



Newsletter



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From the Editor

Happy New Year greetings, and may God continue to shower his blessings on all of us! This communique seeks to provide a glimpse of the experiential science of Vihangam Yoga, backed by nuggets from the Vedas and Upanishads. The objective is to usher in a dose of spirituality in our busy modern day lives.

The first section of this inaugural issue highlights the virtue of consciousness of the human soul, and enumerates the importance of the attitude of humble service.

To take the concept further, a Q&A section has been put in, while the voices of the Vedas, Upanishads and the experience heavy Swarveda seek to dispel myths arising out of bookish knowledge and theoretical analysis of the abstract. The communique also includes health related topics, and the focus of this issue is on diabetes management through diet and the simple posture of Bhujangasana.

Hope and wish that this issue strikes a cord with the readers! |

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The virtue of consciousness

The **Mundokopanishad** says ("न चक्षुषा गृह्यते नापि वाचा नान्यैर्देवैस्तपसा कर्मणा च") that God is not a subject of physical senses, and cannot be attained through penance and worldly deeds/actions. God is a conscious entity, and can be worshipped and attained only through the soul, another conscious entity. Physical sense organs derive their consciousness from the soul, but left to themselves are inert entities.

All deeds done through the confluence of mind and physical sense organs, irrespective of whether they are good or bad, are cause of bondage, not salvation. Such deeds produce good and bad results in the realm of the material/physical world. Similarly, physical deeds of worship cannot lead to the attainment of God. God can only be realized through the soul through the practice of yogic meditation.

Having been engrossed in the pleasures and pains of the material world since eternity, the soul is trapped, and has forgotten its true being. In reality, the soul is capable of connecting both outwards and inwards-outwards to the material world acting through the mind and sense organs, and inwards, towards God, through its own consciousness. When the soul conserves its energy and focusses it inwards, it realizes itself and then attains God. Until senses are controlled and the mind is tamed, the soul cannot realize its own self, akin to not being able to see one's reflection in a pond with ripples.

Taming of the mind is an important pillar of yogic meditation. The mind, entangled in the pleasures and pains of the material world, causes human life

to be poisoned and degraded through inculcating vices of falsehood, jealousy, treachery and deceit. The same mind, when harnessed through yogic meditation, enables the human race to complete the most difficult and seemingly impossible worldly tasks. Conservation of mental energy is crucial for spiritual upliftment, and is the first step towards realization of self consciousness.

Importance of Service

1. Service and collective rumination/meditation are extremely important for yogic meditators to enhance their spiritual eligibility, and for increasing their resolve in pursuing the path of righteousness.
2. Service is delivered through body, mind, speech, financial contribution and soul.
3. Service helps improve conservation of energy, control over senses and stability of the mind.
4. Service is the first step towards devotion
5. Service results in reduction of pride, lust, worldly desires and narrow mindedness.
6. Service through physical self results in enhancement of intellect, analytical abilities, courage, patience, compassion, peace and control over senses.
7. Spreading awareness of the science of spirituality in the world is the best service to humanity.
8. Service through financial means is the practical way out for busy people. However, devotion of one's time towards spiritual upliftment of society is the best service to the world.
9. It is okay to desire for, and accumulate wealth. However it is important to use wealth for one's own material needs in a detached manner, and generously donate wealth for the upliftment of society.
10. By devoting the mind to service, mental energy gets cleansed, purified, and oriented towards attainment of self realization.
11. Reading of spiritual scriptures and analysis of/rumination over spiritual subjects leads to purification of the intellect, and orients the intellect towards attainment of self realization.

From the vestiges of the Mundokopanishad

तद्विज्ञानार्थं सद्गुरुमेवाभिगच्छेत

Mere reading of books and scriptures will not help in the realization of true knowledge. Seek refuge in a spiritual master for the same.

Vedant Sutra: Sage Gautam

इच्छाद्वेषप्रयत्नसुखदुःखज्ञानान्यात्मनो
लिंगम्

Pain/sadness, jealousy, material pleasures are there in the soul due to its association with the material world.

12. Praise of the spiritual master and God through speech is the best service that speech can be put to.
13. The seeker needs to surrender before the master with obedience, selflessness and humility, and service the master through wealth, body, mind and speech
14. Service needs to be delivered without ego.
15. Service calls for self control and leads to overall purification and spiritual upliftment.
16. Service through the soul leads to salvation.

Swarveda: The Ultimate Spiritual Treatise

योग योग सब कोई कहे, योग न जाना कोय । अर्थ धार उरध

चले, योग कहावे सोया। योग कहत हैं जोड़ को, योग कहत हैं

Everyone talks about yoga but no one truly understands what yoga means. When the downward

/outward flow of the energy of the soul is reversed / inverted, that is what leads to yoga. Yoga literally means coming together to join/bond, and refers to the coming together/bonding of the soul with God, through the process of yogic meditation.



Q & A

Q. All souls are supposedly similar, then why do different people think, act and behave so differently from each other?

A. World is made up of Physical matter which has 3 attributes of sattva, rajah and tamah. Each of these 3 attributes have their own set of characteristics, and influence the soul and the mind to think, behave and act differently at different points in time, depending on their changing relative proportions in the body.

Q. What is Dream ?

A. The mind has 3 states-awake, dream and slumber. The dream state is one of the 3 states of the mind. During this state, the intellect is shrouded by tamah attribute, and is hence disconnected from the mind. During this state, the chitta, a memory chip associated with the soul housing all instances and experiences of the soul since eternity, interacts with the mind, producing images imparting pleasure and pain to the soul.

Dream is a science in itself. The yogic master can impart knowledge to his disciple by influencing his dream.

Q. How is mind different from the soul?

A. Mind is energized and influenced by the soul. Without deriving consciousness from the soul, the mind is powerless/inert, and cannot use the sense organs to decipher/experience nature.



Aarogyam !

Diet Chart for **Diabetics**

- **6am:** 1/2 tsp fenugreek seed powder with water
- **7am:** 1 cup tea without sugar, with 2 Thin Arrowroot biscuits
- **8.30am:** 1 plate upma/daliya and 1/2 cup germinated sprouts and 100ml skimmed milk without sugar

- **10.30am:** 1 small fruit with outer skin (50g) or 1 cup buttermilk without sugar or 1 cup lime water
- **12.30pm:** Lunch (2 chapatis made from mixed grain flour; 1 cup starch free cooked rice; 1 cup plain cooked lentils; 1 cup fat free/low fat yoghurt; 1/2 cup soyabean nuggets or paneer veggie; 1/2 cup green leafy veggies; 1 plate green salad)
- **4pm:** 1 cup tea without sugar and 1-2 Marie/Thin Arrowroot Biscuits or 1-2 Bread Toast
- **6pm:** 1 cup soup
- **8.30pm:** Dinner same as lunch
- **10.30pm:** 1 cup skimmed milk without sugar

During bouts of hunger in between meals, use raw veggies, salad, black tea, soup, buttermilk, lime water

Completely avoid: Jaggery, Sugar, Honey, Sweetmeats, Condensed Milk

Must Do

- Daily 35-40 mins of brisk walk
- Spread meals at regular intervals
- Use a total of 3-4 tsp of mustard oil for all cooking throughout the day
- Eat according to diet chart at specified times
- Eat more fibre; it helps to regulate the level of glucose in the blood stream
- Do not fast and feast
- These instructions will help you to manage the disease.