

# **Hindu Goddess Saraswati the Goddess of Wisdom**

**By Maha Yogi Paramahansa Dr.Rupnathji**

Saraswati the goddess of knowledge, who is praised by the wise, who is the wife of the creator, may she reside on the tip of my tongue.

Saraswati, goddess of knowledge and the arts, embodies the wisdom of Devi. She is the river of consciousness that enlivens creation; she is the dawn-goddess whose rays dispel the darkness of ignorance. Without her there is only chaos and confusion. To realize her one must go beyond the pleasures of the senses and rejoice in the serenity of the spirit.

Saraswati wears neither jewels or paints herself with bright colors. The white sari she adorns reflects her essential purity, her rejection of all that is base and materialistic.

She transcends the cravings of the flesh and rejoices in the powers of the mind as the patron of pure wisdom. She embodies all that is pure and sublime in Nature.

The four Vedas, books of universal knowledge, were her offspring. Her mount, the swan, personifies pure knowledge and her herald, the peacock, is a symbol of the arts.

Schools and libraries are her temples; books, pens, all tools of the artist and musical instruments are the items used in puja to the enlightening goddess of wisdom.

## **The Birth of Saraswati**

In the beginning there was chaos. Everything existed in a formless, fluid state. "How do I bring order to this disorder?" wondered Brahma, the creator. "With Knowledge", said Devi.

Heralded by a peacock, sacred books in one hand and a veena in the other dressed in white Devi emerged from Brahma's mouth riding a swan as the goddess Saraswati.

"Knowledge helps man find possibilities where once he saw problems." Said the goddess. Under her tutelage Brahma acquired the ability to sense, think, comprehend and communicate. He began looking upon chaos with eyes of wisdom and thus saw the beautiful potential that lay therein.

Brahma discovered the melody of mantras in the cacophony of chaos. In his joy he named Saraswati, Vagdevi, goddess of speech and sound.

The sound of mantras filled the universe with vital energy, or prana. Things began to take shape and the cosmos acquired a structure: the sky dotted with stars rose to form the heavens; the sea sank into the abyss below, the earth stood in between.

Gods became lords of the celestial spheres; demons ruled the nether regions, humans walked on earth. The sun rose and set, the moon waxed and waned, the tide flowed and ebbed. Seasons changed, seeds germinated, plants bloomed and withered, animals migrated and reproduced as randomness gave way to the rhythm of life.

Brahma thus became the creator of the world with Saraswati as his wisdom.

Saraswati was the first being to come into Brahma's world. Brahma began to look upon her with eyes of desire. She turned away saying, "All I offer must be used to elevate the spirit, not indulge the senses."

Brahma could not control his amorous thoughts and his infatuation for the lovely goddess grew. He continued to stare at Saraswati. He gave himself four heads facing every direction so that he could always be able to feast his eyes on Saraswati's beauty.

Saraswati moved away from Brahma, first taking the form of a cow. Brahma then followed her as a bull. Saraswati then changed into a mare; Brahma gave chase as a horse. Every time Saraswati turned into a

bird or a beast he followed her as the corresponding male equivalent. No matter how hard Brahma tried he could not catch Saraswati in any of her forms.

The goddess with multiple forms came to be known as Shatarupa. She personified material reality, alluring yet fleeting.

## **Saraswati Curses Brahma**

Angered by his display of unbridled passion Saraswati cursed Brahma, "You have filled the world with longing that is the seed of unhappiness. You have fettered the soul in the flesh. You are not worthy of reverence. May there be hardly any temple or festival in your name."

So it came to pass that there are only two temples of Brahma in India; one at Pushkar, Rajistan and the other in Kumbhakonam, Tamil Nadu.

Undaunted by the curse, Brahma continued to cast his lustful looks upon Saraswati. He gave himself a fifth head to enhance his gaze.

## **Bhairava, Shiva, Confronts Brahma**

Brahma's action motivated by desire confined consciousness and excited the ego. It disturbed the serenity of the cosmos and roused Shiva, the supreme ascetic from his meditation.

Shiva opened his eyes, sensed Saraswati's discomfort and in a fit of rage turned into Bhairava, lord of terror. His eyes were red, his growl menacing. He lunged towards Brahma and with his sharp claws, wretched off Brahma's fifth head. The violence subdued Brahma's passion.

Brahma's cut head seared through Bhairava's flesh and clung to his hand sapping him of all his strength and driving him mad. The lord of terror ranted and raved losing control of his senses.

Saraswati, pleased with Bhairava's timely action, rushed to his rescue. With her gentle touch she nursed him like a child, restoring his sanity.

Brahma, sobered by his encounter with the Lord of terror sought an escape from the maze of his own desire. Saraswati revealed to him the doctrine for his own liberation.

Brahma sought to conduct a yagna, fire sacrifice, to cleanse himself and start anew. In order to conduct a yagna ritual the assistance of a wife is needed. Brahma chose Saraswati to be his wife and thus they were reconciled.

### **Saraswati, her Veena and the song of the Gandharva**

The Gandharvas were demigods who sprang from the fragrance of flowers. Once they stole the Soma plant whose inebriating and invigorating sap was much sought after by the devas. The theft of the Soma infuriated all the gods.

Saraswati promised to recover the soma plant. She went to the garden of the gandharvas and with her veena created enchanting tunes: the ragas and the raginis.

"Give us this music," begged the gandharvas.

"Only if you give back the Soma plant to the devas," said the goddess.

The gandharvas returned the Soma plant and learned how to play music from Saraswati. In time they became celestial musicians whose melodies had more power to rouse the mind than any intoxicant.

### **Saraswati Outwits a Demon**

A demon practiced many austerities to appease Brahma. The demon sought to conquer the three worlds and the gods feared that he may ask a boon that would make him invincible; the gods sought the help of the goddess Saraswati. The goddess sat on the tongue of the demon so that when it was time to ask for a boon all he could say was, "I would like to never stay awake."

"So be it," said Brahma.

As a result, the demon wanted to conquer the three worlds ended up going to sleep forever.

### **Saraswati, Lakshmi and Brahma**

Brahma created the universe with the help of Saraswati. Brahma was the guardian of the cosmos. He too needed Saraswati's support to sustain the cosmos. Using her knowledge he instituted and maintained dharma, sacred laws that ensure stability and growth in society.

Brahma also needed the help of Lakshmi, goddess of wealth, who gave him the wherewithal to ensure cosmic order.

The question arose: who did Brahma need more? Lakshmi or Saraswati? Wealth or knowledge? The goddesses argued, "Knowledge does not fill an empty stomach." Said Saraswati. "Wealth keeps man alive but gives no meaning to life." Said Saraswati.

"I need both knowledge and wealth to sustain the cosmos. Without knowledge I cannot plan. Without wealth I cannot implement a plan. Wealth sustains life; the arts give value to life. Thus both Lakshmi and Saraswati are needed to live a full life.

### **Saraswati Saves the World from Shiva's Third Eye and the Beast of Doom**

Shiva was woken from his meditations and looked around to discover a world on the brink of corruption and being unsalvageable. Shiva decided it was time to wipe the slate clean. Shiva, the destroyer, opened his world destroying third eye attempting to destroy the three worlds.. Out came a terrible fire that threatened all existence.

There was panic everywhere. Saraswati calmly stated, "Do not worry. Shiva's fire burns only that which is impure and corrupt.";

She took the form of a river and with her pure waters picked up the dreaded fire from Shiva Badavagni - the beast of doom.

"So long as the world is pure and man wise, this terrible creature will remain on the bottom of the sea. When wisdom is abandoned and man corrupts the world, Badavagni will emerge and destroy the universe," foretold the wise goddess.

### **Emotions...Where do they come from and how do we use them to transform our lives?**

Now let's understand emotions before we go any further. When we are born, we come here unconditioned. As tiny babies we begin to collect information about our world and those who live in it. Our parents, family and the people around us give us constant messages about ourselves and how to operate in this world.

Essentially, we begin to draw certain conclusions about our environment, we establish a definite belief system and begin to operate in a certain manner based on these conclusions and beliefs. All of this becomes the programming of our ego selves. Our ego is the part of us that seems most real because we are most connected to our physical form as well as to our personality. A wise priest once called it "The Super Star Made Up Self."

This programming becomes associated with a definite feeling in your body. You may feel sadness in one situation, anger in another and still yet happiness in yet another situation. All of it is learned behavior and becomes part of our programming and how we operate in the world.

The problem enters when our emotions are not working for us. This is a key indicator that there is some aspect that is in need of healing. Our essential nature, at the very core of our inner Goddess is peace. When our expression is not one of peace, then we know that we are dealing with our conditionings.

The problem is that so often our emotional responses are automatic responses. We don't even think about why we are responding the way that we do, we just respond.

BUT when we consciously experience our emotions asking why do we feel the way that we do and examining if this particular emotion is rendering the results we desire then we set ourselves up for in depth healing.

The other thing that I have come to learn is how addicted we are to our emotions. They become so much a part of us that we will subconsciously seek experiences that will allow us to experience the very emotion that is causing us problems. So, at some level we have to work to release our attachments to our emotions, which also means that we will need to examine how we were raised, our views of the world and why we do what we do.

So emotions can be problematic but they can also be really good, too! Again, when we have emotions that are not providing the results that we desire, then we have an opportunity to heal and grow. This same negative emotion can also be translated as you are now not in alignment with your highest desire. When you are experiencing emotions that feel good, then you know that you are in alignment with your highest and greatest good.

Our emotions are roadmaps that lead us to the destinations in our lives where we find qualities such as peace, love, joy, harmony, creativity and happiness. No matter how much or little clarity you have in your life, your emotions can assist you with determining if you are on point or off track.

The energy of the Goddess can assist you with healing your life through healing your emotions.

**MY EXPERIENCE WITH EMOTIONS...**

## By Maha Yogi Paramahansa Dr.Rupnathji

I am truly an emotional person. Always have been and always will be comfortable with the fact that I view emotions as a healthy response while in human form.

But when I began to consciously analyze my emotions, I began to get information that allowed me to go within, heal wounded parts of my self that are expressing themselves via my emotions and transform the emotion so that it works with me.

One of the most puzzling emotions that I have ever experienced is anger. I have always considered myself to be very peace-loving and harmonious. I have always gone out of my way to avoid angry confrontations and fights. However, this view of myself began to change after giving birth to my first son.

Now this is a child who is just perfect. I just did not know that. He cried ALOT. He breastfed around the clock. He only slept when I did. And he was most happy being carried the majority of the day.

Here I am, the sweet, peaceful parenting mother who has found herself in a situation that is new and rather disturbing.

I had no problems with loving and caring for this child. I loved the breastfeeding-co-sleeping-carry-the-baby all the time lifestyle that I had created. However, there were times when I did not want to do any of it, but my son had other plans. He would accept no less than what felt right to him and I felt moved and obligated to give him the level of nurturance that he desired....even if I didn't want to at times.

I began to feel anger welling within me. I remember several times when I had problems with breastfeeding early on that I threw books and yelled at the top of my lungs. These responses were foreign to me and I honestly did not know their source or how I had gotten to that point.

As my son got older, I got angrier. Not because he was abnormal, out of control or anything like that. I got angrier because he began to blossom into his own person which did not always vibrate with who I "thought" he should be.



Then one day I decided that I just absolutely could not take being angry at a child who was simply being a child. I decided that what I wanted was a healthy, loving relationship between the two of us for a lifetime. I knew that if I continued to be angry with him all the time, this relationship would not be possible.

So, after deep forgiveness exercises, forgiving me for being angry and mean to my child, I began to be conscious in my angry states. Initially, I would still lose my temper but I did so while feeling the emotion. Literally, I would dive into the emotion as I was expressing it to find its source.

Everytime I realized that my anger had NOTHING TO DO WITH MY SON AND WHAT HE DID. It all stemmed from a previous experience, my own individual beliefs that were being challenged or my own sense of a lack of power.

After a while I came up with a game plan. I would feel the emotion and walk away from my son. Instead of lashing out at him, I would allow the anger to run its course. It had a wave like effect. It rose, peaked and descended. Once I was able to think with a clear head I would step my way back through the emotion. I would think of what my son did that triggered the anger. I would then have a dialogue with myself about why his behavior angered me, really? Usually, I would come to the conclusion that all I needed to do was instruct my son regarding the event instead of being angry with him.

I would then go back even further. I would ask why I thought what he did was so bad. Usually, I would hear something that was said to me as a child or I would think about my super-star-made-up-self and realize that his behavior took away from that image of myself.

This process gave me the ability to begin to transform my beliefs, my programming and my ego. What I did was release the limiting beliefs that lead me to the angry expression. I then replaced them with new programming. First, I told myself over and over again that my son is normal and does things that children do. I also told myself that if I could not think of a valid reason as to why he should not engage in the behavior, then I would just have to suck it up and let him do his thing. He should not have to do anything just because it pleases me.

Second, I began to learn spiritual truths and replace my limiting beliefs with the truths. A frequent limiting belief had to do with my personal power. I would think, "I am powerless. I have no control." I replaced that with Marianne Williamson's words, "I am powerful beyond measure."

Lastly, if there were events in my life that needed healing, I would allow myself the room to heal those parts through crying, journaling and realizing the lessons and gifts.

This is a process that I use to this day. I still have undercurrents of anger that I feel regarding my son's behaviors at times. What I do is bless him and them for their places in my life and the gift of a growth opportunity. As a result, I have the loving relationship with my son, who I now view as one of the greatest Master Teachers of my life.

How to Master Your Emotions? I Will Bottom Line It For You Here.

In a recent writing I encouraged you to master your emotions by ignoring them. The question everyone has been asking me is: "How does one ignore an emotion?"

When we desire to build muscle, often times we will workout with a set of weights.

If we decide that we need to lose weight or build stamina, then we begin to engage in cardiovascular exercise regularly.

Our spiritual constitution is no different. The bottom line is that we must engage in spiritual exercises in order to master our selves and to live the life that we desire.

I promote very few specific practices because each person's practice must be tailored to meet their personality, needs and purpose.

What I do promote is consistently engaging in your spiritual practices. I recommend that you engage in them DAILY!!!!

As a fitness instructor and enthusiast I have noticed that those who never break from their workout maintain their weight more easily AND overtime. Rarely do they have to make a come back because they have learned that it is better to just stick with their fitness regimen rather than starting over.

I have also noticed others who come very regularly for about 2-3 months and then break for about 4-6 months. When they come back they are at square one everytime.

Oftentimes they are even more out of shape than they were when they were at the beginning of their last exercise stint.

The same is true for spiritual exercise. I once heard a spiritual leader say that sometimes those he works with will come to him and say that they do not feel their spiritual practice is working for them.

He would then tell them, "Stop engaging in your spiritual practices for 6 months." Without fail the person would come back 6 months later feeling off center and their lives were in the pits.

Then he would tell them to resume their spiritual exercises and without fail their lives would come together.

For those who maintain their physical or spiritual fitness there is no magic. No one is lucky. There is no secret. There is only mindfulness of the spirit, nurturance of the soul and consistency.

So, how do we ignore our emotions? Engage in your spiritual practices. Doing so will allow you to be more aware of your internal state of being and help to keep you attuned to emotional states that are favorable.

I wish I had an easier answer and one with a lot more glitz and glamor but I don't.

Mastery of emotions= work your spiritual practices faithfully.

What is Forgiveness?

"So forgiveness can transform my life, huh?"

Yep! It can. It was probably the very first spiritual tool that I used on my journey to wholeness. What I found was that walking around angry at people was actually tying up energy that could be used to create what I wanted in my life. I was tired from my lack of forgiving. It took work to be mad!

Forgiveness is one of the most powerful attributes of the Goddess. She teaches us that forgiving is an essential act in order for us to experience the peace, love and joy that we desire.

It is so amazing but when I think about it, the peace, love and joy are always there. It is the anger and lack of forgiving that mask them creating an illusion that we are in need of peace, love and joy.

SO WHAT IS FORGIVENESS?

Let me first start out by saying that I am not into that forgive and forget approach. No. My approach to forgiving is radical in nature because it leads me to an amazing place: the knowledge that everything happened the way that it was supposed to and that there is really nothing to forgive.

Okay, before you move on to another page, let me explain.

I have had so many situations in my life where I ended up hurt and confused. I felt as if these people had done something to me or taken something away. I truly felt like I had been done wrong and in some instances was the victim of a evil person. Oftentimes I felt hurt, angry and that the other person needed to make amends for their wrong doing. Can you relate to any of this?

Well, what ended up happening is that these feelings of hurt, anger and needing an apology became blocked energy within my body, mind and spirit. There were even times when I would replay these scenarios and feel all the hurt and pain as if it were going on in that moment.

As I delved deeper into my spiritual journey, I learned that one of the most powerful tools that we all have in our repertoire is forgiveness. I decided that I had nothing to lose and everything to gain by forgiving those who had hurt me because anything had to be better than unforgiveness.

What happened over time was I began to realize that each and every person and situation had caused me to do some serious soul searching within myself that led me to a place where I was grateful for what had happened.

I could see how I had benefited and grown from the experience and also how I was better able to help others. What I also came to understand is that I did not forgive the other person for them, I forgave them for me.

This is key. Because oftentimes we feel that when we forgive, essentially we are doing so for the person who hurt us. It appears that they stand most to benefit from our moving past the actions that led to our hurt and pain.

But, true forgiveness is independent of the other person knowing that you have forgiven them or if they have any remorse whatsoever.

### **WHAT DOES THE GODDESS HAVE TO SAY?**

When we think about Maat/Lakshmi, the Goddess of Truth, she teaches us that first of all there is a big picture and that all of the things that happen to us, "good" or "bad" fit into the bigger picture of our lives.

At times this can be a challenging way of viewing past infractions especially when we think of children and other populations of people who really were innocent victims.

However, what I have found to be true in many instances is that lack of radical forgiveness often times leaves the hurt individual reliving the pain or storing it their body temple. Many people end up with depression or a physical disease. The key is to move past the stored negative energy standing not as a victim but the powerful Goddess that you are.

You see the reason for our coming into the physical plane is large. For every soul that has chosen to come here, there are lessons to learn. In order for us to facilitate this learning, we create situations to help make us aware of our need for growth and evolution.

If we did not do this then we would have no need to grow and change.

Based on my belief system, these lessons that we are in need of learning are so much larger than this lifetime. These lessons are designed to help us discover and live the ultimate truth: We are Goddess in human form.

There is one more critical piece to this type of forgiveness. And that is that by design, we do not remember that we have decided to learn these lessons. We totally forget and continue to create situation after situation after situation where we receive the same hurt in different ways from different people.

But it is all in Divine Order and for our higher good.

LET'S GIVE FORGIVENESS A TRY....

Think about it. Right now stop and think about the past hurts, the situations that make you feel that tension and hurt. If you take the time to see what the under current is of each of those situations, you may find an interesting pattern.

You may find your need to have the love that your parents did not give to you. You may determine that you enter into relationships that leave you feeling unworthy because you feel unworthy.

There are so many messages in our actions and patterns. And that is why this higher level of forgiveness is essential to healing. When we think about the fact that we actually chose to be in this relationship or have that experience to fulfill an unmet need or have experiences that support our belief system, then it leaves us in an empowered place.

It is empowering because we realize that nobody did anything to us. We come to realize that WE ARE NOT VICTIMS!!!! We are powerful beings with no limits to our power.

I came to use this type of healing through my spiritual studies. However, I have found a book that you can use to learn about true forgiveness and actually apply it to your life. It is called Radical Forgiveness by Colin Tipping. I would not recommend it if it were not life changing for me.

The more you forgive, the more easily you can open yourself to connect with the Goddess within you. Forgiveness helps to remove the veil of illusion that we could ever be separated from the love of the Goddess.

There Is Power in Clearing Your Emotional Body!

Clear the Emotional Body?

There are many levels to who you are as a spiritual being. Your body is the part of yourself that seems most real. Often times when we desire to affect change in our lives, we focus on altering the physical body and spend little time healing our mental, emotional or spiritual bodies.

The truth of the matter is that healing and change take place from the inside out. Because the energy flows from the inner self to the outer self, then it is necessary to look at your these parts of yourself to determine what is manifesting or soon to manifest in the physical.

The emotional body is one of the primary places that we can work on clearing in order to improve our overall state of well-being.

Essentially, the emotional body is energetic in nature and is a layer outside your physical body. If the emotional body is clear, then we are not storing our emotions there. Instead, we are experiencing them releasing these feelings, moving forward and staying in the present moment.

However, there are many people who experience emotional pain and trauma. These negative-feeling emotions are stored in their emotional bodies primarily to help them avoid experiencing the same trauma.

These emotions may also be stored in the emotional body because there has been no healing work in order to help the person release them. Many people have these hurtful feelings stored in their emotional bodies but do not have any remembrance of the original experience that caused them.

Over time we begin to operate based on what is in our emotional storage bin. If we have a healthy emotional body, then we will be able to respond to situations based on what is happening RIGHT NOW.

However, if our emotional storage contains emotions that are unhealed and negative, then our responses will be based on our responses to past experiences.

Think about a time when someone did something that made you remember a similar situation that happened previously. Oftentimes, there will even be a wave of emotion that will come across you as you remember the past event.

And before you know it, you are now responding to the present situation not based on what is going on NOW but based on what was long ago.

Why is any of this important? Essentially, what the Goddess teaches us is that our Goddess nature is one of peace. This peace is always present if we choose to walk in its energy.

Whenever we find ourselves in any other place besides peace then we are in need of healing.



Because emotions are feelings that we all experience on a regular basis, the emotional body is a great place to start seeking information as well as determining where to begin healing so that you can stay in your Goddess centered place of peace.

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## **The Goddess Body....**

Having a healthy physical body temple is key to accessing higher levels of understanding of the Universe.

Seek to have the Goddess Body that you deserve. This part of the web sanctuary has been created in order to assist you with understanding physical health but also to connect you with the innate wisdom that lies with YOU!

Intuitive Eating: Follow your Inner Guidance to the Weight and Health You Desire!

There is a divine intelligence within each of us. It runs our autonomic systems ensuring that our heart beats, lungs breathe and food digests without our having to think about it. All of this happens without our conscious participation.

This divine intelligence is called by many names including Ausar, Ganesha, Ori, Holy Spirit, Higher Self and Inner Guidance. I learned from Ra Un Nefer Amen in the Metu Neter that this Divine Intelligence within desires that we move it from the background to the foreground of our lives.

If it can run our bodies like the well oiled machines that they were designed to be, then just think of what this energy will do if we allow it to be the guiding force of our life.

This morning I was in the kitchen thinking about how my views of eating have evolved over the last couple of years. There was a point when I thought that vegetarianism was THE way for everyone. Then I began to realize that it is not, that there are a lot of people who are vegetarian and sicker than ever.

I remember when I was led to reintroduce fish into my diet. I was pregnant and knew that I had to eat that fish because my body was craving it so badly. After my son was born, I still felt led to eat fish and poultry. I could not believe that I, the vegetarian extraordinaire, felt like I would go crazy if I did not eat fish and poultry.

But when I got real with myself, I knew that I was one of the most unhealthy vegetarians that I knew and that my life and health depended on my eating concentrated sources of complete protein on a regular basis.

I happily abandoned vegetarianism and began to eat all kinds of fish and chicken.

A few years later I began to hear the voice of my inner guidance. It told me that I was to leave fish and chicken alone. I knew there was something to that message because I was experiencing more and more indigestion when I ate meat.

So with that I stopped eating fish and chicken and went back to being a vegetarian.

There was more than one reason for me to change my diet. So much of the spiritual work that I do hinges on me eating a certain way and my spiritual guides knew that I needed a lighter energetic body to do this work.

This experience of switching from a diet with meat to one without and back again and again has lead me to do a lot of soul searching. I have believed in vegetarianism as the optimal way to eat for so long that it was almost traumatic for me to see my son begin to eat meat.

When he was two I told everyone that he could eat fish and poultry because my mother-in-law had been sneaking that and more to him when he visited her. But what I noticed is that the chronic nose bleeds that he had struggled with for about a year ceased to exist. I could only attribute that cessation to the introduction of fish and chicken into his diet.

The other blessing that has happened to me is my food addiction: obsessive overeating. In seeking to heal this issue I began to realize that one of my problems was my inability to connect with body's signals to stop eating when it was full and to eat certain foods that it needs for healing and maintainance purposes.

I remember having to sit down and listen, really listen and FEEEEEL what my body was telling me that it needed. It was a neat experience to feel and hear that voice within me emerge to let me know when enough was enough.

For years I watched people who did not overeat. They would say, "I am not hungry right now so I will pass on the offer of food." or they would say, "I only need a small amount of food," and they would eat it and stop.

It was something that I really did not understand because my food addiction prevented me from hearing that inner wisdom that knows exactly what I need and how much.

Another major event that occurred is I began my journey into the raw food lifestyle. That was truly the experience that helped me to realize that how people eat must be guided and directed by their inner wisdom.

Truly I was led to eat all raw foods. I don't think that there has been anything more difficult than doing so. Exclusively eating raw caused me to live in an entirely different universe from other people in so many ways. It was a magical experience that I feel occurred because ultimately my higher guidance, my inner wisdom is calling me to eat raw 100% of the time eventually.

But what was also very telling for me is how raw foodists tend to think the same way I used to think about vegetarianism. Most believe absolutely that cooked food should not be eaten. I remember feeling so judged. I remember analyzing the judgment that I have issued regarding people's choices to eat.

All of this change in my diet occurred within the span of about 24 months. By the end of that time I realized that truly what we need to help people do is NOT pick out the "perfect", most politically correct diet that confers the highest health.

What we need to do is to help people tap into their inner wisdom, trust it and follow the guidance given. It is my complete belief that when we allow the Divine Intelligence to lead, guide and direct us, we will choose ways of eating that benefit the whole. We will only eat our fair share. We will eat foods that don't wreak havoc on our Earth Mother.

If we eat meat, it will only be from animals that are raised with reverence and in a humane way. We will kill them in a way that is gentle and will give honor to these animals for sacrificing their lives so that we may have food to eat.

What I came to learn is that for so many of us we have no idea what we should eat. Certain foods and ways of eating prevent us from hearing that inner guidance.

The message that came to me loudly and strongly is that more than anything we need to move the Divine Intelligence that so beautifully and effortlessly keeps us alive and makes our bodies operate despite what we put into it...we need to move this guiding force to the foreground of our lives and follow its lead on what to eat and how to eat.

This requires meditation and it requires eliminating certain foods that prevent us from hearing that guidance, especially sugar in the form of high fructose corn syrup and MSG (monosodium glutamate). These substances very effectively prevent the connection to our Divine Intelligence.

Another important piece is to avoid fear and its various manifestations that lead us to eat without thinking. I call this emotional eating and this type of eating is also highly effective in preventing us from hearing the voice of wisdom within.

So I have submitted to the Divine Intelligence within me regarding what my body needs. Doing so frees me from the need to figure out what diet is best for me or anyone else in the world.

I feel compelled to follow this higher wisdom because for the first time I can see how I have chosen food over my greater connection to the Great Mother.

I am at a place right now where I am so desperate, so desirous of my relationship with the Great Mother becoming fuller that I am willing to give up the delicacies that I have enjoyed for so long.

My new delicacy is my relationship with the Great Mother. My new addiction is becoming the best person that I can be.

As I seek to move the Divine Universal Intelligence, Ausar, from the background of my life to the foreground, I am willing to give up whatever hinderance has prevented me from doing so in the past.

This time of fasting is a great time for all of us to take a break from our normal way of eating and to listen to our inner guidance regarding how we can improve our health and life in general.

I encourage you to consider the voice within you and the possibility that all that you need regarding what you eat lies within you...if you will allow it.

This piece is dedicated to anyone who has struggled with eating issues be it over- or under-eating. I want everyone to know that the power within you will show you the way to optimal health and vibrancy.

Soon I will write more regarding some of the tools that I have been guided to use to assist me with reconnecting to the voice within regarding eating.

Yoga is Yoga is Yoga and it is ALL GOOD YOGA!

A little yoga, a lot of yoga...it is all good!

Why yoga is a process?

Initially yoga was very external for me. I had heard that this ancient spiritual art form was good for the physical and spiritual bodies so I attempted to "do" it.

There was enough internal calling inside my soul because I actually did engage in doing yoga. I could feel the benefit but it was not always my favorite activity to do.

As time has moved on yoga has still been a largely externally motivated practice for me. I can see how so many people are just "doing" yoga. It is very different from the busy lifestyle that we are used to so we just "do" it and check it off of our lists as done.

But I am now at a place where I don't care why people do yoga.

◦Do yoga only for the physical benefits.

◦Do yoga to be eco-or spiritually chic.

◦Do yoga because you dig the philosophy.

◦Do yoga because you were raised in a family that lives the yogic philosophy and it is what you have done all of your life.

It matters not to me because I am now in a new understanding of yoga. It is a process. And though initially we may be externally motivated, "doing yoga" is still beneficial.

I remember buying a book of stretches. It was hatha yoga no doubt but made to be acceptable to anyone. No yogic philosophy though I could tell that the people in the pictures were certified, bona fide yogis and yoginis.

When I did those stretches in my very deep lack of knowledge of yoga at the time, I became super flexible. I didn't even know how flexible I was but everyone in my dance class would ask how I could stretch so deeply for so long. I told them that I did what was in that book of stretches. I was clueless of the yogic philosophy but dang I had a true key to health in flexibility.

As time moved on I decided to look into the yogic philosophy. I have studied Yoga out of India and Yoga out of Egypt. Over a number of years, I began to hear teachings as I did the moves. I began to understand that yoga is a path to enlightenment for me. This is when the drive to do yoga became more internal.

Only recently, which is just in the last few weeks...LOL...I have now moved into a new relationship with Yoga. One day I started my yoga practice and I heard, "Yoga is not something that you do; it is how you live. Yoga is a lifestyle." I felt energized and charged. In that moment yoga became a science to living for me and now my drive to do yoga has nothing to do with anything outside of myself. I engage in my yoga practice because it invigorates and enlivens me body, mind and soul.



And because of my journey into this new way of understanding yoga, I realize that any yoga is good yoga. A little is better than none. If a person continues to do yoga, even if it is off and on, there is benefit. And maybe for some there will be a progression to these deeper relationships with this philosophy and science.

In the end it is all good.

### **Goddess Mind: A Healthy Mind is Essential to Every Goddess**

The Mind is a tool but most people fail to realize that and hence have their minds operating like a runaway train. Goddess Mind is all about helping us to learn how to have a healthier thought life and how to use our minds to get us what we desire instead of hit and miss results. Please read the articles below to learn more about how to have a healthier Goddess Mind.

### **Brain Training: Essential to a Healthy Goddess Mind**

"Whatever you hold in your mind will tend to occur in your life. If you continue to believe as you have always believed, you will continue to act as you have always acted. If you continue to act as you have always acted, you will continue to get what you have always gotten. If you want different results in your life or your work, all you have to do is change your mind." Paramahansa Dr.Rupnathji".

Unveil the Goddess in YOU!

Who is the Goddess? SHE IS YOU!

If you look in the mirror right now, you will see Her.

And what we as modern women are being called to do is get in touch with this inner Essence of ourselves to create lives that reflect our deepest and truest desires.

What can the Divine Feminine do for you?

Using Goddess wisdom will assist you in connecting the different parts of yourself so that they create a whole woman who is able to move through her life with grace and ease.

The Wisdom of the Divine Feminine can assist you with tapping into your infinite potential to create a blissful life that includes peace, love, joy and abundance.

This portal of information about the Great Mother will provide what you need to begin or continue your journey to the whole you! Use the information, prayers and rituals in your own life and watch how your life will transform in amazing ways!

The truth of the matter is that I am really a modern woman who has gotten caught up in the ways of our most ancient women ancestors. The question for me became: how do I apply what women from many generations ago used to live their lives in an era that seems completely different?

How do I create health in my body, mind and spirit?

How do I go about raising children who will be equipped to rise to their highest and greatest good?

What do I need in order to have happy and healthy relationships?

Heck, what do I need to do to just be happy with ME?

Despite all of my educational and professional accolades, I have slowly but surely come to realize that the women of old laid a foundation upon which we can all build and continue to create lives and communities that yield peace, love, prosperity and joy. More and more I feel myself moving in the

direction of remembering what my mother, grandmother, heck even Eve did during their lifetimes to express the fullness of the Goddess.

All of the technology and the fast paced lives that many of us live are doing very little to help me connect with my inner most peace and joy.

The Divine Feminine....This is the energy that connects me to the work, the foundation, that was laid many generations ago by women who probably never attended a prestigious university or lived in mansions overlooking the ocean.

But it is these women who speak to me today....

They say that it was the Great Mother in all of her forms that taught them how to be women and how create balance within their lives. They heard Her voice in the whisperings of the wind. They experienced Her purifying qualities by washing in the ocean. They felt Her grounding qualities as they enjoyed taking steps upon Her earth element.

In connecting with the Great Mother in Nature they were able to connect with the Great Mother, the Goddess, the Great Mother within themselves.

Many modern women have not had the opportunity to remember.....

And so we call upon the ageless wisdom of Osun, Yemonja, Oya, Sarasvati, Lakshmi, Kwan Yin, Durga, Kali Ma, Het Heru, Hathor, Auset, Isis, Sekmet, Haniel, Jophiel, Ariel, Gabriel, Pele, Mother Mary to assist us with being all that we can and desire to be in our body, mind and spirit!

We call on the wisdom within ourselves that we may not yet re-member....

Unveil the Goddess in YOU! Learn more about who She is and how to apply Her energy to your life!

The oldest secret society on earth...

Today lets get into some conspiracy theory....

Do u know which is the oldest SECRET SOCIETY on earth??.

.

Well if u don't know, then here it is... we will see about the world's oldest secret society...NUM.

The society is named as the NINE UNKNOWN MEN. It was founded by Ashoka the great, , the Indian ruler who converted to Buddhism after the kalinga war. For Indians they know well about the ruler because of the movie, asoka(the character was played by my fav hero SRK). The ruler felt that to maintain peace, the technology should be kept hidden from the evil men, so he formed a council of this NINE scholars of his court(navaratnas) and gave them this responsibility of performing high researches and keeping it underground until unless required to save humanity from extinction. Some versions of the story include an additional motivation for the Emperor to conceal scientific knowledge: remnants of the Rama Empire, an Indian version of Atlantis, which according to Hindu scripture was destroyed by advanced weaponry 15000 years ago. Theories have also begun to surface claiming that Rama and Atlantis might have had war using nuclear technology, and destroyed each other.

Among conspiracy theorists the Nine Unknown is often cited as one of the oldest and most powerful secret societies in the world. Unusually for the conspiracy subculture, the image of the group is largely though not entirely benign. Theosophists also believe the Nine to be a real organization that is working for the good of the world.

Nine men are believed to have great powers, they are ascended masters(hey that's not me, some sites says that..)and generally have no contact with the outer world. But there are few instances where they seemed to had contact with some of the humans like the one of pope Sylvester ii also known as Gerbert d'Aurillac. He was a professor at the university of Rheims, Archbishop of Ravenna and pope by the grace of Otho iii. He had a mysterious voyage to India, where he gained some skills. He had brought a bronze head which answered in yes and no. This bronze is supposed to be given to him by the NUM.

Yersin, one of Pasteur and de Roux's closest collaborators, was entrusted, it seems, with certain biological secrets when he visited Madras in 1890, and following the instructions he received was able to

prepare a serum against cholera and the plague. They have mysterious knowledge of planes and may be UFO's ( too wild a theory, but it is possible ill explain it in some future posts...).

Some modern Indian scientists such as Jagdish Chandra Bose, Dr. Rupnathji were said to believe in or even to be members of the Nine although documentation on this issue is predictably scant. Believers in the Nine also point to the mysterious Delhi iron pillar, which is said to have been constructed at a time before the technology to create it existed in common circulation. However, this is disputed by other scholars and researchers.

Each of the Nine is supposedly responsible for guarding and improving a single book. These books each deal with a different branch of potentially hazardous knowledge. Traditionally, the books are said to cover the following subjects:

1. Propaganda and Psychological warfare.
2. Physiology, including instructions on how to perform the "touch of death." One account has Judo being a product of material leaked from this book.
3. Microbiology, and, according to more recent speculation, Biotechnology. In some versions of the myth, the waters of the Ganges are purified with special microbes designed by the Nine and released into the river at a secret base in the Himalayas. Multitudes of pilgrims, suffering from the most appalling diseases, bathe in them without harming the healthy ones. The sacred waters purify everything. Their strange properties have been attributed to the fact that they contain bacteriophages.
4. Alchemy, including the transmutation of metals. In India, there is a persistent rumor that during times of drought or other natural disasters temples and religious organizations receive large quantities of gold from an unknown source. The mystery is further deepened with the fact that the sheer quantity of gold throughout the country in temples and with kings cannot be properly accounted for, seeing that India has only ever had one gold mine.
5. Communication, including communication with extraterrestrials.
6. Gravitation. Book 6 is said to contain the instructions necessary to build a Vimana, sometimes referred to as the "ancient UFOs of India."
7. Cosmology
8. Light
9. Sociology, including rules concerning the evolution of societies and how to predict their downfall.

Watch for them, they can be anywhere around you.....;-)

# Dharma: The Only Remedy for Modern Man

By Maha Yogi Paramahansa Dr.Rupnathji

Except when in sleep, we are always in ceaseless activity. No one spends even a single moment without doing some action or the other (Gita 3.5). This action may be physical or mental. Why do we act like this even without a moment's respite? If we closely watch ourselves, we can see our purpose: we are seeking happiness. We sit erect for happiness, change our posture for happiness, we eat for happiness, we fast for happiness, we marry or we are celibate, we seek company or solitude, all for happiness. In this way, happiness is the general goal of all activity and inactivity.

Nevertheless, our activities towards this goal can be classified into three types:

1). To Avoid Grief (Taapah).

Griefs are of three types:

- a). Adhyatmika: Within ourselves
- b). Adhibhoutika: Grief caused by others
- c). Adhidaivika: Due to natural causes like hot summers or cold winters.

The peace obtained by eliminating these three griefs is known as 'Shanti'. That is why we say Shanti Shanti Shanti three times.

2). The second type of activity is done to acquire what is good for us, like health and affluence. This is called Yoga.

3). The third type of activity is to retain what we already have. This is called as Kshema. This third aspect should never be missed sight of. We generally notice in history that almost all civilizations acquire a lot of material affluence in the beginning and after sometime they go into oblivion. This is because affluence begets vices like profane sensuousness, arrogance and laziness and eventually the balance in life is lost. It is easier to retain equanimity in poverty than prosperity. Therefore one should know how to retain the good things after acquiring them once. Success in this needs the practice of spiritual moral and ethical values in the midst of affluence. In other words, Dharma is the only way to retain all that is good in our lives.

Doubt: "I am scrupulously practicing all Dharmic Values. I also worship God in total faith exactly in the way taught to me by pious Brahmins. However, I am not getting success. I am worried. Why so? Is it my fate?"

Reply: Always remember that the Vedic philosophy is not fatalistic. The reason for not getting success is that our own previous Karma is stronger. Our present meritorious Karma should first annul our previous Karma (Parabdha), and then exceed it quantitatively for getting success. Therefore, we should not despair; only improve the quality and quantity of our present Karma. There is no use in worrying.

Query: "I am finding it difficult to avoid worry and work efficiently."

Resolution: In order to give up worry, we should know its origin. Consider for example a lawyer or a doctor we employ to solve our problem. See the difference between us and him. While he works to solve our problem without worrying, we on the other hand only worry without working to solve the problem. This is the situation even if you are yourself a doctor. You employ a doctor to solve your problem and just sit only to worry about the problem. Why? You have an infatuated attachment to the people involved in the problem; but he does not have. So attachment is the cause of worry, which in turn disturbs our thinking. We very well know that it is only the work based on well thought plan that solves problems and not our worry. So, we should check and temper our attachment to our kith and kin with effort. Faith in rebirth alone can help us in this. (See Article of Maha Yogi Paramahansa Dr.Rupnathji.)

Question: "My difficulty is different. I am not able to decide what is right or wrong. Only later, the success or the failure in my action shows what was right or wrong. How can I know it beforehand to avoid failure?"

Answer By Dr.Rupnathji : This is a most serious issue in life. Actually, human intelligence can never decide what is right or wrong. Notice that the success of any action depends not only on visible parameters but also invisible ones like previous Karma and God. While the latter ones are totally out of reach of human intelligence because of being invisible, the former ones too are partly out of our reach because they are generally too many. Normally people are skeptical or often even derisive about the invisible aspects. They look at some of the visible secular aspects and decide that something is right or wrong by inferential logic (Anumana). However, they too can never be sure enough to predict the outcome of any particular Karma with surety.

Why Do We Get Into Jams?

The fundamental requirement is to actually understand the conditions under which right and wrong get defined. Let's start this with an analysis. Suppose you are asked the following:

"What is it that you want to do today?"

You may reply: 'I have to go to pay the electricity bill; otherwise the power will be disconnected tomorrow.'

Of course paying the electricity bill is not the only job you will do today. You will do many other things also. But you will adjust everything else to this main purpose. You will say that anything that helps you pay the bill is right and anything that hinders it is wrong. Suppose you are then asked:

"What is it that you want to do in the next five years?"

To this you may reply:

'I am disgusted of living in rented houses for the last 30 years. I want to build my own house.'



With this resolve, you cut down your expenses wherever possible. You work overtime in your office to earn more. For you, anything that helps you in building the house is right and anything that hinders it is wrong. This means that right and wrong are decided only relative to a desideratum. This can also be established from the reverse direction. Suppose you are asked:

"What is that you want to do in your life?"

Has anyone an answer? No. Why? Because people seldom have any specific goal for the life as a whole. That is why there is no direction in our activities. We do not have anything specifically good or bad. We go on doing whatever occurs to our mind without thinking either of the future or of the past. We are carried by the slogans of the times and move in the turbulent waters of life in a rudderless boat. Sooner or later, we get caught in a whirlpool or stranded in a quagmire. We do not know how to escape from there. We only end up cursing what we think is the reason for our predicament.

Who Can Help Us Out

Who can get us out of that jam? Obviously not ourselves; had we known how to get out of it, we would have known why we got into it and therefore we would not have got into it at all. So, who can bail us out? Those who can bail us out should have the following qualifications:

- 1). They should know the whirlpools, the high currents and quagmires of life, but be above them.
- 2). They should know why people get into them and how they can get out of them.
- 3). They should have sympathy and concern for people like us caught in the whirlpool of life.

Who are such people who can help us? They are the Rishis (ancient sages) such as Manu, Yajnavalkya etc. They suggest the methods of escape. They give different instructions for different people caught in different situations. They are broad-minded and melt with compassion as soon as they see someone in distress. They have the panoramic vision of life which we lack. Therefore, only they can say what is right or wrong for each one of us stuck in different situations.

## **The Criterion for Deciding Right and Wrong**

**By Maha Yogi Paramahansa Dr.Rupnathji**

Here we discuss the criterion on which the Rishis delineate an individual's Dharma. As noted above, we do not have a specified goal for our life. The Rishis first prescribe such a goal for our life as a whole, which is to keep a constant bliss of happiness (Ananda) flowing to us. This unintermittent flow of happiness is known as Moksha. It is important to notice that Moksha is not something different from what we are already struggling for every moment of our life, namely happiness. However, compared to this temporary short-lived happiness, the ancient sages want to give us a state of pleasure which is constant and never ending.

The Unambiguous and Infallible Definition of Dharma

Since Moksha is the ultimate goal of life, we now have the criterion for deciding what is right and wrong, i.e. Dharma and Adharma. An action which helps us or anyone else move towards Moksha is Dharma, and an action, which hinders our or anyone else's movement towards Moksha is Adharma. Scrupulously following Dharma, we will attain the state of perennial happiness – Moksha - sooner or later.

Objection: How fair is it to fix the difficult goal of Moksha as the aim for everybody's life?

Resolution: No. The scriptures do no force anyone to have Moksha as the aim of his or her life. They only point to us that sometime or the other, in this birth or perhaps a million births later, life itself will force us to work for that aim. The reason is this: Material pleasure is polluted. It is not only momentary, but also generally coupled with pain like causing disease etc. So, it causes disillusionment in due course, if not direct sorrow. Therefore, one's attention would surely turn to thinking about a happiness that is unpolluted with any of these shortcomings. Of course, to a large extent, the veracity of this statement can be verified even in this life. Everyone enjoys material pleasures with total abandon in youth, but develops remorse in old age for what happened. So we may not want Moksha as our aim now, but we will surely want it later.

Question: "What would be my Dharma if I am interested only in material happiness and do not adopt Moksha as my immediate aim?"

Answer By Dr.Rupnathji : You can certainly enjoy material happiness, but it should be within the ambit of Dharma. If you resort to Adharma in order to satisfy your desire, i.e. Kama – it will surely end up in causing utter sorrow definitely for you and perhaps for others too. That is why the Vedas refer to two types of Kama: One within the brackets of Dharma and Moksha and another which falls outside. Here, Moksha is only the distant aim indicated by the scriptures and not your immediate interest. However you have Shraddha (faith) in the Vedas. Therefore for you the first type of Kama is a Purushartha, i.e. something to be sought after by every common man. But the Kama which lies outside the brackets of Dharma and Moksha is to be abjured. For example, conjugal pleasure with your life-long partner is Dharma because while it satisfies our natural urges born out of Samskara, it does not put us way from Moksha. In fact, a joint pious life would even move both of you towards Moksha, even though you may not be aspiring for it immediately. On the other hand, the same pleasure out of wedlock is Adharma. Ultimately it lands you and your kin in grief.

Conclusion: Dharma for All of Us

Dharma ensures that we do enjoy the pleasures of family life, however they become incidental for us and not our primary concern. Remember that following Dharma automatically ensures our material happiness also. When there are problems in life we should remember the law of Karma and face them with fortitude. Some salient features of the householder's Dharma, as propounded in the scriptures are:

Work hard and earn well by honest means only. Do Dana (charity) to the best of our ability. Never deviate from righteous conduct. Never deviate from the daily Puja. Never consume food without first offering it to God. Be disciplined in our food habits. Take physical exercise and keep off disease. It is our duty to look after our parents and keep them happy with our conduct. One should never stop studying and gaining knowledge – both secular and spiritual. Share it with your children. Give them a good Samskara. Never praise them when they achieve anything; just hug them silently and bless. This will galvanize them to achieve more. Praising will only make them egoistical which, in turn, stunts their growth. Respect your wife and do not enjoy anything without her. Let her be an inseparable part of all your religious activities. Remember: Dharma Dharma Dharma. Dharma helps us avoid grief. Dharma gets us what is good for us. And finally, Dharma helps us protect and retain what we already have.

When I allow my ego to fall away and stand fully open to the Divine will, then I stand as a self-less being. In that state I may be called to help others or i may be called to take care of my own self through engaging my spiritual practices or exercise or taking a class to increase my understanding of or how to start a business.

When we are truly selfless then we are present and aware moment by moment so that we only do that which we are called to do by the Spirit of the Divine within us.

Commitment to one's own self is essentially making an investment. The bottom line is that I only will ever have me. No one else is guaranteed in my life so I better begin to take time to make me better.

I better take time to love me some me. I better take time to get to know me better. And the more I stay committed to me and my purpose of love, the better I am to everyone who I encounter. There is no need for self-sacrifice because I am so full of good stuff that I can't help but share with another.

Seek to commit to your own self, your own goals, your own life purpose. Stop giving away your best self to everyone BUT YOU! Contrary to the erroneous teachings of recent times past, it is really okay to love you and be in relationship with you before doing so with others. Your life and your work with and for others will be better for it.

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