

Masters photo-----Advent of modern scientific era & ultra high, end- use technology has been a great boon to human kind in increasing high living standard on global scale with better health , housing, clothing & recreation. , Unfortunately in the process Man has lost his real identity of spiritual nature. He knows himself only as organic bio system recognised as Mr. so & so, s/o & so etc. **The mental tendencies ( sanskara) as his nature ( Swabhava ) emerging as desires , & thoughts drives him restlessly to act endlessly in & out side world for fulfilment** . At any point of time generally there are more desires than opportunities to fulfil & this causes disappointments leading to frustration, anger, impatience, with use of physical force to over come & break through the blocking agency. Result is strained social relationships in intra & inter personal communication nets **which may disrupt temporarily or permanently the cultural ethos of the social system. Break down of family as a social unit** , with number of marriage diverse , marriage less child births increasing alarmingly , & political, economic unrest are cases to be pointed . Though , social ,political , religious agencies are continuously making well intentioned efforts to tackle the , issue, the root cause of the malady namely , spiritual nature & divinity of man is not grasped . The superficial attempts to treat symptoms of the social disease has not paid the expected dividend in up rooting the cause . It should be clearly understood without any hesitation & reservation that –

1- **Mans identity intrinsically is Absolute Consciousness per se (Atman ) in / by nature ( Chid Swaropa). Remember, again & again that you are not the body mind intellect.**

2- The primary objective of human birth is to manifest & express him self to the utmost limits of expansion. Expansion means, power of control. It is directly proportional to subtlety of medium of expression. Element space or ether is most subtle of all media of expression. God , is subtlest of subtle ( sukshmat – sukshmatra). A yogi should become subtler & subtler akin to space before merging in God. It is in the nature of **Universal Self Consciousness**. The implication is obvious.

3 Body , mind, intellect, as bio system is only an instrumental vehicle for his manifestation & expression. It produces power like, mental power, – locomotive power, lifting , power of sight , power of hearing power of smelling , etc. on which, as if , he rides to expand in terms of his thoughts generated by desires. The expansion, expression , & manifestation is proportional to the power generated by his body the bio system. When the power is not sufficient to expand , in overcoming the obstacle to the desire to be achieved , disappointment , & frustration results.

4- This spurs & motivates for spiritual evolution on Time –Space – Causation continuum of Sat- Chit – Ananda ( Existence – Consciousness – Bliss ).

5-If difficulties, problems , & miseries are to overcome in day to day life, amidst all actions & activities one has to cultivate a yoga that brings various dimensions of personality **to a state of balance & equanimity ( samata vasta)** . At that point of Neutrality entire structure of bio system of the personality becomes as subtle as space & system becomes immune to reaction of an action done i.e. micro impressions are not formed on the causal body. Sahaja Marga Raja Yoga Dhyana Gruhastha Ashram **can help you to achieve this state of personality** based on Pranahuti facilitated from Hiranya Garabha – the Macro Cosmic Mind.

An Astral Transmission through  
Prof. Satyanarayana Chillapa  
President IUSCM

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Item No. 2 –Editorial – Sri Govinda Sami , local President IUSCM

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Item-3-Letters –

Dated—23-7-2001

Dear Prof. G.K.Sangle sahib Ashirwad two letter dated 11th & 15<sup>th</sup> received

1-Problems do come so long we are in mind. Our body, mind, & intellect i.e. our personality is a medium & channel to express the divine creative urge & manifestation according to His scheme. May be that we in a limited way think & interpret in terms of duality ( dwanda Bhava ) colouring according to situation,. Our perception, & inter action is influenced & guided by swabhava i.e. inherent nature which is nothing but expression of mental tendencies – sanskara that limits , forcing him to act against his free will ( **swabhava gena Kaunteya – nibadha swena kamana—kartum nechasi yan mohat karishyan avisho api tat- Bhagavat geeta 18-60** ).

2-We have to cultivate to learn the art of surrendering so called free will to divine scheme of creation which is technically called as thyaga i.e. renunciation of returns – oriented actions, & having the motto of, work- for work sake, actions. It is thyaga that gives shanthy- peace of mind.

3 –The method is constant remembrance of Master & meditation. As meditation advances it ripens ,giving the fruits of successful yoga.

4- It is not that one by force of compulsion of circumstances resorts to thyaga though apparently it looks so; but is born out of holistic realisation of divine plan & scheme of creational action. This is the difference between a gnani- yogi & lay- man . Yoga helps to go in to fathomless depths of divine creational plan of action. There are no tears left to weep because in divine scheme of manifestation there is no bi- polarity (dwanda) of thought.

5 –Your rendering of Guru Geeta is apt, permeating devotion to Lord My Master .It indicates your roots in sublime Truth.

6-Last week a woman abhyasi phoned from Aurangabad desiring transmission of Pranahuti from Master. I told her to contact you for my address & to send her photo with name. Please inform about this abhyasi.

With Masters Blessings

Your Own SELF

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Item-no. 4—Pictorial News – contributed at your end

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Item No. 5—**About our organisation through questions**

Q-Explain concept Universal Self Consciousness ( USC )

A-It is an intuitive experience of All Beings reflected in himself & Him Self reflected in all beings. The experience ( Anubhva) is organically integtal to one self.

Q-Who has propounded this concept

A-Bhagavan Sri Audi Sankara a **great renowned saint, mystic philosopher of South India of 7<sup>th</sup> century** has theorised the concept in his famous Dakshina Murthy Stavam. However, the roots of this notion could be traced to Bhagva Geeta.

Q-How your method of meditation is related to USC.

A-USC is intrinsically an out come of process of yoga .Bhagavan Sri Krishna categorically indicated & emphasised that it is not at all a intellectual exercise (**sarva bhutasta atmanam – sarva bhuta ni cha atmani- ekshtae yoga yuktatma – sarvatwa sama darshanaha-B.G.-6-29**).

Q- Don't you think the concept is rather utopian

A- No. Because conscious perception of I as a notion & its experience is a common denominator in all human beings despite variegated names & forms .Therefore, is a moment to moment experience of every day life , though it is not cognizant as It is masked by corporeal self ( i. )Yoga is needed to un mask it.( see, note on Theoretical Elucidation on concept USC in next issue of this bulletin)

Q- Explain about the meditation that Sahaja Marga Raja yoga Dhyana Gruhastha Ashram (SMRYDGA) is teaching.

A- This yoga is primarily based on revised version of Panthanjali Maha Rushis raja yoga simplified to suite to day to day busy life of modern man . It includes components of yoga of surrender known as Prapati yoga . Essential feature of this technique is Pranahuti the nascent Life Force emanating from cosmic Universal Mind called Hianya Garbha . This astral divine force is introduced in heart of the person at a specified point on the causal body by preceptor who is trained & skilful in the art of yoga transmission .The person who is doing meditation has to sit for meditation for few minutes closing his eyes. The technique is quite rational & simple in that the Pranic Force placed in the heart of the seeker( abhyasi) of REALITY gradually erases out micro impressions called karmic sanskara embedded on causal body (karana Sareera). Thus err -long, paves the way for emergence of Universal Self Consciousness that was hither to hidden by ego the small self (i).This state of consciousness is akin to godliness ; **it is a state of sublimation & transmutation from waking consciousness to transcendental & cosmic consciousness**. The, resultant benefits are obvious. .

Q- How this yoga meditation contributes, to my over all social & economic prosperity, personal mental well being besides spiritual attainment.

A- ( Read December issue )

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