



Spiritual News Bulletin

Issue #:0004

Vol:2

February 2007

INSTITUTE OF UNIVERSAL SELFCONSCIOUSNESS MOVEMENT

THE OPERATIONAL WING OF SAHAJAMARGA RAJAYOGA
DHYANA GRUHASTHA ASHRAM INCORPORATED
(Vishva Sarvatma Bhava Chaitanya Prasara Nilayam)

Spiritual Patron Samartha SadGuru Sri Ramachandra Maharaj
Spiritual Facilitator Prof. Satyanarayana Chillapa President IUSCM

Spiritual Doctrine, Conceptual Guidance -&- Motivators: Bhagavan Sri. Adi Sankara & Lord Sri. Krishna Paramatma (Gitacharya)

Message from the Master



Life has been given by Almighty to complete the evolutionary cycle, **culminating in to a state of Existence – Consciousness-Bliss of Absolute Being-ness.** Body, mind, intellect are the instruments developed in man to exhaust the effects of past life actions (**karma phala**) and purify the being, loosing parochial individuality making it capable for evolution in to pure Being – Consciousness per se, fit to get absorbed in God. Life is given for this purpose and this should be life's great aim. Life is not given for sensual enjoyment. It is given to **Realize Him.** Different personality coverings are to be purified. Meditation on Absolute Reality God is the important means. Ego, mind, sensory organs, motor organs

and five great elements emanate and project from the **Center**, the source Absolute Consciousness (**Akhanda Bodha**). Application of this Consciousness through instruments of perception, mind gives rise to objective knowledge of things, events, and persons out side during waking state of consciousness and in dream with the help of **impressions, (Vasanas) tendencies imprinted on the mind.** During deep sleep mind becomes latent as vegetative state. In other words state of pure Consciousness forms the Basis for three states of waking, dream and sleep (**" Aadhra, ananda, akhanda , Bodhm, yasmin layae pura thryancha"**). We have to Realise this condition of pure Being – ness through meditation as our intrinsic Personality. This **Center of Being** is Immortal and Eternal, knows no

birth or death. This, Message is to be given to Humanity.

My, own dear Self how, mislead we are in searching for the **GREAT CAUSE** which is primary source for all this universe, out side while, it is the **Very Center of the Being** like proverbial saying **" Baby is in the cradle, while search is in the street"**
ఉయ్యాలలో వీళ్ల ఊరంతావెతుకు

Universe, is a vast circumference with no end limit. But fortunately it's Center is every where. When this Factor gets reflected in the mind universe comes into being by mechanism of **subject – object – predication Trinity (Thriputi).** **As Man invents more and more sophisticated powerful telescopes the**

wider and wider, universe he will discover because of "inter positional effect" of mind that acts as the "primary reflective medium". The search will go on endlessly. The real knowledge of universe and creation comes only when you dissolve the mind – intellect as instruments and recede back into the Center of Being, **Reflect and Meditate.**

An astral transmission through Prof. Satyanarayana Chillapa President iuscm,
Hyderabad –59, India

EDITORIAL



Emergence of Man-Kind in the evolutionary process of life, is a spectacular phenomenon. It is neither accidental nor incidental but an intentional, **volitional(Sankalpa) directive act of God(Ishvara), though the mech-anism, apparently seem to be structured in the frame work of evolutionary cycle.** Man endowed with intellect is unique of all beings including Gods (Devatas). Reality (Parabrahman) manifests as Existence – Consciousness - Bliss (Sat – Chit - Ananda). Existence and consciousness are two aspects of the same, just like obverse and reverse of a coin. **In fact, Existence is only the other revealed aspect of Consciousness ("Chit prakasha meva , thasya sat roopam")** **In true sense consciousness of Being is Bliss.** God is the material cause (upadana karana) of this world and all life – fauna on it Vedic scriptures laid down four fold aspirations (**chetur vidha purshartha**),

namely, political (Dharma), economic, (Artha), legitimate desires (Kama) and release from the bondage of cyclical life of birth and death (Moksha) as the framework for the smooth passage of human life on the path to unfold the human consciousness leading to its Merging in God (Parabrahman) called **Moksha or Sayujya.** Thus breaking the transmigration cycle (Punar jenma rahitya). Society at any time prescribes certain laws and regulations as code of conduct to earn means (Artha) to fulfill his legitimate desires (Kama). The second system thus provides conducive environment to unfold man's personality to perfection. **Plants, animals, man and other fauna constitute an inter dependent, integral part of eco-system of the planet earth and it's environment. It is unique and providential that only planet earth supports life.** Man has evolved, supported and strengthened **by the bio - eco-system** to the highest peak level endowed with mind and intellect which enables him to **express the three dimensions of Reality viz.,**

Existence- Consciousness- Bliss. Un like Man, the other members of bio – eco-system on planet earth, like inorganic matter (stones etc.) **can manifest only as Existence**, while other two dimensions viz. Consciousness and Bliss remaining as dormant. Organic matter, like plants can express as Existence, rudimentary Conscience in the form of life-sap. And animal fauna **is built structurally to express Existence and Consciousness, progressively on the ladder of the evolutionary cycle. But it is given to Man Kind alone to manifest all three dimensions of Reality to full blossom, supported by the other members of life-fauna of bio-eco system.**

Thus, all constituents of the eco system are threaded on a string of Godly – divinity ("Mataha paratramm na anyat – kinchi dasti dhananjaya— mayee sarva idam protham – sutrae manni ganna eva' '- B. Geeta sl. 7-- 7). Implications of above stated premise are

1—Every individual in the society should strive and take actions that lead him or her to unfold Consciousness to its perfection, called in Vedic parlance as Moksha the release from the painful cycle of birth and death. It is in the nature of universal Self consciousness.

2- The activities proposed to achieve are two kinds – **secular (Purtha) & sacred (Ishta)**. The sacred activities are directly related to promote universal Self consciousness (Vshva

Sarvatma Bhava). They are in the nature of yoga and meditation. The secular activities are auxiliary and social in nature conducive to unfold Universal Self consciousness or Cosmic consciousness by stages (**karma mukti**). That is in the beginning they help to obtain heavenly comforts after death in heaven and on earth also after rebirth by providing suitable environment on earth for progressive evolution on the ladder of consciousness leading to universal Self Consciousness. All social and cultural public welfare activities help the individual in that direction.

In the present context it is to be understood that spirituality and mysticism deal and directly concerned with REALITY and is Transcendental in nature. While character, morality, ethical behavior, public service, religious activities are concerned with social life in a political economic system. **Spirituality encompasses them all as an essential ingredients of secular life to be developed and practiced to enrich secular life. The import often a quoted public statement' "service to humanity is service to God ---Manava Savae Madhava Seva"** is to be understood in the light of analysis indicated. **Why, Because Universal SELF Consciousness is the Basis of socio economic and cultural welfare.** Swamiji

Words from the Heart of an Abhyasi (Student) of the month

Mrs Kamamma & Mr Sitharam Palli are an oldest abhyasis initiated by swamiji. Their recorded diary (rendered from telugu language) of Dated: -5-7-1984, 11-8-1984.

" Sat for meditation at 5AM. Different kinds of thoughts were coming and going. Do not know how long, but suddenly **I became aware, that I am reciting the sloka describing the ascendance of kundalini shakti from muladhra chakra to sahasra chakra at the top of the head.** On Saturday at 6am while meditating for some time, do not know how long, **suddenly I felt sensation as if an ant crawling**



sundarasha ne nacha , dukha jalam nivruthoham anando asmi na sanshyoham."

Kamamma Manthani---District Karimnagar—Andhra Pradesh---India

Dated: 17-3-1982--"Celebrated gurudev Lalaji Maharaj birthday on basanth panchami day. I am doing meditation at 6.30 am as advised. The significance of indicating to meditate at that particular time may be informed. Heart feels anxious waves as if time is nearing . Observing that thought waves in the mind are settling down. Reason for body and senses becoming insensitive to reaction may be indicated. Is it that alone ness is only the refuge"

Palli Sitharam--- Manthani District Karimnagar Andhra pradesh –India

Meditation/Spiritual Diaries



Dear Prof. G. k. Sangle Sahab Ashirwad
Your letter of 26-7-2001 is received. –I am enclosing a photo copy of My Master.

1-Yogis of highest order and caliber just like the Master have their physical bodies transmuted to the extent of transparency of divinity, are capable of radiating the divine force through the physical frame. That is why we adore the physical and astral bodies of God men.

2-My Master indicated that you must prepare your self for playing your share in propagating the spiritual message of IUSCM. For that purpose Master is preparing you. Read contents on pages 108 & 109 of Book of Knowledge Divine.

3—Progress in yoga sadhana (practice) of Sahaja Marga System or as a matter

of fact in any system **cannot be uniform.** The curve will have ups and downs. Technically (Sidhanta Parena) it ought to be like that only. Mind will be restless and feel empty after a particular point is reached; identifies and familiarizes with it. After possessing that condition a lull and quiescence is experienced followed by eagerness and restlessness for further progress. This should be like that, otherwise sadhana stagnates.

4-Do not allow your faith to be shaken by fakirs or self proclaimed gurus. It will weaken your mind and effect the health.

5-Master was kind to place you in **brahmada mandal stage of spiritual progress.** This is a very high level transcending physical and mental levels of conscious being. Such a Soul shall never return back again to painful mundane life of mortals. You

deserve it **by pure love and devotion** for my Master who embodies the goal of Reality.

6-And, also that sadhana (practice) is to be done as long as one is in conscious of the body, mind existence; so long one feels as Mr. so & so it should go on.

7-Consciousness of Brahman is unbroken existence in Brahman. Brahma "bhava" should become your self.

8-Easy way is to remember constantly the form and personal figure of Master. But surrender to Master your physical form comes at a higher level of

spiritual practice. It is very difficult to conceptualize the material tangible form of Master to that of a intangible entity ,the Reality.Till then the known familiar concept of God (Ishwara) may be taken up as a support (Alambana) to mind.

Ashirwad to all members in the family of Master

Your Own SELF



ఆచార్యదేవుని ప్రవచన మూలా

Commandment 3:

Fix your goal which should be complete oneness with God. Rest not till the ideal is achieved.

If one can sell his heart, i.e. make a gift of it to the Divine Master, hardly anything more remains to be done. This shall naturally bring him to the state of absorbcency in the Infinite Reality. The adoption of this easy and simple technique makes the beginning of the process the very end of it. The impulse begins to flow in automatically, transforming the entire being of an individual. What else except a tiny heart can be the fittest offering for the achievement of the dearest object of life?

One thing more: To effect the surrender of heart in the easiest way, only an act of **will** is required. But the lighter and finer the will, the more effective shall be its working. An act of will lying in the form of a seed, of an insignificant volume in the deeper cores of consciousness, shall soon develop into a full fledged tree stretching its branches all over.

Finally the adoption of the method is sure to bring in an attitude of renunciation from the very first day. A courageous start is all that is needed for the purpose. May the true seeker see the light and wake up to the call of his real Self.

As an advice to the seekers I like to add that mind can be known by mind and Divinity can be known by Divinity. Or in other words, we should use the Divine Power for the sake of the Divinity.

- PUJYA BABUJI MAHARAJ

Author would like to acknowledge that the above two items were read from www.sriramchandra.org (Satyam)

Letters Received

Dated: 14-12-2006

1. Dr.Srinivasa Rao Illuri Hyderabad India.

Q. I have been seeing light flashes, during meditation. The flashes are of different colours viz. Blue, violet, parrot green and some times yellow also. What is the significance of these flashes during meditation?

A. During meditation at particular stage of spiritual progress one may notice lightening flashes of cool white blue. Bhagavan Sri Audi Sankara in his commentary on Bruhadaranya Upanishad indicated that form of impression belongs to Hiranya Garbha (Macro Cosmic Mind) which suddenly manifests from un differentiated, un manifested state called Avyakta. And, he predicts that he who knows that particular form impression belongs to Hiranya Garbha attains splendor or fame like a flash of lightening (Bruhadaranya Upanishad Bhashya - sl.2-3-6 p.342-343 Publ. Advaita Ashram Almora Mayavati, -3rd. edition 1950 Sri.Ram,K, M. India).Obviously, such experience comes at highly advanced spiritual stage.

Regarding, experience of colours like blue, red, green and yellow, they flash in meditation, when subtle body and causal body (Sukshma Sareera and karana Sareera) are interacted in the process. There are astral tubes called " Hita – Nadya' filled with cosmic astral plasma located in psychic heart. This is the seat for subtle body. The cosmic plasma contains five great elements (pancha maha bhutas) in their un divided (apanchi kruta) primal or subtle form called " Tanmtras". The observed colours radiate and flash from this locale. (Ref.Br.Up. Bhasaya—4 3—). Such psychic experiences act as encouraging sign posts on the way to goal.

Date:26-12-2006

2. Sri.Ghankota. Shankar Rao, Hyderabad India.

Q. During meditation a condition with out sleep and awareness is observed for some time, what is this state?

A. The question format is received in telugu language using the words " nidra and spruha" .If, the word "spruha" is translated as aware or conscious, then the experience in meditation is construed as "jeda samadhi" a twilight condition of neither sleep nor awakening. Samadhi is an alert state of Self Consciousness or Self Awareness.

Q. In " yoga of detachment by attachment" process while meditating, if Master is conceived as my body, then Should I think my self meditating or Master?

A. Think that Master is meditating.

Q. While meditating some time good absorption is experienced; at other times it is felt shallow, dry, distracted compelling to get away from meditation; how to understand this?

A. This kind of experience is common: because it is the natural way of ascendance of psychic force (kundalini) along the course of various astral knots (yoga chekra). After reaching a particular chekra or knot it identifies, familiarizes and merges (samipyam, sarupyam, salokyam, & sayujyam). During the change between two chakras the awaiting interval may be experienced as dry irritating, restlessness and sometimes even dejection leading to rejection of meditation as a tool to achieve goal. Occasionally, such phenomena could also be noticed because of physical factors like exhaustion, sleepless ness, hunger, abnormal environmental conditions, ill health etc. As far as possible a yogi should try to

maintain an average, normal balanced, day to day life ("youkta hara , viharasya, ---youkta chestasya karmsu" Geeta—6-17).

Dated: 6-01-2007

3. Dr. Vishvanatham Sarabu, Hyderabad India.

Q. Whenever a new path to realize the God is founded, the earlier founders like Sri. Audi Sakara charaya, Sri Ramanuja charaya & Sri Madhva charaya tried to explain their philosophies on basis of "Prasthan Thrya". Is there any attempt made by the founders of Sahaja Marga Raja Yoga system to explain their philosophy on basis of "Prasthan Thrya"

A. The three Great Acharyas of yore who exhaustively elucidated, elaborated and analytically substantiated their respective "schools of thought," namely Advaita, Vishista Adwita, & Dwaita have all, based their conceptual arguments on Prasthan Thraya. Institution Of Universal Consciousness Movement (IUSCM) and its operational wing Sahja Marga Rajayoga Dhyana Gruhastha Ashram (SMRYDGA) is not interested and not concerned with the arguments and counter arguments of those revered acharayas because it considers those three modes of vedantha as phases and stages In Consciousness, on the ladder of spiritual evolution. However, philosophy of IUSCM is based on "Theoretical concepts" propounded by bhagavan Sri Audi Sankara and Gita charya Sri Krishna Paramatma. Following are some of the notions that needs to be clarified.

1. Emergence of IUSCM is basically a yogic process as indicated by bhagavan Sri Krishna paramatma.(Bhagavath Gita-6-29).-Sahaja marga raja yoga is the method advocated by IUSCM to attain this objective.
2. Universal Self Consciousness (Vishva Sarvatma Chaitanya Bhavna) is an intuitive state of experience of conscious awareness of Being.
3. USC, is an object-less-consciousness, that is knowledge-less-ness. It is direct immediate experience without inter positional effect of mind (Mind ceases to deflect Awareness as subject- object – predicate). In other words it is Self seeing objective world as Self. State of Being of Reality is lived without any mental thought (mano-vriti) like a new born baby (Bala vath).
4. Where as Advaita method it is "vriti-jnana" a state of Bing where Reality is constantly remembered as "thought wave" in the form of any one of four vedic "Great Concepts" (Maha Vakyas) intuited by the Guru. But, mental repetition of Maha Vakya as concept is not going to be helpful unless direct experience (Aproksha anubhuti) is gained transcending the mind.
5. And also Advaita system of method requires to negate consciously all creation phenomena as an experiential effect only and not a fact of Reality.



Your Own Self Swamiji

Activities:

IUSCM & SMRYDGA- Head Quarters Hyderabad India Activities -Visit of Mr. Govinda Sami local President IUSCM Sydney Australia - Pictorial News.Dated: 28-12-2006

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From top left to right 1. Mr. Govinda Sami along with Swamiji (Prof. Dr. Satyanarayana), DR. S. Vishvanatham (Member Governing Board IUSCM) Mr. M. Purshotham, Miss. Amritha, G. Shankar Rao, Prof. V. Gopala Krishna Rao (Member governing board IUSCM) Mrs. Subhdra (Ashram Mother) Mrs. Sarogini Govinda Sami. 2. Swamiji & Ashram Mother welcoming Govinda Sami & his family on behalf of IUSCM in traditional Indian cultural ethos, reminiscent of the land of their ancestral origin. 3. Dr. M. Pochiah (secretary IUSCM). 4. Members attending the meditation. 5. Ashram Meditation Hall. 6-8. Meditation in session. 7. Govinda Sami releasing Spiritual News Bulletin January-07 along with Swamiji.

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