

THE VOICE from BEYOND THE VOID



Message from Gururaj

The Grace of the Lord never rains but pours. It is not very difficult to get it because we are not somebody separate from the Supreme Lord. Simply by thinking of Him at all times, one could reach him with His Grace. Never think it is a different path. It is only a path to show to us how we can get ten times more enjoyment out of this world by adopting the Vedantic way of life. Just like a dream was a superimposition on the real me and was hiding the real me; similarly, the world is a delusion superimposed on us all and hiding the ultimate reality. Forget the world, and the real you remain. This is the way to reach the reality. Kill the mind once for all for getting rid of the world and to remain in our original nature.

May we learn that way and get that ineffable joy in abundance.

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Ultimately I tell you, all experiences are false.

Finally you have to come to a stage where there are no objects.

Experience means the reaction to the vibration to another object. When there are no other objects, the question of experience does not arise.

Guru Poornima with Guruji, by Geetha Ravichandran

At Ghazipur, 22 July 2013

On the day of Guru Poornima which fell on July 23rd this year, Swamiji was at Manv Seva Sangh at Ghazipur. Many of us drawn from different parts of the country had the good fortune to be with Swamiji on this auspicious day. There were Sri Krishnamurthy alongwith his family members from Haridwar, Sri Mondal and his wife from Delhi, Sri Srivastava also from Delhi, Smt and Sri Venkiteswaran from Mumbai and Ajata from Romania. I had gone from Bangalore. Several devotees from Ghazipur were also present amongst them Dr. K. N. Singh, Dr. R. S. Singh and their family members. The ashram on the banks of the holy Ganga with the breeze wafting in through the windows was the ideal setting for the sacred day.



Being with the Guru on the occasion of Guru Poornima is in itself a blessing. The Guru Pooja was performed by Swamiji and the 108 names of the Guru were chanted. Swamiji explained the significance of the names for the benefit of all those present. This was followed by Pada pooja alongwith the chanting of the names of the divine mother. Swamiji was flooded with phone calls from devotees from 4 o'clock on the morning but the indefatigable energy and love that flowed from him was undiminished. The experience was that of sheer bliss.

The idea behind observing Guru poornima was elaborated by Swamiji himself. The guru is the one who gives a mantra for moksha. The Guru Poornima is the most appropriate day to worship the Guru as the mind is drawn to the Guru and rests with the Guru. The moon is closely related to the mind as is evident from the connection between lunar phases and the moods of the mind. Swamiji quoted from the Purusha Sukta - "Chandrama manaso jatah". It is the wholeness of the mind that is to be offered at the feet of the Guru. It is only then that one can appreciate the unspoken eloquence of the Guru.



Swamiji also explained how is it that we can understand the teachings of the Guru. He said-"Take all the sentences that the Guru has spoken. Shake off all the words. Let it fall. Whatever is left is the purport of the Guru's teachings!" Swamiji after answering all the questions of the doubting mind with great patience concludes - "The one without words is the teacher-Avachannena provacha". Swamiji's love and compassion is indeed beyond words.

Experience Extraordinaire I

Anecdote on Swami Purushottamananda Maharaj

This is an unforgettable scene of 1958 that happened in presence of my Gurudev in Vasishtha Guha, a remote place in the Himalayas.

My Gurudev, Swami Purushottamanandji Maharaj, was living there in Vasishtha Guha at Gullar Dogi since about 1928. In 1958, a scientist couple from the United States of America, came over there to meet my Gurudev along with a machine innovated by them for detecting if a person is in the real Samadhi state or not. The machine consisted of three meters:

- One representing the waking state
- Second representing the sleeping state and
- Third representing the dream state

All these three meters were joined together with terminals that could be wound round the person in Samadhi.

When the machine is put on a person who is fully awake and engaged in activity, the first meter shows 100 reading [as all the meters are calibrated from 0 to 100 with a needle] and similarly when he is asleep, the respective meter shows 100 and the rest shows 0.

Thus if it is found that all the meters show 0, that would mean that he is neither awake, nor sleeping and nor dreaming. What could be the state? This can be only the turiya state, called the Samadhi state or superconscious state where the person is unaware of the world or the body.

My Gurudev first discouraged them by asking them, "Why didn't you go to Haridwar and Rishikesh where there were 100s of sanyasis?" Gurudev remarked that he did not want to play with those machines. The foreigners refused to be discouraged and travelled from Rishikesh to see Gurudev. After about 3-4 days, while sitting in the terrace, along with various devotees who had come from various places, suddenly my Gurudev turned towards the foreign couple and asked them, "Have you brought your toy?"

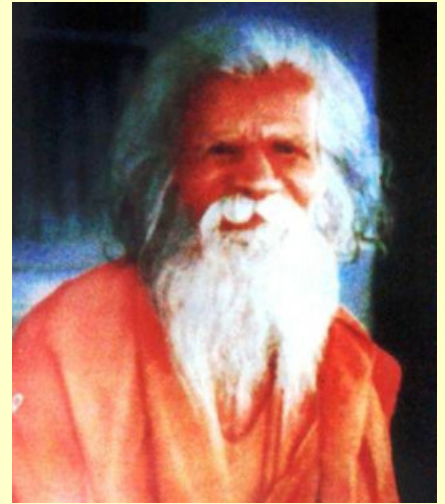
The couple went down where they had kept the machine and brought it to the terrace and wound it around the body of my Gurudev requesting him to meditate and ultimately go into Samadhi. My Gurudev continued talking to the devotees. The foreign couple were visibly annoyed and told my Gurudev "Shut your eyes and go into meditation, please!" My Gurudev quipped back "Aye, have you seen your meters? See them first." When they saw the meters, to their astonishment, they found that all the meters showed zero. They again asked my Gurudev, "Swamiji, how is it that without shutting your eyes and going into meditation you have gone into Samadhi state? While you are talking, how can you be in Samadhi state at all?" Gurudev laughed and told them, "You people are ignorant of a state called the natural Samadhi state (Sahaja Samadhi) where while talking, walking, eating, and at all times one can be in the Samadhi state and still be engaged in worldly activities."

Again my Gurudev asked them, "Aye, have you seen these meters properly, man. Come on, see your meters." Well, they saw the meters, all the three meters showed 100 each. This meant that that he was simultaneously in waking state, in sleeping state and in also in the dream state, which is an impossible feat for anybody. Again with astonishment the asked my Gurudev, "Swamiji, what is all this magic you are showing us?" Gurudev again laughed and told them, "You cannot catch that atman in any of your instruments. It is a foolish venture. You are all an infinitesimal part of that Atman or the Self." He removed all the wires and told them, "Do not try to do all these circus feats. Do your meditation properly under the guidance of a competent Guru and reach Him when you can know everything."

Experience Extraordinaire II

Anecdote on Swami Purushottamananda Maharaj

Swami Purushottamananda used to go every year to Lucknow and stay alone in a small room on the banks of the river Gomati in a place known as Shulka Ghat. As he had several devotees, they would take food for him daily. Once it so happened that on the same banks of Gomati, where there was a platform, a Ramayana lecture was going on everyday conducted by a Panditji.



On the last day, the people who organised the Ramayana lecture decided to invite my Gurudev so that they could hear some words of advice from him. Reluctantly, my Gurudev came and sat along with the Panditji. After the Ramayana was over, the audience requested Swamiji to speak a few words. My Gurudev stood up. While extending his both arms up, he started by saying, "The glory of Raam Naam...." and went into Samadhi state while standing. He was standing still like a mountain. The entire audience was thrilled as they had never seen such a demonstration at any time in their lives. After a few minutes, when Swamiji regained 'normalcy', he began to walk towards his room. The audience shouted, "Swamiji, you have not talked anything at all."

Swamiji walked back to them and said, "You have all seen the glory of taking the name of the Lord once. What is there to be told?" After telling this, he went back to his room.



Gurudev with a photo of his Gurudev outside Vashishta Guha

Some tips for meditation and japa

There are certain unwritten rules or regulations for doing the japa or meditation. These are not only traditions but have a scientific significance to help us in reaching our goal. Some of these are:

1. One should never sit on the bare floor, but one should spread an asana of dharbha grass or a piece of red woollen carpet. This is essential as the earth is a good conductor of electricity. The energy cycle which is formed during the meditation will not stay in the body but will be conducted to the earth quickly if the body comes directly into contact with the earth. Hence, an insulator by way of an asana is necessary for conservation of the energy that is generated during meditation.
2. We all know that if the two terminals in a circuit are not closed the electricity will never be formed. Similarly, we have four terminals – the two hands and the two legs. When these are closed, the circuit will be closed and the energy will be able to form and circulate in the body. For this purpose, when you are sitting down, keep your palms or fingers crossed and keep your legs folded and crossed. The legs or the hands should not be allowed to dangle downwards but keep them all crossed so that the circuit will remain closed in order to enable to generate the subtle energy during meditation.
3. As we become old, as we are likely to be troubled by arthritis, sciatica or lumbago, etc. so that we will not be able to sit on the ground at all. In such a case, there is no harm in sitting on a chair but we may ensure that the legs and the hands are crossed either at the ankle side or the thigh side to ensure closing of the circuit.
4. To the extent possible, one should not sit for meditation facing the south. This is because the entire earth is a big magnet where the magnetic energy flows from the middle of the top downwards towards the south. If we sit in meditation facing towards the same south, our little energy will be swept away in the currents of the electromagnetic field of the entire earth. To avoid it, if we sit facing either west or east, we won't be coming in the way of the bigger current flowing from the earth.
5. The meditation or japa should be done while at home or in any temporary residence like the hotel, etc. on tour but not in a cab or a taxi. We never knew who the passengers were earlier to us sitting there. It could well have been a person with negative energy and his / her negative vibrations would get into us and prevent our meditation.
6. Ladies should avoid Japa of Guru mantra during their menstrual cycle as these periods are not conducive for such kind of spiritual practices. However they may do Nama Japam (chanting of names of Ista Devata like Rama, Krishna, etc. without any Bijakshara (like Om, Kleem, Hreem, etc)).
7. The scriptures prohibit the ladies from sitting their hairs loose while doing Japa/ meditation. Nowadays many ladies keep their hair loose or shortened. In such cases they may cover the whole of the hairs by tying a scarf over the head.
8. One should avoid sitting in another person's bed. Even one should avoid sitting on one's own bed and doing spiritual practices. This is because during sleep Tamo Guna is dominant and the same is not conducive for spiritual progress.
9. All mantras should be 'mansika'. Mantras chanted mentally is superior to the chanting vocally and loudly. When you go on telling the mantra, a day comes when the mantra disappears and soon enough the person who chants disappears. Then what remains, that permanent existence. Individuality was superimposed on it.
10. The most important thing is to meditate or take the name of the Lord or to think of him always (satata smaranam). All the rest of the rules and regulations are desirable but can be diluted or dispensed in times of need so that the emphasis will remain only be on meditation and japa.

Conversations with Guruji —with various devotees

Devotee: We feel we are not making adequate progress and often experience disappointment.

Guruji: Never feel guilty that one is not making progress or not devoting any time. We ourselves are only thoughts and a thought cannot have further thoughts. Things have to be done at their own pace. Everything will take place. There is no problem. It will come automatically. He has caught hold of us, then, we should not worry.

There are two types of Bhakti possible: bhakti of the monkey and bhakti of the cat.

Bhakti of the monkey: The baby monkey clings to the mother. The mother does not bother about holding the baby even while moving from one tree to another; it is the child monkey that holds the mother steadfast.

Bhakti of the cat: The kitten falls down, yet remains in one place. It only cries “meow meow”. Unless the mother cat comes and carries her kitten, it cannot move or go with the mother. Let us be a kitten and not a baby monkey. It is the role of the Divine Mother, our Lord, to take care of us.

When I have given Him the power of attorney, let Him take care. It is all His Drama. He creates us as His thought figures and we end up establishing relationships with other thought figures.

The mind is merely a shadow. Let us mind our business and the Lord will take care of everything. Everything will be set right provided we are on the path. What we see now and believe as real is our limited drama. We cannot think anything else other than what He thinks.

Devotee: Swamiji, you have mentioned that “Unless a person has absolute faith in the Guru’s teachings and the scriptures (this faith is called Shraddha), he cannot make progress on the spiritual path. This is a sine-qua-non for starting on the spiritual path.” Please tell as what are the other essential conditions applicable for a person starting on the spiritual path.

Guruji: The other five sine-qua-nons are:

1. Fix clearly your goal, which is nothing but attaining the Lord
2. Never, never dilute your goal by asking, Lord, give me a house. Pray only for the Lord. Never dilute your goal.
3. When you have fixed your goal, love Him and yearn for him from the core of your heart and soul.
4. Have 100% faith in the Lord. He knows what to do, even if we are in the ICU. Don’t request the Lord even to cure your sickness and take you out from the ICU. Never ask anything from the Lord except Him.
5. Have complete faith in your Guru. The Lord will give you your Guru as per your needs.



Grains from the Bowl of the Master

When we view the world as objects, we lose the essence. When we live in silence with love in our hearts, we are immersed in a sea of bliss, unfettered by ripples, waves and storms of worldly activity on the surface.

Whatever may be the circumstances, laugh them all out. Never let the outside circumstances to overcome the real you who is all bliss. Remember that the God is always behind you and there is no need to be unhappy at all. Your body and mind may have to undergo some sufferings due to the past karmas but you remain unmoved and as a witness to all the sufferings of the body and the mind.

For passing masters degree, you take several tuitions, for passing 10th exams you study for several hours. It is only after spending time that you can say I am not passing in the exams. Not otherwise.

A village girl is seeing a dream. In the dream, a prince comes and takes her on the horse. In an agitated voice, the girl asks the prince, "Where are you taking me?" The prince replies, "Madam this is your dream, you need to tell me where you are going."

If you say this is my book, are you and book the same? Even though you call the book as book, in reality, it is separate from you. Similarly if you say my mind, the mind is separate from you. Then why do you want to control it and why do you bother about its doubts. The mind is your neighbour, why are you bothered about it.

From the point of view of the Ultimate Reality, when the entire body is supposed to be a myth which never existed, the question of the vasanas which are based on the body mind complex cannot have any legality. These are only imaginations in the cosmic dream. So long as we think that our body is true, we have to give importance to the relative reality of the vasanas too and try to eradicate them.

The persons who are engaged in amassing wealth and in the enjoyment of the worldly objects and whose mind is completely attracted by that, they will never be able to reach to the concentration of the mind and their mind can never be firm on the Supreme object. [Quoted from the Bhagwad Gita].

When you are completely surrendered, the prayers are granted.

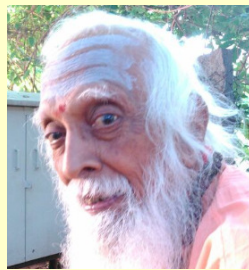
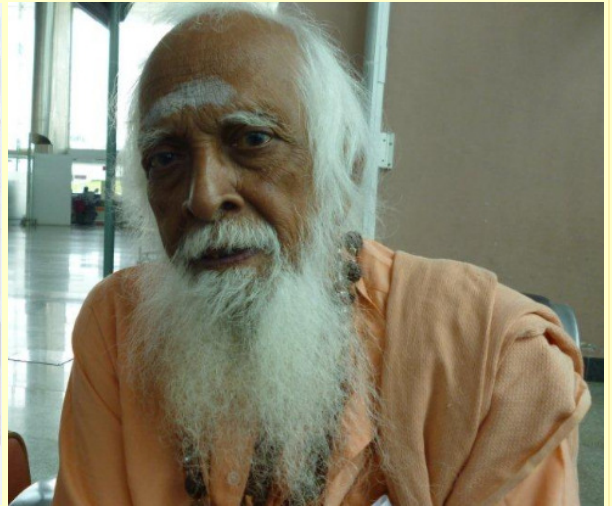
The Guru and the Lord are the only reliable people who never let you down in life.

When a person is completely devoted to the Lord, the Lord sees that every rightful desire of the person is fulfilled irrespective of whether it is a small or a big matter.



Guruji having a meal
at Mumbai

Memories with Gurudev - At Ghazipur during Guru Poornima, at Lucknow in early August and at Mumbai in August



Poetry from the Source - Gurudev composed this poem on July 17, 2013

LOVE ME NOT

Love me not
 Love me not
 Neither you will remain nor I
 Your body and mind will be gone
 The 'I' you hold dear will be no more

Love me not
 Love me not
 For once you are swallowed
 You will never be able to love again
 No sign of the lover can be found

Love me not
 Love me not
 Unless you dare to die
 Rare is the one who asks for this death
 Rare is the one who dies to Love

Love me not
 Love me not
 Unless you are hungry for freedom
 Blessed is the one who pursues Love
 Blessed is the one who loves for love's sake



Guruji with Poornima on Gurupoornima



Left: A picture of the full moon reflecting on the Ganges on Guru Poornima at Ghazipur

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