



Spiritual News Bulletin

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INSTITUTE OF UNIVERSAL SELF CONSCIOUSNESS MOVEMENT

THE OPERATIONAL WING OF SAHAJAMARGA RAJA YOGA 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 - and - Motivators: Bhagavan Sri. Adi Sankara and Lord Sri. Krishna Paramatma (Gitacharya)

*"UNIVERSAL SELF CONSCIOUSNESS IS THE ULTIMATE AND
LAST REVELATION OF DIVINE MESSAGE OF PROVIDENCE TO
MANKIND".*

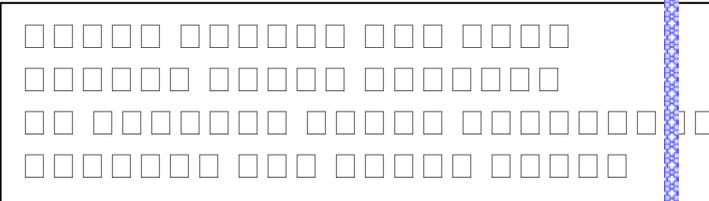
Message from the Master



My associates when asked to write their views and experiences of what they achieved, by practicing yoga meditation express inability, for the lack of ideas and words. It is not so. When you negate by creating vacuum in the heart, a gush of thoughts from Macro Cosmic Mind, the *Hiranya Garbha*, rush into your heart to fill-up the empty space created by surrender to Master. It is only the question of attentiveness to the nascent thoughts of exquisite beauty of "word flowers", bubbling in the Mind and weaving them into garlands to be adorned to beloved the Master. In 'Negation' the above indicated as

kaleidoscopic phenomenon of heart takes place. The thoughts are there, and they do arise, as per the contingency need of action-reaction situation, but the intuitive feeling of 'get-lost' in the Ultimate Source is not lost, because, it is happening in the mind, and the true-self, the Soul, Atman, is watching the mind process as "witness" called as "*Sakshi-Bhoota*". Thus, the yogi is acting while in inaction called as desire-less action, "Nish Kama Karma" in yoga parlance. The state, of losing in Master, varies from stage to stage as one proceeds on yoga path. In the initial stages of losing, it, helps in cleaning and purifying the heart and one loses heaviness of heart consequent to frying of action-reaction impressions called as sanskaras. On disintegration of micro-impressions, they assume, the shape of desires or "Kamas" which further modify into thoughts, which in turn are exhausted, as outside actions, by a complex mind psych, involving the trijunctional spot called as '*Thri-kuti*' located in between the eye brows and nose-bridge. Yogic activation of this mind-psych factor gradually exhausts the karmic-impressions leading to transcending the dualities of life that binds the existential life to the illusion of creational process.

*"Yesham Twanta
 Gatam Papam
 Janana Punya
 Karmanam
 Tae Dwanda
 Vimoha Nir
 Mukta
 Bhajentae Mam Dhrudha vratah"*
 (Ref: Gita-7-Sl.28)



Meaning: Those who perform meritorious deeds as per Vedic injunction without expecting fruits of action, they are relieved of sins and at the same instant go beyond the nature of duality of life and with such a state of mind he can devote to Me firmly, fully, and whole heartedly.

The **humility** is the jewel of ornament in the life of the yogi and is to be cherished as most valuable possession. The psychic pain felt by a SadGuru is due to taking karmic-impressions of his disciples on Himself for experience called as “*bhoga*” in order, to hasten their progress on spiritual path. Yoga meditation helps to seek “**for life in life**” that **ultimately merges in it’s own essence**. It is revealing to note, that in Gita, Lord Krishna has referred to Himself as “ I ” in first person throughout the discourse, expounding the fundamental principles and Truth of Life, world, and the Supreme Reality. He also advised him to concentrate on ‘*Saguna*’ (The ultimate with qualitative Attributes) aspect of the Supreme rather than on “ *Avyakta, Nirguna* ”, (Un-manifestive qualities and attributives less) aspect. So, He meant that Arjuna should take Him as the Supreme Lord and concentrate on Him. The implication is that the future seekers of Truth of coming generations should search and come in contact a realized Guru, who is to be conceptually taken as no other than Him the Supreme God. And, through him realize the Truth. There is no indication of advice for concentrating on idols.

He meant concentration on a Living Guru of the Time and realize through him.

An Astral Transmission Through
Prof. Satyanarayana Chillapa
President IUSCM, HQ. Hyderabad-59, India



EDITORIAL

Spiritual Personality

In the context of oriental socio-cultural ethos, the concepts, religion and spirituality are used inter-changeably as one and the same in synonym sense. As such we find in literature all great religious personalities being described as spiritual, implicating as no difference between the concepts

religion and spirituality, which of course, is not so. There is an often quoted statement “Spirituality begins where religion ends”. Religion deals with the metaphysical relationship between individual spirit (*Jeeva*), Universe (*Jagath*), and Creator (*Isshwara*). Where as spirituality (*Vedantha*) is concerned with Soul (*Atman*) and Ultimate Reality (*Para Brahman*). Religion is an interwoven-web practice of customs, rituals, cultural norms, traditions, beliefs continuity of life after death in astral worlds as per the dispensation of the creator, the reincarnation known as “Punar Jenma” (in certain accepted beliefs of mankind), and so on. All these are mental conceptual propositions, indoctrinated in a given socio-cultural milieu of the social system inherited by the individual on birth, and are mental shackles of imposition of enslaving the individual personality. These are some of the wider implication of religion as conceptual notion.

Now, the study of relation between Soul (*Atman*) and the Absolute Reality (*Para Brahman*) is called Spirituality that transcends all those above stated notions. And, in real sense the life of such a being is called spirituality and the person as spiritual. With this criterion as the yard stick (scale) to selection of spiritual personality, we my hardly get, hand-count few, spiritual persons, the Master Gurus established in Reality the Para Brahman.

“Manushyanam Sahasreshu
 Kaschid Yatati Siddhyaye
 Yatatam api Sidhanam
 Kaschinmam Vetti Tattavatah”

Meaning: “Hardly one (1) among thousands of men strives to realize Me; of those striving Yogis, again, some rare one (1) devoting himself exclusively to Me, known Me in reality.” (Ref: Gita, 7-3)

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Pure spirituality goes beyond both “*Saguna Sopadhika and Nirguna Nirupadhika upasana*” that is, an approach to realize “The Ultimate” with attributes of form and beyond form and attributes. Many religious spiritual personalities, devotional poets and literary figures of yore, and, modern era like Swami Vivekananda, his guru Sri Ramakrishna Paramahansa, Sri Aurabindo, Paramacharya of Kanchi Kamakoti, Shankara Math, Ramana Maharishi” The Sage of Arunachela”, and poets like Kalidasa, Bhrutruhari, poet-singer Thyagaraja, Telugu kavi Pothana, like many others, had passed through the spiritual carrier of *Sagunopasana* before culminating into Ultimate experience of realization of the set-goal. It appears these sages, did not make any estimate of high and low about these two ways of spiritual approach to the realization of the Ultimate Truth. However, this achievement of greatness was a function of their worldly abilities rather, could be the reflective index of spiritual personality. The great Sages in Sahajamarga system of spiritual approach, Samartha Sad Guru Sri Lalaji Maharaj and his spiritual successor Mahatma Sad Guru Sri Babuji Maharaji, have been candid in pronouncing, with no uncertainty, the need of adopting “*Nirguna-nirupadhika*” mode of practice/approach to the realization of spiritual goal. But, surprisingly, while declaring the essential need of adopting non-form attribute-less factor as the plank of support (*Alambana*) in meditation, they them selves have taken the physical form of their respective Gurus to meditate upon. There by indicated the essential need of taking the “Form-and Attributes” of spiritual guide in meditation, who himself realized The Truth, and, is a living embodiment of Para-Brahman, the Ultimate Reality, before transcending the conceptual need of the idea of both, form-non-form, attribute and non-attribute factors in the stratagem of spiritual realization.

Sad Guru Mahatma Sri Babuji Maharaj was a great devotee-appreciator- fan of Swami Vivekananda. This comment is, justified, by his various writings, especially his auto-biographies, and letters, especially written to Dr.* K.C. Vardachari, wherein Swami Vivekananda name has mentioned as frequently as more than 30 times {(P. nos. 197, 198,

17,118,120,121,110,109,107,106,101,99,98,91,87,86,85,82,83,79,77,75,72,65,62,61,59,58,57,56,55,45,44,42,38 }).

{*Who was his, illustrious companion, in the movement of Sahajamarga yoga meditation as a philosophical system?}

It is some thing inexplicable paradox that Sri Babuji Maharaj in his writings or conversations never mentioned the name of Mahatma Sri Ramakrishna Pramahansa the illustrious guru of Swami Vivekananda. Regarding the spiritual status of the Swamiji, here is an extract of that experience as narrated by Swami Vivekananda to one of his disciple Sri. Sarath Chandra Chekravarthi.

“Look here, a time comes when what you call differentiation vanishes, and we cannot perceive it at all. I have experienced that state in my own life.

Disciple:- “ When have you done so?

Sawmiji:- “One day in the temple garden at Dakshaneshwar Shri Ramakrishna touched me over the heart, and first of all I began to see that the houses, rooms, windows, doors, the sun, the moon, all were flying off, shattering to pieces as it were reduced to atoms and molecules and ultimately merged in *Akash*. Gradually again, the *Akash* also vanished and after that my consciousness of the ego with it; what happened next I do not recollect. I was at first frightened. Coming back from that state, again I began to see the houses, doors, windows, verandahs, and other things.

On other occasion I had exactly the same realization, by the side of a lake in America. Having once That Supreme Bliss one is no more overwhelmed by pleasure and pain of this world”.

(Ref:-The Complete Works of Swami Vivekananda—Mayavati Memorial Edition—Vol.5, Section “Conversations & Dialogs, Chapter, 13-P.392).

The experience narrated by Swamiji is in-a-way resembles the Cosmic Universal Self experience called as “ Virat Swarupa” bestowed on Arjuna by Lord Sri Krishna on the battle field of Kurukshetra, and lost by Arjuna soon after like Swamiji. A great historical socio-cultural personality need not necessarily be a

spiritual giant. Babuji Maharaj, laments painfully, about the lack of spiritual vitality and dynamism in the present Sri Ramkrishna Matt organizations throughout the country; they have become life-less 'Spiritual Skeletons' on the cupboards of religion." *-(197,198" He (Swami Vivekananda), has severed his connection from his own sanstha in 1949 when I was on tour to Gaya along with Sri. Ishwar Sahai. Since then the curvature has started in that sanstha and it is now going down towards degeneration, as Shri Krishnamurthy of Madras has already guessed. Under directions from Swamiji I had intimated this fact to the President of Ram Krishna Mission Calcutta requesting him to connect his dynamo with me to receive spiritual help. There was no reply. Probably he took me to be a man of insane mind" Ram Chandra-Letter to Dr. K.C. Vardachari, Dated 30th June.1958 Shahjahanpur, U.P.

A brief note on the life-sketch of two great spiritual personalities of modern contemporary India is given under:

Born: February 18, 1836

Died: August 16, 1886

Achievements: Provided spiritual enlightenment to the people of Bengal and played a key role in the social reform movement in Bengal in 19th century.



Born: January 12, 1863

Died: July 4, 1902

Achievements: Played a major role in spiritual enlightenment of Indian masses; Spread Vedanta philosophy in the West; established Ramakrishna Mission for the service of the poor.



Swami Vivekananda was one of the most influential spiritual leaders of Vedanta philosophy. He was the chief disciple of Ramakrishna Paramahansa and was the founder of Ramakrishna Math and Ramakrishna Mission. Swami Vivekananda was the living embodiment of sacrifice and dedicated his life to the country and yearned for the progress of the poor

Swamiji

Special Feature Column

Letter from Ramchndra Maharaj (Sri Babuji Maharaj): No.A423/
Dated 09-10-1956

My Dear Brother,

Some times back I had written to you that Mr. V. Raja gopal, M.A. was at Salem Junction. But I now came to know through his letter that he has returned to Madras and staying at Adyar where you have met him last time. You should try to see each other. He is an ambitious man. Tell my sister that it is not long before I will be in your midst. I hope God will help me in this matter and my mother will be well by that time, you must have received my letter no.A393/SRCM, dt.26-9-1956. I hope you must be doing the new meditation mentioned in my previous letter along with the meditation on heart as usual.

With best wishes to you and the sister and love to children.

Yours affectionately,

Sd / RAMCHANDRA

To Sri Kumaraswamy

[Swamiji Chillapa](#) recommends a [link](#).

FROM: [NASA Propulsion Laboratory](#)
TO: [Prof. Satyanarayana Chillapa](#)
[National Academy of Engineering Honors](#)
[JPL Director - NASA Jet Propulsion](#)
[Laboratory](#)



Charles Elachi, director of NASA's Jet Propulsion Laboratory, has been honored by the National Academy of Engineering.

Dr. Charles Elachi stands in Mission Control at NASA's Jet Propulsion Laboratory in Pasadena, Calif., where engineers communicate with various NASA spacecraft. Image credit: NASA/JPL-Caltech

October 20, 2011

PASADENA, Calif. - Charles Elachi, director of NASA's Jet Propulsion Laboratory, has been honoured by the National Academy of Engineering for "extraordinary impact through work

in the engineering profession. "Elachi received the Arthur M. Bueche Award during the academy's annual meeting in Washington on Oct. 16, for his leadership of JPL and for developments in space-borne radar, which gives more detailed surface and subsurface views of Earth, Venus and Titan.

"This award is deeply meaningful to me, as it comes from an organization that has some of the most outstanding engineers in the country," Elachi said.

The academy cites Elachi, a member of the organization, for "innovations in planetary remote sensing science and technology, and distinguished leadership in creating government, university and industry partnerships and space technology policies."

LETTERS (Pearls of Wisdom)

Posted by: Ashima Bahadur, 23
November 2011

"Nameste Swamiji

Thanks for giving us such wonderful preceptor guidelines. It is from beyond.

With kind regards
Ashima



FROM: ASISH MENON

TO: Christine Lo SANJAY ANAND 23 November 2011

Dear Trainee Preceptors,

Congratulations to all of you for completing the intensive Preceptor training.

You have worked hard together and have achieved immensely whilst experiencing accelerated spiritual growth thus far. Masters grace is always by your side guiding and nurturing you, So that you may be able to aid in Masters plan in Illuminating Humanity. Due to your focus and sacrifice.

Uncle Govind Sami (President of IUSCM Oceania/Pacific) wishes to present to you your Preceptor certificates on Sunday 4th Dec 2011 at our monthly Liverpool Satsang at 2pm.

This is an auspicious occasion as you completed the first Group Preceptor training for Oceania/Pacific region, the first of many to come.

With masters divine grace
Asish Menon

From: Tara Engelbogen 21st November,2011
Swamiji, Pranam.

I am not someone who is often in contact via email, however I felt the need to just send a short note.

It is a note of gratitude for your divine guidance.

Recently my meditation practice has become more regular and consistent and a part of my everyday routine (previously "life" / time restrictions had got in the way of developing a routine). Since developing this consistency in my practice, I feel like my mind, my understanding of myself and the world that surrounds us, my awareness has expanded exponentially. It has sometimes been a little overwhelming, but not too much so, but at times feeling like a lifetimes worth of learning and understanding is revealed in a single day. I have been keeping a diary which is where much of these unveilings are revealed. I am **constantly astounded and intrigued and in awe of the divine work that is going on.**

Recently my life has changed a lot, with many big choices to be made (and some made for me) with regard to career, place of living... Changes are happening, and at times I need to remind myself to stop trying to control and over analyse and to simply trust. This email however, was to thank you for your spiritual guidance and transmission throughout this whole journey towards the truth. **I am forever grateful for this deeper understanding (different from mere intellectual learning) that is coming to me through the meditation.**

With kind regards and much respect,

Tara Engelbogen
(Melbourne)

Daniel L Derifield

How can I begin these yoga meditations? I am a believer in revelation and self searching. I am new to a belief of all connected objects. Whether conscious or not are all in fact apart of the same and live and rest in the same place. Respect and the desire to realize I am small and that is an awesome inspiring idea! I want to learn.

FROM: Hari Prasad 18 November 2011 (on Face BOOK)



Yoga meditation as designed in the Ashrams of Institute of Universal Self Consciousness Movement (IUSCM), contributes to overall social and economic prosperity, personal mental well being besides contributing to spiritual attainment of the Seeker.

Regular practice for few minutes daily brings the various layers of psycho-somatic personality to a neutral point. Then the personal interaction in intra and inter personal social relationships become harmonious, pleasant, smooth, and cordial. This psychological gain indirectly keeps the person in best of health, radiating divine effulgence, contributing to social health of the community.

Because of psycho-somatic gain of yoga-meditation practice the person develops an intrinsic nature called "*Swabhava*" that keeps him unattached to sorrows and miseries like the lotus leaf in troubled waters of life. in short, it brings infallible success in endeavors and actions of divine pursuit.

what more you want ...!!!

Dear members,

I do agree with the above statement (Please read facebook for actual comments in detail). Currently, I am going

through this stage. I learn't meditation from various gurus and each time I had different opinions and experiences based on the theory that they imparted to me. However, when I attained diksha from Swamiji (Chillapa) it is altogether a different experience. I took my time of (say 10 min everyday in the morning) to meditate and in this constant process, I believe I achieved the stage where I am having minimal distractions from the materilistic world. I am trying to achieve more focus and gradually allocating more time.

In regards to the relationships, although the other parties may react emotionally (aggressive, whinging or blaming etc;) but I always tried to responded them in a pleasant manner and believe me a smile or laughter will make the opponents to meltdown either to tears or calm down just as 1 picture conveys 1000 words.

It is with in one's mind and it is the one's will power that controls one's actions. Training the senses like training horses (reference: Bhagavad Gita) will fetch amazing results and a new turning point to one's life.

Anyway Kiran your conversation and experiences reminded me something. Thus, thought of sharing with the members and please do not hesitate to post your opinions on the above. Like to understand

(comment by CE: it is always *samvada* :: Dialouge; Knowledge will reveal itself; this is what *shastars* says)

At the feet of master,
Sampurna Chillapa

From:Govind Sami
Pujya Swamiji
Pranam

We are pursuing with the preparation and printing of the Preceptor's guide. Please read the "Preface" and make any changes so that the booklet is in accordance with norms of IUSCM. The corrected version will be forwarded to Preceptor Satyanarayana to complete the layout of the booklet.

Your feed back and approval will assist us in getting the booklet printed as soon as possible. I will be leaving for Fiji on 24th November to initiate 4 Preceptors in Nadi, Fiji and two in Labasa, Fiji. I wish to carry six copies to Fiji.

In the service of the Master.

Your Own Self
Govinda Sami

FROM: ASISH MENON 8 November 2011

Dear Swamiji,

Many thanks for a wonderful detailed guide to aid us in bringing about sensitiveness in abhyasis. Sri Babuji Maharaj has already given us so much; this is a gift of love for humanity. The methods are clear and concise to what is required. Asish has put some of these methods to practise with profound results, well really Babuji!

These instructions will give more confidence to Preceptors actioning Masters divine work for humanity. Felt the Power and magnitude of these methods by just reading them, and of course Masters Grace poured through indicating It's divine esence which is always present.

Much gratitude

With masters grace You're humble ----- Asish Menon

From: Swamiji, Oct 19, 2011

Dear Associates

Preceptor's Directory is attached; it consists of two parts

(a) Preceptor's instructions

(b) Method of Increasing Sensitiveness in the Abhyasi.

This is a very important document which contains different techniques and methods of Tranansmission of Pranahuti. Needless to say its effective ness depends upon the depth of Love and devotion to Ultimate Reality, called as Bhakti to Guru. It is a very delicate, & sensitive spiritual exercise calling for the dexterity of the handler. Read, with devotion, and imbibe the

Power, hidden in those stated-directives. Of course, you are Welcome to be in-contact wit Swamiji on this issue.

With Master's Blessings
Swamiji

FROM: Govind Sami, 3 November 2011

TO: Reshma Rajneeta ,Visal Nadan, Rajiv Raj 19 More...

CC: Anand Naga Parma Naga

Dear Divine Souls,

In response to the requests that came to the Institute of Universal Self Consciousness Movement Inc; we have decided to form small meditation groups in all towns and cities of Fiji. Shortly we will be advising you on the date and time of these meetings in different areas. We anticipate 10-15 genuinely interested people in each town or city to join the group. At this stage we have sufficient number of people to start meditation in Nadi and Labasa. Be the first ones to join and become the pioneers. There is no cost to join the group. It is absolutely FREE.

If you think that meditation is not for you please send me an email and we will unsubscribe you from the mailing list. Meditation is the key to success. It is a life changer. Don't just believe me, practice meditation and see the results for yourself. Once you realise, who you are? And where you have come from? And what is the ultimate goal of your life? Then you are on track for success. Don't waste your time, stand and be bold to conquer the unknown.

You must first realise your own true Self before realising God. All powers are within your Own self. What you need to know is how to unfold these powers and we will teach you the method. Success will always be at your door when you seriously begin practicing meditation. In the early stages, 10-15 minutes in the morning and evening is sufficient. Gradually you can increase the time.

Do not let any thoughts disturb you while meditating. Thoughts will come, it is quite natural but discard them as

uninvited guests. During meditation - close your eyes, assume a Divine light glowing in your heart region. Do not concentrate on the light but just assume it is there. That divine light is no other than your Ownself. Vedas have claimed that God is infinite and omnipresent. This means God is every where and in everything. If God is in everything that means God is within you.

As your body is the house of your Soul or Atman, so is the Soul, the body of God. God resides in the hearts of all beings, including creatures under your feet.

Please ask if you do not understand anything that we have mentioned in this email. We will certainly clarify your doubts. You may share this email with your friends and relatives and if they wish to join, we will add their email addresses to our mailing list.

Thank you and hope to hear from you soon. Any positive feedback will be appreciated. If you wish to receive our monthly newsletters please indicate in your response.

For further information on IUSCM please visit our website www.iuscm.com.au

May God's grace be on all.

Your Own Self.

Govind Sami

FROM: Saikiran Vodela (Facebook) 2 November 2011

I request all the noble beings to promote IUSCM. Indeed Facebook is a good platform, and let's utilize this technology for a good purpose. Please share the www.iuscm.com

IUSCM :: Home <http://WWW.IUSCM.COM/>

has been established to propagate Oneness of Man Kind Globally. This is to be achieved through emergence of Universal Self Consciousness (USC) in One and All. Oneness of Mankind is not merely an intellectual appreciation but is organically integral to one's consciousness involving empirical experience...

Thanks,

The Facebook Team

FROM: Kiran Vodela; 2 November 2011

Sri Swamiji,

Things are going well; Jyotsna akka and me have decided to do evening meditation, the cleaning process. I made some posts on your facebook wall and I have created an IUSCM group and posted some information from www.iuscm.com, I joined you and Harimama as members and administrators so that you could respond to the posts and make changes to it. We could also ask some other people to join the group, they can post information and participate in discussions, and we can also conduct spiritual quizzes online in face book. Just trying all the possibilities to promote IUSCM, please give your blessings.

At your divine feet,

Saikiran

Saikiran Vodela added you to the group "Institute Of Universal Self Conciousness Movement(IUSCM)"

FROM: Facebook Team 2 November 2011

TO: Swamiji Chillapa

Share with Saikiran and 5 others in your new group:
Institute Of Universal Self Conciousness Movement(IUSCM)
This group is Open, which means anyone can see the group, its members, and what members post.

Visit Group

What can you do in your group?

Members can post and comment on updates, chat with everyone at once, schedule group events, create shared docs, and more.

Not interested?

Just go to the group and click Leave Group.

From: Kiran Vodela; 2 November 2011

Subject: from your abhyasi

Om Gurubhyo namah, Sri Swamiji, I realized that, it is time for me go in search of Paramatma, from few days my mind

is constantly pestering me to reveal my identity who am I? And explaining my identity wasn't satiating to my atman. At that moment i realized that the only person who could help me in revealing my true identity is my own guru Sri Swamiji. I started reading book of knowledge divine, it is like a spiritual journey, everyday eagerly waiting to read the book, have started meditating in the morning at 7:30 from 30th. October, during first day of my meditation felt little headache, wasn't trying hard to ignore thoughts, i could hardly sit for 3 min. Second day felt little better, just trying to find a fixed time. The process of realization through SahajaMarga is bringing new energy into my life, feeling very confident and positive. Now i surrender myself at your feet and in service of master. I would like to ask Jyotsna akka to sit with me for meditation, so that it would be helpful for me through the process. I have a small suggestion for promoting IUSCM, when Hari mama come in December ask him to take a 60 minute video of you explaining IUSCM system and its benefits and some questions and answers. They could upload it on 'you tube' where everyone in the world can watch it and its free for us and we could also upload the same video on face book, as a picture is equal to thousand words and it is the fastest way to spread the message and it would be a great promotion for IUSCM. If you would like to know about 'you tube' go to www.youtube.com, just search for Sahajamarga raja yoga or meditation you will get videos related to that subject. -----.

I don't know whether I am worth attaining spiritual heights, but with your blessings anything can be possible, just like lord Rama did to Ahalya.
At your divine feet,
Saikiran

FROM: M. Srinivas Abhyasi Warangal (India)
TO: Swamiji, 27 October 2011

Revered Swamiji, Namaste.

Hope that all are well by His grace. Our loving sister Saint Kasturiji decided to do Basant Panchami - year 2012 function at

Lucknow (UP, India) as an International function as AVATARAN MAHOTSAV DIVAS (Decendence Day) of Revered Lalaji Sahib. I am here with sending an important paper regarding this UNIQUE function.

I request you to kindly write few lines about Revered Lalaji Sahib and the importance of this Auspicious Occasion to motivate all Abyasi brothers and sisters all over the world and utilize these three most important days (January 27, 28th and 29th as per the Indian standard time).

Please convey my Namaste to Amma and to Prof. VGK.

Rao

Thanking you very much.

Yours Affectionately,

M. Srinivas Abyasi Warangal (India)

- Basant Panchami 2012.doc
INVITATION FROM DIVINE - GRACE

28th March-2011 (during south India tour) Saint Sister Kasturiji

Abhyasi : Bahenji ! It is heard that there will be a function at Lucknow, next year !?!

Bahenji : Yes ! I want to do one Big function regarding Shri Lalaji Saheb in the coming year 2012. We should have a strong sankalp (will) to do that Big Function (Basant Panchami - 2012).....

Now Spirituality is increasing in every part of the World..... 1st May -2011 (After last Satsang of Babuji Maharaj Birthday Celebration at Lucknow) Saint Sister Kasturiji

I am praying to Shri Babuji Maharaj for the past two years to do one big function about Shri Lalaji Saheb. Two months back Shri Babuji Maharaj gave me permission to do that Special Function. So it is not my desire. Now it is the sankalp of the ULTIMATE - REALITY. I request all of you to come to Lucknow for attending Shri Lalaji Saheb Function (Basant

Panchami - 2012), with all your family members. Now you tell Puja to elders and Prayer to Children. I pray for the good health of all your family members.

1st May -2011 [Before leaving the Hydel club (function place)], Saint Sister Kasturiji

Do not think that still eight, nine months time is there for Function. Get ready from this moment onwards..... come to Lucknow with strong craving for Babuji Maharaj. Aap sub ke liye ek Bada Varadan Khada huva hai [one Big Divine - Gift is waiting for all of you]June-2011 (At Parijat, Lucknow) Saint Sister Kasturiji

This is golden time and golden Era in Spirituality. I request all abhyasis to do meditation daily at least ten or fifteen minutes. So that they will feel the intense Transmission which is flowing in the whole atmosphere. This is because, Rev. Lalaji Saheb, Rev. Babuji Maharaj & Swamy Vivekanandaji and some other great saints, all are eagerly waiting, from the Brighter - World, for this Divine - Bhandare (Basanta Panchami - 2012) to bestow their Special blessings & Grace to whole humanity.....

15th July-2011 (Circular from all Abhyasis of Lucknow)

The holy birthday of Rev. Lalaji Saheb (i.e., Basant Panchami Function) is dearest to Rev. Babuji Maharaj. We celebrate this as AVATARAN MAHOTSPA at Lucknow on 27, 28 & 29 of January-2012. During these three days Rev. Babuji Maharaj will present with His Divine - Beauty to bless all His Children.....All Brothers & Sisters, from all over the world, are cordially invited to attend this auspicious occasion to be blessed by having deep dip in the Divine - atmosphere.

5th October-2011 (At Vijayawada) Saint Sister Kasturiji.

Before meditation, you should think that Babuji is before me and He is giving Transmission. In Meditation you should think and feel that Babuji is in my heart. When you think that

Babuji is before you, there will be Automatic Transmission.....

I want to see all of you at Lucknow, for Basant Panchami-2012 Function, if possible. In that Function, Babuji Maharaj will fill all Abhyasis hearts with full of Divine-Grace. Now this is Invitation from Divine - Grace.....

* * * * *

Request: 1) Please spend Rs.10/- for Xerox and give ten copies to our Abhyasi Brothers and Sisters.

2) Please inform over phone & E-mail if possible. THANKS.

Special Request:

- 1) kindly avoid watching TV while taking food. Better to avoid TV completely for these three months, except news.
- 2) Please stop non-veg. food also if any.
- 3) Please avoid chitchatting, unnecessary discussions and Criticism & searching for fault in others.
- 4) For all problems, only solution is drowning in the divine remembrance of Babuji Maharaj.

Most Important: Before coming to Lucknow for Basant Panchami -2012.

- 5) Please read re-read divine - writings of Rev. Babuji Maharaj.
- 6) Try to develop the feeling of nearness to Babuji Maharaj.
- 7) Try to develop real craving for complete Layavastha in Divine personality Shri Babuji Maharaj.

* * Once Lalaji Saheb was very much happy with the work of Babuji Maharaj and told him to ask for one gift (Varadan)..... Babuji replied that as long as Sun and Moon is there, as long as Earth and Sky is there, till that time, all human beings, whole humanity should reach God-Realisation and next Ultimate - Realisation through my Lord, Shri Lalaji Saheb's Divine Power. Then Lalaji Saheb smiled and said, you asked everything and you got everything.

HAPPY NEW YEAR 2012

FROM:Mac Maderski 29 October 2011

Dear Swamiji,

I apologise for the lateness of my spiritual update, I had a bit of a hill to climb in the past few weeks. My meditation is becoming very irregular and struggle to motivate myself.

My meditation sessions are between 30 and 40 minutes long and for the last few weeks they were disrupted by many uninvited thoughts and haven't really experienced anything new or unusual. It is only in the last week that I've noticed slight sensation in my heart region during meditation. It feels more like a vacuum now and also fills it during the day when I focus on that area. It stopped now.

I felt a little depressed over losing a dear friend, but always thought of her as a good friend and love her regardless to what happen. I haven't felt anger for at least a month now, if it appears it only lasts a second or two and feels more like frustration than anger I use to feel. I kind of feel indifferent towards situations and people, and inside I feel neutral, no real happiness or sadness. I use to enjoy helping others in need, now I do it not for enjoyment and self fulfilment but simply because it has to be done regardless of who that person in need might be. Looking back on my spiritual journey I'm equally glad for the ups and downs, they both offered valuable lessons and experiences. My biggest concern with regards to my spirituality is the lack of motivation towards meditation and noticed old unwanted habits are starting to return. Master and God are often in my thoughts and heart and are helping me not loose faith and desire in reaching my goal.

I've had one vision during meditation which often keeps coming back in my thoughts, in this vision I saw two of my friends and yourself meditating side by side. One friend isn't in contact

with me any more, she is the one I mentioned above, the other one has a alcohol and drug problem just as I did and on occasion still struggle with. You were surrounded in golden light; the other two were just sitting and meditating next to you.

I really don't know what else I can inform you of, you're in my prayers and hope You and your family are in good health.

Yours, Mac Maderski.

Meditation / Spiritual Diaries



Dated 13th & 19th July, 2004

Dear Dr. Sangle Sahab Ashirwad

Letter dated 13th July is received. You might have received the letter dated 2nd. How is your health now; hope by the grace of Master the health is better now.

- Master communicates that constant remembrance of Master would set right all problems by facilitating the exhaustion of sanskaras. We have to remember ourselves that there is no rebirth again and so we have to exhaust residual "*Bhog*" now itself 'once-for-all-times'.
- Of course Master makes the process of transfer smooth to the extent possible under the 'Divine Karmic-Law'.
- Cleaning of Astral System in the evening meditation is important and this should be emphasized to all abhyasis.
- How are you planning to make use of the services of Sri. M.G. Deshmukh in spreading the Master's Message? Write regularly to keep in touch about Master's work.
- I am glad that *Guru-Purnima* was celebrated in commemoration of Samartha Sad-Guru Sri Ram Chandra Maharaj
- I agree your contention that work is like candle lighting and is a 'live-process', with Grace and Blessings of Master.

- Master has approved the proposal to induct Sri. M.G. Deshmukh (Bangara) in spiritual work to assist you. Please give needed advice and guidance in his role to help you and assist you in the work.
- I have also written to him to devote his interest, time, and efforts in the work. And, this service would benefit him in spiritual progress along with worldly well-being and prosperity.
- Sri Manisha's official problem and difficulties have been brought to the notice of Master. This mist of anxiety would be cleared very soon. Mean while, the name and other particulars of the concerned official may be sent at the earliest. This would help to direct redressing and corrective measures, more directly, and, pin pointedly with speed.
- I pray Master for your health and speedy relief from pain.

Ashirwad, to all in the family, and satsangh.

Yours Swamiji

Quotable Quotes

(References quoted are duly acknowledged)



(1) By Audi Guru Sri. Lalaji Maharaj:

“A man's soul, in reality, is itself Para Brahman.--- Nobody can get liberation (*Moksha*) without having a complete or full knowledge of the unity of the soul and Para Brahman. It is called Advaita-Vad. Its purpose is that, except the eternal pure and omni present Para Brahman no one can be free and have absolute freedom Moreover, the point view of others , there is one more belief, that by the purity of the mind, Brahman is achieved. To have the practical knowledge of Brahman, it is absolutely essential that one should discharge the duties of *gruhastha*, as described in the Vedas and Upanishads However, without taking *sanyas* and without renouncing every thing we cannot achieve liberation. The reason for this is said to be contradiction between Action and Knowledge (*Karma and gyana*)

like that between darkness and light. So, without giving up all desires, one cannot even think of getting perfect *Brahma Gyana*. It is also called a way of renunciation. By giving up all actions (*Karma*) and by living only in knowledge (*gyana*), one may become a *sanyas-nishtha*. This is the *maha vakya* “ That Thou Art”

(Ref. The Complete Works of Ram Chandra-Sri Lalaji Maharaj, Vol.2,P.158; Pub. SRCM, India)

(2) By Samartha Sad Guru Sri RAM CHANDRA Maharaj (Sri Babuji Maharaj)

He (Sri Lalaji Maharaj) then gave me a jerk of transmission. I found that the whole of my body from top to toe was filled with spiritual force. When He gave the second jerk my heart was about to burst and I felt extreme pain in the heart. A third jerk would have ended my life, but for this very purpose Rishis of yore practiced penance in the forest for several years, sacrificing everything at the alter of spirituality. So it was not proper on my part to have requested Him to stop the transmission. I had been to Master for this very object at that time. I was gaining it for no price. I expressed myself in another way. I said” Oh, Master! I do not care if I die.” When He heard it, he was almost startled and stopped the transmission.

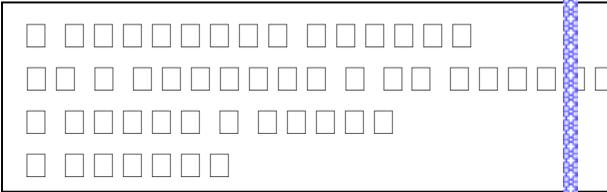
Now I relate here the effect of that transmission. I found that for several days He was seated in every pore of my being and in every particle of my body. It continued for some time. This is a very highly developed stage which the saints crave for. It shows the full absorbency in Master. I used to write my condition to Master, but I did not keep copies. When He ordered His disciples to record their spiritual condition in a diary, I started keeping a copy of it also which will follow now.”

(Ref: Autobiography of Ram Chandra, Vol.1; P.22, Pub. SRCM, Chennai, 2009 India)

Absolute), which is free from sorrow and of the nature of eternal bliss. Having fixed their mind on Him, ascetics neglect even the means of discarding the notion of difference (viz. Self-Knowledge) just as Indra being himself the god of rain, has no use for a spade which is employed in digging wells”
(Ref: Book No. 2, 6th Canto, Discourse 7, “Glories of the Cosmic Being: Sl.48. P.118)

(6) Yoga Vasista

“ *Na Nirgunno Daya Van
No Na Dvandav, Na
Atha Matasari
Na Sudhira Na Arthi
Sa Babhuva Ha*”



Meaning: “Compassionate, yet not un-contemptuous; not avoiding the pairs opposites and not jealous; neither intelligent nor non-intelligent; neither motivated nor non-motivated he lives.”

Explanation: It is to be understood that the opposite pairs of mental thought-waves are the diverse manifestation of conscious manifestation of Ultimate Reality in existential life. Knowing, thus living in full understanding, one attains supreme peace and contentment.

(7) Book of Knowledge Divine

“Now this state and condition of loosing and extinguishing the particularized conscience and merging in the Absolute universal consciousness is termed as “*Jeevan Mukta Avastha*”. When this happens the duality is lost and only a non-dual pure Sat (Existence) remains. Whether, such a person feels hunger, thirst, and other physiological stimuli. If he feels then he is in the condition duality and not in non-duality, because the trinity viz. feeler - felt act of feeling comes into existence called “*Sansara*” the mundane existence. And, if we say that “*Jeevan-mukta*” does not feel these sensations, how can the natural mechanism of

body is carried? So, in the absence of some one to attend to these needs body gradually becomes dilapidated and falls. But, we are told that the *Jeevanmukta* does not die out; on the contrary he lives very much like anybody else and carries out activities just like a dead leaf that is carried away hither and thither by a gust of wind. What is the way out from this apparent predicament?

To this I give opinion with reference to my own experience. I have been under the guidance of my Master for more than 10 years and by my experience I may record that *Jeevanmukta* condition is possible and attainable in during deep meditation under transmission: then there may be moments when we loose our body and mind awareness, and become one with Absolute Reality for that split moment and remain "AS IT IS" and then we come back to relative consciousness, through varies degrees of absorption. During this period we are aware of our separate entity and of others. We may know intellectually "That" condition in which we merged for that short moment. Then the other condition is "*Sushupti*" the deep sleep in which we loose our identity and identify with Absolute Consciousness. This is the experience of all, whether '*Gnani*' or '*Agnani*' without any efforts. This is the position."

(Ref: Book of Knowledge Divine- P.153, Pub. IUSCM 2001, Hyderabad 59, India)

(8) Swamiji: [Origin of Pranava Nada--The Sound Celestial](#)

****Sri Bhartrihari (Poet-Astronomer of 7th Century, A.D.) expounded the Doctrine of "Spota". In his *Karika* (Commentary) called as "*Vakyapadiya*"; he says --" Those who know Sound know that there are two Sounds in the words we speak--One the cause of Sound, and the other denoting the object". This means that One Sound exists in our mind is called *Spota*. This *Spota* is also called " *Shabdha Brahman*" or " *Nada-Brahman*". *Hiranya-Garbha*, (The Cosmic Mind) first manifested Himself, as name & then as form, which is the Universe. Behind this form there is the eternal inexpressive *Spota*, the essential, eternal, material of all ideas or names, the passage through the Lord creates the Universe; The Lord first becomes conditioned as the *Spota*, & then evolves Him selves out as the yet more concrete sensible universe. This *Spota* has One-Word as Its Only possible symbol, & this is OM.**

(Ref: Meditation; *Ramkrishna Matt, Madras*, 5th Ed. 1982)
Swamiji Chillapa.

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