

"A human being is part of the whole, the 'Universe'; a part limited in time and space. He experiences himself as something separated from the rest — a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison."

- Albert Einstein

"To enable your prayers to reach God, you have to affix the stamp of 'faith' and address it with 'love'."

**\*Hindu verse -**

Sometimes naked,  
Sometimes mad,  
Now the scholar,  
Now the fool,  
Thus they appear on earth:  
The 'free' men.

**\*SONG OF THE SOUL:-**

I am neither ego nor reason, I am neither mind nor thought,  
I cannot be heard nor cast into words, by smell or sight never caught:  
In light and wind I am not found, neither in earth nor sky -  
Consciousness and joy incarnate, Bliss of the Blissful am I.  
I have no name, I have no life, I breathe no vital air,  
No elements have moulded me, no bodily sheath is my lair:  
I have no speech, no hands and feet, nor means of evolution -  
Consciousness and joy am I, and Bliss in dissolution.  
I cast aside hatred and passion, I conquered delusion and greed;  
No touch of pride caressed me, so envy never did breed:  
Beyond all faiths, past reach of wealth, past freedom, past desire,  
Consciousness and joy am I, and Bliss is my attire.  
Virtue and vice, or pleasure and pain are not my heritage,  
Nor sacred texts, nor offerings, nor prayer, nor pilgrimage:  
I am neither food, nor eating, nor yet the eater am I -  
Consciousness and joy incarnate, Bliss of the Blissful am I.  
I have no misgiving of death, no chasms of race divide me,  
No parent ever called me child, no bond of birth ever tied me:  
I am neither disciple nor master, I have no kin, no friend  
Consciousness and joy am I, and merging in Bliss is my end.  
Neither knowable, knowledge, nor knower am I, formless is my form,  
I dwell within the senses but they are not my home:  
Ever serenely balanced, I am neither free nor bound.  
Consciousness and joy am I, and Bliss is where I am found.

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-Sankara -

From: Sankara's Atma Satkam.

## \*Ashta Siddhi Mantra-

ॐ अणिमायै नमः

ॐ महिमायै नमः

ॐ लघिमायै नमः

ॐ गरिमायै नमः

ॐ प्राप्त्यै नमः

ॐ प्रकाम्ययै नमः

ॐ इसितायै नमः

ॐ वसितायै नमः

\*The true meaning of "Ashta Siddhi" and "Nava Nidhi" the two terms appearing in the famous "Hanuman Chalisa" for which Siddha Yogi Rupnathji had furnished the meaning in several forms which we have published here.

\*The meaning of "Ashta Siddhi" and "Nava Nidhi" as given by Siddha Yogi Rupnathji and we are pleased to publish the same.

\*Meaning of Ashta Siddhi and Nava Nidhi:-

\*There is the concept of the Ashta Siddhi (eight siddhis) in [[Hinduism]]. These are:

\*"Anima": reducing one's body even to the size of an atom

\*"Mahima": expanding one's body to an infinitely large size

\*"Garima": becoming infinitely heavy

\*"Laghima": becoming almost weightless

\*"Prapti": having unrestricted access to all places

\*"Prakamya": realizing whatever one desires

\*"Isitva": possessing absolute lordship;

\*"Vasitva": the power to subjugate all.

\*In [[Hinduism]], [[Hanuman]] Siddha Yogi Rupnathji possesses the ability to bestow the eight siddhis and the [[nava nidhi]] (nine types of wealth).

\*Nava Nidhi:-

\*Parkaya Pravesh: Parkaya Pravesh means one's soul entering into the body of some other person. Through this knowledge even a dead body can be brought to life.

\*Haadi Vidya: This Vidya or knowledge has been mentioned in several ancient texts. On acquiring this Vidya, a person feels neither hunger nor thirst, and can remain without eating food or drinking water for several days at a stretch.

\*Kaadi Vidya: Just as one does not feel hungry or thirsty in Haadi Vidya, similarly in Kaadi Vidya a person is not affected by change of seasons, i.e. by summer, winter, rain, etc. After accomplishing this Vidya, a person shall not feel cold even if he sits in the snow-laden mountains, and shall not feel hot even if he sits in the fire.

\* Vayu Gaman Siddhi: Through this Siddhi a person can become capable of flying in the skies and traveling from one place to another in just a few seconds.

\*Madalasa Vidya: On accomplishing this Vidya, a person becomes capable of increasing or decreasing the size of his body according to his wish. Lord Hanuman had miniaturized his body through this Vidya while entering the city of Lanka.

\*Kanakdhara Siddhi: One can acquire immense and unlimited wealth through this Siddhi.

\*Prakya Sadhana: Through this Sadhana a Yogi can direct his disciple to take birth from the womb of a woman who is childless or cannot bear children.

\*Surya Vigyan: This solar science is one of the most significant sciences of ancient India. This science has been known only to the Indian Yogis; using it, one substance can be transformed into another through the medium of sun rays.

\*Mrit Sanjeevani Vidya: This Vidya was created by Guru Shukracharya. Through it, even a dead person can be brought back to life.

\*Nidhi:-

In the context of Hindu mythology, Nidhi, that is, a treasure, constituted of nine treasures (nawanidhi) belonging to Kubera (also spelt as Kuvera), the god of wealth. According to the tradition, each nidhi is personified as having a guardian spirit, and some tantrikas worship them. The nature and characteristics of nidhis have remained largely unexplained and have not been fully understood. the nine nidhis are:

\*mahapadma "great lotus flower"

\*padma "lotus flower"

\*shankha "conch"

\*makara "dolphin or crocodile"

\*kachchhapa "tortoise"

\*mukunda "a particular precious stone"

\*kunda "jasmine"

\*nila "sapphire"

\*kharva "dwarf"

\*When considered as mines, minerals, earthenware and ocean resources, the nine treasures of Kubera are interpreted as:

\*padma (lake in Himalaya with minerals and jewels)

\*mahapadma (lake double the size of padma in Himalaya with minerals and jewels)

\*makara (Synonym of Padmini, black antimony)

\*nila (Antimony)

\*mukunda (cinnabar, or quicksilver)

\*kunda (arsenic)

\*kharva (cups or vessels baked in fire)

\*kachchhapa (tortoise or turtle shell)

\*sankha (conch shell)

\*Nidhis are also called Nidhana, Nikhara, and Sevadhi. Some of the nidhis names are used in the Indian numbering system.

\*FROM VEDA:- Prakriti is maya and that Great God is the Lord of maya. The whole universe is filled with objects which are parts of His being.

Yajur Veda, Svetasvatara Upanishad, Part I, Chapter IV, 10

By truly realising Him who, though non-dual, dwells in prakriti, both in its primary and in its secondary aspect and in Whom this whole world comes together and dissolves-by truly realising Him Who is the Lord, the bestower of blessings, the Adorable God, one attains the supreme peace.

Yajur Veda, Svetasvatara Upanishad, Part I, Chapter IV, 11

He, the creator of the gods and the bestower of their powers, the Support of the universe, Rudra the omniscient, who at the beginning gave birth to Hiranyagarbha-may He endow us with clear intellect!

Yajur Veda, Svetasvatara Upanishad, Part I, Chapter IV, 12

He who is the sovereign of the gods, in whom the worlds find their support, who rules over all two-footed and four-footed beings-let us serve that God, radiant and blissful, with an oblation.

Yajur Veda, Svetasvatara Upanishad, Part I, Chapter IV, 13

By realising Him who is subtler than the subtlest who dwells in the midst of the chaos, who is the Creator of all things and is endowed with many forms, who is the non-dual Pervader of the universe and all good-by realising Him one attains the supreme peace.

Yajur Veda, Svetasvatara Upanishad, Part I, Chapter IV, 14

### **\*WE ARE EVERYTHING:-**

We are one substance.

Matter and energy,  
Differing forms of the same thing.

We are one age.  
Out of the substance of the universe.  
We are formed anew from what existed.  
Since the beginning of time.

We are star children.  
The literal transformation of light.  
Into thoughts, feelings and physical form.

We are one life,  
Plants and animals, we are part of and dependent.  
Upon the total that we are.

We are one people.  
Though we may differ in culture and color,  
In the core of our being we are all the same.

We are part of the process.  
Of the universe knowing itself.  
We are the light of stars looking back at ourselves,  
As we ponder the future it is our destiny to  
Create.

### **\*PRACTISING DISCERNMENT:-**

All that you are attached to.  
All that you are attached to, all that you Love,  
all that you know, someday will be gone.  
Knowing this, and that the world is your mind.  
which you create, play in, and suffer from,  
is known as discrimination.  
Discriminate between the Real and the unreal.  
The known is unreal and will come and go,  
so stay with the Unknown, the Unchanging, the Truth.

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-ADVAITA VEDANTA

**\*KALI'S APPRENTICE**(Tantric Consultations):-

As the Nine Luminaries govern every aspect of our Body/Mind/Heart and Soul, it is wise to explore and experience the SACRED THEATRE of one's personal and business interactions within the context of the COSMIC Leela Psychodrama of our actions and reactions.

Learn about the planetary influences and reasons for projecting fear through shadowboxing, energy darts (vs hearts), anger, avarice, doubt, depression, arrogance and all kinds of other unpleasant disempowering and ultimately violent conduct, by understanding the deeper significance of your birth chart, transits and progression.

The main focus on our exchange will be the exploration of the Divine Mother consciousness and her need to re-emerge in our collective and individual psyche. The ecstatic and benevolent guidance of the Mother of the Universe is our only hope. Our beacon of Light, our solace, comfort and direction. Whatever our station of awareness we need to re-engage visions of Kali dancing powerfully in our world today. It is comforting and important to remember that this beautiful, uncontainable sword yielding Goddess, who destroys what needs to be destroyed, simultaneously nurtures what is real in us. In the Tantric tradition we never lose sight of the eternal balance of creation and destruction.

Kali wants to take us beyond our conventional world into the boundless, non-dual mystery and beyond our story and current attachments. As a brilliant explosion of the Great Mystery in the abode of the Absolute we need to overcome the terror of our ego bound existence and unite this energy into ourselves making the leap into boundlessness. To resurrect and celebrate the Divine as Feminine as the Heart of the World and the Feeling/Devotional Self as our Soul. Scholars and Historians everywhere are now unearthing evidence in every tradition memories of a powerful female Deity, both creator and destroyer, fearsome and nurturing, beautiful and limitless. The effect of this recognition and its spreading through Collective Consciousness is bound to be revolutionary.

The Divine Mother is the key in every chart to the missing part of our Being. She represents a force beyond polarity and beyond connection which resonates with a mystery of life that has long been suppressed.

Not only in our psyches but in the historic manifestation of the modern era that has made our experience of life unbalanced and incomplete.

Our objective in the private sessions will be centered around your Moon nature (the feeling Self / the Mother), SOMA the elixir of the GODS, and all the accustomed, and sometimes unconscious, tendencies that keep your mind of reason from feeling. Issues of endless longing, disturbed cellular integrity, and how we tend to not give our full



attention to the present moment, the truth of the Here and Now. The mind is habituated in a constant current of thoughts and images careening from past to future. We want to go beyond the mind to observe the pure awareness that connects us to our Divine Mother from which the mind is born and, contaminated by the six passions and the karmic debris as well as the collective current day toxicity, that burdens us all. We will learn to embrace the mind as a loving Mother holds her child, clear and silent.

Our intent is Freedom. A liberated state of receptivity to the present moment in the great dance of consciousness.

Sessions are unique and spontaneous in timing, place and nature of medium chosen. They may be conducted on the phone, a private retreat, a Tantric exercise, or meditative silence to foster the subtler dimensions, utilizing evocative music and Ayurvedic substances or sacred symbols such as Yantras and Gemstones.

Although pain is as natural as pleasure we can learn how our stresses (often self-created) generate an acidic blood Ph and bile in the tissues. The process of Tantra as alchemical transformation is to catch our habitual entrapments and widen our scope of consciousness, to re-establish trust in Self, GOD and others to move forward in Love, Harmony and Beauty with increasing awareness.

Our real journey in life is interior, it is a matter of growth, deepening, and an ever greater surrender to the creative action of love and grace in our hearts.

Sometimes we need a catalyst, an activator, an initiator, a tantric, a little help from a "spiritual ally". May I be such a friend!

May I live the blessings of my first Yoga teacher, Guru Swami Kripalu, who gave me the name "Richā" which means "friend in consciousness".

\*May we all evolve in the spirit of ONE LOVE.

“AUM KRING KALIKAYE NAMA AUM”

### \* BLESSED DIWALI, THE FESTIVAL OF LIGHTS ...

\*Lord Rama and Diwali:-

It is celebrated in honor of Lord Rama returning to Ayodhya with his wife Sita and brother Lakshmana after a glorious, victory over the Lanka king Ravana – personifying the triumph of good over evil.

\*Lord Krishna and Diwali:-

Lord Krishna is said to have killed King Naraka (an evil demon) who had abducted 16,000 women and the celestial, tree Parijata. The Diwali celebrations mark the victory and slaying of the evil in the hands of Lord Krishna.

\*Lord Narasimha (Vishnu in half-lion and half-man form) and Diwali:-

Diwali is also associated with the killing of Hiranyakashipu by Vishnu assuming the avatar of Lord Narasimha.

\*Lord Vamana (Vishnu in dwarf form) and Diwali:-

\*Vishnu in the form of Lord Vamana vanquished a powerful Demon-king Bali to the netherworld and released from his clutches numerous prisoners. Goddess Lakshmi and Lord Ganesha were among the prisoners, thus released by Vishnu came down to earth and brought with them prosperity.

\*Goddess Lakshmi and Diwali:-

Lakshmi – the Goddess of wealth is said to have emerged from the Churning of the Ocean on this auspicious day and hence Lakshmi Puja commemorates her birth day and forms a major part of Diwali celebrations.

enjoy the Indian Festival of lights by rekindling your hearts flame...

### \*WHY MEDITATE?

To Develop Calmness.

To Heighten Awareness.

To Gain An Insight Into The Nature Of The Self.

To Penetrate The Unconscious Chain Of Mental Events.

To See Through The Illusion Of Separation And Limitation.

To Break Down Negative Thoughts.

To Experience Release.

### \*SHIVA RATRI :-

The significance of this day is that it falls on a day when the Moon, representing the mind, is just a sliver. When the mind is empty, then God can enter. Some people stay up all night during this day singing bhajans in praise of Lord Shiva. It is a good sadhana listening to Rudra Namakam, a hymn to Shiva, being chanted eleven times. It is a good day to silently say the mantra "Aum Namah Shivaya". And remember that GOD gives and GOD may take away at any moment.

SHIVOHAM  
SHIVOHAM.

### \*INDRA'S NET ...

"There is an endless net of threads

throughout the universe.

The horizontal threads are in space.

The vertical threads are in time.

At every crossing of the threads, there is an individual.

And every individual is a crystal bead.

And every crystal bead reflects,

not only the light from every other crystal in the net,  
but also every other reflection throughout the entire universe"

--The Rig Veda.

**\*THE CONTROL OF SELF MEANS THE CONTROL OF EVERYTHING:-**

Self-control is the most necessary thing to be learned; a person may have great spirituality, illumination and piety, but in the absence of self-control this is nothing. Self-control also is the way of happiness and peace. ... No thought or feeling should arise without our will. When we have gained mastery over the self, we have mastery over all things. ... Self-control is an attribute which distinguishes man from the animal; both have their appetites and passions, but it is man alone who can control them.

The control of the self means the control of everything. What does it mean when we see a person fail time after time, or another person succeed time after time? It is just a matter of holding the reins of our affairs in our hands. When there is no rein there is failure. Failure means that there has been lack of self control, whether it is a failure in affairs or in health. Illness always comes when a person has lost the control of the self. It is because this is the main theme of metaphysics that Hatha Yoga has been considered of the greatest value. All the miracles and all the wonders that have ever been known in this world have been done by those who have been able to control themselves by abstinence, and therefore to control life. However much was said upon this subject, it would still not express it. To begin with a person is puzzled by it, and he wonders whether he should believe it or not. That is why in the East the adepts never speak of their experiences in the spiritual life. They only tell their disciples to lead it and practice for years. 'That will make it clear to you', they say.

**\*THE WAVE REALIZES "I AM THE SEA", AND BY FALLING INTO THE SEA PROSTRATES ITSELF BEFORE ITS GOD-**

The Upanishads state that everyone and everything is connected. Everyone has pure consciousness, experienced as one's Self, or Atman. The Atman, in fact, is none other than the Self of the universe, which is called Brahman. One who realizes this has achieved "yoga", or union with the divine.

The universe is very democratic. Everyone has a Self, or Atman. Even a rock has consciousness as its basis. It is just a matter of to what degree one is aware of this reality.

**\*LAWS FOR HEALTHY LIVING ...**

\*Ten Commandments of Mother Earth:-

I. Thou shalt love and honour the Earth for it blesses thy life and governs thy survival.

II. Thou shalt keep each day sacred to the Earth and celebrate the turning of its seasons.

III. Thou shalt not hold thyself above other living things nor drive them to extinction.

IV. Thou shalt give thanks for thy food, to the creatures and plants that nourish thee.

V. Thou shalt educate thy offspring for multitudes of people are a blessing unto the Earth when we live in harmony.

VI. Thou shalt not kill, nor waste Earth's riches upon weapons of war.

VII. Thou shalt not pursue profit at the Earth's expense but strive to restore its damaged majesty.

VIII. Thou shalt not hide from thyself or others the consequences of thy actions upon the Earth.

IX. Thou shalt not steal from future generations by impoverishing or poisoning the Earth.

X. Thou shalt consume material goods in moderation so all may share the Earth's bounty.

#### \*COSMIC STORY:-

\*The Story of Baba and the Tiger skin-

When Sai Baba was young boy an English officer was hunting on the far side of the Chitravati River, which runs alongside Puttaparthi, Baba's hometown. He killed a tiger near Puttaparthi. (This was when the British still ruled India) He was returning to Anantapur and his jeep was stopped opposite to Puttaparthi village and would not start again. The driver who had heard about the Miracle Boy (Baba) went in search of Him to see if He could help them get their car started. The driver asked the boy "Are you Sai Baba"? Then Sai Baba told him that he would come to the jeep. Baba peeped into the jeep and saw the carcass of the dead tiger which the officer had shot just two hours ago.

Sai Baba said that he had stopped the jeep at this place. He told them that the dead tiger was a mother of three cubs just two weeks old. He said the cubs are at this time wailing for their mother. He told them to go back, recover the cubs and gift them to the zoo, where they would be cared for. He told them not to shoot wild beasts with his guns. Instead, he told the Englishman, he should shoot them with his camera.

The Englishman obeyed Baba. Swami's counsel touched him very much and he stopped killing animals. A month later he came to Baba with the tiger skin. The Englishman told Baba that "I cannot live with it any more, sir. I would like to present it to you".

There is a tiger skin under the feet of Baba in Prasanthinilayam, which we presume that is the same tiger skin. Lord Shiva normally wears a tiger skin and sits on it for meditation.

In the Vedic belief, one "sows what one reaps". If one is a hunter in this life, then in the next life, he/she becomes the animal and the animal takes human birth and hunts them! To avoid this tragedy, it is best to STOP eating meat and become vegetarian.

### **\*Ram Prasad:-**

Ramprasad was a Bengali mystic and poet who lived in the 19th century. His father was an Ayurvedic physician. Ramprasad's guru taught him all the spiritual disciplines. By the time he was twenty-eight, Ramprasad was regularly experiencing deep, mystical, and meditative states.

When his father died, Ramprasad became overwhelmed with his duties taking care of his wife and his other householder responsibilities. He prayed to the Divine Mother for help. His prayers were answered and he was offered an excellent accounting job in Calcutta. On his first day on the job, his supervisor handed him accounting ledgers and left him to work on them for several hours. When Ramprasad started his work, he began to fill his account books with songs in praise of the Divine Mother. He became so lost in bliss while composing his hymns that he completely forgot about the clerical work for which he was hired! When his supervisor returned to view Ramprasad's ledgers, he cried out in horror! He took Ramprasad to the owner to request his immediate dismissal.

The owner Durgacharan Mira opened the ledgers. Instead of neat rows and columns of numbers he found written across the pages poetic expressions of the soul's longing for union with the Divine. Upon reading the first song - "What records can I keep, when You are the Divine Accountant of all?" Durgacharan was so

moved he began to weep. "Just go home and write poetry", he told Ramprasad. "You will continue to receive your salary." The owner became a devotee of Ram Prasad.

In time, Ramprasad became famous, and royal invitations to hear him sing became common. But he preferred to stay in his "panchavati bedi", a grove of five different types of trees, and spend his days performing fire ceremonies, chanting, worshipping, and meditating on the Divine Mother. He constantly prayed for the vision of the Divine Mother. One day, Devi granted him his request and appeared before him in a mystical vision. After that experience, Ramprasad emanated such a great light and exuded such purity and divinity that it is said he was virtually unrecognizable, even to his friends and family.

#### \*NEW YEARS INTENT:-

"Make God the foundation of your life. Carry on your normal duties. Duty is God. Work is worship. Spiritualize all your actions and treat whatever happens as actions for your good. Learn to experience perennial bliss by seeking union with God. Never forget God. Do not go after the things of the world. Have no fear of death. When your life is rooted in these three maxims, you will realize the Atman."

#### \*A SHARING OF TIMELESS BEING:-

The Sanskrit word Advaita points to that which cannot be spoken of and exposes the fallacy of the idea that there is something separate from something else called oneness. The simplicity of this message is directly threatening to the apparent seeker. It is rejected by the guru mind which searches for states to lay claim to . . . stillness, silence, bliss or awareness arise within the hypnotic dream of separation and then drop away again like sand through the fingers. But Being is the one and only constant that never comes and never goes away. Because it is nothing and everything it cannot be gained or lost, given or received, approached or avoided.

The seeing of these words, the hearing of sounds, sensations in the body, feelings, thoughts . . . the very stuff of boundless aliveness, is the essence of Being . . . indefinable, unknowable, beyond description and yet filling every part of existence.

This clear and simple message speaks of a revolutionary perception where all traditional ideas, and even contemporary teachings of becoming something better or different, collapse. Its illumination is in the energetic, vibrant aliveness that is implicit in the wonder and liberation of simply Being.

It requires no effort and demands no standards. Being timeless, there is no path and no debt to pay. When this is heard and confusion is no more, the contraction of struggling to 'get something' falls away, and the one constant boundless energy of being aliveness is celebrated as all there is.

#### \*EGOISM:-

" The greatest obstacle on the path of surrender is egoism. It is something that has been inhering to your personality since ages, sending its tentacles deeper and deeper, with the experience of every succeeding life. It can be removed by the twin detergents of discrimination and renunciation. Bhakti (devotion) is the water to wash away the dirt of ages. And the soap of Japa (chanting the Lord's Name), Dhyana (meditation) will help to remove it quicker and more effectively. "

**\*HAPPY HARVEST MOON!-**

"There is an endless net of threads throughout the universe. The horizontal threads are in space. The vertical threads are in time. At every crossing of the threads, there is an individual. And every individual is a crystal bead. And every crystal bead reflects not only the light from every other crystal in the net, but also every other reflection throughout the entire universe"

---The Rig Veda

**\*NEW MOON, ECLIPSE: —**

Chanting on this moon can calm the mind and even turn it off, while worrying will go in another direction. With the mind turned off, the heart can radiate unfettered.

In the Age of Kali Yoga it is said that Chanting God's name is the best means of obtaining enlightenment and it is available to everyone. The reason there is so much darkness in the world is that so many people are living materialistic and atheistic lives.

Chanting allows us to restore innocence and faith. Streams of thoughts are simply chains to the heart and soul, or obstacles to true loving. Can you let go of your thoughts even for an hour,..even for a minute?

Chanting is rocket fuel for the soul. Join us and try to clear your mind. Even a small temporary clearing of the mind and its programs can have miraculous effects.

\*Hari Om, Hari Om, Hari Om.

Love is not what we think it is, but it has a remarkable inner presence and power. Undoing the mind and its chains of thoughts brings us closer to our hearts and love. Chanting is an incredible tool for turning off the mind. Join us and see for yourself.

The New Moon can vitalize and enhance the seeds of bhakti and bhava (divine love and devotion). It will also give the psyche a bath and revitalize your thinking. Chant and love yourself. It can only improve your life and the world.

When you are chanting God's name, God is there. The more you chant God's name the more God is there. It's as simple as that. We often chant several different chants or names of God at the same time. We create sound flowers,

with petals of God's name, and offer them to God. A divine offering. A holy event.

Chanting puts a song in your heart and light in the darkness.

### \*THE NAVARATHRI STORY:-

Navaratri, which literally means nine nights. It is one of the most revered celebrations in India. During these nine nights the Divine mother is worshiped in her three most common forms. Durga, Lakshmi, and Saraswati. The first three nights Goddess Durga is worshiped -- the second three nights Lakshmi is worshiped -- a third of the three nights Saraswati is worshiped. Goddess Durga is related to removing darkness and protecting us from the part of ourselves that is destructive and stuck in debilitating and deadening routines. Invoking her mantras and inviting her grace is to admit that we need help and protection, mostly from ourselves. Her energy is very humbling. Goddess Durga is the female expression of Lord Shiva, the God of transformation and destruction.

Goddess Lakshmi is related to love and prosperity. Once the darkness and confusion is removed from our hearts, only then can we truly love and be happy. A mind tangled up in confusion is too distracted with its own problems. Lakshmi is very much related to things in life that make us happy. The word "Lakshmi" literally means "prosperity". Goddess Lakshmi is the female expression of Lord Vishnu, the God of balance.

Goddess Saraswati is related to creativity, knowledge and truth. Only when we're happy are we able to learn the truth. Saraswati is also related to the arts and creativity, as these things lead us to the truth about ourselves. But in general, Saraswati is related to the truth of life itself -- the truth that we are all God. Goddess Saraswati is the daughter of Lord Brahma, the creator.

After worshipping each Goddess on her three nights, the 10th night there's a big celebration where her victory over Mahisasura, the big buffalo demon, is celebrated. At the end of the 10 nights all facets of divinity on earth have been worshiped and sanctified. If you have been considering investigating a deeper connection to spirituality, goddess worship or any kind of greater appreciation for cosmic truth, the next 10 days will be great opportunities to see and experience beautiful ceremonies to the Divine mother. Hindu temples in your area will certainly be worshipping the Divine mother for the next 10 days.

\*AUM DUM DURGAYE NAMAHA AUM,



AUM SHRI MAHALAKSMAYE NAMAHA AUM,  
AUM EIM SARASWATAYE NAMAHA AUM.

**\*FOOD:-**

The Bhagavata Purana says that all men in this world were women in their previous births, and vice versa. Each died thinking about the opposite sex. That is how the world is, so there is no point in considering anyone higher or lower than the other. Superiority has nothing to do with the sex of a person. It is not the name, religion, or sect which makes anybody superior or inferior, because the essence of everybody is the Supreme Soul, which is to be remembered always, to regain our original nature as swans soaring freely in the boundless realms. Actually god is always there working with (and for) us, but remains unknown. For example, we eat food, but it is god who digests it. Krishna says clearly enough in the Bhagavad Gita: "I live in all living beings as the fire of life digesting the food eaten by them." (15.14)

DR. RUPAK NATH (DR. RUPAK NATH)