close your eyes and focus your attention on your heart chakra. Hold your attention—be aware of that area—for five or ten minutes. You will find that the more intensely you can focus your awareness on that spot the more quiet your thoughts will become. Finally your thoughts will stop completely. At that point you can stop concentrating on your heart chakra. You have entered into meditation and no focus is necessary at all.



Think of yourself as a balloon. A balloon flies when it is filled with hot air and when it is not weighed down by heavy sand bags. If a balloonist fills his balloon with hot air, discards the sand bags and lets go of the rope, his balloon will take him high into the sky. There he will be blown by the winds. He will not determine his direction, but rather the winds of Heaven will. All he needs to do is to get himself aloft. The rest is out of his hands.

If his balloon begins to descend then he adds more hot air. He rides the currents until he becomes tired; then he returns to the earth. The Heart Chakra is your balloon. Ride it.

If you notice yourself descending, it is because you have become involved with your thoughts again. Simply focus on your heart chakra again and you will find your thoughts decreasing. Continue going back and forth like this for as long as you choose to meditate. In time, and with some practise, you will find yourself staying "aloft" for longer and longer periods of time. If you need to come out of meditation you simply have to open your eyes. It is really impossible to get stuck there. There is no there. 'There' is simply a way of talking about meditation. You are always aware of this world. Meditation simply allows you to see beyond this world. Your finite awareness merges with the infinite awareness and you become infinite consciousness.

An important part of the meditative life style is self assessment. It allows you to make meditation part of your everyday life. It helps you to integrate the higher experiences you have in meditation with the daily 9 to 5 world we all live in.

Self Assessment is meditative awareness. It is the awareness of your own

consciousness, which is made up of the sum total of your individual awarenesses. Your consciousness goes up and down...it is always in motion. In meditation your individual consciousness merges and becomes one with a larger or universal consciousness.

Since the beginning of time, holy men, prophets, sages and saints have told their human brothers and sisters about the universal consciousness. Some called it Heaven, some called it Nirvana, some the Tao. The names varied according to the predilection of the namer. But no name can be ascribed to this universal form. Out of this infinite ocean of consciousness all things come. To it all things return. It supports, nurtures, sustains and transforms all things. It does this without motion, without existence, without form.

Whenever you meditate try to feel the universal consciousness. It is your life. The biggest obstacle to your perception of the universal consciousness are your own thoughts. Your thoughts are like a curtain that surround you and prevent you from seeing into the Beyond. When you meditate you separate the curtain and see yourself in all things.

Meditation is not simply a way to see things. It is. From the perspective we have now we talk about going higher or lower. But when you have entered into the universal consciousness there is no higher and lower. All that exists is existence. Descriptions are lost. If you hold a candle to the sun you will not see it. It exists, but you won't see it. When you behold and become the universal consciousness you will not see up or down, in or out, or any of the things you are aware of now. They will all exist. But they will be a candle to the sun.

Very often the mind is frightened by this idea. But I assure you that there is nothing frightening about this experience. Your mind is frightened of losing control. But what your mind calls control is only an obstacle that prevents you from being free.

When you enter into the universal consciousness you experience a bliss that is beyond all description. You are complete. You are safe. You are secure. Nothing can threaten you because you are all that exists. You cannot die, for you are beyond the limits of life and death. This is your natural awareness. Experiencing this awareness will not put an end to your present life. You are destined in your current physical form to live your life. You can't get around it. But the experience of universal consciousness will free you. It will free you from death and it will free you from life. You can enjoy both but be bound by neither.

Meditation is the way out. It is also the way in. But don't feel that you can understand meditation. Your mind cannot comprehend meditation. It doesn't have the capacity to do so. If you jump off a cliff and flap your arms you won't fly. You will fall to the ground all too swiftly. In the same sense, your mind cannot comprehend that which lies beyond its comprehension. It can think about it, conjecture with itself or with other minds about what it is like, it can deny or doubt it, but it cannot comprehend it. Yet it will try.

So don't deny your mind, but know that it has limitations. These limitations make you unhappy because it is your nature to be unlimited. Try to fly beyond your mind, but don't expect your mind—the thinking portion of your being—to be understanding or receptive to your meditative excursions.

## CHAKRA

"With single-mindedness  
the master quells his thoughts.  
He ends their wandering.  
Seated in the cave of the heart,  
He finds freedom."

—The Dhammapada  
The Sayings of the Buddha

# Just For Fun!

## SELF DISCOVERY ADVISOR



Dear SELF DISCOVERY,  
I understand that practising Tantra Yoga is somewhat dangerous. Can you explain why?

—Kinky but Timid



Dear Kinky,  
Tantra Yoga is a vast subject. The tantras, or ancient sacred books of India, present a number of ways to attain enlightenment and develop supernatural powers. However, in the West, most people think of Tantra Yoga as a sexual form of Yoga. There is a small branch of Tantra Yoga that does involve sexuality, and I assume you are referring to this aspect of tantra in your question.

Tantra Yoga is said to be dangerous because of the terrific amount of heat that is generated during its practice. Many couples who practice tantra suffer 1st and 2nd degree burns. Some couples have burned alive during intensive tantra sessions. But in most of these cases, at least one of the practitioners has survived.

If your heart is set on practicing this type of yoga, then I suggest that you wear protective clothing, keep a fire extinguisher handy, and have lots of insurance. The only other thing you might try is to practice tantra in a swimming pool. However, then you run the risk of being boiled alive.



Dear SELF DISCOVERY,

The other day I bought a book entitled: "The Secret of Tantra Yoga" by Swami Ugula Ugle. The book gave step-by-step instructions for practising Tantra with a member of the opposite sex. My husband and I did everything the book said. However, instead of achieving enlightenment we were arrested for arson. What did we do wrong?

—Hot for the Truth



Dear Hot

I have meditated upon your problem and psychically perceived that you raised your Kundalini improperly. You were focusing your attention on your husband's navel center when you should have been focusing it on a thermometer. With luck you'll be out in five years, and you can try again.



Dear SELF DISCOVERY,

Last week I attended a party in La Jolla and met a fascinating man who promised to teach me tantra yoga. We went upstairs to a vacant room and he told me to take my clothes off. Always one for adventure, I did. Then he did the same.

He sat down in front of me and began to kiss my feet. I must admit I was nervous at first, but after a while I got to kind of like it. He started to say something about how hot he felt and I got very excited. That's when I smelled something burning. Before I knew what happened, he burst into flames. It was the most wonderful moment of my life! Unfortunately he died several hours later at Scripps hospital. Do you know anyone else who could teach me more about this fascinating subject?

—New Wave Sally



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## Swami Throns

This month's question:

How can I show my true feelings for nature? How can I become one with all of nature?

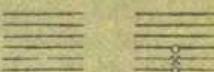
—Samantha Serious

Dear Samantha,

With the greatest reluctance we consulted the I Ching in regard to your very sincere question and we got the hexagram KISSING TREES. This consists of the two nuclear trigrams REDWOODS (The Large) over FEET (The Fragile)

### THE SEQUENCE

It is the natural order of things for mankind to expand and express its oneness with nature. Therefore, follows the hexagram of KISSING TREES.



### THE JUDGMENT

KISSING TREES has great dental hygiene. Supreme success. Difficulty in the beginning, easing off with increased practice.\* Crossing the great water is of no significance whatsoever. Much blame and excellent press coverage.

### THE IMAGE

Several devout trees in a secluded monastery in southern France wearing nun's habits, ardently discussing food prices at Safeway.

### THE LINES

—9 in the 4th place: Locking the gates behind him and bearing the three noble things in his hand, he walks determinedly towards the supermarket.

—6 in the 5th place: Danc-

# Just For Fun!

## Neilornothing the Ching

ing on a tunafish he gains the world. Thus, the superior man makes no distinction between good and evil but rather judges everything on a basis of immediately available cash.

—9 in the 6th place: The way goes to and fro making a mess of everything. Thus, the kings of old, perceiving the way of life, went forth from their castles to rid the populace of its unwanted wealth, investing it all in soy bean futures and Mercedes Benzes. No blame, but much finger pointing.

### COMMENTARY

This man has been trying to get to the supermarket for weeks meeting with failure at each attempt. Bearing the three noble things in his hand (his wife, the nose of a trusted friend and the mortgage on his mother) he will challenge the very fabric of time and emerge triumphant. "Locking the gates behind him" has absolutely no significance as he does not own a gate nor does he plan to.

### THE RESULT

This leads to the hexagram The Jubilant Camel (The Ecstatic) a rather significant omen denoting the imminent opening of a McDonalds in your naval chakra. Also, Samantha, from this point on your Kundalini will always run backwards.

Bless your nose,

—Swami Neilornothing

\*Recommended Reading:  
Pantanjali's Yogurt Sutras,  
Chapter 7: Arbor Osculation  
and the Law.

## YOUR HORRORSCOPE



**GEMINI-May 21st to June 21st:**  
This is a wonderful month for you. Everything you have ever wanted and more! However, there's one slight hitch. God remembers the rather kinky relationship you had with a camel five lifetimes ago and cancels your contract.



**CANCER-June 22 to July 21st:**  
This summer you will win an all-expense-paid trip to New Jersey. If I were you I would turn it down. Life takes an unexpected turn when you find out that your pet warthog, Waldo, has become famous enough to be interviewed by Barbara Walters. Your health will rapidly improve, so this is a good time to eat tons of Mexican food. Smile a lot and carry mace.



**LEO-July 22nd to August 21st:**  
You old devil you! Who would have thought that you could attract so much attention. Your sex appeal has reached an all-time high. Thousands of flamingos will follow you wherever you go. However, if I were you, I wouldn't be surprised. Act normal and wear lots of pink.



**VIRGO-August 22nd to September 22nd:** Try to remember your name at all times this month. If you forget, look it up in the phone book. This month is a good time to take a vacation. Swamps and deserts would be especially good. Your money situation will improve if you sell all your belongings and enter an asylum.



**LIBRA-September 23rd to October 22nd:** This month you will discover the truth about yourself! You are an alien from the planet Gaspacho. Your mission here on earth is to discover the truth about Tupperware and beam the information back to your superiors. Avoid McDonalds and carry a loaded flamingo at all times.



**SCORPIO-October 23rd to November 21st:** An elephant comes to visit and eats your furniture. On the way to the zoo you are run over by the kangaroo from the Aries Horrorscope. After being treated at the hospital and released you are elected President of New Jersey, which has just seceded from the U.S. and become an independent nation.



**SAGITTARIUS-November 22nd to December 21st:** God likes you and arranges for you to replace him during the Christmas vacation. Your pet tarantula, Sam, wins at bingo and splits the loot with you. This is a good time to have enough sense to come in out of the rain. Avoid all contact with soap and floss hourly.



**CAPRICORN-December 22nd to January 20th:** Several large tunafish befriend you and take you out to sea with them. The CIA becomes suspicious and interrogates you at Denny's. However, the FBI finds this out and sends you on a secret mission to New Jersey. Stop at all intersections and avoid starchy foods.



**AQUARIUS-January 21st to February 19th:** Romance comes to you this month! Suddenly five of your soul mates from past lives will show up at your door and demand alimony. A wizard will put a curse on your car and your gas mileage will decrease. You will discover the secret of life and become happy.



**PISCES-February 20th to March 20th:** The Mafia blows up your pet rabbit, Struddle, in an attempt to get you to subscribe to the L.A. Times. The President will call you on the phone and get your opinion on the way things should be done. Your nose vanishes and is found in a motel with your nextdoor neighbor's wife. Walk slowly and meditate.



**ARIES-March 21st to April 19th:** This is a good time to give up all hope and move to Sweden. Your mother runs off with a migrant kangaroo and calls you collect from Acapulco. A large octopus will invite you out to dinner. Dress formally and carry an armadillo.



**TAURUS-April 20th to May 20th:** Your sex life retires and moves to Florida. In the middle of the month your long lost cousin, Esther, shows up and announces she's gay. Several flying saucers land on your front lawn and burn the grass. Your pet poodle, Snoozie, catches pneumonia, dies, and reincarnates as a taco.

# Experience Samadhi with Atmananda



**Atmananda-Dr. Frederick Lenz** is a *spiritual Benefactor*. Each month, in addition to guiding his own initiated students, he offers several free workshops to members of the Los Angeles community.

During meditation, Atmananda enters into Samadhi and directly channels Peace, Light, Power and Ecstasy to you. Having this direct experience in Cosmic Consciousness will give you a psychic "boost" that will add to your own feeling of well being and will increase your spiritual awareness. It is in this manner—by sitting in meditation with an Illumined person while they are in Samadhi—that higher meditation is taught. No words or techniques can equal this experience in Self Discovery. After having had this experience you will find it easier to enter into the supraconscious states on your own.

You are cordially invited to attend the following workshops. There is no charge for admission.

June 23  
**Tantra Yoga**

June 30  
**Patanjali's Yoga Sutras**

July 7  
**Kundalini Yoga**

July 14  
**Tibetan Dreaming Yoga**

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