

# Seva A Spiritual Significance

Every person desires only one thing in life 'Happiness'. He wants to be happy all the time. Every person desires that the result of all his actions should result in giving him 'Happiness'. Anything that he does, he does for achieving 'Happiness'. Ultimately everything boils down to being happy.

Being happy is the very purpose of life.

Normally, every person thinks that by doing something he will become happy. He runs after outer objects and thinks that they are the source of happiness. So, he goes after objects in search of happiness and this is a continuous process.

Link between Karma,

Samadhi & Freedom.

This process is 'Karma Bandhana' (Bondage to action). Karma in simple words means habit. When a person repeatedly goes after something, thinking it to be the source of joy, he forms a habit. This is how Karma is formed and now he becomes bound to that action.

For the first time after undergoing the SSY course and being initiated into Samadhi meditation, a person realizes that by 'Doing Nothing' he has become happy. So far he thought his actions would lead to happiness. Now he knows how to become happy just by "Doing Nothing".

He experiences tremendous freedom a new possibility, which was never there now becomes available.

This is the starting point or the foundation of our Indian culture. India is a Moksha - oriented country and our entire Indian culture is based on Moksha (Freedom).

Siddha Samadhi Yoga is the starting point of Moksha Sadhana. The person has now learnt to clear his mind of all daily aggravation. Now, he has to learn how to be undisturbed, even under trying circumstances. For this he needs to undergo sadhana with the Guru.

Our entire culture was based on Guru- Shishya Parampara. When the child was about 8 years old he was sent to the Guru's place for education. Before he was taught academics, he was given Brahmopadesam - the instruction (Upadesa) of entering Samadhi (Inner Divinity). The student then realized the possibility of his true potential, his own limitlessness. SSY is the modern day Brahmopadesam.

Samadhi is not result oriented. It is beyond likes and dislikes, good and bad, right and wrong, which is our conditioning in life. All of us are usually conditioned to live according to our likes and dislikes (Karmas). In Samadhi we consciously stop protecting pre-set boundaries. Samadhi is a state of Akarma (Non-doing). Akarma (Non-doing) frees one from all karma (conditioning).

### Levels of Samadhi

In Samadhi meditation, for 15 minutes, we let go of all effort (Karma) and get into the state of total unconditioned effortlessness (Akarma). This is Laya Samadhi.

But out of habit, when we come out of this meditation, we again start holding on to our conditioning . We have yet to learn how to maintain this state of Samadhi for long enough even with eyes open, and even under abnormal and unusual situations.

For this one needs to dive deep within the ocean of the mind to experience the silence within and to recognize what one is holding onto and learn how to let go of all 'must be's' and seriousness.

Our mind is like continuously rippling water in a pond. The cause of those ripples are the stones that we throw into the pond (our conditionings). When we meditate the water becomes still, because we stop throwing stones in it. When we come out, we again start throwing stones and continuous ripples are again in motion.

In the Advanced Meditation Course (AMC), we do not throw stones for four days. Then the mind becomes absolutely silent. This is called Nitya Samadhi where one learns how to be with himself and maintain Samadhi with eyes open, in normal activity. As a result, one can now clearly see the stones at the bottom of the pond, our karma / actions.

Bhav Samadhi Training (BST) home-play is the process of recognizing these stones. In BST Part - 1 one, we realize the futility of holding on to stones thinking them to be diamonds (our conditionings). And in BST - 2 one learns how not to throw the stones again.

BST is the process of realizing the Truth that "I am responsible" for all problems. BST further helps us to release whatever we are holding onto and start seeing a greater aspect of things even in abnormal, unusual situations.

This is called Visistha Samadhi, and we now have a glimpse of living life in ecstasy.

Seva dissolves Karma.

But, we still do not know how to always live in ecstasy. For this the Guru gives Seva. Seva kicks Karma. Seva is an opportunity to live in a non-result orientation.

Seva is Samadhi in action. By doing Seva one realizes how to live life playfully.

We consciously take on something higher to break our boundaries. Seva is an opportunity to live in ecstasy all the time. Normally, every person does something expecting something in return. How to be free from the fruit of the action and enjoy every moment is the training one gets at the Guru's place. From him we learn to live happily, for no reason.

Living Joyfully.

Once we get the knack of living joyfully, we can apply it wherever we are in a job, business, etc. So the Guru's place is an essential training ground for this sadhana of learning how to live life in ecstasy.

Normally every person is security conscious and his normal reaction is to accumulate as much as possible. He protects his boundaries. He operates within his boundary's and feels safe. But, by doing so

he has made himself unsafe elsewhere. He is limited by his conditioning and thus is restricted. What he calls as comfortable is actually the cause of his discomfort.

Your true nature is to be happy for no reason, wherever you are. When we entangle ourself in trying to be happy, by identifying with our conditioning then Nature creates situations to bring us back to our True Nature. As a result we feel dejected and usually blame others or the Divine and pass the buck.

There is a law in Nature that says "Whatever you resist, persists". Nature always wants you to be truly happy because happiness is your very nature. Is it logical to create boundaries, to be comfortable only in a particular zone? This is an invitation to discomfort. Or is it wise to overcome all boundaries so you can be comfortable anywhere. Enlightenment is in realizing that "I am responsible" for whatever happens in my life.

How to be open to all possibilities, this is what one learns by being with the Guru. How to live very joyfully anywhere and everywhere, even in the most trying situations, this is what the Guru's very life and presence demonstrates.

Once Sri Ganapathi Sachidanand Swamiji asked, "Given a choice to go to heaven alone or to go to hell with your Guru, what should you choose? He said, if you go alone to heaven you will convert it into hell. If you go to hell with your Guru, it will become heaven. If you go after pleasures, the same thing becomes the cause of pain. One should learn how to go beyond pleasure (Sukha) and pain (Dukha) to "Bliss" (Ananda).

A Master (Guru) has mastered discipleship. He has learnt how to live in surrender, taking everyone as his own. He serves everyone joyfully, offering 100% of himself. Open to learning, he freely shares knowledge with everyone. Under the Guru, one learns how to be a Guru Sevak, just serving everyone, just like the Guru.

A security conscious person lives in scarcity. He lives his life in tension, making great effort, while protecting his interests. He feels there is nobody to take care of him. His normal reaction is to grab things as fast as possible from the world.

A Guru Sevak feels safe wherever he is, as he lives beyond boundaries. He lives life as a play with a feeling of abundance. He knows that he is taken care of. He lives a life of total unconditioned effortlessness. He experiences the joy of giving and sharing through Seva.

Channelising Your Energy

Through Seva.

So learn how to channel your energy through Seva. When you experience the bliss of Seva, all problems disappear. Simply meditating without Seva will not get you anything. As you do Seva you break your own boundaries. This in turn leads to deeper Samadhi. The more Seva you do, the deeper you can to dive within yourself.

Before SSY a person's sadhana is to bind himself in more and more boundaries. This sadhana frees us and we experience higher and higher levels of freedom. Seva is expressing your freedom, which in turn leads you to higher and higher states of freedom.

Your whole life becomes Seva. When I was studying, as soon as I realized that I wanted knowledge, not marks, so that I can use it for Seva, studying became Seva and I started coming first.

Seva with Spiritual Awareness.

Guru Seva is higher than doing Seva outside. Doing Seva outside without spiritual awareness only builds the Ego. Living in Seva brings you everything. You can't do seva after you get everything. This formula never works.

It is not after getting everything and accomplishing what you wanted for your personal security you start Seva. This is the attitude of people who feel separation from others and will never be able to experience the joy of, 'True Seva'.

Responsibility &

the Law of Nature.

When we do Seva, everything becomes available. Seva is the source of great freedom. The more Seva we do, the more support we get in material and human resources. As we take on greater responsibility, the more nature supports us automatically. (Mother Thresa, Mahatma Gandhi, Baba Amate etc.) As we put our life in Seva, our Bliss (Ananda) starts growing. We start experiencing a new space.

Life with a Master.

Everybody has his or her vision, not a collective vision. It is only the Guru who brings people together to follow a collective vision. The collective vision includes all individual visions.

By coming together we can manifest all visions effortlessly. Collective vision alone brings true happiness, abundance and prosperity.

Under a Guru everybody feels that he is taken care of. A Guru is a catalyst in bringing people together by holding a vision together with the underlying principle that 'May everyone have what you want for yourself'. Seva is the way to bring your "Ideal World" to a living reality.

My Guru, Bhagwan Vishweshwaraiah's life was spent in Seva. He taught me to take higher and higher jumps by giving his total support and assurance that he is always there, standing behind me, in all I do. .

Under a Guru one learns how to offer oneself 100%, lock, stock and barrel, Tana (Body), Mana (Mind), Dhana (Wealth) to everybody around. Most people offer Tana and Mana but cannot offer Dhana. Unless we offer all three, no true sharing happens. No real growth can take place in an individual or society. The degree to which you share yourself, and include everyone as your own, decides your freedom.

Kinds of Service

& its Results..

After SSY we start offering Seva silently. He is a Santosha Sevak. After AMC one starts doing Seva very lovingly with enthusiasm. He is a Prema Sevak. After BST one starts doing Seva very joyfully for he knows how to remain ecstatic by realizing the truth of life. He realizes how to live beyond expectations. He is a Satya Sevak.

SSY, AMC and BST are internal Sadhanas and Seva is the application of Sadhana in one's life on the external level. Sadhana brings internal abundance. Seva brings external abundance. Sadhana and Seva go hand in hand with Satsang. Satsang with people on the path, trains us to grow higher.

As a person rises in consciousness, he experiences higher and higher levels of freedom. The lower the consciousness, the more conditions he has and feels free only when those conditions are met.

The more conditions, the less freedom we experience! When we have no conditions, one is totally free. Sadhana, Seva and Satsang help us to go beyond our boundaries, our conditioning.

Total Freedom of the Soul.

When life becomes totally effortless and one is ecstatic for no reason, life becomes a play (Leela), a joke, then one is a Jeevanmukt - free while alive.

Freedom is not a state, but a process of freeing oneself moment to moment.

To grow higher and higher in freedom and ecstasy is what we learn with the Guru. Our culture is based on the Guru-Shishya Parampara, the tradition of creating Gurus. There were 1,25,000 universities in Madras state alone in 1800 according to a British survey. Each was a beautiful Gurukul because educational institutions and production institutions were one and the same.

Production was the natural by-product of the learning process. The state of learning keeps our enthusiasm in life alive. The main focus was on learning, which automatically led to production. So everybody joyfully contributed towards society.

## Dissolution of Gurukuls.

The British destroyed the Gurukul system. That was the only way they could rule the country. They removed the Gurus' authority and gave it to the state. As a result, the education system produced clerks, who were supposed to work as slaves for the British, and this has remained so until today.

As a result of this, education today has become that of, acquiring a degree for the sake of survival. The culture where everybody lived in joyful togetherness of sharing abundantly has been distorted to a state of living selfishly for satisfying one's own aims of life.

Nowadays, most people go to work not because they want to go to work but because they have to go to work. They want to make a fast buck and get out of the rat race in order to live a so-called secured and comfortable life without caring for anybody else.

Now we need to re-establish our original culture by raising the people's consciousness by assisting them to go inwards and become full within themselves.

We need to convert all industries into universities. Every place must convert from a place of work to a place of joy and learning where everybody willingly offers 100% of themselves to everyone around. It should become a place where everyone wants to go to work to share whatever he has and make himself absolutely useful to one and all.

## Building a New World Order.

Let all of us train ourselves into becoming True Gurus who in turn create further Gurus by setting an example, thereby re-establishing the Guru-Shishya Parampara.

Let us learn how to serve the community and inspire others to serve, to make the place better place for our next generation. The Rishi culture stands for this. The Rishi culture is a family culture where everyone lives together as one Big Family i.e. Vasudeva Kutumbakam. This is the way of expressing our gratitude to the place that provides us food, shelter and work.



Senior persons should take the responsibility of inspiring the people he supervises and assist their progress by offering higher training. The juniors should learn to take on the higher responsibility offered by a senior. Soon they will be eligible for promotion. This way the Guru-Shishya chain can be started. There can't be only one Guru. It is a chain and you can be the foundation stone for this transformation. This will make an immense difference to the overall performance of an organization.

Every place must become an Ashram, which means 'Aa' without, and 'shram' - effort, where one does things effortlessly and joyfully and every person feels taken care of.

Here great values can also be evolved and brought into action at a low cost. Soon with this a new kind of a community, which cares and shares will be created where everybody will joyfully live together and be productive multi-dimensionally. (More details - in April 2005 Rishi Vani. - Building Happy Families in the present Age of Knowledge.)

Let us start creating Gurukuls in every place of work and create an environment where True Seva brings happiness, prosperity and abundance all around.

Thus, with this, Heaven itself will be brought down to Earth.~

## **Seva and your level of consciousness**

An Asprushya (Untouchable) says. "You offer service (seva) to me, so that you will get some Merit (Punya)."

He himself does not offer service to others so that he can get merit. He follows a reverse Dharma (principle of life). This is an Adharma. An example of people living like this are beggars and thieves. They are the living by the lowest principle of life - as Asprushyas.

A Shudra offers seva so that he can show off. His is an "Ego-oriented" service.

He does it to boost his self-image and to gain recognition. They do seva out of goodness. They try to show off that they are good people. Such seva is simply exhausts and tires a person.

A Vaishya offers seva to gain merit.

He knows that by securing others he is also benefitted. He goes out of the way to help beyond what is contracted as duty. He is always looking for opportunities to serve others.

He takes up projects like setting up industries in rural and underdeveloped areas, wherein he is also benefitted in the form of subsidies and tax benefits from the government. He serves with a feeling of satisfaction and contentment. He is a willing contributor of community affairs like festivities, sports meets, construction of schools, parks hospitals etc. which in turn gives him goodwill in society.

A Kshatriya does seva, out of love for the people.

He enthusiastically does seva for the upliftment and better in of the society. He does whatever is required to be done.

The Brahmana lives by a state of no-result orientation. So, whatever he does is a play. He playfully does seva.

Seva without a sense of doing it doership is what keeps playfulness alive. He does not even know that he is being it. He does not recognize it as seva because it is his very nature.

A Siddha is totally free. His Being itself is seva.

Whatever he does is seva. Whatever he does not do is also seva.~

**Guruji speaks on....**

## **Why Sanyasi Travels?**

Why do Sanyasins leave a place after three days?

Sanyasins are of many kinds. One kind is called Parivrajak Sanyasins. They are to move and never stay in one place for more than 3 days, so that they do not get attached to anything, people or place.

They should not also be a burden on any body. They are welcome to stay but not hold on to the place. During rainy season, they stay in one place for 4 months and so can spend time with special studies as well as special teachings.

When a sanyasin matures, he is allowed to stay in one place and is also given a danda (a stick) to hold on to his daily practices as a duty.

Most of the people cannot work or be happy without possessing something and looking after it. What they have is to be looked after.

A rolling stone gathers no mass.

Possession is by repetition. We possess habits by repetition. We develop attachments by repetition. We are comfortable in places where they do things the way we are used to. We like foods that we have repeatedly eaten. Our bodies know how to digest foods that we repeat.

Change is always threatening. It challenges our ego. Openness comes with change or you will die.

Opening this openness is the motto of Sanyas. Hence a Sanyasin moves.

He/She discovers a greater world. She is open to the unknown and this takes them to trust God and makes them spiritual.

Ordinary people accumulate to feel safe. Sanyasin moves and gives away everything to be free and safe. ~

## **Spirituality and road to Education**

My first discovery that education can be different, happened while I was doing my M.B.A. at the University of Western Ontario.

I realised that I can release all tensions from my mind. When I started with a clear mind before any exams, the results were miraculous.

Then I learnt that we can increase the level of Joy and what happens thereafter - is a game-like-life; instead of a serious confronting tiring experience called, life.

Further, I could go to heightened levels of love and people around me became Gods. 'Life on earth' became, 'life in paradise.'

This changed my basis of education. Now education was no more limited to technical learning with stress.

I realised that students can enjoy learning. Schools can be a heaven. With this in mind we started the Rishi Gurukulam.

We are bound by many rigid systems and parameters of learning in the Government school system. Governments are also at a loss. Parents apply their own measures and cannot understand many of our visions for the school and child. We have to slowly get them to see differently and this shift is happening.

Not all children need to be Ph.D scholars in sciences. But most people's mind set is turned in this way.

A great artist is more precious than hundreds of engineers in an assembly. But we are still in the age of survival. When a country moves to greater plentifulness, the finer aspects of life are appreciated and art flourishes.

Still greater than this is, 'to be with Gods.'

At the Gurukulam we are learning to satisfy the survival requirements very fast so that, we have time and energy for the growth of an artist, a leader and a star in whatever one does.

We still have a long way to go. I think by 2006, we have mastered the speeding up of the Survival aspect.

Now the distinctive growth will start and every student will be marked as a special contribution to the society from our Gurukulam.~

## **My Yatra in Europe - 1971**

I was 24 years old and full of energy. God had already presented me enough money to go around the world. I had worked for about a year while doing my Masters in Technology, in Ottawa. Every boy dreamed of seeing the world and I too, just had to go out and experience what the whole civilization was about. I was in the middle of changing my job and had nothing to lose.

My Canadian friend Greg, also wanted to join in. I packed my haversack, bought a return ticket from Montreal to Paris. I had a Canadian Immigration, by then, visas were not required for Europe. It was too good to be true.

I bought a book called "Europe on Five dollars a day." It had all the information on where to stay, where to eat, what to see and how to reach the place. I also bought a Eurail pass for \$100, which would let us travel forever on trains all around Europe. You could even sleep and travel when you had no place to stay.

I will go over my trip place by place and what happened as I traveled. A small youngster had to be moulded into a formidable force and God had his ways with me.

My first stop was in the youth hostel in Paris. Greg was with me and it was no problem getting beds. We saw a few important places in Paris and it was not like an adventure. After a day we thought we will go to Switzerland. The next town was Lyon. We went to the expressway and held our thumbs out to passing cars.

One small car with a small gentleman stopped and picked us up. We were delighted. We hardly waited for a few minutes. He dropped us at the place where we had to go off to Geneva.

It was by about 4 p.m. that we crossed the Swiss border and we were up in the Alps, full of snow. The person who picked us up at Lyon dropped us near the Central Square with the big fountain on the lake in Geneva. (Pic on page).

This is where the river Rhine starts. We met two girls from U.S., one talkative and big and the other shy. They were in the same hotel and we went for dinner together. It was our first introduction to Switzerland. We found that though the shops were closed at night, yet many materials such as shoes and clothes were left outside on big tables, unattended. There were hardly any police here.

This would never happen in Canada or U. S. Or Paris. Suddenly, an unspoken respect for the Swiss people stirred within me. Even to this day, I regard the Swiss as the most reliable people on Earth.

During 1975 to 1977, I was fortunate to be staying in Seelisberg in the Alps above Lake Lucerne, Switzerland. It was in Switzerland that many of my real lessons happened.

Those mighty mountains brought both enchantment and awe. I have looked at those great mountains for hours. Opposite my window was Lake Lucerne and on the other side was a mountain that looked like Kailash. I will go over in detail later about my excursions into depths of 'Inner Awakening,' at Seelisberg. It was all Maharishiji's grace on a child who was bright and willing to give it all.

The Geneva fountain is famous as it stands several meters high. Geneva is a place full of U. N. organizations. Even though Switzerland is not a member of the U. N., it hosts many offices. The Red cross is also located there. Many peace negotiations happen there and not in New York.

Everything is precise just like the Swiss clocks. Every house looks like a piece on display. Almost all windows are adorned with red flowers. I never saw a Swiss person gossiping.

They seem to be calculating something or the other. They do not stop to give hitch hikers a ride. They are so polished, they did not want to be bothered by untidy hitch hikers. The case is very different in France. After waiting for a long time, we got out of Geneva to Loussane. At Loussane, we did not get a ride for hours and at last some body took us by the evening.

We were looking at cars passing by rather than enjoy our trip. I started feeling bad for these very tidy people without courtesy to take us in their empty cars. At last a not so well dressed person took us and dropped us on the way to Milan in Italy. We had no idea where we were, we got a hotel room and cursing the Swiss went off to sleep.

The next morning we got up and opened the window. Behold, we were against a huge snow peaked mountain. It was worth all the wait.

The next day we understood that we will have to go over mountain passes and there was not much chance of getting free rides from the Swiss. Quietly we bought a train ticket to Milan and left Switzerland. We noticed that every inch of this mountainous country was cultivated. Every home had a grape vine. The Swiss people are industrious and calculate everything.

Roads are through passes and any time, these passes can be closed off and that is why even Hitler did not dare to attack the Swiss. The Railway lines run in three stages on different levels in the mountains. They are run precisely and are well maintained.

As we care for what clothes we wear. Similarly the Swiss care about how their country looks. Hats off to these permanent soldiers committed to the country. Everyone in Switzerland is permanently in the Army after training for about 2 years before they are 20. It is a nation with many nations, each one self sufficient.

The whole world should copy the Swiss model if they want eternal peace. But then, where are we going to bring the Alps to separate each nation.

I was a pure vegetarian and I could eat all the Swiss cheese I wanted and that was the only thing I could get. I was very happy living on Cheese and bread. My food cost me nothing. Occasionally I would have some nice hot pasta, pizza or barbequed vegetables. In Kerkira island of Greece I tasted sweet goat milk for the first time. I remember eating roasted chestnuts in Paris and lots of Pasta in Naples.

I was surprised on arriving in Milan, they call it Milano. It is a big city and looked more like Bombay than Geneva. Here, you had to watch out for your bag, lest it is taken away by pouncing agents from hotels. They just take your bag and run, you have to chase them to the hotel they prefer to take you to.

Homes were more like in Bombay. There were big rallies or groups or gangs or supporters for their foot ball team, I could not make out which category it was. Best thing was to stay out of this. It was obvious that they were crazy about football. It was very frightening at first. Then, I could imagine what would happen to westerners that land in Bombay. Greg was perplexed that such things can happen.

Italians smell of Pasta and spices almost like Indians. People on the Mediterranean in the south are more brownish. Roads in Italy were much smaller compared to great highways in France and Switzerland. There were a lot of poor people. We could make that out from their dress and the Roman Empire had collapsed in Italy. Buildings are ancient and imposing. Rome is a great city. Roma (so called in Italy) probably has the highest Cat to human ratio in the world. I wondered why so many cats? Later I came to know that Roma is full of rats. Why so many rats - Because rats have lots of space under the city to make their home. Roma has many levels of underground tunnels; these are not for subway trains or for sewage. They are the burial grounds for millions of people who have died for centuries in that great empire. Entrances to these tunnels are adorned with thousands of Human skulls. If you want to avoid rats we must burn bodies rather than bury them.

Florence was another great town. Its beautiful hill is a full scale burial ground for the great lords with their statues. Mostly, marble is found in burial grounds. Each person wants to have a more elaborate site. It represents their status just like Marriage Pandals in India.

The same story pertains to Taiwan. The burials here are much larger. A whole house is constructed for those buried. They may run out of space and may have to adopt Roman methods and live with more rats.~

## **Travel and Tirth Yatras**

What do Tirth Yatras do ? At this day and age, how are they to be undertaken ?



We travel for many reasons:

Travel to place of Work:

This is what most people do all their life. Most people travel to and fro, to the same place . It is boring or dangerous (as in Bombay or New York) or relaxing or tiring or exciting. It is usually never reverential, except may be for a few people.

Travel to a Friend's home:

This is a luxury for many people unless those friends live very near. This is full of enthusiasm for most. Here there is a large element of choice. We do it because we want it. Some times when we travel out of force, it is painful. Usually we do not show it and hide our feelings.

Travel for a picnic or

sight seeing:

Here we have a lot more choice and can take it easy all along the way. The journey is as important as the destination. We usually enjoy the journey more than the arrival.

There is an element of the unknown added, as we seek to go where we have not gone. Going seems to take far longer than the return. It is important to make the journey comfortable and enjoyable than just arriving there.

Travel for Tirth Yatra:

Here, reverence starts from the very beginning. It is as if you have arrived before you start. Even the thought is reverential. People around you are very supportive and even contribute to your travel. It is as if they are going.

Arriving is looked forward to but arriving in spirit is more important.

The Company you travel with is very important. Being with the task all along is critical. It is all left to God and physical and mental peace happens. Endurance reaches new limits. You are not doing it for yourself. You are doing it for all. Your Self surrenders to the higher Self and you become God like.

In 1950's when people went for a yatra to Badrinath, they were sent off as if, they are not coming back. It was a kind of acceptance of Sanayas and freedom from all worldly bondages. It was equal to Enlightenment.

A person coming back was worshipped and held in high esteem for the rest of their life. A pilgrim goes not for enjoyment. They surrender all comfort, enjoyment to reach a sublime state that is not affected by worldly happenings.

If they die along the way, no body is blamed. Such is also the journey of a sadhak when he is doing his yatra with his Guru. Forgetting all, he enjoys sublime bliss known only to him. Fortunate are those who find a Guru and tread the path of Tirth Yatra.

Tirth Yatra is like a final journey with out looking back. It is as if you have thrown away your worldly garment and take on a new one.

Pada Yatras are also done in the same way, may be for a shorter length and as much as possible. I am in love with Pada Yatras. It is the most wonderful time of our lives.

There is only one rule for Tirth Yatra, which is to see the presence of God in who ever you meet and what ever happens. Japa is not compulsory neither is chanting or singing. This happens automatically.

A transition is from 'Peace to Joy to Enchantment - Quiet stability to Singing to Dancing. You may dance all you want in a Tirth Yatra. God intoxication is allowed. Enjoy the fullness of your heart. Keep no

obligations of the world going on with your other pilgrims? Liberate yourself and others especially your spouse. Treat each other as friends and Gods going along the way.

We live on minimum facilities and carry as little as possible. We take water as Tirtha from the deity and Food as Prasad. We share what we eat with as many pilgrims as we can.

Tirth Yatra is a long meditation and we make all preparations for it many months ahead. This preparation itself is the end in a way. With all gratefulness we start and with all gratefulness we travel and also return.

There is fulfillment all the way.

Usually our pilgrimage centers are located in places that are difficult to reach . The Darshan is along the way and not at the end. Each step towards Amarnathji or Gomukh is a final unknown step as that step may take you into a deep abyss. Easy darshans via Helicopter, Roads etc are making our Tirth Yatras less effective. Those who reach by Helicopter may have to go through a tougher ride to experience the same liberation.

May all our disciples experience this life as a Tirth Yatra and let many of us be elevated to be guides for others.

(Continuing in the next issues: recalling my Tirth Yatras with Maharishiji and Bhagwan and with you all for the last 30 years).~

**Guruji speaks on....**

## **Meditation**

Q: What is meditation?

Guruji: The English word 'meditation' has three different meanings in Sanskrit.

There is no absolute one word translation for meditation. In Sanskrit, we call it Dharana, Dhyana and Samadhi.

In English, these three different processes are clubbed together into simply 'meditation' for e.g. they call prayer - 'meditation'.

Prayer is actually 'Dhyana', which is something that is done. It is not Samadhi, because in Samadhi there is nothing to be done. A prayer could be called 'Dhyana' and a Japa comes very close to being in Dharana.

You will understand these processes step by step. First you go in to Samadhi, and then we will slowly teach you what is Dhyana, and then slowly you will come to Dharana. Right now all our SSY students are very good in Samadhi. They do not know about Dhyana or Dharana. If you come to one of our Padyatras you will come to understand what is Dharana.

Once you give Dharana and Dhyana to people who have done Samadhi, then their mind becomes very focused. They will be able to accomplish things very easily. They will be able to focus on things very easily. Right now, all of you are very good at de-focusing but not focusing. For this you require some training. The best training for this is come for Padyatras.

If you come for a few Padyatras you will understand the power of Dharana you will become very, very strong.

When you participate in a Padyatra you will come to a state where you do not have any body anywhere. The body simply walks without you thinking, then Dharana begins. When there is total Nobodiness physically, mentally, spiritually in every way you are a total - Nobody.

You can lie down anywhere. Right now we have a lot of conditional self and this brings you down to the level of Annamaya Kosha and then it is solidified. So, you have to have certain kind of food only. You get sleep in certain places only, you can walk this way only. Everything is conditioned.

But as soon as you come for a Padyatra and start walking, the only thing that is in the mind is 'Om Namah Shivaya, Om Namah Shivaya'. As you chant, 'Om Namah Shivaya or Om Namoh Bhagwate Vasudevaya', your mind is totally clear. There is nothing in the head. It becomes totally clear, out of the Dharana procedure.

In Samadhi, we clear the mind in a different way. In Dhyana and Dharana we clear it differently. But now since you are all masters in Samadhi, then Dhyana and Dharana come very easily to you. But assistance is required for Dharana.

Padyatra is important. During the Padyatra, as you walk along, the whole body becomes totally free.

What does this mean? You don't have any more control, it is on its own and when the mind is no more controlling your body, when the body is moving by itself, then you will be able to lie down anywhere. It is so tired that any place is okay. You will just lie down, you won't require pillows, cushions, nothing.

Very fantastic changes take place in your personality. You will know that you will be able to survive in the world on very little, may be just two pairs of clothes. When you come for the Padyatra you will realize that two pairs of clothes are enough.

You require very little food and that too you don't have to purchase. People in the villages and towns will give you food, shelter and will look after you nicely, because this country is so fantastic that anybody doing sadhana is looked after by the society.

Then you start to realize that you probably can spend your whole life doing Padyatra alone.

I have experienced this and this is a continued state. I can take you and you can see what happens. I undertook a Padayatra a few months back, but it was not with a big group, but I went just with one more person. As we went along the street, as we lay down people invited us into their house. They pleaded us, 'Please take some milk from our house. People would give me Rs 5, Rs 10, which was their day's earning. They would give it and say, 'You are going to Mantraylaya, please use this I will get the punya (blessing) of having helped you.' The poorest of the people were giving us their earnings. They gave us milk, food, money and looked after us. I remember one particular family. It was very hot and we were resting under a tree. Here, a Muslim family looked after a particular factory, but it was closed and we were resting outside this place.

The lady of this family noticed us resting there. She came and said, "Why are you staying here? Why don't you come and sit inside? The factory is very big, nobody is inside please come and stay inside."

It was very hot outside and after sometime she came and gave us some milk. She made sure it was not her utensil that she used to give us some milk.

She went to a Hindu's house to borrow it and brought some milk and said, "I don't know whether you will take milk if I give it from my cup. So I have brought milk from my neighbour's place so that you can drink it." This was the kind of hospitality that the village people lived with. They were so poor there were only 3 to 4 utensils in their house, yet they took care of us to the best of their ability.

I remember that even today, because I know, it is to them that I owe - my life.~

## **Samadhi Dhyana & Panch Kosha Shuddhi**

There are different ways of receiving Prana (Energy) in the world.

The highest Prana comes from Akasha - emptiness.

What happens when you meditate? You become the Akasha Tatva. When the Akasha Tatva i.e. emptiness enters you then the whole system is rejuvenated.

Samadhi Meditation is a direct access to Akasha. That's the highest and purest powered Prana.

No amount of Yogasanas, can come close to half a minute of that Akasha tatva. That is why Samadhi is so much more powerful than other methods of receiving Prana.

If you go by the Pancha - Koshas, Anandmaya Kosha (feeling body) the Kosha of the Ego is the subtlest Kosha and Samadhi meditation keeps this Anandmaya Kosha clean and open.

Prana can also enter through Vignyanmaya Kosha - Intellect body.

When you realize that you cannot have an answer, as soon as you realize that you don't know and you admit that you don't know; when you reach a point where you cannot know, the Vignyanmaya Kosha opens and Prana enters to rejuvenate the system. This is Gynana Yoga. And then suddenly there is enlightenment, there is an opening which leaves you feeling very exhilarated. This, is called Vignyanmaya Kosha Bheda --opening.

In the SSY class we do very well, we take you to a point where you realize that you don't know.

In that state you are very happy, where you realize that there is no answer and that it is perfectly all right to be in that state of no answer. But not too many people can remain in that state of instability, of 'not knowingness'.

Everybody tends to know, and as soon as they think they know, the Vignyanmaya Kosha closes and the Prana stops entering. The problem is, that the man becomes very firm that he knows that he cannot know, and this understanding becomes a state of knowing.

These Gynana Yoga training's are very tricky, and they work as long as you are with a teacher, who goes on abandoning and dissecting your intellect. Left to yourself, you will close it very easily. This opening is certainly very beautiful. It dissolves all previous understanding and thus purifies the Vignyanmaya Kosha. It is a logical argument leading to nowhere. But higher than this is a direct access to the Anandmaya Kosha.

The next Kosha is the Manomaya Kosha - mind body. Manas - mind is simply taking in things from the senses and from memory and displaying those images on the screen of the mind. In our normal state we attach ourselves by holding on to these thoughts - we give it a state of reality.

When we start noticing that everything is happening by itself and not because of our doing - this Sakshi Bhava - witness consciousness, becomes the Manomaya Kosha Shuddhi. You witness the Manomaya Kosha instead of attaching yourself to it. With Samadhi Meditation you understand this - point very easily.

With this, the mind becomes clean and settled. It is not by focusing on the mind or the content of the mind that you will get anywhere. It is by simply detaching yourself from the mind that you will get somewhere.

Most of the Yoga training, of today has been turned upside down. Instead of letting go of the mind they hold on to the mind. Instead of coming to a state where they don't understand they want to understand and they call it - Gynana Yoga. They teach the opposite of what it is and that is why it does not work anymore.

The Pranamaya Kosha - energy body is the next Kosha. Pranayama enhances the Pranamaya Kosha. Pranayama means prana-yama, which means to expand the Prana.

It is also misinterpreted as prana-yama i.e, to control breath. It is not by controlling breath, but by expanding the breath you become aware of how the Prana is working in you. As you remain with the Prana in different parts of the body, everything gets activated. Even with the smallest of attention, the Prana gets activated. Pranayama methods are evolved to be with the Prana, which becomes longer and more purified.

Annamaya Kosha (Physical body) is the last Kosha. How does one purify the Annamaya Kosha?

There are many means. One is through food. If you put bad food into body, the Annamaya Kosha will become very bad. If you put proper food, it becomes healthy. Doing asanas also help to keep the Annamaya Kosha keep fit and light. Eating raw foods in plenty will make the immune system strong, and digestion easy.



With all the above processes the Pancha Koshas are purified. Prana enters the body at different levels. With Pancha Kosha Shuddhi all that was holding back in the system starts vanishing, enormous power begins to flow through the body.~

## Samadhi Vs Dis-ease

### Diabetes and Samadhi

Prof Dr. S.J.Nagalotimath, Dean of the College of Pathologists of India, told me that he was very surprised to see patients with long term Diabetes, reporting cured after 20 days of Siddha Samadhi Yoga practice.

He proposed a new theory for Diabetes, which I will present to you: He proposed that High blood sugar is an indication of higher metabolism adjusted by the body. What Diabetics need is lots of sugar. If you inject Insulin, it stops the required amount of sugar and leads to many complications. Why, this high Metabolism? He says, it is because of over thinking. How to stop this mental stress ? Only by meditation of Samadhi. Once the mind becomes calm, stress reduces and metabolism reduces and so the blood sugar also reduces.

Diabetics should take whatever sugar they need without worrying. To stop their tension, they should learn Samadhi Meditation - Permanently they will overcome the sugar problem. Dr Nagalotimath says, medical treatment today of insulin and eating less sugar is contrary to what should be practiced. Dr Nagalotimath told me that he has done hundreds of autopsies and in not even one did he find a Pancreas that is prematurely dead.

### Asthma and Samadhi

Asthma is a psychosomatic disease. It is caused mainly by mental tension. When you are very tense, you tend to run away. When you cannot run away, you are still gasping for a lot of breath and you have an attack. Best way to stop the attack is to consciously become aware that nothing is wrong and that the body is reacting on its own. Most people start reacting to the attack and add more panic and deepen the attack.

The attack usually happens as the person goes to sleep. When you are awake, you know that things are OK. When you let go of conscious attention, the tension inside takes over and “the run and save your life mechanism” becomes dominant and starts the attack. As you become aware of the attack, you can get up and tell yourself that everything is OK or you can panic and let the attack become intense.

Samadhi is a state of intense awareness with absolute rest for the body. This awareness combined with rest heals the person very rapidly. The person begins to feel fine in life and there is no more Asthma Attack. The cure lies in feeling fine in life. Samadhi meditation is the answer.

### Blood Pressure and Samadhi

Most people with high B.P. find that their B.P. settles down by about one point in a day after they start practicing Siddha Samadhi Yoga.

High Blood Pressure is caused by the strain to accomplish some thing urgently. Blood is rushing to supply extra energy. When you start slowing down and be happy with whatever is going on, then blood pressure starts settling down too. Blood vessels also become elastic.

You can imagine what the body had to do to cope with, by your great rushes for accomplishment, or expression of hatred, or jealousy, or trying to show off as being smart, or equal. To overcome these six detriments of Kama, Krodha, Moha, Lobha, Mada and Matsarya, the simple process is to be peaceful within oneself, instead of comparing with people, or things outside. This process is called Sadhana. Sadhana is the opposite of Karma (or accent on activity). Sadhana is Akarma, based on inner silence. Samadhi practice is the key to enter into Akarma of silence.

### Arthritis and Samadhi

My friend's parents had developed Arthritis. I noticed that my friend had a very unpredictable behaviour. They felt like passengers in a car driven by a speedy reckless driver. Have you noticed what happens to your legs and arms, when the driver is constantly applying sudden brakes? They become tense and stiff to hold on to what ever is available.

When life is such a ride of hiccups, no doubt you will have Arthritis.

You need to have some steady base in life. That unmoving base is God, Brahman or Allah. Sadhana is to experience this base and establish life on this foundation of eternal freedom.

People experience life as a rocking boat. They see the wave, but not the ocean. They do not realise that life is where you are. They feel that life is not complete, until they go to the other coast. Realising that wherever one is, it is total and complete makes our existence a play and a joy.

Sadhana is to experience that - 'Still Ocean Within Oneself.'

Samadhi is this state of stillness which will relieve you of anxieties and specifically Arthritis.~

## Who can set up Gurukulas

An obvious answer to the question of who can set up Gurukulas in villages is "The Dharma Gurus of the area".

The Government can only construct school buildings and pay for their selected teachers who have passed certain state examinations.

Governments cannot build Gurukuls.

A government cannot build schools leave alone Gurukuls. Most Governments are not performing at all. In some village schools, for years nobody has been able to pass the secondary school examination and only a few have been able to pass the 7th Std. Teachers are hardly present in the school and even those present are poorly motivated to teach. Most teachers are from the reserved classes and do not have sufficient knowledge to impart.

They do not understand the valuable position of a Guru, in a school with small children eager to learn. A huge national resource, by way of children's learning potential is thus eroded, rusted, de-motivated and wasted by the present system which selects incompetent, unworthy teachers who cannot teach, leave alone be inspiring role models for children. Infusing more money into the system cannot alter this gloomy picture.

But which kind of Dharma Gurus can set up Gurukuls ?

The Dharma Guru must have a universal outlook to include people of all castes, creeds, religions, and philosophies as his own. He must represent true Guru tatva and welfare of all must be his prime concern.

Building a community which is civil, enterprising, religious, dharmic and spiritually sublime and beautiful both within and outside should be his vision.

He must be aware of and capable in many fields like Architecture, Education, Entrepreneur-ship, Statesmanship, Administration, Agriculture, Weather, Dharma Shastras of many religions, Military and Police training, art of presenting everything beautifully - a home, a speech, a welcome, a garment, a dance, a celebration, a conversation, a community, a judgment et al.

He must be a capable leader who can empower everyone in the community and let them share in the construction and maintenance of the Gurukul, the all-important center of the society.

Cultures are not built in battlefields or durbars. They are built only in a Gurukul with an exemplary Guru who is a role model of living. He is concerned about internal self-sufficiency and does not depend on aid from sources outside the community (like foreign grants).

He lives and teaches how to live happily on what we have. At the same time he is for exploration and extending the limits of oneself in all areas.

He is a researcher and a great inspiration for exploration in Science, Technology, Music, Arts, Sculpture, Drama, Gardening, Trade and Commerce, Philosophy and Spirituality, Education and Sports, Health and Body Building.

He must be capable of building leaders like himself so that they can go to other communities and set up the much needed Gurukuls, to bring about prosperity and cultural upliftment in the nation.

Only those who are able to think in the larger interest of the nation and the world can build more leaders like themselves. A nation needs many such soldiers for a civil society. Soldiers of war only create destruction. It is soldiers who work for development of one and all, who will build a great culture.

These days we have people who are called Jagadgurus but who cannot extend themselves beyond their limited caste in a limited area. Such people must transform themselves by learning under real Jagadgurus. Only a Gurukul that produces real Jagadgurus can transform the world. It is with this goal that we have started Gurukuls in many villages.

All these days a Gurukul merely meant a Sanskrit and Veda Pathashala. This is a limited and wrong interpretation of the word.

Let our youth take to the broader task of bringing glory to our culture by becoming Jagadgurus through Samadhi Sadhana and surrendering to a Guru who is worthy of emulation. ~

## Joyful Education

The joy of learning is fantastic, the joy of participation is very nice. But, the joy of togetherness is even more fantastic. So, in this new school we have the beginnings of a new kind of learning process, where everything is done joyfully.

All this while we were unable to actually have such a school because we were very busy, teaching and preparing people for such an endeavor. First, enough consciousness has to develop, proper teachers have to evolve and enough number of interested parents have to come forward.

From 1988 to 1991, we spent a lot of time just teaching Siddha Samadhi Yoga. Later, we saw what children can do and realized the kind of base we can build with children, which is not possible with adults. It is very difficult to bring about a new society with old people.

Now, with the second generation already born to those who have imbibed the spirit of SSY, we have children and adults both ready to take on a different kind of educational program, a different kind of participation, a different kind of teachers. Our Matru Mandirs are highly appreciated places because all the teachers there experience the joy of participating with children

So the joy of learning is one thing, the joy of participating is another and the joy of togetherness is something else. It all starts with 'Sahna Vavatu, i.e. being together and participating together. This is the base for anything else to happen. Without Sahna Vavatu, Sahanou Bhunktu will not happen. Without Sahanou Bhunktu, Sahaviryam Karvavahai'. cannot happen. So all these are steps to progress.

Now we have enough people who want to be together to develop a vision. The power behind any organisation is not wealth, nor is it intellectual knowledge that makes a company strong.

The total power of any corporation depends on how many people are there to support the vision of the organisation, because it is that which does everything else. It is that which binds people together, it is that which brings wealth, it is that which brings about some results.

It all starts with a committed vision of certain individuals. And the more such committed vision comes together, the stronger that organisation becomes. Fortunately in India we have it. Nowhere else in the world do we have the kind of inspirational leadership which we have here.

India will certainly stand out as the greatest leader, the greatest power and will be the greatest light to the world, because we have thousands of true leaders.

We are not talking of political leadership but of the cultural leadership, which is very, very strong. Even if everyone in the Parliament goes out tomorrow, India will be the same, it will still run and may be much better and stronger. Political forces do not run our country.

It is the spiritual forces that run our country, along with leaders in each community who are able to realise the vision together.

The question that arises next is, if the vision runs the country, the corporations and the institutions, who brings this vision together? Who is able to inspire people to join together to bring forth the vision? Does money do it?

Everybody has his or her own vision. It is not a collective vision. It is only the Gurus who bring people together to follow a particular vision. The gurus and the leadership of people like Mahatma Gandhi moved our country or else we couldn't have been released from the demonic British Forces without a single bullet being fired.

India is the only country in the world where people have Gurus. In America, a leader is someone who tramples on everybody else. Those whom we call 'followers', are the leaders in America.

True leadership is available only where there is a Guru-Shishya relationship.

It has taken us some years to achieve this but today we have developed a sufficient number of Gurus within the SSY family. Now we are able to ourselves to take up a particular vision and bring people together. In turn, these people can take it up, as their own vision and proceed.

The school that we've started here in Mumbai, is due to one person's vision, which in turn has been taken up by other people who have given their life to their teacher. And is now beginning to show up as a force.

If we follow this particular pattern of working together we can have a very different kind of education for the future generations. Our school will become a model for all educational institutions in Bombay to learn from. But, this learning too will be very hard because it is not a technique that can be copied.

It is a culture of togetherness that has been put to use. It is the collective vision of the teachers and parents. It is the power of togetherness that has been created by silent retreats when they go to Dehri Ashram to be together in ecstasy that creates the base for everything else to happen.

Other people will first have to build the foundation by following the 'Founder'. A foundation is never visible, the Indian cultural foundation is not visible. It all looks dirty. It all looks very chaotic, but underneath there is a very strong foundation. We must utilize this foundation for the progress of the country everywhere. Today we can take certain important steps in our own life to promote this strength within the country.

But first we must understand that joyfulness comes from togetherness, Sahana Vavatu. It is the basis for harmony, power, strength and progress in any community.

Children who grow up in this kind of environment learn many things, togetherness, participation and grow up to be like a child and not like adults. They imbibe the joy of learning, the joy of participation and the joy of togetherness. These are the three fundamentals for things to happen.

In most places even the joy of learning is not there. Even though they are learning, it's a burdensome learning, it is not experienced as a process of joy. It is experienced as a process of work, which is very hard and very difficult.

In RSVK, we are reinventing the process of education. Our country was a very joyful place, very fantastic place, our country was very prosperous, nobody worked, and everybody was very joyful. But it all disappeared over a period of time. Most people study for the sake of getting a job. The highest and the most prestigious thing to have a government job. The entire education system has been converted to create clerks. Even most of the rural population now aspires for a government job. The whole population of India has been converted into clerks, who have become the highest authority in government.

This is all because we lost a very important concept in education. Initially we only had Gurukulas, there were no schools.



What is the difference between a Gurukula and a school? A School is a place, which produces clerks through government certifications. The English made sure that they destroyed the Gurukul system of India. That is the only way they could rule the country. To do that, they removed the certification by the Guru and gave it over to the state and so the gulamgiri, the clerical production started in India.

In the olden days every place of work was a Gurukul. People worked, studied and learnt under a Guru. Those Gurukuls were the real universities. In turn, the Guru looked after them, lock, stock and barrel and trained them.

Along with everything else, the Guru also provided certain value systems to their work. He taught them how to serve the people. Everybody did work as a seva to the Guru. They did not work for profit, for money.

There were one lakh twenty five thousand such institutions at one time in Chennai. Each one was a beautiful Gurukul because the educational institution and production institutions were one and the same. All the money from production went into education. Nobody looked for a job, nobody applied for a job.

If somebody wanted some work to be done in that area, they came to a Guru and asked for help. The Guru then sent one of his disciples to start another process over there. It was always the guru who placed the person wherever needed.

There is a lot of difference between working and doing seva, and learning and doing work. Everybody was an apprentice, everybody was a Guru, and everybody was a Shishya. This is the Guru Shishya Paramapara.

The Guru was interested in the Shishya and the Shishya was interested in the Guru. In that togetherness was joy for all, and it was that joy and the vision of the Guru that carried everything else. Such was our country. Now with the dismantling of the Gurukul system and the invention of the clerical system, we have become a poor nation. We want to bring back this power again.

You can start becoming a builder of the nation, a powerful force behind the nation, by creating a Gurukul in every place.

Seva The First Ingredient:

First thing is to begin at your place of work. From tomorrow for 10 minutes, just 10 minutes, you do some seva at your place of work. It may be mandatory for you to be at work, between 10 a.m. and 5 p.m. Now please stay back an extra 10 minutes or during the lunch break take 10 minutes more, or do something for your place of work, so that it is a better place than it was the previous day.'

Can't we do it? Everybody can do it. You will have to find out how to do it, to the best of your ability. Do some seva for the place, which is giving you food and shelter. Then the attitude of seva will begin to flourish in you.

Converting Boss To Guru The Second Ingredient :

The second one, I discovered, is very easy. Right now you have a boss. Do you want to have him as a boss or as a Guru? If you want to convert your work place into a Gurukula, your boss must turn into Guru. How can you do that? Very simple, you go to your boss and tell him, 'Sir, from now I would like to take more responsibility for the work that you need to get done. I am prepared to learn whatever is required so that your work is reduced. I will be able to take more of the responsibility that you are carrying. So, I am willing to learn and willing to serve more. Please use my energies for teaching me something more and using me for something more.'

What does this require? Only breaking your ego. Nothing more and you don't worry, what kind of a boss he is. You don't worry about more work being dumped on you. As soon as this shift happens, the boss himself will think, what can I do for this person? How can I take advantage of his energy? What kind of program can I do so that he is educated to do more.?

More and more responsible people will thus make the effort to do more than what they were doing. This sets the pace of the Guru Shishya relationship.

Similarly, you start spending a few minutes of your time with your subordinates and teach them a little more every day, so that they can take over your position. Thus convert the place of work into a place of joy. ~

## Education or Kala

Parents think that education means reading, writing and arithmetic. At least earning a B.A. degree is a must.

Most of these graduates are jobless or unsatisfactorily employed.

Most skilled workers are always in shortage. Everywhere there is shortage of Tool and Die makers. Software programmers are in short supply. Carpenters have to be begged for. Plumbers are always not available. Masons are always on holidays. Coaches are in very short supply.

An intelligent father will not opt for these expensive useless Degrees from universities.

Has any mason or carpenter supplied you any degree certificate?

It is not universities that have made India into a number one IT power. It is purely the work of NIIT and APTECH who trained skilled workers in software.

Learn a Kala such as Carpentry, Cooking, Dancing, Tabla, Karate, Swimming, Software, not for performance but as coaches and trainers. If your boy is good in Cricket, let him build a career in Cricket. He need not become a test player but can be a very much-needed coach to produce test players.

When you train and share what you are learning you automatically become a master. All paper degrees, which you will never use or teach, are worth the wastepaper basket.

In a Gurukul, all sciences and arts are made relevant with reference to the main kala / skill being learnt. For example, arithmetic will be for carpentry measurements. Then students learn every subject with great interest. ~

## Inspirational Leader

A few days back I was in Vasco, Goa. At a Satsang about Inspirational Leadership, I talked to them about - how to develop Inspirational Leadership.

Who is an inspirational leader? A Guru is the only inspirational leader. But how can we develop Gurus?

I asked the people to commit themselves to doing this seva at their place of work for at least 10 minutes once in a day.

The Chairman of the Port Trust was present and he appreciated this and asked me to come for a meeting with a number of important people from all over the country. On hearing about my earlier program and the commitment that people had given me, he asked me to start the program in the Port trust immediately. He is a very responsible individual and wants to see other people come up and grow.

This means all the people in our country understand the power and the strength of the Guru-Shishya Parampara. This is our inherent cultural strength. Only when we use our inherent cultural strength, do we progress.

Each country has its inherent strength and according to its usage they progress. This Guru Shishya Parampara is our greatest strength. We must use this to turn our country into a true Research and Development University.

Every place has an opportunity to be a R&D place. We have the highest amount of knowledge. Already Indians are the ones doing the major research work in the world. But in India itself they have not found the correct infra-structure to do this R&D work. Hence, they are finding these in America.

If we accept that our attitude shifts to realise that it is possible then, automatically all our factories will become places where all our people can experiment. Now, we will not have to import technologies, rather we will export technology. For, our factories will be centers of learning and not mere production houses. India has the knowledge, and this shift in attitude must happen automatically.

The ones who have the knowledge and technological know-how has the power. You will become Gurus to the world.

At present, students come to India because here education is inexpensive. Soon, they will come because India is the only country where knowledge in the true Guru Shishya Parampara is available. This shift will happen. It will not be available anywhere else.

People from all over the world have started coming to India in their search of knowledge and the highest truths. When they came to India they came looking for a Saint Gyaneshwar, a Ramana Maharishi.

India is where not only the spiritual but also other wealth will also develop. So all these aspects, are the basis of our new educational system and these will help to re-establish the strength of our country.~

## **Beyond Vision..**

All of you are trained to be very strong in yourselves. God has blessed you.

Our strength is in seeing people around us as Gods.

A vision does not bring people together. We cannot depend on vision to make things happen. If I vary my way and you vary your way

And there we part - nothing gets accomplished.

When people are together and they develop a common vision; then it has power.

Being together is a first step; let us develop this power. If we are all together the world will change by itself.

Being fully together things will happen.

Just by being at an AMC - Advanced Meditation Course You do not get any experience.

Don't do what you want, put in action whatever I say. I had given you the liberty but you have grown weak.

Create a space by being together. Togetherness is very important. This will create one energy and space. Let us learn this here and see what happens.

When you are in your division and meet your people, then some energy is generated - Communes will give you that power by living together.

Let us be together with meditators who want to see - Each Other - as Gods.~

## **Difference between a Profit Seeking Entrepreneur & a Yogi? Part - 4**

Paid-Worker/Profit seeking Entrepreneur If somebody comes to help, drops the Work and lives in comfort.

2. Waits for promotion.
3. Plans to give after acquiring abundance, but rarely gives until death takes away everything.
4. Life is meant for work. Cannot stop working. Busy even during holidays.
5. Complaints about work.
6. Gives life to money making.
7. Sees money & resources as limited.
8. Dedicates his life to family.
9. Gives his life to religion.
10. Opportunity for limited growth.
11. Life is a web of restraining commitments..

### **YOGI**

1. Gets up to work, when others are resting.
2. Promotes himself to higher responsibility as one learns.
3. Starts by giving what one has. Dies before death. Others are willing to give their life for him.
4. Brings life to a work. Can stop and start working
5. Rejoices in any work.

6. Brings money to establish happier life for all.
7. Sees infinite possibilities to increase money & resources.
8. Constantly builds larger families.
9. Brings religiousness / spirituality to every aspect of life.
10. Opportunity for rapid infinite growth.
11. Lives the life of freedom. Has adventurous Ventures.~

## **Guruji Speaks on..**

# **Living SSY & Managing Your Life...**

Guruji addresses participants, who feel ecstatic after completion of the SSY Program. He talks to them about being this happy always: -

SSY is your re-birth.

“There are several reasons for feeling so wonderful. This has happened out of your own sadhana during SSY, a memorable period in your life.

SSY is a re-birth. Everybody suddenly understands, suddenly experiences that life is wonderful. We had made it very, very difficult, very, very tiresome by holding onto our conditioned self, believing that to be the truth about who we are.

As you enter No-bodyness, your Karmas, past conditions slowly disappear, you become a child, life is a wonder, life is beautiful.

So, due to your sadhana, you are like children now. But, very fast you can again become conditioned, but now you know how to overcome this, by simply entering into your No-bodyness.

Every time you meditate, you become fresh. You must meditate everyday. When you practice morning pranayama, afternoon meditation and evening meditation you feel fresher and fresher.

To experience that life is okay, all you have to realize is - 'Nothing is soooo serious, so important. Nothing is lost, nothing to worry about.'

Life is not about only winning, it is also about losing.

This is very hard to get - for normally we believe life is always about trying to win.

Our Internal effects the External

We have made maintaining our status very, very important, and playing is unimportant. Here there are two kinds of sadhana - internal and external.

The inward sadhana is to realize - you are No-body, so you can go beyond your loss and gain phenomenons. Now, the outer aspect of life becomes a play.

To play - you require players, you cannot play alone, you need a sangha. To play cricket, people who want to play cricket have to get together. But, if one wants cricket, another wants basketball, they cannot play. Life has become like that. This man plays his own game, that man another, and nobody comes to play together.

Power of Togetherness

When you come together to play, a new variety, a new possibility happens.



It is difficult to find people to play. Everybody thinks they must work seriously and relax only later. Very few want play.

When people around you want to play, your life becomes beautiful. So start playing.....

### Work Vs. Play

Why are you not enjoying your work right now? Everything is for tomorrow. So in RSVK, we eliminated serious work.

Just be willing to play, be willing to lose! Be willing to learn, to make things happen, things which never happened before. Take challenges never taken before and then life is wonderful.

When you want guaranteed success, then you - work.

When you are willing to lose, it becomes a - play.

Everywhere they teach you, 'You must succeed, you must succeed, you must succeed.' Here we teach you - it is alright to lose, don't worry. When it is alright to lose, then you can take on bigger challenges. Until you realize that it is alright to lose, you cannot take on a bigger challenge. So, here you come to learn to do something better, bigger, more joyfully.

Here we are not worried whether you succeed or fail, only that you participate 100 percent, that's all. Simply, participate 100 percent, whatever may be your degree, you participate 100 percent.

RSVK is never boring. Why? Because you are not working. If you work, it is boring.

After SSY you have become different, you are not quarreling, not sooo irritated, you get along better with others. Soon, your neighbour says something has happened to this person and I want to be like him. Then, they join SSY and become better, and then still others discuss that earlier there was much quarreling in their houses, but now their homes are like Brindavan as they have done SSY. They too come for SSY, their houses also become Brindavan. When enough houses become Brindavan, there is a whole society that is Brindavan. That is how slowly, slowly, this Brindavan culture will come and everybody will experience it.

## Karma or Moksha?

But to keep up this joyful state, you have to meditate. If you do not meditate, again you become Karma bound: you complain, and are mentally disturbed. When you feel tired before eating, just meditate.

Do not eat until you meditate, this is the formula. How long must you consciously do this? Until you auto-matically meditate before food, you continue to practice this consciously.

The animal man simply eats when he is hungry. But an initiated person first meditates and only then he eats. That is the only difference.

He knows he must meditate and then eat. Just a ten minute post-ponement of eating will make life so different, so wonderful. It requires your commitment, your understanding that you must do this. When you do this for 40 days, automatically your body and habits change. Automatically you maintain it. You respond differently. If you don't do this for 40 days, your body will not change. The lesson is forgotten.

If you want a change in food habits, just eat that food for only 40 days. By the forty-first day, your body will want only that and reject other food. That is the habituation period.

So, be very careful for the first forty days, just like after a major medical operation. When the doctor says you must take this pill daily, no matter what - you must take it. Similarly, for the first 40 days no matter what - you must meditate. No matter what!

The first forty days are the most difficult because this is a new habit. Once you do this, the rest is easy. So every morning first practice pranayam and do not eat until you meditate in the afternoon and night.

Then what should you eat? At least 50% raw food and 50% cooked food. After doing BST and AMC again you eat raw food for one or two weeks.

## Cleansing the - Heart Chakra

At the retreat, what happened? Something very valuable transpired - a collective - 'Samohik Mauna'. You started opening your heart. Daily meditation is individual mauna - (silence) to cleanse you. When you come together to cleanse yourself, something beautiful happens.

All relationships get rejuvenated, refreshed and cleaned. Whenever your mind gets dirty, your heart gets dirty, when your mind is disturbed, meditate.

When your heart is dirty, you feel jealous, you feel superior to someone, you want to compete, you do not feel love for everybody, and then there is disease. You must go to an AMC, or to the retreat again for collective mauna sadhana and get refreshed. Go once in two months, in one year you become extraordinary!

Your heart will always be full of love, full of wonderful things. Within one year you will feel responsible for your own happiness, but responsible for everybody's happiness. The first aspect is - I am responsible for my own happiness; the second is - I am responsible for other people's happiness. Then you start serving others. Don't wait, spontaneously go and serve. That happens after attending retreats every two months.

In SSY we shift from Ahamkara -ego to Aham Brahmasmi - divinity within. It is a conversion from Shudra to a Vaishya.

Difference between a

Bureaucrat & Leader - Kshatriya

In the retreat and AMC, we convert a Vaishya into a Kshatriya, where you love people spontaneously. Once you love and people love you, automatically you become a leader. So what if you are a big officer, are you a leader? No, simply a bureaucrat.

Leadership is by virtue of your love for people. Leadership does not come from being a big officer.

There is a difference between a bureaucrat and a leader. Somebody has to do the job, so you do it; not because people asked you to lead. When people feel spontaneously from their hearts, 'he is our leader', then you are a leader. You may be a manager but not a leader until you do deeper sadhana in AMC's - that is Nitya Samadhi. Do AMC's - Advanced Meditation Course regularly to become a leader.

### Leadership Vs. Management

A leader spontaneously brings about great management. He does things no manager can.

A manager does what has already been set.

A leader can do what has never been set.

A Leader can establish a totally new system, a new arrangement. A spontaneity of new energies move around him to make what was impossible before, easily possible.

A Leader is a person who is not only loved but respected and worshiped.

### Developing Purity - Brahmanas

You love your mother because she serves you. She has served you so much, naturally you love her. But an enlightened one worships and loves everyone.

One who can or is dedicated to seeing God in everyone, he is worshiped by everyone. Not merely loved but worshiped. This person is a Brahmana. All are born Shudras or worse, but because of this great culture by Brahmoupa-desha, we become a Vaishya.

After deep sadhana at AMC's we become a Kshatriya. After AMC's we become eligible for Bhava Samadhi Training - BST - Satya Narayan Vrata. After this BST - Satya Sadhana, we become Vishuddha (pure), a Brahmana. The Vishuddha Chakra is also the Brahmana Chakra.

Purity is Satya and impurity is asatya. Dedicate to Satya and be pure. The Bhava Samadhi Training, establishes you in Truth, so take the next step. Gradually become Brahmanas and experience happiness unavailable elsewhere, by living in Truth. Dedicated to truth, you become like Mahatma Gandhi..... ~

## **Dubai 'a Heaven on Earth'**

I had no plan to visit Dubai. Swamiji from JSS, Mysore suddenly called me from Dubai and invited me for the opening of the JSS school along with Dr Abdul Kalam, the celebrated Former President of India.

I thought it good to visit Dubai and decided to go. We had only a week or so and all arrangements were done for the trip.

I was not aware of what kind of society this is. I had heard a lot about the fanaticism of Saudi rulers.

Once there, I was gradually amazed at how well the ruler Sheik Mohammed converted a desert into an oasis. It has been raining almost everyday since I came and the weather is very pleasant. We can go for a walk in the beach at 2 in the afternoon.

Dubai is one of the most neatly kept places on earth. Wealth has been used to create beauty. The desert and the sea along with huge human effort to plant trees and grass is the great feature of Dubai.

It thrives on labour force from other countries, mainly Pakistan, India, Bangladesh, Philippines and Arab countries like Jordan and Palestine.

Fridays are a feast to watch. People from labour camps mob central Dubai joyfully, praying, playing cricket, long walks on beach and sea side.

It has become a great centre for trade and world wide assembly like conferences and tourism. Tolerance is very high. You can do what you want without disturbing others.

The Government is for the locals and they enjoy a quality of life, which I have never seen any where. Others are given opportunity to progress but the locals get more than 50% of effort. Expats are respected but are not included in ownership. If most of the money of expats stays in Dubai, it will become a paradise that you will not leave.

The Sheikh has set his dream alive and is a show case for Leadership. Salutes to him and his team of administrators.

Our Dubai centre will be the hub of world wide SSY and Hundred Percent Memory with highly competent executives for world wide operation. I am also changed in my view of Dubai. Several teachers have contributed to this elevation of Dubai.

Meditators from Kerala and Mumbai and the local Sindhi community are the key drivers with so much love and togetherness.

Welcome Dubai in your heart. It is already deep in my heart. Here are some pictures.

Send your child for a tour of Dubai. Our meditators can safely and lovingly look after them. Interested individuals should contact [triptodubai@ssyme.org](mailto:triptodubai@ssyme.org). See what RSVK can organise at the website

[www.ssyme.org](http://www.ssyme.org) ~

## Part – II

### Living SSY & Managment in Your Life.

Living in Truth, dedicated to Truth, you become like Mahatma Gandhi, you will become a Mahatma.

#### Mahatma & Patriot

A Mahatma is not someone who is a patriot. Subhash Chandra Bose is a patriot, Mahatma Gandhi is not a patriot, he is a Mahatma. He is beyond all national boundaries, all caste and creed. May you also become this mahatma. Now this process is available to all of you by regular practice of coming to AMC's and BST's.

#### Power of Satya

Several people participate in BSTs and miracles started. Whoever does BST will experience miracles. They are very close to the miracle chakra, the Agnya Chakra. Once you make a sankalpa (resolution) and are absolutely truthful, it works. The shift takes place from the Vishuddhi Chakra to the Agnya Chakra.

Now, you can do impossible things. Your power comes from your dedication to Truth. Only total surrender to Truth lets you master the world.

#### Siddha State

The Panch Tatvas no longer control you, you control them. This is the Siddha state, beyond being a Brahmana.

The Siddhas are people who create miracles spontaneously around them? Sant Tukaram, Sant Gyana-neshwar, Meerabai were all Siddhas. India has produced so many Siddhas. All of you who do your Sadhana will also learn how to become a Siddha.

Whatever you learnt so far is very small, but it is a beginning to Moksha. In meditation, you are in Moksha, freedom, but just for that long.

When you are a Nobody all the time, you are 100% charged. Whatever you say will happen. So may our energies move in that direction, may you dedicate yourself to Satya instead of Asatya.

Satyameva Jayate will replace Asatyameva Jayate. Purity alone can win. Impurity is Maya, Asatya.

Satya - Truth will always win, that is the truth. Often we get confused whether Satya will win, but really you have to practice it properly. You have to go through certain levels, but before that, practice mauna (silence).

Experience the love of your heart. Right now, you are still Shudra but can understand what a Vaishya is. Gradually, you will understand what it is to be a leader - Kshatriya, and finally a Brahmana.

### Cultural Strength

Our culture is very strong, a very powerful culture. It is not something made up by somebody. It is an extremely systematic procedure to become better and better and evolve in consciousness.

### Sadhana & Richness

Sadhana is very, very important, for then, everything works out. We teach how to use your present energy. You are much better friends than before, you are able to give yourself, your heart to others. This energy is very powerful and we shall tap it, so that all of you become very, very rich.

First you become rich. Before you become a leader, at least you have become a good Vaishya. All of you become rich, and how to become rich? This energy that you have can be used to make you rich. That will be taught in the advanced SSY courses. You have to learn the process. How you can come together you can create both inside and outside wealth.



All the SSY teachers have realized their wealth. Let's examine cooperation: If one family cooks, all the others are free. If thirty cooperate, one needs to cook only once a month. With cooperation, work is reduced and wealth increases. Many have money, but do not use it properly. If thirty help a friend, what happens? She becomes rich. When that happens, she will assist you to be rich.

I wonder how we sit on this pot of gold! Within two years, you can become so wealthy that you need never worry about wealth.

#### Queen Bee - Connection

You do all the advance sadhanas, go for the retreats once in a month or two months, and you go for the retreat. You also meet your teacher, because your teacher brings everybody together, the queen bee keeps all the bees together.

I guarantee you will laugh about your earlier struggle as Shudras. Family life changes, when you have become Vaishyas automatically.

Go from Ahamkara to Aham Brahmasmi. After tasting Aham Brahmasmi you learned responsibility, to stop passing the buck. Now you are eligible for promotion, from a Shudra, earning Rs.15,000 to a Vaishya eligible for Rs. 60,000 or 2 lakhs in business. So this change will happen and most will leave jobs to become great businessmen.

I would like you to be very successful. Strengthen your own place so it becomes doubly powerful. Don't leave your job, stay in your job, do it so well that your workplace becomes very, very prosperous.

#### Entrepreneurs

When there are entrepreneurs, the country becomes rich, when you have only workers, the country will not become rich. We will change this situation. You are now capable because you have come from Ahamkara to Aham Brahmasmi. ~

## Beyond Vision...

All of you are trained to be very strong in yourselves. God has blessed you.

Our strength is in seeing people around us as Gods.

A vision does not bring people together. We cannot depend on vision to make things happen.

If I vary my way and you vary your way.

And there we part - nothing gets accomplished.

When people are together and they develop a common vision; then it has power.

Being together is a first step; let us develop this power. If we are all together the world will change by itself.

Being fully together things will happen. Just by being at an AMC - Advanced Meditation Course You do not get any experience. Don't do what you want, put in action whatever I say. I had given you the liberty but you have grown weak. Create a space by being together. Togetherness is very important. This will create one energy and space. Let us learn this here and see what happens.

When you are in your division and meet your people, then some energy is generated - Communes will give you that power by living together.

Let us be together with meditators who want to see - Each Other - as Gods.~

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“There are several reasons for feeling so wonderful. This has happened out of your own sadhana during SSY, a memorable period in your life.

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## Enhanced Life....

Don't say; - 'Live SSY.' This is what Guruji has always been telling all the meditators. It's a very simple statement, but has a profound and a very deep meaning.

When one undergoes the SSY – Siddha Samadhi Program, he / she gets tremendous results, amazing benefits, in terms of health, relationships, career, work, etc. When you ask them, "How come you have changed so dramatically in just two weeks," which has not happened over so many years.

Their answer is – "SSY did it." You ask them, "Yes, but what about SSY?"

These people will definitely say it is because of; pranayam, meditation, or change of food habits or all 3 of them. You ask them – “Are you living SSY?”

They will reply, ‘Yes, or no,’ pertaining to whether they are eating healthy foods, doing their meditation, or doing their pranayam. For the normal meditator, SSY means only meditation, pranayam, and healthy food.

Actually, SSY is much, much deeper. That is just the outer layer, which the people can see. They can only see what is tangible i.e. people doing pranayam, or people doing meditation, or eating healthy and natural foods.

No doubt it is important, to do all three. But it is just a small fraction of what SSY is all about.

SSY is a cultural change not only of food habits, or healthy living, it’s a cultural change towards a dynamic, but effortless living.

It is a cultural change from the shift from, ‘I have to’ to ‘I want to.’ It’s a shift and a cultural change from operating from ‘I am so and so,’ (Somebody-ness) to -‘I am nothing,’ (Nobody-ness). It is a culture change and shift from ‘Doing to Non-doing.’ It’s a shift and a cultural change from, ‘Attachment to Detachment.’

## **Guruji Speaks on ...**

# **Goals - Worthy to Reach**

Meditator Questions:

People have lots of Goals and chasing them is the end all of their lives. Does it really matter, ‘to achieve the Goals?’

Is it not the same as chasing our unending desires, causing all the miseries? How do we know, what Goals are really worth chasing?

Guruji Answers:

Reading this answer itself shows that you are interested in Goals and that I am also interested in Goals.

When I am in total silence, this question of Goals does not arise. I know that I have reached the Goal of all goals.

This Silence, I attain, by doing nothing and dropping all Goal reaching.

Non-Doing alone leads to the Goal of all Goals.

This secret is not available to people chasing goals as if it is the end all of life.

A student takes on the Goal of doing well in studies and passing all the exams and gets a minimum degree. Until one gets a degree, one should not divert their attention to anything else "Stop not till the Goal is reached," resounds in the air and makes Swami Vivekananda's words a living echo of the race.

The same words also inspire someone to question the Goal of all Goals, and a slumbering giant caught up in Goals is awakened.

If you are that fortunate Giant read on....

Chasing Goals is a dangerous path of self destruction if you do not realise that it is just for play that you set up goals to achieve.

There is no sanctity to any Goal. The Goalless goal is the mystery to be unraveled. It is silence that is sacred and all actions are only spices of life.

The real goal is - Silence. It is only in silence that the divine is present as a self evident experience, and all doings and actions are a play of this ever pervading silence, or, 'God.'

Muslims pray to this Allah so that they are liberated. Christians pray to this holy spirit of silence who cleanses all good and bad actions and liberates. Hindus pray to that effulgent Silence, the Gayatri, for liberation of the Intellect to see the light of God.

Only silence is liberating and the quest of life is to realise this Brahman, silently present in all actions bad or good.

Once realised, you do not get caught up in the enjoyment of the fruit of actions. Then you do only what is enjoyable.

Process itself is the end, there is nothing to get; you are OK from the start to the end.

Knowing Brahman, all goals become a shadow, instead of silence being a shadow in all actions to attain a towering goal that over-shadows our being in silence.

## **Part – 2**

# **Goals - Worthy to Reach**

Always start with Silence or God and end with Silence, or God. You have come from silence and you go back to silence. All this world of action is a drama of this - Divine Silence.

Those who are caught up in the result and accomplishment of a Goal wait for enjoyment after the result is achieved.

They talk about their accomplishment and flaunt their degrees with pride for their lifetime. If you ask them for the content of what they studied in their degree, they do not remember almost anything. They only remember that they studied and got the degree. They worked for the degree and not for the knowledge.

A liberated person, studies for knowledge, not for a degree. Degree will follow him like a shadow, he does not have to chase it with any effort by cheating, copying, memorising without understanding, struggling on the last day before exam, etc. He enjoys while studying and not after finishing the study.

Learning to enter into Silence is the first real education.

Learning ABCD will help you to communicate with others on paper, without need for speech or sound. It will not make you a better person. It will only make you a more efficient person.

Only the one who knows silence will blossom into a great human who enjoys his life every moment. He is already accomplished.

He does not race for mementos, Degrees, Olympic medals, honours lists and becoming an Iconic super star. All these things may happen to him without effort. His life is at ease.

His inner silence and ease adds spirit to all he does and takes up - like a Midas touch. It is this silent spirit that shines in him and the people around him and in his works. He never does substandard work. He is excellent and loving and inclusive. His work may be exclusive; his spirit is loving and inclusive.

All his goals have a divine sanction and whoever embraces his work is sanctified.

Ordinary people experience extraordinary satisfaction by being in his presence and engaging in his visions. They get what is popularly known as Satsangha and Darshan of love and silence and quiet

enchantment. His institutions stand out as land marks of service to humanity. His work liberates mankind just like the freedom struggle of Gandhiji or Lincoln.

May you be liberated!

{You can learn about silence by being associated with Guruji, Shree Rishi Prabhakar and his training programmes to liberate yourself and be a shining leader with his leadership training processes of SSY (Siddha Samadhi YOGA - The Art and Science of Silence), SSY KKK (Kaya Kalp Kriya, the art and science of Leadership). You can begin a life of ease and ecstasy by merely joining his communes with your family. Visit [www.ssy.org](http://www.ssy.org) for other articles.} ~