



Spiritual News Bulletin

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INSTITUTE OF UNIVERSAL SELF CONSCIOUSNESS MOVEMENT

**THE OPERATIONAL WING OF SAHAJAMARGA RAJA YOGA
DHYANA GRUHASTHA ASHRAM INCORPORATED**

(Vishva Sarvatma Bhava Chaitanya Prasara Nilayam)

Spiritual Patron Samartha SadGuru Sri Ramachandra Maharaj
Spiritual Facilitator Prof. Satyanarayana Chillapa President IUSCM
Spiritual Doctrine, Conceptual Guidance - and - Motivators:
Bhagavan Sri. Adi Sankara and Lord Sri. Krishna Paramatma
(Gitacharya)

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

Message from the Master

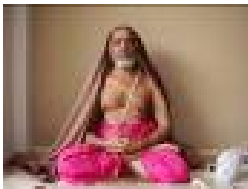


God is the subtlest being and in order to realize Him the subtlest means are the only way. This doesnot mean that for realizing God one has to ignore the needs of the physical body or the empirical world. If percance we fall upon the means which go on adding groness we shall definitely remain away from the vision of Absolute Reality.It is an established fact that meditation is a subtle method, provided the object of meditation is not concrete. Therefore, we advise meditation on the supposed Divine-light in the heart.The Upanishads also corroborate this. This practice

supported by transmission of the Divine Effluence becomes subtler and subtler until it becomes the subtlest. There are several persons who do not want to test the efficacy of Pranahuti-Meditation, the remodelled system of Raja Yoga method of Pantanjali. because they are satisfied with what they do. Due to their habits they feel satisfaction in the worship they do out of their avowed method. They take it to be the spiritual improvement which is really not there. They take satisfaction as the mark of peace But satisfaction relates to the senses of grosser type., while peace is is close to the soul. If this worship is neglected for a day they feel restless. But, if the peace be there , there is no question of restlessness. As we develop in spirituality, the nature of peace also changes and, in the end, non-peace, peace is the result. If we want to advance in spirituality we should begin from Infinity in finiteness. In this way we establish relation with the Real Being. Our next step will be that we may begin to absorb ourselves in Infinity as the idea of finiteness will fade away. When finiteness is dissipated from the mind the way lies clear. We proceed in the Infinite and to the Infinite with the result that even the idea of Infinity, cannot pop up, as it fades away from the horizon of conscience. Further when we jumped in to the Reality the ego-ends and feelings end. But, the subconscious awareness of “ Neti–Neti” Not only this, not only this, remains as Guide.

An Astral Transmission through
Satyanarayana Chillapa,
President IUSCM, Hyderabad, India

EDITORIAL



By Thy Light all this Glows

Human body is composed of millions of living bio-cells. Though they are living, their life is dynamited by the consciousness of the soul. The vital force known as ‘prana’ is actually an inert force unless it is livened by Soul’s Consciousness. Therefore, it, the Soul, is called as “*Pranasya-*

Pranaha “ (प्राणस्य प्राणः) that is, “ The Life of the life”. The
Rush’s of yore, eulogize the Soul, in the following mystical
language:

*'Aatmanastat Prakaashtvam Yatpadaartha avabhasanam
Naagnaayadideepthiva Dheeptir Bhavathyandhyam Yato Nishi*

**आत्मनस्तत प्रकाशत्वं यत्पदार्थ अवभासनं
नाग्नायदि दीप्तित्वं धीप्तिर भवत्यन्ध्यं यतो निशि**

Meaning: That which enlightens the objective-world it is
the shining of the Soul / Atman. It is different from shining of fire
or sun or other shining objects. , because, they are not Self-
luminous; they get illumined by Soul’s Self-revealing power. In
the absence of Soul’s activity, they (Fire, Sun, etc.) remain dead
as seen in the sleep. (Ref Aproxshaubhuti–Sl.22)

तमेव भान्ति अनुभाति सर्वं तस्य भास सर्वमिदं विभान्ति

Meaning: Though Shines, everything else Shines. By Thy
Light all this Glows. (Ref: Mundakopanishath; 2.2.10)

Mind acts as a shining reflective medium like, a mirror.

*“Sa Ya Aisho Anthar Hrudaya Akashah
Tasmin Purusho Mano Mayah Amrutho Hiranmayah”*

सय एषो अन्तर्हृदाय आकाशः

तस्मिन् पुरुषो मनोमयः अमृतो हिरण्मयः

Meaning: “There is within the heart the bright space
known to all; there, let the worshiper meditate upon and
realize the intelligent, imperishable, effulgent Soul.”
(Ref:-Taittiriyaopanisad; chapt.1. Lesson-6,)

When mind is active in conscious phases like waking state, and dream state, it reflects the image of Atman / Soul, crystallizing the respective ego-states of waking and, dream conscience, of the personality. In deep-sleep of consciousness, mind is dormant, so, there is no state of ego-personality. The different states of functional conscious phases of mind, like, ego, (*Ahankar*), forgetting and, remembering sub-conscience (*Chitta*), intellect (*Budhi*), and the feeling or sensitive mind, (*Manas*), are active only in waking and dream states of consciousness. It is therefore, ego-personality is valid only in these two phases of conscious-mind.

Therefore, to go beyond the shackles of mind, that is instrumental in getting, repeated births (*Punar Jenma*) of the ego, one has to get the knowledge of his identity with the Soul / Atman, the Ultimate Reality the, Para- Brahman :-

Pratyagaatma Brahmaikya Gnaana Meva Kaivalyam"

प्रत्यगात्माब्रह्मैक्य ज्ञान मेव कैवल्यं,

(Ref: Aprojshaubhuti Sl.22)---that, is "the unity of individual Self with Ultimate Reality is Salvation, the release from the repeated cycles of birth and death".

Swamiji

SPECIAL FEATURE COLUMN

From: Ravi Mar 9, 2018

Swamji, Namaskaram!

While the picture metaphorically represents the need to be in the "Present", it is evident that the best of human efforts fail to confine the mind to the "Present" state and withdraw from vacillating between the past and future. Therefore, it may be apt to refer back to the Scriptures which expound that being in the "Present" can only be a by-product and cannot be practiced directly. The unsettled nature of the mind is a consequence of previous births' Vasanas. Continuous practice of Pranahuti Meditation and constant remembrance of the Guru, who is

established in the Ultimate Reality (“Brahmanistha”) rarefies and purifies the mind from it’s Vasanas till one day it becomes a pure intellect. A person with pure intellect then becomes capable of realizing his True Self even through casual instructions as validated by the following verse from Ashtavakra Gita:

*“yathaatathopadesena kṛtaarthaḥ sattvabuddhimaan
aajivamapi jijnaasuḥ parastatra vimuhyati”*

Meaning: A person of pure intellect is able to realize his Self even through casual instructions while others continue to wallow in their delusions despite a lifetime of enquiry and exposure to elaborate instructions. A person who realizes his true Self transcends the concept of time, space and causation while actively engaging in everyday external life; the state of being in the “Present” is thus a natural by-product of such realization. The following verse from the Ashtavakra Samhita confirms this statement:

*“kva bhutam kva bhaviṣyad vaa
vartamaanamapi kva vaa
kva deśaḥ kva ca vaa nityaṁ svamahim sthitasya me”*

Meaning: Where is the past, which is now gone? Where is the future, yet to come? Where is the present, passing on? Where is the space in which so many different things co-exist? And where, at last, eternity: for me that shines by my own light, as my own true identity. May the Master bestow such a state to all the abiyasis at IUSCM!

With Master’s Blessings,
Ravi

LETTERS

From: Swamiji

Dear Sri David Musson, Ashirwad

One gets date-to-data experiential life according to sanskaras, which are released for that time of the day. Sanskaras vary in their quality & texture, from time to time. You may feel happy & relaxed, at one part of the day, being established in the Reality of nature of his psych when, one gets established in neutrality of the mind. Try to enjoy the game of life, played by the God, through you.

Wish You Best of Luck.

Swamiji

From: David Musson, Mar 24, 2018

Dear Swamiji

Weekly meditation update:-After a very mindful night. Awareness began to rest in a place where it saw that all dream state, waking state and deep sleep state merge seamlessly and all are notable for one thing: the presence of an awareness that remains throughout each. This awareness is still, it is peace, it is untroubled, it allows without judgement or attachment. It resists nothing and yet fears nothing either. It simply is.

I pray to master to remain in constant awareness of this truth. The truth that 'I am' this mediation was conducted last Sunday. Since then a very mindful week and yesterday was powerful day of two halves. The first half was as if all of the world, life, was playing It effortlessly and although there was an 'I' that was part of it and relating beautifully with all the events and people, it was as though it was no longer 'me' doing it. Just a witnessing consciousness and embodiment of love, existence, bliss. Then in the afternoon. Some anxiousness, boredom, mindfulness and fear crept in and last the whole evening. It was quite awful. Depression, anxiety and other negative emotions ruled. What is the lesson here? How is it that one can go from one state to the other without wishing for it? Once again I lay at your feet, my whole self offered to serve Masters will.

Dave

From: Swamiji

Dear Daughter Sow.(Undisclosed) Ashirwad

Regarding introducing the children to meditation, understand clearly that it is not the time for them to induct into meditation; they are not fit for meditation till they attain the adulthood. Otherwise it will lead to deleterious effects psychically. Clashes with friends at the office may be due to old-sanskaras that are coming forward causing mental conflict Try to be cordial with all at the office and at other places of interaction. Pray to Master, to give you psychic strength to put-up the situation. Soon the adverse things would pass-off peacefully.

With Master's Blessings

Swamiji

From: Undisclosed Mar 20, 2018

Namaste Swamiji

Hope everything is well on your side.

I am writing to seek guidance on how to teach meditation to kids. For my sons, 10 and 7 years old, I have started nightly 10 mins prayers and meditation (a recording that guides them to calmness). I am not sure if this is the right way to introduce them to meditation, but they have definitely taken interest. Please advise me if there is any particular way you recommend for kids. Another thing happening with me these days a lot is clash with lot of people, mostly at office and also with friends / family. It seems to be a very turbulent time, where any little thing is leading to conflict. I am especially frustrated at work with this and have started looking for another position within the same company. I have been following the three word mantra - being, blessing and surrendering but some days are better, while some days are not. Any advice for me in this regards is deeply appreciated.

Thank you and surrendering at your feet.

(X)

From: David Musson Mar 6, 2018

Dear Swamiji,

This is very funny and yet very true.

A master will effortlessly point out that what is needed is for the abhyasi to simply be in the Now and yet the followers try to go beyond the simplicity wanting to know more.

A time comes when you have to give up seeking or being the seeker and just be. Caution should be taken as "Not knowing enough yet" is another form of ego. A way for ego mind to keep you from truth as the one who "doesn't know enough yet" and should seek more by asking more questions. Questions are of course important in the journey to a certain stage.

Your own self Dave

From: Mac Maderski 06/03/2018

I still do remember my Master's words from over six years ago. "Think of Swamiji with a prayerful heart".

By the grace of the Divine an Ernest seeker of Truth always receives help from God in many different ways. In this example it is with remembrance our Master.

On 06/03/201

Mac

From: SUNKARA, Satya

Dear Ravi

I do not have a mobile/cell and never possessed one; I do not know what instagram is. The reflection you have mentioned is quite profound. A person who has to just to read this verse in the epics needs to be highly trained. On the top, to understand it right away is still a far thing. Ok agreed understood, but real contemplation of the verse is far beyond one's intellect until unless the GURU with his will power shine/flood the intellect of the abhayasi continuously and indefinitely his grace. Finding this verse is something akin to finding a needle in hay stack.

It is purely Guru's grace. A very few (one athava two) near to his heart could see such vision. Ashtavakra gita is one of the most authoritative concerted compendiums by the side of Brahma sutras; many will not dare even to touch upon. You will

see very few commentaries on Ashtavakra in the whole of internet.

(yathaatathopadesena)

That type of credit goes to Nachiketa who has been trained with yama with *Panchagnividya (Kathopanishat)*.

Kind regards ss

From: Ravi

Shri Satya Sunkara, Namaskaram!

Thank you for the email.

Ravi feels that he is just a humble servant discharging the duties ordained by the Master and does not know anything beyond that. Blessed are all the members of IUSCM!

With Master's Blessings,

Ravi

From: Satya Sunkara

Dear Ravi

That is what the transformation imparted by a guru, where everything else become ephemeral/trivial, where the abhyasi's *manas* resides in *niruddh* state (the highest order of attainment), that is the magic IUSCM is imparting.

Kind regards SS

From: Ravi

Shri SS, Fully concur with your comments.

With Master's blessings,

Ravi

From: Swamiji Mar 6, 2018

Dear Sister Thank You. Your commentary is very apt leading to the depths of One's Self

With Master's Blessings

Swamiji

From: Undisclosed

Respected Swamiji,

Salutations. I have seen your email. That reminds me Dakshinamurty and his disciples and also Swamiji and disciples like us. He is showing chinmudra to his disciples. Leave your ego and surrender to the master. This is my opinion about that picture please explain me in your words. Thanking you Swamiji.

Please convey my regards to mataji.

With regards

(X)

From: Swamiji

Thank You. A nice analytical commentary, with deep spiritual import.

Wish You All The Best Swamiji.

Spiritual diaries:-

From: David Musson Mar 10 2018

Dear Swamiji,

Conducted morning meditation on point A, this morning at normal time to coincide with Swamiji's meditation.

Had the following reflection:-

A glider sits in a dark Hangar building, it has not seen the light of day or flown as yet. Then one day the hangar door opens and light floods in. A large engine-powered plane connects up and pulls the glider out into the light across the runway and up into the air. Higher and higher they go until the glider can no longer see the hangar building.

When they are high enough the plane disconnects and the glider is free to fly on its own. It has the whole sky to itself and has never experienced such complete freedom.

When the glider eventually returns to the Earth it no longer sees a dark hangar. It now sees the whole world in a different way. It knows what else truly exists and what it is truly capable

of. He sits peacefully in his hangar, telling the other gliders of the wonders he has witnessed.

I am the glider. The hangar is the confines of body mind. The Earth is still the Earth but the sky represents conscious awareness. The engine powered plane is Masters Grace.

I give intent to allow it to pull me up to higher levels so that I may see what true awareness is. Let me share this with others so that they may also experience this freedom.

As always at your feet.

Your own self Dave

From: Undisclosed (X) Mar 11, 2018

Re: Diary update

Dear Swamiji,

Namaskaram! Hope you are doing well.

What can I say? My experiences lately have been beyond expression. I feel Master's presence at all times. It is Him alone and His alone. One should surrender it all to him and let him mould you. When it is time he will pull you up to the higher levels and make you capable of realizing your True Self. Continuous practice of Pranahuti meditation and constant remembrance of the self realized Guru like Swamiji will help you from all the distractions and will put you on track.

Regards,

(X)

Quotable Quotes

(1) By Audi Guru Sri Lalaji Maharaj (Continued from last Month Issue)

“He had also taken a vow from me as the *Gurudakshina* (a fee or gift given by a disciple to his Master at the time of convocation) that in the name of God the mystic action performed by him on me with *Nislikam Prem* (unrestrained love) and *Nisvarth Bhav* (with no motive) should be repeated by me for

others, without any discrimination. I am now in the last phase of my life. All along this has been biting my conscious that I have not been able to do anything in this regard. To a large extent it has been due to my engagement in the official work and the household chores. I agree that this is unpardonable. (Ref:-" Auto biography of a Sufi"-The Night Shelter (Nisha-Nidi); P.173, Pub. B.R. Delhi; 110052)

**(2) Mahatma Sri Babuji Maharaj:-- (continued from last Month issue)
24-November 1944:**

“People have tried to define spirituality at different stages. They have defined it according to the condition they had. But this is so easy a path on travelling which all thorns and thistles, shrubs, and brambles will wither away from the thought, and the thought will be established in such a way that it is not aware of anything else. No point comes before the eyes. Neither the thought of children nor one's own consciousness. Not even the awareness of Reality. This is a very high condition, which, in fact is rarely attained. And really speaking, this alone is spirituality. On attaining this condition, all the five senses get merged in their respective places. One begins to feel in himself the condition of death. Possessing wealth, he does not feel it. In other words it can be said that he becomes such as he was when he descended from eternity.”

(Ref:- Autobiography of Ram Chandra, Vol.3,P. 234; Pub. SRCM, Chennai, India)

(3) Letter from Saint Kasturiji Lakhimpur 6-4-1957
Revered Sri Babuji,
Sadar Pranam!

Hope you would have received my letter. You have not come here since long. If possible, you are requested to come here for a day or two. We all are well here. I am writing about my spiritual condition whatever it is by the grace of the Master. My condition is such that both knowing and non-knowing are the same to me. I do not know what I should know and what I should

not know. My condition is such that my heart has accepted my condition as my Sri Babuji. I try to remain in touch with Him through thought although I see that it has no effect on me. Moreover, I do not feel satisfied because I often forget the thought of adhering to Sri Babuji. It seems that all the nerves of the head have become loose to such an extent that even the bones have become seemingly hallow and soft and divine light is emerging out from each nerve. That light is very light or it can be said that lightness is coming out of the filter. Amma, conveys her blessings. Love to younger brothers and sisters.

You most humble daughter,
kasturi

(4)Dr. K.C. Varadachari (continued from last Month Issue)

“The argument for a single self alone is disposed of since multiplicity can not but be. Such a theory could only dispose of all multiplicity. Nor can the conditioning theory through avidya or maya explain the multiplicity. The theory of degrees of reality abolishes all attempts at reconciling the reality of effort and attainment with the absolute identity or Oneness of perfect Deity.”

(Ref;-Shri Ramanuja's Theory of knowledge—Problem of Unity; P.136;Pub.T.T.D. Tirupati, India)

(5)Ashtavakra Gita

*“Na Mukti -kaarikaam-dhaththae
Nih-Samko yukta -Maanasah
Pasyan-Srinivan-Sprisan-jghran
Asnan- Aasthae Yatthaa Sukham”*

न मुक्ति कारिकं धातठे

निः समोयुक्त, मानसः

पश्यम स्निनिवान स्प्रिसन, जघ्नन्

अशनन् आस्थे यत्था सुखं

Meaning: “He who is free from doubts and has his mind identified completely with the Self, never resorts to the practices of control as a means to liberation. Seeing, hearing, touching, smelling, and eating, he lives happily.”

Explanation: One who has identified himself completely to the Self, is an Awakened-Soul, and in him there is no more any ego-centric individuality. Without ego and desires, actions in the world outside, are no more actions that can bind him with their Vasana-results; they are pseudo-actions. The Liberated -Sage, is unaffected by the normal activities of his sense-organs. He is not in the body---his body is in him.

(6)Bhagavatapurana

*“Srushtam swa shakyed Manupravishtha Chedurvidham
Puramaatmaam shekena Atho Vidustam
Purusaham santamantar Bhungae
Hrushikairmadhu Saardham yaha”*

सृष्टं स्व शक्येद मनुप्रविष्ठ चेदुर्विधं
पुरमात्माम् शेकेन अथो विदुस्तं
पुरुसहम् संतमन्तर भुङ्गे हुषिकैर्मधु सार्धम् यः

Meaning: By a part of your being you have entered the body which is of four kinds, and has been brought forth by your own Energy (Maya). It is therefore that they call that ray of your being residing in the body, as the Purusha or Jiva, which wrapped in ignorance enjoys through the various senses the trivial pleasures of sense like the honey collected and enjoyed by bees.

(7)Yogavasista

*“Ashubheshu Samaavishtam Shbhashuv Eva Avataarayet
Prayatnaac chittam ity Esha sarva ahaastrartha samgrahah”*

अशुभेषु समाविष्टं शभेषु एव अवतारयेत्,
प्रयत्नाच् चित्तम् इत्य एष सर्व अहास्तरर्थ सम्ग्रहः

Meaning: He who desires salvation should divert the impure mind to pure endeavour by persistent effort—this is the very essence of all scriptures.

Explanation: Tendencies brought forward from past incarnations are of two kinds; Pure, and impure. The pure ones lead you towards liberation, and the impure one invite trouble. You are indeed consciousness itself, not inert physical matter. You are not impelled to action by anything other than yourself. Hence one is free to strengthen the pure latent tendencies in preference to the impure ones. Indeed self effort is alone responsible for whatever man gets here.

(8) Book of Knowledge Divine Metaphysical Nature of Creation

Summary: creation can be explained on materialistic and also on theological basis. Chance -appearance of organic matter and evolution of life is the known view of the materialists. Creation is a volitional act—is the Vedic Concept. It is beginning-less (*Anadi*) and is in the nature of cyclic-eons (*Kalpa*). The objective universe is substance by the inter-weaving of great elements in the matrix of three Gunas. The physical universe is arranged in four regions of *Ambas, Marichi, Maram, and Apaha*, constituted of 14-worlds with terrestrial world in the middle half. The Macrocosmic Being (*Viratpursha*) is the Universal Conscious Principle including and encompassing the whole Universe with several centres of conscious forces known as *Deities* acting as governing regents of the universe. According to Vedic Concept, the sole purpose of creation is to provide appropriate fields of experiences that could help the corporeal self in further evolution on Consciousness Plane of Existence.

(Ref:Book of Knowledge Divine, 2nd edition, Page,15,Pub. IUSCM< Hyderabad-59, India)

ACTIVITIES

From: Swamiji February 26, 2018

RE: "The White Cat -Revealing Your Truth"

Dear Sri David Musson, Ashirwad

Congratulations; your book can serve as a great introduction to seekers of Truth. If it is not too late, Swamiji recommends that the title be more suggestive of the essence and purpose of the book. You have brought-out the philosophical explanation exceedingly well. However, the readers should also know that philosophy can only produce an intellectual conviction and not the direct realization of the Truth. For that, the seekers need to undergo a dedicated spiritual practice under the auspices of a Guru who himself went through the grind and attained the Truth. Swamiji

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