

*FOUR KARMAS:-

Why do care to where moon is during his transit through the constellations? Bear with me as I explain in a roundabout way, why the observation of phenomena within our solar system is important.

The second sloka in Pantanjali's Yoga Sutras is Yoga chitta vritti nirodaha. It says yoga is integration and quieting of excess movement within the mind. Specifically, chitta is the unfiltered reservoir of all our soul's experience from lives before as well this one. Vrittis are the rising emotion as our chitta is disturbed. Nirodaha is the regulation and coordination taken as a result of chitta being stirred via vritti.

The soul carries chitta, the reservoir of all past action forward into each new body. We call this karma. Each act, intentional or not, generates karmashya, karmic residue in accord with either dharma or adharma. This residue has samskaras, repetitive traces that produce two results:

The first is vasana - memory as a form of residue. The second is klesa - affliction and suffering.

I think of memory as an after-burn, the ashes of the past once burned. A metaphor for this after effect is burning a well-seasoned log. It gives off great warmth and light with a minimum amount of smoke thereby reducing those afflictions associated with smoke. A damp, unprepared log will burn the eyes, cause choking and leave soot on everything not to mention the very low quality of light released.

How we interpret current experience will generate a memory. This memory serves us in the future as the ground of enlightenment freeing us or of bondage choking us. Our capacity to interpret is the fire. How well we interpret has to do with the strength and light of mind. Remember that the mind is the Moon in Jyotisha. How much light-fire the mind has is reflective of the phases of the moon. Obviously, having more light gives greater understanding thereby reducing affliction creating joy and happiness. This is why we want to tract the movement of the moon through his transits. In addition, in Ayurveda, a strong physical digestion is important. The physical capacity to metabolize food and eliminate the waste, is the same as the Mind digesting emotional-spiritual experience into beneficial memory free of attachment. Memory of the past and past lives will attach more firmly to our former blunders if we are not able to digest and properly understand our current experiences.

*Karmic vocabulary:-

Karmashya is karmic residue.

Samskaras are deep-seated conditioning and motivations.

Vasana is residual impressions and memory storage.

Klesa is affliction and suffering.

Jiva - Individual soul

Jati - Kind of life form received for incarnation.

Bhoga- Pleasure and pain

Vipaka - Maturing karmas, the ripening fruit.

Ahamkara - Individual ego

Sanchita- Sum of all past action known and unknown appearing within our casual body (individual soul).

Prarabdha - Karma ready to be experienced now, the ripened fruit.

Kriyamana- Karma in current production.

Agami- Karma produced through projection (envisioning/dreaming) of future action.

*SPIRITUALITY:-

We are always searching for God afar off, when all the while He is nearer to us than our own soul. Spirituality has become far removed from material life, and so God is far removed from humanity. Therefore, one cannot any more conceive of God speaking through a man, through someone like oneself.

*SAI BABA :-

"If a man utters My name with love, I shall fulfill all his wishes, increase his devotion. And if he sings earnestly My life and My deeds, him I shall beset in front and back and on all sides. Those devotees, who are attached to Me, heart and soul, will naturally feel happiness, when they hear these stories. Believe Me that if anybody sings my Leelas (plays), I will give him infinite joy and everlasting contentment. It is My special characteristic to free any person who surrenders completely to Me, and who does worship Me faithfully, and who remembers Me, and meditates on Me constantly. How can they be conscious of worldly objects and sensations, who utter My name, who worship Me, who think of My stories, and My life and who thus always remember Me? I shall draw out My devotees from the jaws of Death. If My stories are listened to, all the diseases will be got rid of. So, hear My stories with respect; and think and meditate on them, assimilate them. This is the way of happiness and contentment. The pride and egoism of My devotees will vanish, the mind of the hearers will be set at rest; and if it has wholehearted and complete faith, it will be one with Supreme Consciousness. The simple remembrance of my name as "Sai, Sai" will do away with sins of speech and hearing." - Sai Baba.

*COMPANIONSHIP:-

Take up your abode with the holiest of saints:
Those sages whose lives are devoted to God,
And learn by their conduct to live as you must
To see only ONE in this vast universe.

- Srimad Bhagavatam.

*MINDFULNESS:-

"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.

*HAPPY DIWALI!:-

Diwali is called the 'Festival of Light' in India, but it is more appropriate to think of it as more like a New Year of Luck and Wealth Celebration. Diwali comes on the New Moon of the month of Kartika (usually in late October). But that is just a surface explanation. Central to Indian philosophy is the idea that there is a deeper level of existence beyond the physical body and mind. That level is pure, infinite, wise and loving. It is called the ParamAtman. This ParamAtman is your true nature. It is the same true nature that is at the heart over every being. Thus, it is not YOUR true nature is THE true nature. All beings are joined in one-ness to the ParamAtman - The Supreme Self. The only reason we suffer in life is because we mistake ourselves to be the denser forms of body, feeling and thought - forgetting our true selves as eternal, loving spirit. This idea is at the heart of every spiritual tradition. So, each year - at Diwali - we celebrate the birth of our physical being as an expression of the divine will. Diwali is the celebration of this Inner Light. It is the time to realize the inner effulgence that has the power to outshine all darkness within. It is the time to realize all of our external longings and accomplishments to merely be a path to the divine within, and re align our commitments with the highest truth of Self.

*Happy Diwali ONE and All!

*DISCOVER THE TRUTH ABOUT YOURSELF-

*It is more important to find out the truth about one's self, than to find out the truth of heaven and hell.

*What is it then in man which says 'I' and identifies itself with what it sees? It is not our head or foot which says 'I' nor is it in the brain. It is something that we cannot point out which identifies itself with all these different parts and says 'I' and mine and knows itself to be the person who sees. This in itself is ignorance, and it is this which the Hindus have called Avidya.

How can you be that which you possess? You cannot be the horse and rider at the same time. Herein lies the secret of mortality and immortality; it is the mortal being that, through illusion, claims immortality.

It is more important to find out the truth about oneself than to find out the truth about heaven and hell, or about many other things which are of less importance and are apart from oneself. However, every man's pursuit is according to his state of evolution, and so each soul is in pursuit of something but he does not know where it leads him. The first sign of realization is tolerance towards others.

*MYSTICISM:-

*The principles of mysticism rise from the heart of man; they are learnt by intuition and proved by reason.

One might ask why man has lost that intuitive faculty. It is because he has become so absorbed in material gain that he has become, as it were, intoxicated by the worldly life; and intuition, which is his birthright and his own property, has been lost from view. This does not mean that it is gone from him, only that it has become buried in his own heart.

We are vehicles or instruments that respond. If we respond to goodness, goodness becomes our property. If we respond to evil, then evil becomes our property. If we respond to love, then love becomes our possession. If we respond to hatred, hatred becomes our life. And if we respond to the things of the earth so much that our whole life becomes absorbed in worldly things, then it is quite natural that we should not respond to those riches which are within us.

*NAVARATRI COMPLETION: ALL PRAISES BE TO THE MOTHER DIVINE!-

*The whole purpose of life is to make God/dess a reality.

As to the religion and the moral of the mystic, the mystic has one moral and that is love. And he has one aim in his religion and that is to make a God/dess a reality.

The work of the inner life is to make God/dess a reality, so that He/She is no more an imagination; that this relationship that man has with God/dess may seem more real than any other relationship in the world; and when this happens, then all relationships, however near and dear, become less binding. But at the same time, a person does not thus become cold; he becomes more loving. It is the godless man who is cold, impressed by the selfishness and lovelessness of the world, because he partakes of those conditions in which he lives. But the one who is in love with God/dess, the one who has established his relationship with God/dess, his love becomes living ...

*EATING FOR SPIRITUAL DEVELOPMENT:-

*For those wanting to develop spiritually, they should know that the quality of the food eaten helps determine their spiritual awareness.

The Bhagavad Gita classifies food as being of three types.

Fresh foods of a high vibration are called sattwic foods. These foods are best for the spiritual seeker. These are foods like most fruits and vegetables, milk, yogurt, ghee, many seeds and nuts, some spices. Eating sattwic foods in moderate amounts makes the mind calm and serene.

Foods that make us feel active and passionate are called rajasic foods. Many people who are involved in dynamic activity -- business people, police, military, etc. resort to rajasic foods to give them the energy to get through the day. Rajasic foods include heavily spiced foods, meats, and liquors. Onions and garlic are good for health, but they are also rajasic - they create a lot of activity in the mind and body.

Foods that make the mind and body feel dull are called tamasic foods. Food that is old and stale (leftovers) take on a tamasic quality. Even food that is of a rajasic or sattwic quality takes on tamasic qualities when eaten in excess. The person who eats and becomes a "couch potato" is probably consuming tamasic food - food that makes them just want to sit and do nothing.

It is good to remember that to progress on the spiritual path, it is best to only consume sattwic foods. Since almost all food contain psychic impurities of one kind or another, it is essential to offer it to God before consuming it, in order to purify it.

To experience refined spiritual states, the body needs to produce the subtle chemicals of soma and ojas. The Vedas emphasize the consumption/digestion of a little ghee (clarified butter) each day to help produce these chemicals.

Jai Sai Ram.

*LOVE IS LIFE, AND LIFE IS SYMBOLIZED BY WATER: -

*It is a patient pursuit to bring water from the depth of the ground; one has to deal with much mud in digging before one reaches the water of life.

Love is life, and life is symbolized by water. When one wants to bring water up out of the ground one has to dig for it, and the first thing which one finds is mud. And if one is disappointed by that, one has fooled oneself, for beneath the earth is water; it can be found but one must have patience to dig for it, to dig deep enough to find the water.

*FOOD:-

Sai Baba said "When you feed others, you are really feeding Me." In other words, GOD lives in every creature. When a creature is satisfied, He is also satisfied. Feeding is considered the highest form of charity. While other charities require some discrimination, every person and every creature requires food and is benefited by it.

*OVERCOMING FEAR:-

*To not do anything with fear; and fear not whatever you do.

According to metaphysics fear is caused by the lack of light. Therefore the more light there is in the heart the more fearless the heart becomes. ... When a person is afraid of a dog, he gives the dog a tendency to bite him. This can be noticed so plainly in the lower creation, that every animal is afraid of another animal, and the expectation of harm makes it fear more than does the idea of the hugeness of the form or the bodily strength of another animal. Many things in life can be brought about, not only by wanting them and thinking about them, but also by fearing them, both objects and conditions. To clear one's mind of fear is like bringing light into a dark room, and as light is needed to illuminate a dark room so the light of the soul is necessary to clear away the thought of fear. ... When one fears, this world frightens one, but when one clears one's heart of all fear, the whole world of illusion turns into one single vision of the sublime immanence of God.

*PRANA AND BECOMING LOVE:-

We must really be evolving as a race cause it seems that nobody is being let off of big spiritual decisions these days. It's really a gift although it may not seem like one at first, we get to choose, do we become like the serpent shedding an old skin and face the deeper pain, first of all discovering the inner belief in our emptiness then releasing it as the illusion it is ? Or do we let the situations convince us to continue running after our unfulfilled needs as we choose to believe in our lack and hunt for the outer vehicle to fill us up, the Band-Aid to distract us once again from the true experience of metamorphosis. This choice keeps our hunger for love and connection reading the menu rather than eating the meal.

The Universe and free will, will allow either choice, in theory, yet it seems these days the nudges keep getting stronger when we turn away from love and the belief in our fullness and give ourselves to conscious and unconscious survival fears. The problem is that so much of the time we feel ashamed to look at ourselves so instead we engage in power struggles that divert our feelings of lack for the time being. If we could remember for ourselves and each other that the only reason we come into a body is to find out where we don't know ourselves and work it through.....well Life would feel so much nicer and all the energy that gets invested in judging ourselves and others, would have something positive to dedicate itself to.

The sanskrit word Prana means constant flow. Our fears and limitations create constrictions in the healthy flow of prana. It all starts with Maha Prana the great prana of Creation then steps itself down into physical prana. In our physical prana we have two kinds Chitta or Manas Prana which is a mental prana governing thought and emotion and Prana Shakti which is the prana behind all the physical systems. The nose is one of our most important organs . This is because two of the most important nadis(psychic nerves) Ida and Pingala are located there, one connected to each nostril. The left nostril is connected to right brain and activities associated with it like creativity and deep thought,

introversion and the right nostril is connected to the left brain and activities associated with it things like extroversion and physical activity. When we are feeling unhappy we can be sure that these two Nadis are not harmonized. The purpose of Asana and other yogic practices is to awaken your pranic shakti and consciousness and create a harmonious flow between the ida and pingala nadis. Practicing yoga helps to recognise the internal and external aspects of our prana. When we can feel the internal prana it deepens our relationship with the external prana and our senses. At this time in our evolution we do not need to reject the external world of senses to find our deeper meaning, we just need to know it's Source. Knowing the changeless Source of Creation lets us overcome the fear of losing what we experience through our senses, and lets us fully enter life. It's the fear of losing that holds us back from full enjoyment of inner selves ourselves and the outer world. Now back to the beginning when we were talking about the challenges and how understanding prana can help . When the opportunity for transformation comes our way it is the mental prana or the thought process that we want to transform. Doing this will allow the new thought form to educate and heal the emotions. Emotion is actually a mental experience !!!

And the deepest Healer is recognizing that - Love Is -there is nothing that is excluded from it, ever in any moment, in any situation, in any pain, in any revelry.....It simply is everything, without beginning or ending without form yet all forms, without attraction or aversion, without freedom, without entrapment....."Love is yours in the inner hunt for Love that includes the outer enjoyment ...

"Do not get attached to worldly things and pursuits. Be in the world, but do not let the world be in you."

- Sathya Sai Baba.

Belief is like a staircase. Each step takes one higher, but when one remains standing on a certain step of the staircase one does not progress. Belief may nail the feet to the ground and keep one there ... standing on a certain spot on a staircase. As a person evolves so his belief evolves, until he comes to that stage where he harmonizes with all the different beliefs, where he is no longer against any belief. Then he is not nailed down any more; he is above all the different beliefs. Very often a person says, 'I cannot understand what God is. Can you explain God to me? But if God were to be explained He would not be God. To explain God is to dethrone God. God apart, can one explain anything fine and subtle such as gratitude, love, or devotion, in words? How much can be explained? Words are too inadequate to explain great feelings, so how can God be explained in words?

*There is a light that shines beyond all things on earth, beyond the highest, the very highest heavens. This is the light that shines in your heart.

- Chandogya Upanishad.

"When an individual is firmly established in non-violence (ahimsa), all beings who come near him also cease to be hostile."

- Yoga Sutras of Patanjali 2.35.

*RELIGION:-

The religion of each one is the attainment of his soul's desire; when he is on the path of that attainment he is religious; when he is off that path then he is irreligious, impious. Religion is a need of the human soul. In all periods and at every stage of the evolution of humanity there has been a religion which people followed, for at every period the need for religion has been felt. The reason is that the soul of man has several deep desires, and these desires are answered by religion.

The first desire is the search for the ideal. There comes a time when man seeks for a more complete justice than he finds among men, and when he seeks for someone on whom he can rely more surely than he can on his friends in the world. There comes a time when man feels a desire to open his heart to a Being who is above human beings and

who can understand his heart. ... He feels the need of asking forgiveness of someone who is above human pettiness, and of seeking refuge under someone stronger than he. And to all these natural human tendencies there is an answer which is given by religion, and that answer is God.

***PRAYER:-**

The first aspect of prayer is giving thanks to God for all the numberless blessings that are bestowed upon us at every moment of the day and night, and of which we are mostly unconscious. The second aspect of prayer is laying our shortcomings before the unlimited perfection of the divine Being, and asking His forgiveness. This makes man conscious of his smallness, of his limitation, and therefore makes him humble before his God. And, by humbling himself before God man does not lose any virtue. God alone has the right to demand complete humility.

***GOD COMMUNICATION: -**

*God-communication is the best communication that true spiritualism can teach us.

The most profound inspiration comes always from the divine mind, and to God alone the credit is due. Even if an inspiration comes through the mind of a person living on earth or through a soul who has passed on to the other side, it still has come from God, for all knowledge and wisdom belong to God. It is a fault on the part of mankind to attribute inspiration to some limited being who is nothing but a shadow covering God. When a person believes that an old Egyptian comes from the other side to inspire him or that an American Indian comes to lead him on his way, he builds a wall between himself and God. Instead of receiving directly from the source that is perfect and all sufficient, he is picturing his limited idea, making it a screen between himself and God.

***VALUE OF AN ENEMY: -**

"Do not develop much attachment with others and get entangled through the silken bonds of friendship or iron chain of hatred. It is good and helpful to have an enemy, for they are ever eager to criticize you for your faults than a friend who will cast a blind eye on them. The enemy takes delight in abusing you, and as a consequence, he goes on diminishing and wiping off from your account the demerits you have to live out in misery. The person displaying enmity absorbs your sins and effects. Moreover, this person makes you alert not to give him any reason to point a finger of scorn at you. He is your censor, corrector and conscience. Be thankful to him who talks ill of you, for he is doing you very great service by examining your every act on the touchstone of morality, truth and righteousness." – Rupnathji.

We blame others for our sorrows and misfortunes, not perceiving that we ourselves are the creators of our world.

"One Tree Can Start A Forest.

One Bird Can Herald Spring.

One Flower Can Make A Garden.

One Tune Can Compose A Song.

One Smile Begins A Friendship.

One Hand Clasp Lifts A Soul.

One Star Can Guide A Ship At Sea.

One Sunbeam Lights A Room.

One Candle Wipes Out Darkness.

One Laugh Can Conquer Gloom.

One Word Starts A Prayer.
One Hope Raises Our Spirits.

One Step Starts A Journey.
One Touch Can Show You Care.
One Vote Can Change A Nation.
One Life Can Make A Difference.

One Heart Can Know What's True.
You See, Its All Up To You !!!
Dear Embodiments of Love,-Rupnathji.

*COSMIC STORY -- THE WELL AND THE GOLDEN SPIGOTS:-

One time Narada approached Lord Vishnu. He said "Lord! Am I not your greatest devotee? I am chanting your glorious name 24 hours a day.

Lord Vishnu said "Oh Narada! You are dear to me. But you are not my greatest devotee. If you wish, I will show him to you."

Narada agreed he wanted to see this great person. So Vishnu took him to Earth, where they hovered in the air above a farmer's cottage.

Vishnu said "Watch this farmer carefully and see and what he does." Narada agreed to watch. As the dawn came up, they saw the farmer open his eyes. "Vishnu, Vishnu" he said as he rolled out of bed. He then began the day's activities, eating breakfast, then taking care of the livestock, ploughing the fields, having dinner, and finally retiring for the night. Before he closed his eyes and fell asleep, once again the farmer said "Vishnu, Vishnu".

Narada was puzzled. Was the Lord playing a trick on him? "How is it that you call this man your greatest devotee? He only said Your name four times!" asked Narada.

"Come here the next day and I will show you" said Lord Vishnu.

The next day, Lord Vishnu set Narada's feet firmly on the Earth. "Here, take this spoon of water" He said. "What I want you to do is walk around this field during the rest of the daylight hours. DO NOT SPILL A DROP OF THE WATER!" Vishnu said. Narada did as he was told. The whole day he walked around the field, with complete concentration holding the spoon so that no water fell on the ground.

As sunset came, the Lord returned. "Have you done as I said?" Vishnu asked. "Yes, I have faithfully carried this spoon with water the whole day. I have not spilled a drop!" said Narada. "And how many times have you uttered my name during the day?" asked Lord Vishnu.

"Why none, Lord, I was too busy concentrating on the spoon to think of anything else!"

"So now you know why the farmer is a greater devotee than yourself! The farmer has so many responsibilities, and yet he manages to say My name four times. You on the other hand, were too busy to say My name once!"

*COSMIC STORY :-

Once there was a small village without any running water. The villagers had to go down to the river to get drinking water. This was some distance, and created a lot of work for the ladies and children, who were assigned the task of bringing buckets of water for drinking. For bathing and washing, people had to go down to the river also, and share the water with all the buffaloes and other animals. The situation was both inconvenient and unsanitary.

A rich man moved to the village. He saw the plight of the villagers, and knew what to do. He had a well dug, and

attached an electric pump and generator. The people were very excited about it. It would give them clean water, and they would not have to walk far to get it.

It was decided to hold a big celebration for the inauguration of the new well. Pipes with three golden spigots where the water would run out were laid in place. All the local and regional authorities came to get in on the big event. When the special day came, officials gave many speeches praising the generosity and foresight of the rich man who had paid for the new well. Everyone was supremely happy.

Finally, the moment came. The generator was turned on. They could hear the water in the pipes. The rich man was invited to turn the knob that opened the spigots. He turned it and --- nothing happened. Everyone was puzzled. Then, when they looked, they found that the spigots had never been connected to the pipes from the well. They then connected the spigots to the pipes running from the well. Once this was done, the water flowed freely from the spigots. Everyone congratulated themselves and the villagers lined up to get their first buckets of pure, clean water. Rupnathji tells this story. What is the meaning? The meaning is that for service to be useful, there must be a connection between God and man. That connection is love. If there is no love present, then one can do endless service to others without any real benefit. One can also engage in very elaborate and precise forms of worship. One can sit in meditation for a thousand years. But if there is no connection of love to God, there will be no benefits coming from God.

*SILENCE, SAMENESS AND SERENITY :-

The real issue here is how to win over anya. Anya in Sanskrit means the tendency of proliferating otherness. We are disturbed only because of this anya, this otherness. Wherever otherness comes it interacts (reacts) with the 'I' in us, affecting our balance. If the 'other' is not there, our 'I' has nothing to fight with. The cancellation of the 'other' and the ego brings peace.

And how can we cancel out the effect of the 'other'? The 'I' and the 'other' must be unified. By knowing that what constitutes the 'I' is the same reality as that which constitutes the 'other' brings unification. We can also know that this 'I' is a fantasized modification of consciousness, and the 'other' is a fantasized projection of consciousness. Both are false. Once we know (or see) that neither the 'I' nor the 'other' exist, there is no trouble. But it is not as easy as it sounds.

The ultimate thing is to become *samya*, which means finding the quietness within you. It is by attaining sama, sameness, that you become quiet inside. This is to be cultivated throughout. Each day begins a new series of encounters. Each encounter is to be taken as a challenge to reestablish your inner serenity, inner quietness, inner sense of sameness through an act of adoration, an attitude of worship and a sense of the sublime.

There is no need for you to win all the time. Your greater victory lies in your acceptance of defeat, allowing the other to win. You may be in an argument. What does it matter if you win or not? Give the other person the chance to win. Even if he uses some falsehood, when you allow him to win he rethinks the situation. In his heart of hearts he knows he did not deserve the victory. He knows the truth of your silence. You do not become egoistic and you don't make the other person egoistic either. It will chastise him as well as purify him.

Thus, through the cultivation of silence, sameness and serenity, you come to a unitive understanding from within. This brings peace and harmony. Where there is peace and harmony, love spontaneously comes. When you give yourself into the hands of grace, the hands of the Divine, things which are difficult to attain become abundantly

possible. Then you can say you have attained the discrimination of the unbroken, by which every 'this' is brought under the spell of the universal sameness.

*HAPPY GURU PURNIMA!-

Gu means darkness, Ru means Dispel, eliminate. Guru means the one who dispels the darkness of ignorance. Guru is the spiritual teacher who shows the aspirant the path to higher knowledge. He brings light to his disciple by showing them the means to find the eternal light. Spiritual gurus are seen as a link between the individual and the divine and therefore given great importance in the Vedic philosophy. Gurus open the eyes of the aspirant to their higher self and show them the divine light where they, the aspirants may have been struggling in darkness. Gurus are considered the living form of God. Therefore honoured and respected for centuries more than any other person as only the Guru can show the aspirant a path back to the divine and bring them from darkness to light.

Guru Purnima is the day on which one expresses ones gratitude to ones Guru. In India for thousands of years the Full moon in Ashadha Nakshatra is celebrated in honour of the divine gurus. Ved Vyasa is regarded as the Guru of all Gurus and the Guru purnima is dedicated to him. Vyasa edited the four Vedas, wrote the 18 Puranas, the Mahabharata and the Srimad Bhagavata. He also taught Dattatreya, who spread Vyasa's knowledge to the other gurus.

Mantra to the Guru-

GururBrahma GururVishnu, GururDevo Maheshvaraha,
GururSakshaat Param Brahma, Tasmai Shri Gurave Namaha.

Meaning of the Mantra:-

The enlightened Guru is no other than Brahma the Creator, Vishnu the Preserver, and Shiva the destroyer.

Guru is truly the Almighty Brahman; our salutations to Him, the Divine Spiritual Master.

*Among millions of believers in God, there is hardly one who makes God a reality. To so many He is an imagination, to many He is in a mosque, a church, or a temple. Many wonder if God is really. Many others think God is goodness, He is a personality separate from us, He is most high, most pure, most beautiful, but He is separate and difficult to reach. Many think that as it takes so long to reach this planet or that, God must be further away still. The purpose of one's whole life is to make God a reality. ... if you will seek for good in everything, you will always find it, for God is in all things, and still more He is in all beings. Seek Him in all souls, good and bad, wise and foolish, attractive or unattractive, for in the depth of each there is God. ... He is all around and about us at every moment, we are living His life, we are breathing His breath, and yet we are ignorant of the perfection of beauty which unites and inspires every soul.

*THE DIVINE STATE :-

First we must understand what the word divine means. Divine means: in a state of perfection. This state is experienced by God through man. In other words, when man has risen to the stage of development where he can be the perfect instrument of God, when nothing of his own being stands in the way of the direct impulse that comes from within -- that spirit may be called perfect. That which is most precious, that which is the purpose of man's life is to arrive at that state of perfection when he can be the perfect instrument of God.

It is in this stage that man begins to realize the truth of the whole being and he will think: 'The one whom I have called God, whose personality I have recognized, and whose pleasure or displeasure I have sought, has been seeing His life through my eyes, has been hearing through my ears. It was His breath that came through my breathing, His impulse which I felt, and therefore I know that this body which I had thought to be my own is really the true temple of God. I did not realize that this body was the shrine of God.' Not knowing that God experiences this life through man, one is seeking for Him somewhere else, in some person aloof and apart from the world, whereas all the time He is in

oneself.

Why is God called the Creator? Because the creation itself is the evidence of some wisdom working. No mechanical creation could result in such perfection as that of nature. All the machines of the scientists are built on the model of nature's mechanism, and every inspiration that comes to the artist is received from nature. Nature is so perfect in itself that it needs no scientific or artistic improvement upon it; but to satisfy the limited human fancies man develops science and art. And yet it is still the creation of God which is expressed in art and science through man, as in man God is not absent. In some ways man is more able to finish His creation, which God completes through man.

***CRUSHING THE EGO:-**

In every soul there are four stages to pass through in order to come to the culmination of the ego, which means to reach the stage of the rose. The first stage is that a person is rough, thoughtless and inconsiderate. He is interested in what he wants and in what he likes; as such he is naturally blind to the needs and wants of others. In the second stage a man is decent and good as long as his interests are concerned. As long as he can get his wish fulfilled he is pleasant and kind and good and harmonious; but if he cannot get his wish and cannot have his way, then he becomes rough and crude and changes completely. And there is a third stage, when someone is more concerned with another person's wish and desire, and less with himself; when his whole heart is seeking for what he can do for another. In his thought the other person comes first and he comes afterwards. That is the beginning of turning into the rose. It is only a rosebud, but then in the fourth stage this rosebud blooms in the person who entirely forgets himself in doing kind deeds for others.

***RAM + THE SQUIRRELS:-**

In the wonderful epic the Ramayana, Ram's wife, Sita, is kidnapped by a huge demon who lives in the island fortress of Sri Lanka. Hanuman discovers where Sita is hidden, but Ram's army cannot reach Sri Lanka because they have no way to cross the ocean. So they start building a bridge across the ocean. This bridge is still visible under the ocean in NASA photographs from outer space. Ram's army consisted of various Gods who incarnated as bears and monkeys. They all had enormous strength, and were capable of carrying many enormous boulders and hills. While this construction was going on, small squirrels were seen carrying pebbles, roots, and twigs to assist in the construction. Some of the monkeys and bears started to laugh at this sight. Others wanted the squirrels to desist from the work, fearing that they would get trampled underfoot or smashed by the huge boulders the bears and monkeys were carrying.

Rama, on the other hand, took the matter very seriously. "No one is too small to assist Me in my work" he said. He let the squirrels continue their loving service.

***WEALTH:-**

A sannyasin of great spiritual attainment came to the outskirts of a village in India. He was camped under a tree for the night when suddenly a villager came running to him, screaming, The stone! The stone! Give me the precious stone! Which stone? asked the sannyasin. Last night, Lord Siva appeared before me in a dream, said the villager, and told me that if I went to the outskirts of the village at nightfall, I would find a sannyasin who would give me a stone which would make me rich for the rest of my life. The sannyasin rummaged through his knapsack and took out a stone. Probably He talked about this, he said, extending the stone to the villager. I found it lying on the path in the forest a few days ago. Take it, I give it to you, offered the sannyasin with all simplicity. The villager looked at the stone in amazement it was an enormous diamond. He took the diamond and went away quickly. All that night he

tossed in his bed and could not sleep. The next day at dawn he woke up the sannyasin, returned the gem and asked, Give me the inner wealth which has made it possible for you to part with this diamond so easily. Indian village tale.

***FAITH:-**

" Without an ever-present faith in an all-knowing God, life is dry and drab, shadowed by despair and doom. Love for God and fear of sin are the two primary needs for a happy life. Without these two, one becomes a monster. You must be ever ready to sacrifice your selfish needs for the sake of a larger community. Be honest and be proficient in detachment, and with God installed in your hearts, march forward to offer your skills and duties steadfastly." – Rupnathji.

***POST ECLIPSE EMOTIONS:-**

Remember that EMOTIONS bend light. They create eco systems. The world is as we dream it. It is our responsibility to get a grip on our emotions and our mental creations, our projections- so we can, indeed, have Heaven on Earth.

***YOGA SUTRA: -**

" When we start to focus on something it begins to expand. If you focus on positive things, it will expand ... and if you focus on negativity, that too will expand. So when we practice yoga we are developing attention and we are attempting to become more aware in the present moment."

***ARE YOU LETTING GOD IN?**

There is one mystical understanding of life that runs through the very core of all major religions. This is the belief, and to many the cherished experience, that our sojourn on earth is not true life. These most ancient scriptures and Masters teach that everything appearing to us here is a mere appearance, behind which we should penetrate, or that it is only a forecourt of the true world, a forecourt which we should cross without paying much attention to.

Hidden within these very scriptures, though obscured through misinterpretation, is a profound truth that utterly refutes this belief. The Vedas, and their essential distillation given in the Bhagavad Gita, the Holy Bible, the Torah, and the Koran definitively proclaim that what a man does here and now with holy intent is no less important, no less true - being a terrestrial indeed, but non the less a factual, link with divine being - than the life in the world to come

***PRAYER :-**

Once imagination has helped a man to bring the presence of God before him, God is awakened in his own heart. Then before he utters a word, it is heard by God. When he is praying in a room, he is not alone. He is there with God. Then to him God is not in the highest heaven but close to him, before him, in him. Then to him heaven is on earth and earth is heaven. No one is then so living, so intelligible as God; and all names and forms disappear before Him. Then every word of prayer he utters is a living word. It not only brings blessing to him, but to all those around him. ... Not only belief, but faith too is necessary. Belief is a thing, but faith is a living being. We rise by treading the path of faith. Some day we shall realize what God is, but that only comes after the first lesson has been learned. Faith is the ABC of the revelation of God, and the way to faith is begun by prayer.

After receiving grace of a God, the devotee can never be the same again, never look at life again in the old way. By grace we are directed deeper into spiritual life, pointed in the right direction, carefully guided on the San Marga, the straight path to our supreme God. After grace has been received, our thoughts are enlivened, our life is inspired with

enthusiasm and energy, and we live daily in the joyous knowledge that everything is all right, everything is happening around us in accord with our karma, our dharma and Gods gracious will.

*NATURE!:-

The lover of nature is the true worshipper of God.

Anyone who has some knowledge of mysticism and of the lives of the mystics knows that what always attracts the mystic most is nature. Nature is his bread and wine. Nature is his soul's nourishment. Nature inspires him, uplifts him and gives him the solitude for which his soul continually longs. Every soul born with a mystical tendency is constantly drawn towards nature; in nature that soul finds its life's demand, as it is said in the Vadan, 'Art is dear to my heart, but nature is near to my soul'. ... Nature does not teach the glory of God; it need not teach this as nature itself is the glory of God. People wish to study astrology and other subjects in order to understand better, but if we study astrology then we are sure to arrive at an interpretation which is given by a man, whereas what we should read from nature is what nature gives us and not what any book teaches us.

*PRINCIPLES:-

"Man should observe three principles in life - Daiva Preeti, Papa Bheeti and Sangha Neeti (love for God, fear of sin, and morality in society)."

- Rupnathji

*TRUE LOVE:-

True love has three qualities. First, it knows no fear. Second, it does not beg anything from anyone. Third it is love for love's sake and not for any material gain. -Sathya Sai Baba

*PURITY OF MIND:-

Purity of mind is the principal thing upon which the health of both body and mind depend. The process of purifying the mind is not much different from the process of cleaning or washing any object. Water poured upon any object washes it, and if there is a spot which cannot be washed away by the water, some substance which can take that spot is applied, to wash it thoroughly. The water which washes the heart is the continual running of the love-stream. When that stream is stopped, when its way is blocked by some object which closes the heart, and when the love-stream is no longer running, then the mind cannot keep pure. ... True happiness is in love, which is the stream that springs from one's soul. He who will allow this stream to run continually in all conditions of life, in all situations, however difficult, will have a happiness which truly belongs to him.

*Story:-

An old brahmin priest spoke with his Lord Siva about heaven and hell (which is called Narakaloka in Sanskrit and differs from other hells in not being eternal, but a temporary state of souls between births). The Lord said to the aging pandit, "Come, I will show you hell." They entered a room where a group of people sat around a huge pot of wonderful smelling vegetable curry. Everyone was famished, desperate and starving. Each held a spoon that reached the pot, but each spoon had a handle so much longer than their arm that it could not be used to get the stew into their own mouths. The suffering was terrible. "Come, now I will show you heaven," Siva said after a while. They entered another room, identical to the first the pot of luscious curry, the group of people, the same long-handled spoons. But

everyone was happy and well-nourished. "I don't understand," said the Brahmin. "Why are they happy here when they were miserable in the other room where everything was exactly the same?" Lord Siva smiled, "Ah, it is simple," He said. "Here they have learned to feed each other."

*HINDU SAYING :-

Spiritual attainment is not a thing to be brought before people to prove that it is real, or as a show. What is real is proof in itself, what is beyond all price or value does not need to be made much of before people. What is real is real, and the precious is precious in itself: it needs no explanation, nor pleading.

The greatest lesson of mysticism is to know all, gain all, attain all things and be silent. The more the disciple gains, the more humble he becomes, and when any person makes this gain a means of proving himself in any way superior to others, it is a proof that he does not really possess it. He may have a spark within himself, but the torch is not yet lighted. There is a saying among the Hindus that the tree that bears much fruit bows low.

*THE MIND:-

The mind is like milk. If you keep the mind in the world, which is like water, then the milk and water will get mixed. That is why people keep milk in a quiet place and let it set into curd, and then churn butter from it. Then that butter can easily be kept in the water. The mind will float detached on the water of the world.

*AUM:-

AUM is the first syllable. From it comes out all manifestations of the universe. It is also the great Maha mantra. All the other mantras of the Veda are contained in this seed syllable. They are just elaborations on this one sound. In the same way, love is the one principle that is the basis of all religious and public life. All codes and principles are just elaborations of this one principle. Therefore, to live a good life, do not hate anyone. Do not envy the good fortune of others. See good, do good, be good.