



Editorial

This third issue of the newsletter extends the discussion on spiritual nuggets, and is available before you for intellectual rumination.

It delves into the four platforms of human knowledge and emphasizes upon the importance of prayer. It elaborates upon verses from the Kathopanishad, the Taitiryopanishad and the experiential treatise Swarved. The Q&A section elaborates the 5 mircocosmic words which pervade the beginnings of the spiritual universe, and tries to unravel the meaning behind an important verse from the Bhagwadgita.

This issue introduces the 'gomukh' posture and discusses ways and means to improve the digestive energy of the body, and hints upon the organization of an experiential meditation workshop in Singapore in the near future.

Hope readers find this issue useful, and send their comments, criticisms and suggestions to vysingapore@gmail.com

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Platforms of knowledge

There are 4 platforms of knowledge:-

- Soul connects with matter (*Prakriti*)
- Repository of knowledge preordained within the soul
- Soul connects with creator of the mortal universe (*Brahma*)
- Soul connects with the ultimate creator (*Parbrahma*)

On first glance, there does not appear to be a great distinction between the 4 platforms of knowledge; however when observed from a more subtle/microscopic level, the differences between these 4 platforms appear stark and substantial.

When the consciousness of the soul connects with matter (*Prakriti*), the knowledge thus gained is the first/most crude level of knowledge. It is the same level at which a seeker tries to reason out the different facets/dimensions of spirituality using the mind, the intellect and the mortal senses. In that sense, this is the most elementary/preliminary level of knowledge.

The next platform of knowledge is one that descends into the soul* upon deep meditation under the guidance of a capable master (the *Sadguru*), after the mind has been silenced, and true (although still partial) knowledge begins to flow in.

The third level of knowledge involves the intermingling of the consciousness of the soul with that of the omniscient creator of the mortal universe (the *Brahma*).

*: please refer to "Volume 1, Issue 1" Newsletter for more details

The knowledge that descends into the soul then is an improved, yet still partial version of the knowledge of the absolute truth.

Absolute truth and complete knowledge is attained in the fourth stage, and after this stage has been attained, learning is complete.

In today's competitive world, individuals and institutions are falling head over heels to try and enunciate topics of spiritual import; however most of these fall under the first level of knowledge. Experiential wisdom gained via meditation under the guidance of the capable master (the *Sadguru*) is of a far higher quality, and closer to the absolute truth.

A perspective of the four levels of knowledge is extremely important to differentiate between untrue, partially true and absolute truth.

Importance of prayer

1. Prayer generates energy, enterprise, hope and enthusiasm.
2. Prayer and enterprise(karma) complement each other, but cannot substitute each other.
3. Prayer needs to be accompanied by an internal feeling of surrender, and helps purify the mind.
4. Humility and surrender are extremely important while making a prayer.
5. True knowledge helps us choose the right platform from where to convey our prayers. Platforms for prayer can be from the level of mind, intellect, voice or soul.
6. Prayer made via the platform of the soul has supreme importance. But it is important to know and reach the platform of the soul, before we can make such a prayer.
7. Prayer leads to increase in politeness and helps create an environment of gratitude, tolerance and patience.
8. Disciplined dose of daily prayers to the Almighty is helpful to create bonding with the Almighty

From the vestiges of the Upanishad

नायमात्मा प्रवचनेन लभ्यो न मेधया न बहुना श्रुतेन
— कठोपनिषद

Kathopanishad : The Almighty(Parbrahm) is not attained by discourse, nor by intellectual rumination. He is not attained by merely reading scriptures. He is attained by the devout soul who has surrendered to him and has created the eligibility within to receive and embrace Him.

यतो वाचो निवर्तन्ते अप्राप्य मनसा सह
— तैत्तिरीयोपनिषद

Taitiryopanishad: Salute to that creator of this mortal universe(the Brahma), which is unreachable through the mind, the intellect and the mortal voice.

From the Swarved ...

सद्गुरु ब्रह्म स्वरूप है, नर स्वरूप के माहिं ।
पारश दे जगजीव को, कंचन रूप समाहिं ॥
— स्वर्वेद 5/13/35



The capable master (the sadguru) is the embodiment of divinity, as he has the transformational Midas touch. It is essential for us to treat him with respect, if we wish to experience and realize the absolute truth

Q&A

Q. What are the 5 commonly talked about s in the spiritual domain?

A. The portion of the human body above the neck is representative of the entire ethereal universe, while the portion below the neck is representative of the mortal world.

When the energy of the creator of the mortal world (the Brahma) enters the ethereal universe from above, 5 words/sounds are created within it, and when the consciousness of the soul stabilizes at different points in this ethereal universe, the meditator experiences those 5 words/sounds. The words in increasing order of microscopicness / subtlety are “Niranjan”, “Aum”, “Soham”, “Shakti” and “Raram”. Do note that all these words/sounds are mortal, eventhough they reside in the ethereal universe.

Q. It is often said that one should embark upon enterprise (Karma) while being in a state of yoga at the same time. How is this possible?

A. योगस्थः कुरु कर्माणि (Yogasthah kuru karmaani). At the level of absolute truth, the consciousness of the soul always remains connected with the Almighty. In this state, any enterprise(karma) attempted by such soul using the mind, intellect, senses and other body organs is without attachment, and such detached enterprise(karma) is akin to a lotus flower floating in a water pond, yet remaining dry. Such enterprises do not result in consequences (Karmfal), and true yogis live in exactly this way in the mortal universe.



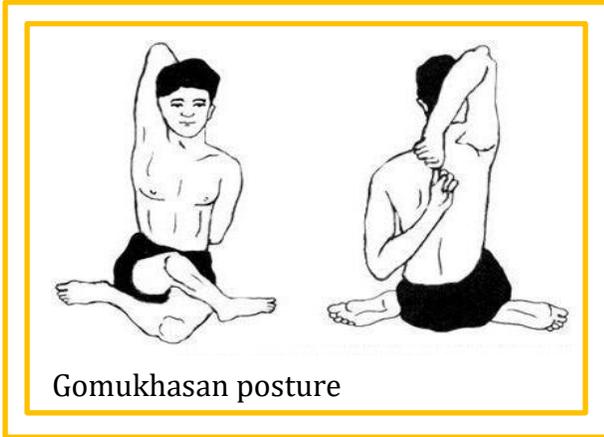
To improve appetite and digestive energy

- Cardamom is useful to be consumed by pregnant ladies; can be added to the tea preparation
- Lemon removes indigestion and acidity
- Consumption of guava strengthens the brain, heart, and digestive power
- Fennel: To remove acidity, to reduce the irritation of the chest and to digest the food, use fennel. By taking one teaspoon of fennel each day, the digestive tract remains true.
- Aloe vera : Inflammation and stomach ulcers are cured by use of Aloe vera
- Turmeric: Removes indigestion, ulcers, bile and other problems related to digestion of our body
- Gooseberry: Gooseberry removes Vitamin C deficiency in our body
- Raw papaya is very good for health. We can get Vitamin C from papaya. The Papain, also known as papaya proteinase I, divides the protein and makes the food digestible and makes the digestion process strong
- Moong daal (vigna radiata), sprouts, wheat and barley chappatis are useful

Other home remedies

- Use of yoghurt, carrom seeds infused/boiled with water, pineapple juice, preparation from fruits of plant terminalia chebula (also called yellow myrobalam and Chebulic myrobalan), lemon and rock salt, asafoetida advisable

Body Posture - Gomukhasan (Cow-mouth posture)



Benefits:

Helps reduce asthma, lower back pain, strengthens hips, shoulders, pancreas and kidneys, helps improve flexibility

Caveats:

Do not practice this posture if you have pre existing pain or any issues in hands, legs, knees, spine, neck or shoulders

Monthly Rejuvenation Session

- ✚ Day : Last Sunday of every Month
- ✚ Time : 10am - 12noon
- ✚ Place : Civil Service Club, 60 Tessensohn Road, Farrer Park, Singapore 217664

 **All are invited!**

Contact

- Email: vysingapore@gmail.com
- 91772183, 92775007, 97790814, 81261524, 96872958



Registered Office: 1 North Bridge Road, #18-07 High Street Centre, SG 179094;
TEL: 6337 9008; **UEN:** 201811963G

