



The Awakening!



23rd
Anniversary
Issue
24th October, 2021

His Holiness Sadguru
Yogiraj Dr. Mangeshda

Message from Sadguruji



Hari Om!

Congratulations to all the people...the entire mankind trapped in the clutches of 'Covid 19' spread worldwide, for facing the pandemic slowly yet courageously! I respectfully salute all my brothers and sisters who are fighting the pandemic by increasing their immunity, following mostly the laid down rules and changing their lifestyle!! Covid has not gone completely; its nuisance will continue; mutants of this virus with different names and symptoms will continue to come. **And that is why, if everybody, by understanding one's responsibility protects oneself, one's family, one's society and one's country, then automatically this pandemic will banish permanently from the World.** In a war we know our enemy, we can see him. But here, we get symptoms only after the virus has invaded our body.

Thoughts induced by the six internal enemies- lust, anger, attachment, greed, ego, jealousy – create enmity amongst people. In this animosity, many a time, blood relationships

are also ruined. Forgetting old good memories, people destroy themselves in negative, destructive and violent relationship of hatred. Two friends, who earlier, were ready to sacrifice their lives for each other, become sworn enemies ready to take each other's life. That is why in this fight of positivity and negativity, the role of mind is extremely important! **And the Soul, which cultures this mind, is the centre point of ancient science of Kriya Yoga.** Making the mind balanced and alert is not the only purpose of this thousands of years' old secret technique but its main goal is, to experience the ultimate pinnacle of physical, mental and spiritual progress with the same mind.

Just as, with tireless efforts, scientists invented vaccines to fight Covid, our ancient Sages discovered Kriya Yoga technique for experiencing 'Satchidanand' – Eternal Bliss. **By giving pious Kriya Yoga Diksha to Lahiri Mahasaya, Sri Sri Mahavatar Babaji indicated that a common householder also can attain the Ultimate Goal of his life by following this simple, easy to follow and**



effective path of Kriya Yoga.

Shortly the year 2022 will arrive. So many changes took place in last two years. Many families lost their near and dear ones. In some places full families were extinguished. But man continued his fight with determination. **The wise human being detected the danger in time.** He increased self immunity; recognised the importance of ancient Yoga Sadhana; regular practice of Pranayama was started in all households, level of hygiene was increased by keeping the surroundings clean, frequent washing of hands, wearing masks, greeting each other with Namaste instead of handshake; this has become a part of our regular life.

At the same time, children's schools, their playful merry happy shrieks, playing games on the open grounds, walks in gardens... fresh breath of air, all this has become scarce. I am very sure that again this will start on regular basis. The process of inhalation and exhalation is going on. Soon this unwanted mask will go away. **But getting rid of unwanted mask on our mind is absolutely necessary. Let us nurture strong positive thoughts to remove the mental stress.** A person practising **Self Introspection** does not get easily agitated, maintains his calm while communicating with others and does not brood over past unpleasant incidents. **Every day's regular practice of Self Introspection makes a person mentally refined and cultured.** This person considers every second living being in his life as important and takes care of not only his own but also of others' feelings.

While welcoming the festival of Deepawali, let us all pray with positive attitude. Viruses will come and go; vaccines too invented with modern technology will come, but what about man's mind? Thousands of years ago Mahabharata took place due to ego, jealousy and greed for power & supremacy. There were wars even then but now there are wars with modern sophisticated weaponry. But war is war - between two countries, two ideologies, two humans or humans and viruses!

To lead a life free of fear, to make the future generation healthy and strong, let us first awaken our own self-confidence. Let us learn from the Past. But at the same time, let us not linger in the past unpleasant experiences while imagining the Future, lest we miss our Present. After every night, there is bound to be a Sunrise. The cloudy dull atmosphere never remains forever. Momentary darkness can never hide the Sun. **That is why while welcoming the New Year, let us pray unitedly with strong and positive feeling.**

“दिस जातील, दिस येतील
भोग सरंल, सुख येईल.”

Days come and days go,
Bad days are over, Good days will come

My Hearty Good wishes to you all for a very Happy Deepawali and the New Year! May this Deepawali enlighten all your lives!

Love and Blessings!

H. H. Sadguru Yogiraj Dr. Mangeshda

H. H. Sadguru Yogiraj Dr. Mangeshda

Kriya Yoga is the essence of all the religions. Its secret scientific techniques give constant Divine Perception. The speciality of these techniques is that they simultaneously develop body, mind and soul in the shortest possible time. It teaches one to put into action what Guru is teaching and to understand for oneself not to be weak expecting that Guru or God will solve all the problems.

H. H. Sadguru Yogiraj Dr. Mangeshda



Editorial



Hari Om!

It is a pleasure to bring out the 23rd Annual Issue of our magazine in a pious mood. Though the shadows of Covid 19 have not vanished, we have learnt to protect ourselves and face them with due precautions. With

the arrival of Lord Ganesha and subsequently our Divine Mother, the atmosphere has become vibrant with blissful pious enthusiasm.

We are happy and proud that at the beginning of the year, on **30th January 2021** (Mahatma Gandhi's death anniversary), **Sadguruji was honoured with highly recognised 'Mahatma Award 2020', for making an enormous social impact with his excellent work.** His excellence, his highest standards of ethical conduct, integrity, civic and social responsibility and leadership were appreciated. Hearty Congratulations Sadguruji!

Sadguruji also received from **IEA Book of World Records, a certificate Appreciating his participation, dedication and valuable time for making 7th International Yoga Day, a grand success on 21st June, 2021.**

During the difficult time of second wave of Pandemic, Sadguruji was guiding us from time to time, as to how we should take care and be mentally and physically strong. Yet, some of our family members were found Covid 19 positive. **In these trying times, our Gurumauli, with care and concern of a mother, was personally constantly in touch with these families, guiding them in every way so that they could be strong, face the situation calmly and get well.** Similarly, all the Kriyaban family members too gave them unconditionally as much physical and

emotional support as possible. What a remarkably amazing Kriyaban family Sadguruji has built!

Throughout the year, all our Foundation's activities continued online with same zeal and zest due to Sadguruji's motivation and patient and persistent efforts of our technical team.

Earlier, in our celebrations, only local family members could participate and perform but now, with online celebrations, family members from centres all over the globe, participate and perform – the more the merrier! **The whole Kriyaban family has come closer!**

Our Sadguruji has been preparing and leading us on our spiritual journey through his Meditation and Kriya classes. Day by day we are gliding smoothly from the worldly rut to the beautiful Inner Silence, Peace and Bliss. **To increase our immunity as well as intensity in our Kriya practice, Sadguruji also conducted special sessions of Pranayama.** We reaped wonderful benefits from these. Our health and immunity improved, our alertness and stillness during Kriya Sadhana increased.

Sadguruji has also been taking Yoga classes for quite some time. Now, to cover as many of us as possible into the fitness regime, he has started Yoga classes for new comers and senior citizens. He knows the problems of each and every one of us and guides us individually during the Yoga sessions. Each ones' performance is watched by him minutely and considering our shortcomings, necessary guidance is given with extraordinary encouragement and goading. Young and old try to perform their best and reap the benefits. The main purpose is fitness and to increase our capacity to sit for Sadhana. For those who cannot attend on week days, he has started classes on Sundays. **Here, not only we get his personal attention and guidance, but**



after each session we feel energetic and positive throughout the day.

Of course, Sadguruji's sessions on Yoga, Meditation and Pranayama are **open for all**. Many non-Kriyabans have already joined them and are enjoying the rich benefits.

Apart from these, at the beginning of the year, Sadguruji advised us Kriyabans that instead of wishing 'Happy New Year' to everyone, we should **'Create' a New Year** by adopting the principle, **'I Will Not Blame Anybody'**. He asked us to take this pledge, contemplate on it, put it into practice and observe how our life, surroundings and all the forthcoming years will be **'Happy Years'**!

It is a common tendency to blame others when something goes wrong in our life, without considering the overall situation and without accepting responsibility for our own actions. And then follows the chain of negative thoughts, discussions, arguments, strained relations etc. etc, not only wasting a lot of time and energy - ours as well as of others around, but also losing our peace of mind. We should take charge of our own life, accept the responsibility and avoid such situation in future. Most of the times, our ego prevents us from accepting the blame on ourselves. The first step, therefore, will always be to recognise and realise our own faults and be aware when we are blaming. We have to work on our ego, a big stumbling block in our progress. This principle of not blaming anybody is also in consonance with our motto 'Unconditional Love and Unconditional Forgiveness' and implementing it will improve our attitude in life, there will not be any negative feelings of bitterness or grudge in mind, reduce our thought process considerably and preserve our precious time and energy for pursuing our Sadhana. Generally, as negative feelings in mind disappear and our thought process reduces, we will feel calm, positive and happy. Thus

'create' in our life happy day-s...months... years!

For World Health and Peace in these difficult times of pandemic faced by humanity, under the guidance of Sadguruji, a mahasankalp was made to chant the Mantra- 'Shri Ram Jai Ram Jai Jai Ram', one crore eight thousand times, on Shri Ram Navami Day. Lakhs of people across the globe chanted the Japa and crossed the sankalp target of 1,00,08,000 of Japa!

With all these activities, it has been a very busy and fruitful year for all of us. We were kept engaged positively, throughout the year. It is a matter of great pride to us that our Kriyaban children, studying in 10th and 12th standard, passed with flying colours!

Sadguruji, in his own indomitable style, has been nurturing, moulding and leading us towards our Goal with his infinite love and care. **We have such a rare opportunity of getting constant personal guidance from our Sadguru.** Through his online Yoga, Meditation and Kriya Sessions we are almost every day in touch with him. It is as if he comes to our place every day! What a marvellous feeling it is for us! **It is as if we are in a Gurukul!**

What more one can ask for? **The adverse conditions have been converted by Sadguruji into a boon for our all-round progress!** We, the disciples of Sadguru Yogiraj Dr.Mangeshda, are the **'Chosen Children of God'**!

Let us first express our deep gratitude to our Gurumauli for everything he has been doing for us and wish him **'A Very Happy Birthday!'**

On the occasion of 28th Annual Day, **Greetings and Hearty Good Wishes** to all our Kriyaban family members!

Wish you all a **very Happy Deepawali!**

Madhumalati Talgeri

Mindfulness is always important to bring about a positive change in your system.

H. H. Sadguru Yogiraj Dr. Mangeshda



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UNCONDITIONAL FORGIVENESS ALL OVER THE WORLD.

Foundation's Activities

On 24th October, 2020, our Foundation's 27th Annual day coinciding with Sadguruji's birthday was celebrated with a lot of enthusiasm via Facebook live, 5p.m. onwards. The entire event was presented beautifully and artistically by our technical team under the imaginative guidance of Sadguruji.

It started with Sadguruji's customary invocation of his Sadguru, Sri Sri Mahavatar Babaji and Guru Pujan, followed by a graceful dance on Guru Vandana by Namrata Duvvuri and superb solo tabla performances by Shubham Vadhavkar and Agastya Duvvuri. Dr. Sharda Sharma, Vice President and Trustee of our Foundation spoke, giving information about Sadguruji and our Foundation formed by him and started taking Sadguruji's interview. It was delightfully interwoven with presentation of Montage about Sadguruji and various activities of Foundation; release of 22nd Annual Issue of our popular International Magazine 'The awakening!' and Yoga perpetual calendar; presentation of Yoga Ballet and Sadguruji's message for all in these days of pandemic, wonderfully culminating into the songs of hope and unity '**Hum Honge Kamayab ek Din**' sung by Kriyaban family members from different countries interspersed by Sadguruji's comments... transforming into '**Mile sur mera tumhara, sur bane hamara...** uniting all of us with each other and Sadguruji. **The message was, if we stay united together like this, negativity will never even dare to touch us!** It was such a heart-warming and appealing conclusion. The entire presentation was so delightfully captivating!

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On 11th November, 2020, Sadguruji blessed us all with his online message for Deepawali. He conveyed his Good Wishes for Diwali and said, 'We always wait for this festival of Diwali. For 5 days we make merry, eat sweets, go out and meet people. But this year Covid 19 has created a negative effect and hence this message. Let us brush Covid 19 aside, this is

our festival and nobody can stop us from celebrating it. Just as we are meeting now online, let us invite others and meet them through TV, mobile screen etc. Where body cannot reach, mind can reach easily. That is why, do not feel we cannot celebrate Diwali. We will remain at home and meet everybody online and celebrate.

Government has banned lighting of fire-crackers to reduce pollution and its adverse effect on lungs, particularly of those who were infected by Covid. So let us support the ban on firecrackers.

We can celebrate the festival by lighting lamps in our home. Just as we clean our house for Diwali, let us clean our mind - our thoughts. Diwali gives us a message that wherever there is darkness, we should dispel it with light. Likewise, let us enlighten our heart with Love, good thoughts and celebrate Diwali, as Goddess Lakshmi is going to visit everyone's house. Diwali is also celebrated as the day on which Prabhu Ramchandra had returned home after 14 years' exile. Let us not miss the celebration. I wish you all from the bottom of my heart, **Let this Diwali bring happiness, good health and sweetness in your life.**

Happy Diwali'.

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On 15th December, 2020, Sadguruji was invited as the **Most Special Guest** at the Films Division Auditorium, Peddar Road, for the special screening of Marathi Feature Film '**Bitter Sweet**' directed by famous actor, Shri Anant Mahadevan. Many prominent personalities from politics, charitable organisations and film fraternity attended this special show. This movie is a hard-hitting and poignant exploration of the lives of sugarcane-cutters and their plight. Sadguruji in his speech applauded the cinema team for a wonderful creation and gave his best wishes and blessings to the entire team.

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On **21st December, 2020**, Sadguruji was invited as the **Key Speaker** to the **3rd Parliament of Spirituality**, organised by The World United, Asia Chapter. The event was organised online, with sessions starting from 19th December till 23rd December, 2020. Sadguruji's session was on 21st December at 9 am, followed by a panel discussion from 10 am. In the limited time (given to each speaker), Sadguruji explained all the major points on Kriya Yoga in his lucid manner, reaching out to millions across the globe. He shared his thoughts about uniting humanity with Unconditional Love and Unconditional Forgiveness through Kriya Yoga.

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On **26th January, 2021**, Sadguruji conducted an **Intense Kriya session** for 3rd level Kriyabans from 6.00 a.m. to 9.00 a.m. During these Intense Sessions he teaches us deeper level techniques to increase our intensity in Kriya Sadhana to accelerate our progress.

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On **30th January, 2021**- Death Anniversary of Mahatma Gandhi, **Sadguruji was honoured** at a well organised event at India International Centre, New Delhi, with the prestigious **Mahatma Award 2020**, for his excellent work making enormous social impact.

The organisers' vision is to spread Mahatma Gandhi's teachings and ethos around the world. With the Mahatma Award, they look to honour those who have contributed greatly to society and continue to work for the greater cause. Since its inception, the Mahatma Award has honoured more than 250 change making organisations and impact leaders across various categories and sectors. Some of the notable past recipients are Ratan Tata, TATA Group; Rajashree Birla, Aditya Birla Group; Google Ad Grants at Google, IBM Foundation, Twitter for Good, Microsoft, Reliance Foundation, Piramal Foundation, Renew Power, ITC, LT Technologies, Tech Mahindra Foundation, Hero Motocorp, Oil India,

Bharathi Cement, Keysite Technologies, Capgemini, Cadence, Kamalnayan Jamnalal Bajaj Foundation, JSPL Foundation, Kailash Satyarthi Children's Foundation (KSCF), Magic Bus India, Save the Children, Feeding America, Americares, Taawon, Microfund for Women, Habitat for Humanity, Hague Business Agency, Plan International, and many more leading organisations and individuals.

Sadguruji has been selected because of his excellence and highest standards of ethical conduct, integrity, civic and social responsibility and leadership. In the programme, our Foundation's activities were highly appreciated and many organisations showed keen interest to collaborate with us.

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On **6th February, 2021**, Sadguruji started 1st level Pranayama workshop to increase our immunity as well as intensity in our Kriya practice.

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On **11th March, 2021, Mahashivaratri** was celebrated online by streaming live on Facebook. Our Kriyaban, Hira Khanchandani, Comper for the event, welcomed everyone giving information about our Sadguruji and started the function with melodious and soulful Bhajans by Sandip Pandya and Archana Mangalore. Krishna and Vaidehi performed a dance invoking Shri Khandera of Jejuri. Then a beautiful Montage was presented covering Sadguru Yogiraj Dr. Mangeshda's multifaceted personality, Foundation and its various social activities. This was followed by much awaited Ashirvachan of Sadguruji.

He explained the significance of Mahashivaratri. He said, 'Scientifically if we see, on Mahashivaratri day, the Energy flow from the 'Source' that descends on earth is the highest and for taking advantage of this energy we should be awake and receptive. There is no need for elaborate rituals. Even if we do Japa with utmost devotion, it is enough. Nobody



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had foreseen that such a devastating pandemic will spread in the world resulting in deaths on such a large scale. If we all pray to Shivji with devotion, He will definitely grant us solace.

For understanding the creation, we need to understand darkness. It is said that the darkness of Mahashivaratri is the darkest. Shivji is darkness - permanent, still and infinite darkness! There are various rituals to propitiate Him. But even if we simply join our hands in complete reverence and pray to Shivji, our appeal reaches Him.' Sadguruji further explained the Shiv Swaroop and how we can experience Him by developing our Inner senses. Various serpents adorning Shivji, Sadguruji feels, are the magnetic lines balancing the Universe. During the Samudra Manthan performed to get Nectar, when poison came out, in order to save the humanity, Shivji drank the poison and kept it in His neck. Similarly, now also only Shivji can save us from the virus of Covid 19. Let us surrender unto Him and seek His help. We have to bring transformation in ourselves with Shraddha, Saburi and Samarpan. We have to purify ourselves.

He also referred to the pledge we had taken that **'I will not blame anybody'**. We have to take charge of our life. We should have the capacity to understand how Sadguru helps and guides us.

Sadguruji asked us to join our hands in total devotion, first seek Shivji's forgiveness for whatever ills we may have done to cause such a calamity of pandemic befall on us and then seek His succour holding Bilva Patra in palms.... chanting Om Namah Shivay.... feel His presence... Om Namah Shivay... When we pray sincerely with all our heart, it never goes waste. Har Har Mahadev! Har Har Mahadev! Har Har Mahadev!

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On **20th March, 2021**, in view of overwhelming response to the Pranayama workshop, a fresh batch of 12 sessions of 1st Level Pranayama

Workshop was started.

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On **7th April, 2021, World Health Day**, Sadguruji was invited by International Naturopathy Organisation (INO) as **the chief speaker** for an online session - **'Kriya Yoga & Naturopathy for Healthy Lifestyle'**.

Sadguruji also guided INO members on various health and fitness aspects.

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On **21st April, 2021**, pious day of **Shri Ram Navami**, under Sadguruji's guidance, a **Mahasankalp** was made of chanting of mantra, 'Shri Ram Jai Ram Jai Jai Ram', 1crore 8 thousand times for World Health and Peace. Sadguruji started the anushtan at dawn and lakhs of people across the Globe joined, chanting the mantra, completing, in fact exceeding the sankalp target of 1,00,08,000 of Japa.

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On **1st May, 2021, Kriyabans' Melawa** was held online from 4.30 p.m. to 6.30p.m. After 2019, we had this melawa for the first time. Everybody appeared to be keen to 'meet' all Kriyaban family members. There was an overwhelming response. Kriyaban family members from our different centres across the world shared their experiences of attending online sessions and the benefits they have received. Sadguruji cleared doubts and difficulties faced by some Kriyabans. In his speech he guided us on how to manage our time, how to practise Kriyas regularly with intensity etc. With able anchoring by Hrishikesh Ambaye and expert management by our technical team, the Melawa was effectively managed.

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On **10th May, 2021**, Sadguruji, at the invitation of Hindi Vivek magazine group, spoke at 8 pm on Facebook live on **'Kriya Yoga se sakaratmakata'- 'Positivity through Kriya Yoga'** and received **highest response**. Now



the group has requested Sadguruji to take four sessions in a month on Yoga and meditation for the physical and mental well-being.

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On **22nd May, 2021**, Sadguruji started **Advance Pranayama workshop** of 12 sessions, for those who had attended the basic Pranayama Workshop, with a view to help us make our spiritual journey more smooth and effective and to improve our health in this pandemic period. The response was tremendous. All those who attended are very happy and reaping excellent benefits.

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On **29th May, 2021**, Sadguruji started 3rd batch of 1st level Pranayama workshop in view of public demand.

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On **10th June, 2021**, Sadguruji conducted a special Yoga session from 6.45am onwards for exclusive exercises focusing on navel and core.

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On **21st June, 2021, International Yoga Day** was celebrated online. Sadguruji conducted online Yoga session in the morning at 6.30 am. Registered participants joined via Zoom link and other participants joined via Facebook live. All participated with a lot of enthusiasm like good Kriyabans.

At 9 a.m, Sadguruji was live on Prasar Bharati National network of 150 Radio stations across India, reaching more than 40 Lakhs of people. He explained importance of Yoga.

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On **3rd July, 2021**, IEA Book of World Records awarded **Sadguruji, a certificate appreciating** his participation, dedication and valuable time **for making 7th International Yoga Day, a grand success.**

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On **23rd July, 2021**, on the auspicious occasion of '**Guru Pournima**', in the morning, Sadguruji

blessed 3rd level Kriyabans with Intense Kriya session online from 5am to 8am. |

In the evening, there was **Guru Pournima Mahasatsang** on Facebook live, from 6p.m. onwards. Our Kriyaban Hira Khanchandani, compere for the event, welcomed everyone, paid respects to our Sadguruji and started the programme with graceful dance performances on Guru Vandana by little Aarya Pathak from Singapore and Ganesh Vandana by Krishna Bodke. Next presentation was from Kriyaban family members who were the winners in National and International Yoga competitions - the concept was, how a Guru is like the Sun and the Moon at the same time. Like Sun, he dispels his disciples' darkness of ignorance and like Moon, he spreads coolness of his divine love around his disciples; then the disciples around the World rotate around Sadguruji with deep devotion and reverence followed by messages paying respects to Sadguruji depicted very artistically with Yoga poses; a beautiful presentation of Sadguruji's teachings. Kudos to our technical team for putting together skilfully such a brilliant presentation!

Thereafter, a bouquet of soulful devotional songs was offered to Sadguruji by melodious Archana Mangalore, Asavari, Sandeep Yederi and Prathamesh, followed by our Foundation's Montage.

Sadguruji blessed us all with his ashirvachan. He said, 'All celebrate Guru Pournima by remembering their Guru with a lot of fervour and devotion. He is a part of this Guru Tattva and so are we all, a part of this Guru Tattva. We have to face the negativity of pandemic by a forceful Universal Energy created by uniting all the parts of Guru Tattva.

Guru leads us from darkness to Light. Guru is like a candle that serves the humanity selflessly, transforms us and leads us towards Experience of Knowledge. Let us pay our homage to such Gurus. Our birth and death are decided by destiny but how we lead our life is crucial. Many a time we are aware what we should do but we get stuck with the



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negative energy within. With Sadhana we have to learn to overcome such limitations.

For all that, we need to take action. While doing these actions we make a big mistake of thinking 'What will people say?'. It is our ego, complex - superiority or inferiority. The actions - karma - are of three types **Karma, Akarma and Vikarma**. While doing our Karma, we think what others will think of us. Here, there are some people who are our well-wishers but they do not want us to be better than them. That is why, instead of consulting others, we should listen to our Inner voice, which will never go wrong, while doing a karma- because that is permanent. Shri Krishna says, 'always do good as its fruit will be good. Karma is any action in general, like, say, we are watching a match and we are supporting a specific team, we wish that the team which we support should win and if the team we support loses, many a time the supporters get very disappointed and start criticising and blaming all and sundry. Akarma is, again taking the same example, we are not supporters of any particular team; we are watching it to enjoy a good game i.e. as only a supporter of the game; whoever plays well, we applaud. So, there is no frustration and dissatisfaction. The third type is, when we feel the team we support should win at all cost - by fair or unfair means; in the process the mind set up goes into negative energy and we adopt wrong practices like bribing the players of opposite team to lose or harming and injuring the opposite team players so that they cannot perform well etc. This is Vikarma, which takes us away from our own Self towards negative energy.

So, we have to take actions for which God has given us this nice, beautiful body with this breath and the message on this Guru Pournima is that positive actions have to be taken with positive thought process and attitude.

As mentioned earlier, while taking action, the thought of 'what others will think' obstructs us. Our attitude should be, let them think what

they wish; we have to learn to ignore them and **listen to our Inner voice**.

Guru guides everybody equally, some understand and follow it with dedication and some others doubt and seek clarification from different sources and get lost. Many a time they even change their Gurus and in the process go astray. Let us not criticise them. Instead let us hope good sense will soon prevail upon them, leading them to the Truth.

Darkness is not bad. It is all pervading. The ignorance about darkness is bad. Guru dispels this ignorance and moulds our life. Thereafter, it for us to practise Guru's teachings with total devotion and surrender, experience Enlightenment, awaken the Guru Tattva within us and spread the Light all around.

Another thing is, we should never compare ourselves with others. We must accept ourselves as we are.

People often ask questions about life after death. But first, we have to learn to live life that we have. Many live in constant fear about their own life, life of their family, future, religion, God... We need to think over it. **When the fear in life ends, living life in real sense starts.**

We should listen to our Inner Voice, understand that our each breath is connected to the Almighty, He is within us with our each breath and not outside, so also the Knowledge is within us, that is why we should come back within our own self repeatedly, maintain our energy level by not wasting it on hurt caused to our ego, in fact, to experience the Knowledge only Realised Guru can guide us, we need to follow Guru's teachings with total devotion and surrender to Guru. Today is the day to express our gratitude to our Guru.

Everybody has to face hardships in life. Those who face strife in life, shine the most. So, by doing Akarma we have to enjoy our life and view life in such a light that, come what may, we are not perturbed because each cell in our body is charged with energy. We have to increase our energy level and expand our



Aura.

Then no virus in the world can worry us.

Let us prostrate in front of our Guru with reverence, for all that he is doing for us and pray, let the flame within Him and within us unite.'

Sadguruji concluded with his blessings for us.

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On **25th July, 2021**, Sadguruji took **Intense Kriya session** for second level Kriyabans from 7.15am to 9.15 a.m.

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On **5th August, 2021**, **Yoga classes** were started for **Senior citizens** and those who are **new to Yoga** for leading a healthy and fit life.

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On **8th August, 2021**, an exclusive **Sunday batch of Yoga classes** was started at the request of those who are not able to attend regular Yoga classes on week days and are interested in learning Yoga. Sessions include Yog asanas, fitness, Pranayama and Meditation.

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On **21st August, 2021**, eve of Rakshabandhan day, our Sadguruji participated in an online You Tube event on '**Being with One**' organised by Brahmakumaris, in collaboration with our Foundation and others, between 6pm to 7pm. Sadguruji gave a beautiful message of celebrating Global Oneness. He said, 'We will be celebrating the festival of Rakshabandhan. Some may feel how one can talk of celebration, when world has faced horrifying death toll due to pandemic. But one cannot mourn lifelong. We have to move on and observe the beautiful festival of Love between brother and sister - Siblings born to one mother. Similarly, we all, settled in different parts of the world, are children of that one Divine Mother.

Originally there were no boundaries. The

geographical boundaries and the differentiation on the basis of colour, language, religion etc. are all man made. Then, in their greed for power, countries are fighting and trying to grab additional area of other countries. In a way, Pandemic of Covid 19 has equalised everybody, completely ignoring these man-made barriers. Let us not discriminate, let us leave aside the differences and come together - unite 'Being with One', bound by sacred thread of Unconditional Love and Unconditional Forgiveness to take care of Mother Earth and Humanity. Why man has so much fear, so much insecurity? Nature does not differentiate, then why should we? Let us all unite and create a thread with our combined energy - we have abundant energy but we are suppressing it. Let us open up and shine with the glow of energy. Whatever Virus or negativity may come, our strength and our capacity is so great, our glow connected to that Universal Energy is so much that no negativity can harm us. Let us celebrate Rakshabandhan. Let us create a unique thread of Oneness that ties all the different cultures and religions together and creates the foundation of Unconditional Love. Let us celebrate this festival of Global Oneness - you - me- we can make the difference! There is nothing more than love of the mother and 'that Energy' is looking at us - we can feel it. We have firm faith that if we continue to be with this Motherly energy, all of us will experience a happy life, a happy journey. So, we will celebrate. We will feel Happy and spread the Happiness because Love and Happiness cannot be kept to oneself. They are to be distributed and multiplied! Om Shanti! Om Shanti! Om Shanti!

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On **30th August, 2021**, Sri Krishna Janmashtami was celebrated with Mahasatsang on Facebook live from 7 p.m. onwards. Kriyaban Sandip Pandya, compère for the function, welcomed all and started the event by singing a Shrikrishna Bhajan. Archana Mangalore sang a Meera Bhajan. Nilesh Potphode gave a melodious flute recital.



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Sandeep Yedery sang a Krishna Bhajan. Sandip Pandya spoke about our Sadguruji, Foundation and its various activities followed by presentation of our Montage.

Sadguruji, in his pravachan, explained the significance of Krishna Janmashtami to Kriyabans. He touched upon different aspects of Shrikrishna's lifespan of 124 years, how it is a saga of sacrifice and true love, sacrifice of Devaki and Vasudev, sacrifice of Radha, who was much older than Shrikrishna, Pure selfless love of Radha and Krishna – their Oneness at soul level, friendship between Krishna and Sudama, how the teachings of Bhagwad Gita are still relevant and that is why Gita is translated in different languages and studied in different countries all over the world, how Kriya Yoga is unfolded in Bhagwad Gita, we should not be over ambitious, greedy about anything, we need to have Saiyam – patience and control over our speech, temptations and anger.

Sadguru further said, 'we should not insult others because it emanates from Ego and leads to destruction. We must learn to control our mind. Guru gives the right direction to our life to reach our destination. He guides us to awaken our soul to control our mind'. He also elaborated about Shrikrishna's balanced attitude – Sthitapradnya – one who does not get affected by good or bad. There is Shrikrishna in each one of us – He is with us, within us, in our every breath...let us surrender to Him...!

Sadguruji blessed us, 'may this Janmashtami bring transformation and the period ahead be filled with Happiness, Love and Energetic Enthusiasm!

Shrikrishna sharanam mam! Shrikrishna sharanam mam! Shrikrishna sharanam mam!

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On **18th September, 2021**, after global success of earlier pranayama session, on public

demand, Sadguruji started fresh batch of **1st level Pranayama Workshop**.

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On **25th September, 2021**, Sadguruji started fresh batch of **Advance Pranayama workshop** of 12 sessions, for those who had completed 1st Level Pranayama Workshop. The response was very good. Those who attended gave feedback that they got mental calmness, clarity and improvement in focus, intensity, immunity and energy level.

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On **2nd October, 2021**, Sadguruji conducted an **Intense Kriya session** for 3rd level Kriyabans from 8.30 a.m. to 12 noon. These Intense sessions are always a special spiritual treat for us.

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On **3rd October, 2021**, Sadguruji conducted an **Intense Kriya session** for 2nd level Kriyabans from 7 am. to 9am. and for 1st Level Kriyabans from 9.15 am. to 11.15am.

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On **15th October, 2021**, Sadguruji conducted online **Kriyabans' Melawa** from 8.30am to 10.30 on the auspicious occasion of **Vijaya Dashami Day**, to celebrate our victory over the adverse conditions by continuing our activities online, increasing mental and physical strength of us Kriyabans and uniting and bringing our Kriyaban family closer. Some of the Kriyabans shared their experiences and tremendous benefits they derived from attending online sessions of Pranayama, Yoga, Meditation and Kriya. Their sharing was inspiring. Then we were blessed with Sadguruji's guidance on consistent daily Kriya practice. The programme was beautifully anchored by Hrishikesh Ambaye. On the whole, it was a wonderfully energising session. Thank you, Sadguruji!

Secret of Success: passion, determination and love for whatever you do.

H. H. Sadguru Yogiraj Dr. Mangeshda



Obituary

	On 22nd February, 2021 , our Kriyaban Sunita Jeswani passed away. May her soul attain Sadgati. Our heartfelt condolences to her family and pray that God may give them strength to bear the loss with fortitude and courage.
	On 19th April, 2021 , our Kriyaban Padma (wife of Kriyaban Shashi Bidvai, mother of Kriyabans Atul & Vikram, mother-in-law of Kriyabans Maya & Devyani and grandmother of Kriyaban Kshitij) passed away. May her soul attain Sadgati. Our heartfelt condolences to her family and pray that God may give them strength to bear the loss with fortitude and courage.
	On 29th April, 2021 , our Kriyaban Srilata Mallapur passed away. May her soul attain Sadgati. Our heartfelt condolences to her family and pray that God may give them strength to bear the loss with fortitude and courage.
	On 6th May, 2021 , our Kriyaban Arvind Shadangule (husband of Kriyaban Arati) passed away. May his soul attain Sadgati. Our heartfelt condolences to his family and pray that God may give them strength to bear the loss with fortitude and courage.
	On 12th May, 2021 , our Kriyaban Vasudha (wife of Kriyaban Chandrakant Baraskar) passed away. May her soul attain Sadgati. Our heartfelt condolences to her family and pray that God may give them strength to bear the loss with fortitude and courage.
	On 7th August, 2021 , our Kriyaban Perin Viccaji passed away. May her soul attain Sadgati. Our heartfelt condolences to her family and pray that God may give them strength to bear the loss with fortitude and courage.
	On 8th August, 2021 , our Kriyaban Vaishali Pai passed away. May her soul attain Sadgati. Our heartfelt condolences to her family and pray that God may give them strength to bear the loss with fortitude and courage.
	On 30th September, 2021 , our Kriyasheel Global Awardee in 2006, Padmashri Sadashivbhou Nimbalkar passed away. May his soul attain Sadgati. Our heartfelt condolences to his family and pray that God may give them strength to bear the loss with fortitude and courage.

Though the Body is transient and the Soul is the Eternal Pure Consciousness, the reflection of this pure consciousness is shown through the medium of the body. Therefore the health, cleanliness, purity and mainly the respect of the body needs to be maintained.

H. H. Sadguru Yogiraj Dr. Mangeshda



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Letters to the Editor

Hari Om!

Gratitude to Sadguruji for conducting extraordinary sessions of advanced Pranayama. It was a beautiful journey and a blissful experience full of in-depth learning. It was amazing to discover the immense power of our breath and how to channelise it for our spiritual upliftment. He made us understand the value of our precious breath in every session.

He explained the finer points of each pranayama with scientific approach and made even the advanced and difficult pranayamas very simple to understand, with his detailed explanation and guidance. The entire journey was a fantastic experience which is difficult to put in words.

Thank you, Sadguruji, for blessing us with such immense knowledge, your grace and blessings. We are very lucky to be your disciples.

Meetali Dasgupta, Mumbai

Hari Om!

Ever since I started regularly attending yoga classes from November 2020, I followed Sadguruji's teachings of how to increase Prana circulation, incorporate breath and pass oxygen to every part of the body. In particular, while doing Pranayama, I focused on my eyes for improving my eyesight. Since then, my eyesight has improved tremendously, retinal hemorrhage and fluid retention have reduced.

I had a stroke in the left eye sometime in 2012, because of which, there was retinal hemorrhage and fluid retention which completely blurred my vision in my left eye. I was seeing only with my right eye. I came to know about this condition in 2018 when I went for an eye checkup.

Now I can see objects almost 60% with my left eye and can manage reading phone numbers on my cell phone without reading glasses. Thank you, Sadguruji, for all your valuable teachings, guidance and blessings.

Shambhavi Kriyaban, USA.



Hari Om Sadguruji.

Back in March I could hardly do pranayama for five minutes at a stretch. But in these past eight months due to Your Guidance and regular yoga classes I am now able to do my Pranayama for 30 minutes in one sitting. This has been possible only and only because of YOUR BLESSINGS & GRACE. I have observed that this has also helped me with my breathing during my running or climbing stairs. I am able to regulate my breath better and run/climb without panting or becoming breathless. Thank You so much for making me realise the power of my own breath. Anantha Koti Pranaams at Your Lotus Feet on this Pious Day!

Kavita Ayyar, Mumbai

Hari Om!

Some time back, it had been really hard for me and my family. I got infected with Covid but fortunately Shashi and Divij were safe from this by Sadguruji's grace. Since that day all the family members had been praying and blessing me and my family, in form of Reiki and best wishes. It is really heart touching to see how people around you are connected to you, heart to heart, like a bond. They might not be in contact with you on daily basis but are sending silent prayer for you. There has been a tremendous support from everyone- be it mental, physical or by every way possible. The selflessness shown by our family members towards other family members makes it unique. I am really humbled and obliged to all the members for their kindness and humanity. Without Sadguruji's grace and blessings I would not have crossed these difficult times.

Sanjay Agarwal, Mumbai

Hari Om!

I would like to take this opportunity to thank Sadguru Yogiraj Dr. Mangeshda for teaching me Yoga. It has helped me increase my height significantly in the last few months. I feel relaxed and refreshed after every yoga session.

I would also like to thank him for teaching Vipassana and Meditation, both have helped me find peace in the most difficult times. I am looking forward to learning new spiritual techniques from him. Thank you so much, Sadguruji!

**Vinayak Hakhu, Melbourne, Australia
Class 8**



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We whole heartedly support all the activities of Sadguru Mangeshda Kriya Yoga Foundation which are conceived, initiated and successfully completed only because of the presence, guidance and blessings of H.H. Sadguru Yogiraj Dr. Mangeshda ji.

Happy Birthday

H.H. Sadguru Yogiraj Dr. Mangeshda

**WISHING ALL A VERY HAPPY DIWALI AND
PROSPEROUS NEW YEAR.**



**WISHING YOU A VERY
HAPPY BIRTHDAY SADGURUJI**

**Seek Your Blessings and
Pranams at Your Divine Lotus Feet**

**Lots of Love and Respect
from**

Ajit, Usha and Family

**Message From
Mangeshda Upasana Centre, Bengaluru**



**"Strongly believe in what you wish to create.
You achieve what you think you can."**

- H.H. Sadguru Yogiraj Dr. Mangeshda

**WISHING DEAR SADGURUJI
A VERY HAPPY BIRTHDAY**

**Our humble salutations at Your Lotus Feet
for always being with us.**

**Love and Sashtang Pranams from
Bengaluru Upasana Centre.**

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हार्दिक शुभकामनाएँ ।
“जिवेत शरदः शतम्”

चंद्रकांत बारस्कर - वसुधा बारस्कर

Message From Mangeshda Upasana Centre, Dadar



"Every action you take is an answer you give to the questions posed by life."

- H.H. Sadguru Yogiraj Dr. Mangeshda

**Wishing a very Happy Birthday to
H.H. Sadguru Yogiraj Dr. Mangeshda**

**Seeking Our Beloved Sadguruji's Blessings
Devotees**

Contact No. 022 24141933

गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः ।
गुरुः साक्षात् परब्रह्म तस्मै श्रीगुरवे नमः ॥



From

Yuvaraj

Manali

Deepanshu



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MESSAGE FROM MANGESHDA UPASANA CENTRE, KHOPOLI



Glimpses of Eye Pledge Campaign at Various Places

WISHING SADGURUJI A VERY HAPPY BIRTHDAY

"Instead of crying over your destiny, create your own destiny by your Kriya"

- H.H. Sadguru Yogiraj Dr. Mangeshda

Devotees

Contact - 98812 57261



**Seeking your blessings on this
auspicious day and wishing
Happy Diwali
to you and all family members.**

***From*
Dr. Kishore Kokal & Family**

Wishing Our Beloved Sadguruji
Happy Birthday



**We are Lucky to be Your Disciples & thanks
for initiating us on the Path of KRIYA YOGA**

**Sincere Gratitude Sadguruji for Blessing
and Guiding us always.**

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Krishna Janmashtami

Jai Shri Krishna!

Krishna Janmashtami, falls on the 8th day of the dark half of the month of Shravan (August-September), signifying the birth of Lord Krishna, the eternal ocean of Cosmic Love. Krishna represents Brahman or God consciousness. Krishna Avatar is synonymous with Self-Realisation. Normally, desires and negative thoughts mask our consciousness with ignorance. The journey to Self-Realisation involves removal or shedding of this ignorance which can only be done by the eight spiritual principles as described in the Ashtang Yoga Sutras by Rishi Patanjali. These are as follows:

1. Yama (self-control), 2. Niyama (self-discipline), 3. Asana (bodily postures), 4. Pranayama (control of breath), 5. Pratyahara (Focused Inwards), 6. Dharana (Single pointedness), 7. Dhyana (contemplation) and 8. Samadhi (Self-Realisation).

Every aspect coinciding with the birth of Great Lord Krishna has a deeply embedded meaning with our body, mind and soul. Ignorance is symbolised by Prison, which represents darkness; narrow-minded approach is represented by small entry gate to the prison; limitedness to everything by small room and the chain in the prison means the bondage of lust, greed, desires and ego. The birth of Krishna in the prison symbolises 'Self-Realisation out of ignorance'. It can only be acquired by adhering to the eight principles of Ashtang Yoga with Tapas (Abhyas) or hard work.

Krishna was born as the eighth child to Devaki, which again symbolises tapas of eight limbs of Yoga. The Self-Realisation can occur only after the seven chakras are successfully negotiated and the mind gets purified in the process. In the state of Samadhi, there is spontaneous birth of the Self. In this state (Sama = equal; dhi – intelligence), one controls equality and balances oneself between the good and the bad.

The significance is that, as soon as Krishna was born, the chains that bound his father fell off; the doors that had been bolted flew open and the prison guards immediately went into deep sleep. And his father, Vasudev, carried new born Krishna to Gokul, by placing Krishna in a basket and walking across the flooded Yamuna river, when at the same time, Yashoda, consort of Nanda, had given birth to a female child. The 'Chains' here symbolise the bondage to the external world through the five senses. A Self-Realised person is free of these bondages. The 'Opening of prison gates' symbolises control over lust, desire, greed and attachments. 'Sleeping of the guards' means in the state of Self-Realisation, one is totally cut off from the outer world. Everything else perishes and only **Oneness** exists. The thunderstorm, the rain, the fire - all represent the internal turmoil of uncontrolled desires and hatred. The moment Krishna's feet touched the turbulent waters, everything settles. The spiritual lesson is, by turning Inwards and towards ones' pure consciousness, any turbulent state of mind can be controlled. While acquiring all this, one must be able to control the ego and the egocentric desires. Controlling the ego is depicted as a snake sitting over the basket and guarding Lord Krishna who is the epitome of joy, the quintessence of simplicity and the very source of pure love.

Our mind is slippery like butter and the symbolic meaning of Krishna stealing butter, denotes Lord Krishna entering into our minds and stealing away all the negative elements, leaving us with pure Krishna Consciousness, the eternal joy and cosmic bliss, which we all yearn to experience for births together. Inner joy sprouts in us when the senses are directed Inwards. Lord Krishna is the ocean of eternal bliss, his soul-stirring Leelas, which are considered to be the wonder of wonders, symbolise the waves of the ocean. The enchanting music of his flute captivates the minds of his devotees. His unequalled and unsurpassed wealth of beauty amazes the



animate and the inanimate beings. He adores his friends with his incomparable love. Devotion is the only means of attaining Lord Krishna. He, through his teachings of the ancient Science of Kriya Yoga, led Arjuna from the front and guided him through all the travails on the battlefield of Kurukshetra.

Janmashtami holds high significance in the life of Kriya Yogis and Sadhaks who are practitioners of this pious path of Spiritual Awakening. Kriya Yoga is a bold and powerful path for all aspiring individuals irrespective of their caste, creed or religious orientation. Kriya Yoga is the fastest and powerful path to break free from the throes of negativity and merge ourselves in Universal Consciousness, because it is a bold and effective path of Karma Yoga. Lord Krishna epitomises Bhakti and pure love; anything associated with Krishna has tremendous affinity towards Unconditional Love and Happiness, since Krishna is the ruler of the Heart Chakra, the seat of Unconditional Love. When a sadhak transcends the barriers of the body consciousness and merges with the Cosmic Consciousness, he experiences this divine love, the Krishna Consciousness.

Coinciding with Krishna Janmashtami is the most popular of games which was played by the little and Natkhat Kanhaiya, DAHI HANDI. Dahi Handi though portrays the playful and adoringly mischievous attitude of Krishna, it actually carries a profound and deep meaning behind it. The Handi here, represents the ego or the sense of the body and mind, that dangles in the grasp of Society and relationships. The butter or Dahi which forms the content is embodied as the essence, or the Being. The Lord breaks the Handi, or the ego to release the accumulated contents, from the bindings of the Sansara. His eagerness to savour it reveals the bliss, which one enjoys on realising the essence or the True Self. It can also be taken as the Lord's instruction to break the body-mind complex, which is portrayed as the Handi, to attain True Bliss. However, to break the illusion of body and mind is not an easy task, as one will have to focus steadfastly

on realising the Ultimate, with true devotion or Bhakti Ras. Distractions in and around ones' surroundings, disturbs one from attaining the Eternal Truth. However, single pointed focus and devotion to the Lord will ultimately lead to the Ultimate Goal.

Coinciding with Krishna Janmashtami is the most popular of games which was played by the little and natkhat Kanhaiya, Dahi Handi. Dahi Handi though portrays the playful and adoringly mischievous attitude of Krishna; it actually carries a profound and deep meaning behind it. The Handi here, represents the ego or the sense of the body and mind, that dangles in the grasp of Society and relationships. The butter or Dahi which forms the content is embodied as the essence, or the Being. The Lord breaks the Handi, or the ego to release the accumulated contents, from the bindings of the Sansara. His eagerness to savour it reveals the bliss, which one enjoys on realising the true essence or the True Self. It can also be taken as the Lord's instruction to break the body mind complex, which is portrayed as the Handi to attain True Bliss. However, to break the illusion of the body and mind is not an easy task, as one will have to focus steadfastly on realising the Ultimate, with true devotion or Bhakti Ras. Distractions in and around ones' surroundings, disturb one from attaining the Eternal Truth. However, single pointed focus and devotion to the Lord will ultimately lead one to the Ultimate Goal.

I bless all of humanity with the happiness and joy of experiencing the Krishna Consciousness and urge all of humanity, to tide over all the evils and the demons in oneself and the society, by uniting everyone under the Govardhan Parvat of 'Unconditional Love & Unconditional Forgiveness'. I bless all of humanity to invoke the Krishna in you and be the harbinger of Love and happiness everywhere. Remember, Krishna Consciousness can be easily awakened, only with pure faith, bhakti and Love, never by intellectual analysis.

So come one! Come all! Rejoice, celebrate, be



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happy and make others happy. Spread Love, Harmony and Peace everywhere. Let us unitedly be a strong force to give salvation to negativity and unite the world with the chain of LOVE.

Shri Krishna Sharanam Mama!

Love & Blessings

H. H. Sadguru Yogiraj Dr. Mangeshda

(This article is taken from Sadguruji's blog)

Finding Your Beat To Become Unbeatable

The cycles of nature, the revolutions of the celestial objects, everything in the perceptible universe follows a certain rhythm. It is as if a beat pervades all manifestations of creation.

Our being is tied in many ways to these various rhythms right through the microcosm of our physical being where it is represented as vibrations of matter to the biological system in terms of heartbeat, breathing etc. It is also said that our being is in-tune with and gets affected by various cycles of seasons, moon, sun and other celestial objects. Hence from micro to macro the whole universe of creation seems to be into various rhythms. These rhythms seem to be intrinsic to the way in which this universe is organised and we are a part of it.

When we observe a rhythm, there is a pattern to it. It is a repetition of beats with a certain frequency. The whole creation seems committed to repeating that pattern, no matter what is happening in other parts of the universe, because there is a place and order for everything. Even if clouds are covering the sky, the Sun is still rising or setting as per its own rhythm.

The question therefore is, how much of this do we imbibe into the way we conduct our lives and how do we bring in that aspect of being in a rhythm into our lives? My introspection started on this note as I thought about how I am going through the mechanics of life as part of the routine and how to improve the quality of the life I am living, by developing a rhythm and making it more orderly.

Our body has a natural clock as we know it,

the circadian rhythm is responsible for establishing several essential functions related to our physiology. In these times we all are susceptible to disrupting this rhythm, rather we regularly disrupt it on some pretext or the other. For me, sometimes it was between chasing deadlines or the other extreme of whiling away time, being hooked to some form of the screen. The irregular sleep cycle and disrupted metabolism show their consequences when we are forcing ourselves against our natural clock. Disrupting the bio-rhythm has a host of side effects on the physiology. Unknowingly, we become less efficient and productive and consequently seem to have less time to finish all our activities within the day. Often we find ourselves sacrificing our own time to recover it for some other purpose. 24 hours seem less in the day. In this bid, the quality time we should have for our own spiritual progress and what is really important, gets sidelined and we sacrifice it for something else. The unimportant activities start taking the centre stage in our life.

So how do I overcome this? As I mused on this question, I considered what Sadguruji has always exemplified, time and again, through his own actions and implored us to follow as well:

He has always maintained that there should be a time for everything.

He has shown intense commitment in the worst of conditions that life could pose.

He has always kept his Kriya practice at the core of everything else.



It seemed like a simple solution to follow in these footsteps. However, there needs to be a certain discipline in following it through.

So the next question was how do I bring discipline and make my life more orderly? Again the answer seemed to lie in following a rhythm. Once I am into this rhythm, I start enjoying the beat and that's when it stops being a struggle and becomes a part of the system. But what is the mechanism to make this happen?

I experimented with this in several different ways to get into some kind of a system and the easiest way I found was to adopt a ritual. The sunrise and sunset are the two fixed times of the day and if I just follow these, it is easy to get into a pattern. Agnihotra is supposed to be conducted exactly at the time of sunrise and sunset. The timing is crucial for the Agnihotra ritual and it cannot be missed. Sadguruji has taught us this ritual as a part of the KSS programme. To conduct this ritual, in the morning, I have to complete all my morning

activities and be ready before sunrise and similarly at sunset. I have to take a bath and prepare everything for the ritual. With the mind focused on achieving this objective daily, discipline followed it naturally and all other activities could be organised around it. The situation changed from 'what I can take out' to 'what more can I fit into the time I have' in the day. The joy of witnessing the glorious views and welcoming the Sun in the morning, the energising experience of the fire ritual became addictive and I looked forward to it every day.

Sadguruji is teaching us in various ways so that we understand the fundamental aspects of leading a truly spiritual life. There is something for everyone and once it clicks, **once we have found our beat, we can become unbeatable.** After all, this is Sadguruji's blessing unto us.

Hari Om!

Ravindra Pathak, Singapore

Did I Miss The Point

People always miss out on interpreting the purpose of life clearly. Our capability of undertaking tasks and giving 100% to it, is all that matters. Unfortunately, people misunderstand that being productive means putting in longer hours than getting the quality work done in a shorter span of time. We may not always be able to give our best whilst working hard or working better. This also reflects on the quality of life that we are leading. This quality can be achieved through regular practice of Meditation, Yoga and Kriya. Moreover, when our thoughts are jumbled up and we are in a pensive mood, the teachings of our Guru always reflect in a way of solutions to our problems and the rightful direction that we ought to take.

The Sunday morning Kriya session just got over. Sadguruji said that He took a pause, 'until we meet again'. I can now see the sun rising slowly and the birds and squirrels

rejoicing in its rise, chirping their way through the woods. But within me, there is absolute silence. My mind is calm, my breathing composed and I can hear its rhythm within. I wish the Kriya session continued a little longer. I had just started getting connected with the Divine. I have questions that are left unanswered. I need the answers. I am so desperate to find out the true meaning of life. Oh wait! I open the Sunday morning quote of Sadguruji, which Always comes as an answer to my underlying doubt in that moment. Today's quote - **Observe the directions and dimensions of your meditation. It's only in the silence that you hear the divine voice.** Yes, the divine voice is still reverberating within my consciousness. I humble myself and get on my knees. I do hear the divine voice, the voice of my Sadguru Mangeshda, coming out of those quotes every week and having this unparalleled conversation with me. My



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thoughts pose questions and doubts in front of Him and His quotes come forth as answers to all my questions about life. This is the day I realise, that all the answers have always been right there in front of me, it was only a matter of connecting the dots and realising that the true essence of life lies in understanding the 'Teachings of Spirituality, which have a strong impact on us. A composed mind helps in withdrawing from worldly desires and brings us to a neutral level.'

(The writer/disciple has combined different quotes of H.H. Sadguru Yogiraj Dr. Mangeshda in the form of a conversation. Here goes the stream of consciousness:

Me: Sadguruji, I have always wondered about my meditation and whether whatever I am doing is even enough to lead a positive life.

Sadguruji: The intensity of your mind is beyond any mantras and can create miracles. All you need to do is concentrate and follow your breath ardently. It is important to understand the mechanism of your body and the breaths you take, especially when you need to know the power of meditation. Utilise this sheer force of Kriya and Gurumantra that you have been equipped with and follow every step of self-transformation with love and gratitude in your heart. Regular meditation will help you uplift your spirit and as you look Inward to the light Within, you will spread the radiance of joy and love around you.

Me: Thank you Sadguruji, for making me understand this, but at times, I get insecure, am scared of the darkness and feel lonely.

Sadguruji: Any insecure feeling of a Sadhak is associated with fear. Concentrate on the rhythm of breathing and occupy your mind with the thought of a positive possibility. Take control of your thought process. Your journey of self-transformation begins with the flow of spiritual energy and purity of soul. Acknowledge the depth of this development leading you from darkness to light. You must always give thanks to the darkness because of which you understand the value of light. Use

your Inner light to spread the radiance of love and happiness around you, reinterpret darkness as a miracle, offer peace and absorb the healing from it. You will be surrounded by a feeling of oneness. Share this space of soothing oneness with the Divine to see the light Within. This journey of yours from darkness to light reflects that you are now grounded. A surcharge of spiritual energy is generated here, that not only liberates you from your arrogance and ego, but you can also choose between tranquillity and anxiety. When you stimulate one particular thought, your mind does not waver and all kinds of mental temptations are reduced. When you have the desire to be peaceful within, you will enjoy the silence of nature around you. Moreover, always remember, whenever you find yourself lost, sad or lonely, remind yourself that you are not alone. **I am walking beside you, reaching out to you, pulling you out of darkness and into the light.**

Me: I am so humbled to hear this, Sadguruji. I only wish that I live up to your expectations, that I practise my Kriya and asanas regularly. My lifestyle is very different. With my time schedule, right from morning to evening, I feel, I hardly have any energy left to even find time for my practice.

Sadguruji: You have tremendous energy. Instead of suppressing that energy, upgrade your consciousness and allow your Inner strength make you glow and shine. Spiritual practice is a combination of action, reaction and visualisation. Regular Kriya and Yoga practice gives impetus and vigour to your lifestyle, reduces chronic anxiety and aids in nurturing kindness and compassion. Try to rewind the entire day consciously and contemplate for 10 minutes daily to increase the consciousness of spirituality and you will understand the value of life. Every time there is an opportunity, pick it up. Know that every morning is a bright morning, every day is a new day. Every morning, make a resolution that you will make the best out of this day and will work towards self-improvement and fitness. Plan your day meticulously. Give



priority to Pranayama and to meditation. Inclusion of these, reflect what quality time you are giving to yourself. Constant Yogic practices, steady effort, perseverance and determination add to the divinity of body, mind and soul. Regular yogic and meditative practice, also bring about greater harmony and balance with mental agility and physical flexibility. Every cell in your body looks forward to this spiritual upgrading. So, organise your 24 hours towards your mental calmness, aiding to an overall healthy nervous system. The posture of a yogi reflects this rigorous practice. **The transformation starts with your willpower, determination and intense practice of Kriya sadhana.** Every success is a creation. **One needs to undergo a process of consistency, perseverance and determination to reach the pinnacle.** When you follow a regular regimen with morning meditation, regular exercise and practise unconditional love and forgiveness, life becomes priceless. So, rise up and start afresh! Introspect what you do from morning to night. A happy person lives in the **'here and now'**. Your future is looking at what you are doing in your present and your present reflects what you did in the past. **Recognise the importance of two major assets in your life: Time and Health.** Both require hard work and discipline to bring about an overall happiness and well-being. Focus on the craft, push yourself to the highest limit and give it all that you have. Life happens only once. Train and programme your mind in the positive direction continually, with the practice of Kriya and you are unbeatable.

Me: This is so encouraging and motivating! My only worry is with regard to my thoughts. I am not sure whether I will be able to organise my thoughts systematically to be able to achieve the above.

Sadguruji: You need to reshape your thinking by reshaping your pattern of thoughts. Your thoughts govern your life. If your negative thoughts are powerful, your positive thoughts have much more power. Be careful of what you think. Negative thoughts tend to conquer

your senses, creating an imbalance. So, focus in the right direction and learn to reverse this precious energy for your spiritual growth. The thoughts in your mind are neurotransmitters. One single thought uses innumerable chemicals from your body, so choose consciously to live fruitfully. **Coupled with creative and comprehensive techniques, your mind can play wonders, unimaginable.** Secondly, your body is governed by your brain. You need to use your breath as fuel to ignite productive and positive thoughts, thereby increasing your energy level. You can in fact compose a music with the rhythm of your breath, the beats of your heart and the flow of your thoughts. This rendition is the most beautiful natural melody to live with.

Me: You spoke about oneness, Sadguruji. I have always wondered how do prayers help us and how should I get connected to God, or the Universal Energy?

Sadguruji: To get connected to God, you should know that the entire spiritual structure is based on one spiritual sound, 'Om'! This resonates with each cell within your mind and body. Be conscious of your surroundings. A serene atmosphere allows you to listen to your Inner Voice and the whispers of your soul. **Every individual has the Almighty as his origin. You need to use your power of Unconditional Divine Love and Forgiveness to get deeply connected to this origin once again.** Prayer and faith not only strengthen our trust and hope but also help us achieve the impossible. Strive hard, believe, persevere, create ripples, hope for the best and then pray. **God is listening to you!** Take the courage to ask. And when you receive much more than you deserve, count each moment as a new life. Once you understand this joy of 'Permanent Supreme Bliss', a divine transformation begins within you and you realise the Ultimate aim of your existence.

Me: What should be my main goal while sitting for meditation? Will I also achieve transformation in my body, mind and soul?

Sadguruji: The main goal of your sadhana



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should be Self-Realisation. This will be the starting point of your spiritual transformation. Observe the directions and dimensions of your meditation. It is only in the Silence that you hear the Divine voice. While practising meditation, the Sadhak progresses from ignorance to knowledge and this is the time that he perceives a transformation within himself. Develop compassion for others and withdraw from desires. This will bring about serenity and tranquillity of mind. **Though the Body is transient and the Soul is the Eternal Pure Consciousness, the reflection of this pure consciousness is shown through the medium of the body.** Therefore, the health, cleanliness, purity and mainly the respect of the body needs to be maintained. Participate in the mission for a Healthy World. Bring about harmony and balance by amplifying your positive energy, with the unison of body, mind and soul. Rather than improving your external self, beautify your Inner being, where God resides. Alignment with Him enhances your spiritual beauty and you live in the consciousness of spirituality. Cleanse yourself of your thoughts and live in the moment. Through your meditation, you can take the journey of a lifetime, visit the spiritual centre of the universe, the source of all creation and experience the mystical phenomenon of divinity.

Me: I have attended your sessions on pranayama, the fantastic Kriya sessions that you conduct and the yoga asanas are now a part of my life. What role does the mind and the breath play in all these? Do I also have to be conscious of my caste or religion, while doing my practice?

Sadguruji: Breath does not ask for any religion. It is universal in nature. It teaches us the importance of living in harmony. You only need to pay attention to its indication. Learn from your breathing. It is unconditional in nature, cure of all ailments, aids in overcoming fear and anxiety and helps you communicate with different dimensions of life. The divinity within you is the foundation of your spiritual upliftment. Utilise your breath

with an extraordinary focus to design it gracefully. A spiritually inclined person will have absolute control over the mind, its manifestations of thoughts and emotions. You have a fantastic asset in the form of this breath. Use it in rational quantities to control your mind and to increase your will power. Come closer to a calm mind. Erase the chaos and readjust yourself in staying centred. Systematic use of brain aids in sharpness of mind. Devote quality time to your brain if you wish to discover your dreams. To understand the process of training the mind, one should know where to focus. Once the area of focus is clear, the other thoughts become blurred and that one major thought is highlighted. This is the gift and blessing of meditation and pranayama.

Me: As a worldly human being, I have my shortcomings, Sadguruji, and I ask you for your pardon. Even when I know that I am totally devoted to you, I still slip out at times, giving importance to my own self-worth.

Sadguruji: Development of faith is the toughest task as against the inner ego. Practising Bhakti Yog along with self-contemplation goes a long way in achieving it. With spiritual base, you are mentally secured with Faith. **'Nothing to earn and nothing to lose', should be your spiritual approach.** You were talking about connection with God and Oneness. Strongly believe in what you wish to create. You achieve what you think you can. Have a goal in life. Be brave enough to undertake the Impossible and light it up with Faith. The only hurdle between you and your milestone is self-ego and your meditation helps in bringing about a new beginning. There is nothing wrong in giving importance to your own self-worth. Just be conscious that you are always grounded; be patient and focused. To conquer your impatience, tune in to your emotional calmness and mental stability. Acquire this meditative composure through an extraordinary focus on your rhythmic breathing. You must also learn from your interactions. Every human being you meet, is your teacher in some manner or the



other. Keep your senses alert to see what best you can imbibe from the person you are interacting with. What you imbibe from each person and how you implement this learning, goes a long way in developing your personality. **Take a pledge to blame no one for your actions, but yourself. Take responsibility of your thoughts and your reactions.** Be grateful for all the teachings and knowledge received from your Guru. Practise His teachings and be an inspiration to the people around you.

Today, I, as a disciple, take a pause here. There are so many quotes, so many sessions, so

much to learn from Sadguruji's satsangs and His teachings. I only hope and pray that **I do justice to His teachings with my regular practice.** Today, I am humbled, feel privileged and indebted, as I clearly understand the following quote and start my day with this thought in mind:

'The silent conversation between a Guru and a disciple is different. Their language is different and so is the understanding between them.'

**Dr. Sharda Sharma, Mumbai
Vice President & Trustee, SMKYP**

Kriya Yoga The Power of the Process

'Kriya Yoga is a process,' said H H Sadguru Dr Mangeshda, during one of the Sunday online Kriya Class sessions. It was a seemingly simple yet profound statement that caught my attention and made me introspect deeply about what Sadguruji was referring to. In the sessions since, he has expounded upon this aspect repeatedly and I humbly place before the reader some of his thoughts and why I think that simple statement is so empowering for a Sadhak.

The dictionary meaning of the word 'process' is 'a series of actions or steps taken in order to achieve a particular end.' Processes bring stability, assurance and certainty in an uncertain and chaotic world. Following a process allows you to stick to a discipline that allows you to stop worrying about other unwanted distractions. There is even a Chinese proverb that says, **'In discipline lies freedom.'**

Kriya Yoga, when seen as a process, simply means that by following the Guru's instructions and techniques implicitly and consistently, the Kriyaban moves closer to the Ultimate Goal of 'the Experience.' It is not something that happens overnight to some lucky individual. On the contrary, it is something that is earned through consistent, focussed and constant practice.

To my mind, this is an important and empowering concept because we are unlikely to embark on a journey, if we believe we are never going to reach our destination. Repeated practice not only leads to gradual but constant change but also helps build intensity and understanding over time. In that sense, it becomes a self-fulfilling cycle of improvement and growth.

Of course, the Guru's benevolent grace is essential to reach the goal but following the process is an essential ingredient of the journey. It is a journey requiring patience and understanding as Sadguruji explains.

It means that irrespective of where the Kriyaban is on his or her journey, there is always the next day to practise, improve and make progress. Thus each day is a fresh attempt at improvement.

Kriya Yoga, as Sadguruji says, goes beyond the actual practice and involves working on ourselves on a daily basis leading to transformation over time. This makes Kriya Yoga a 24 hour practice. Thus, it is not an esoteric concept but a practical and scientific methodology to self-improvement.

My attempt in highlighting this perspective of Kriya Yoga is to encourage all to adopt this wonderful path to growth and improvement.



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Sadguruji encourages us to 'experience the Truth' for ourselves through regular practice of Kriya Yoga and by committing to this path. For Kriyabans already on the path, it is a reminder to reaffirm our commitment to practise, knowing that the Guru's grace is ever present. His infinite patience and commitment to helping us improve and make progress is a shining example of how he is personally

following the process.

My humble salutations at the feet of H H Sadguru Dr Mangeshda for the divine knowledge that he is bestowing his disciples with and for the constant encouragement on this divine path!

Murali Duvvuri, Singapore

Pranayama

Namasté to All...

I have been very blessed to participate in the advanced Pranayama sessions conducted by Sadgurudevji Yogiraj Dr. Mangeshda. It is a very profound experience to receive these spiritual and extremely practical Yogic teachings and techniques. First of all the authenticity is so real and as soon as I put the teachings in practice, it brings the feeling of immediate results; it is totally scientific. The level of Bliss and realisation increases along the way. I am so happy because I have found Truth in Every step of Kriya Yoga and the journey is an infinite flow of knowledge, wisdom and keys to Life itself. I can never wait to continue the wonderful journey of learning and evolving in Gururji's presence and guidance.

Once again, I am enthralled by these Pranayama advanced sessions and

recommend them to everybody who want to deepen their quest of the Divine. The online format is very well managed as Sadguruji is observing each one of us on screen in order to help and correct all the participants. There are even slides with detailed description of each Pranayama. The methods are clear with the spiritual foundation, the explanation of principles, the demonstrations and technical aspects, including the health benefits and also the contra-indications; everything is so much to the point and shared by Gururji in such a way that we can really make the practice our own and carve it to our pace and capacity.

Deep and sincere Gratitude to Sadgurudevji for his holy dedication to humanity to spread the message and teachings by the grace of Param Pujya Gururji Sri Sri Mahavatar Babaji!

Hari Om!

Maa Tejomayee, Paris

Self-Management

Hari Om!

Today I want to share my experiences on how my Sadguruji helped me transform myself by improving my self-management skills.

Management is not new to me, being an alumnus of IIM and ISB and having worked at various leadership roles for decades, I am comfortable in managing people and running business. When I look back, I see, my focus and attention was always outside. I would

always focus on how to make things better and improve productivity, profitability etc. Though it helped me a lot professionally, the actual transformation happened when Sadguruji turned my focus Inward and thus started my journey of self-transformation.

Working at senior levels is often stressful. Moreover, due to my busy schedules I picked up wrong eating habits that further complicated the situation and my body became the 'home' to many lifestyle disorders



like diabetes and hypertension. My gratitude to Sadguruji for initiating me into Kriya Yoga! Through regular practice of Kriya Yoga, I was able to reverse them both. My Sugar levels and BP are perfectly normal now for more than a decade and that too without any medicine! **Kriya Yoga has done the magic, in addition to spiritual development, it has also improved my health and overall wellbeing.**

COVID outbreak exposed the fitness industry-it proved that there is a big difference between being fit (having muscles, six packs etc) and being healthy. We have seen the importance of healthy immune system and strong mental setup during challenging Covid times. The importance of self-management became more important than ever; and to support us all, Sadguruji started online classes on Yoga, Pranayama and Meditation. These classes were focused on improving immunity, lung capacity and stress management. **These classes were like a breeze of fresh air, they helped us to stay healthy, stress free and relaxed.** With the growing demand, Sadguruji not only has increased the frequency of these classes but also made them open for all, meaning, in addition to Foundation members

(across 93 global centres), anyone can join and get benefit.

Although I was regularly practising Kriya Yoga under the able guidance of Sadguruji, these online classes on Yoga, Pranayama and Meditation have proved to be very helpful. My body is lot more flexible and energetic now and I feel much younger, lighter, full of vibrance and life. I think I am much fitter and energetic than I was in my 20's!

I would recommend these to anyone who wants to live a healthy and disease-free life. It is difficult to explain in words how different I feel - something that can only be experienced!

Finally, I would like to thank and express my gratitude to Sadgurudev for initiating me into Kriya Yoga. Kriya Yoga is an ultimate science of Self-Management; one who practises it under the guidance of the enlightened spiritual master, not only leads a healthy life but also explores the higher dimensions of human life!

With Gratitude and Salutations to my master, Sadguru Yogiraj Dr. Mangeshda!

Jai Gurudev

Sunil Hakhu, Melbourne, Australia

Uniqueness of Sadguruji's Yoga Sessions

The last year has been a strange one for many of us. Forced by the pandemic, most of us have had to stay at home. Our lives and work have largely been confined to the boundaries of our homes. The options to go out, meet people, or even get basic walking and other exercises to preserve our health, were extremely limited.

In such circumstances, the Yoga sessions held by Sadguruji literally came as a Godsend. Although Sadguruji has been conducting Yoga sessions for a long time and I did attend a few on and off in earlier years, I did not appreciate the value and importance of these sessions earlier.

The pandemic has forced all of us to re-

evaluate our life and priorities. This year, I decided to work on my health and attend the Yoga sessions regularly. Until I attended the sessions this year, I must admit, I did not really think 'online' Yoga sessions could be that effective! **But the way Sadguruji has designed the sessions has made all the difference!!**

In other online sessions, the communication is largely one way. An instructor demonstrates a few exercises and the students try to do the exercises - in their own ways. There is almost no feedback mechanism. The students usually do not even get to see other students perform the exercises. The main reason people go for a group exercise or workout session - to get



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inspired by fellow students and be pushed to become better — is missing. Also missing is the focus on exercises for easily strained body parts such as the shoulders or back and a sense of progression.

The Yoga sessions held by Sadguruji are the most well designed Yoga sessions I have experienced. Every session, there is a focus on one or more aspects of Yoga or body parts. Every session starts with a set of the Surya Namaskar, which in itself is a complete set of exercises. Then there are stretches, exercises and Yoga asanas focusing on improvement areas. Every session includes exercises and Asanas performed both standing and sitting. And the highlight - every session ends with a relaxing Pranayama mini-session.

A few aspects make these Yoga sessions really unique. Sadguruji takes detailed notes about each participant. He knows about our strengths and weakness better than ourselves. For every exercise or asana, Sadguruji gives us insight into the usefulness of the exercise or asana and the key points to focus on. Sadguruji then 'spotlights' the students who are performing the exercise or Asana well. This both educates the other participants about the finer points of the exercise or Asana and also inspires them.

If a student is unable to perform an Asana for some reason, then Sadguruji knows about it and has an alternative exercise or asana customised for that student to replace that

Asana, while providing comparable benefits. This assures all the students that whether or not they can perform a specific asana, they can still derive similar benefit from an alternative asana. Sadguruji takes personal interest in the development of each student. Knowing that some participants have early office and were ending up missing the last part of the Yoga sessions, Sadguruji even advanced the timings of the sessions so that they did not miss out anything.

The Yoga sessions have provided me an excellent outlet to improve my mobility and flexibility. Flexibility is a marathon, not a sprint - I have prepared myself to be patient and not expect instant improvement. But with every session, I can feel visible improvement in my flexibility. My energy levels have also improved a lot. One unexpected benefit is that I feel very hungry after the Yoga sessions and am able to eat a lot soon after!!

The weekday sessions start and end early and provide the perfect start to the workday. I feel a sense of accomplishment and optimism even before starting my office work.

Overall, I am really enjoying the Yoga sessions. I encourage everyone to experience Sadguruji's well-designed Yoga sessions - now possible from the comfort of their homes!

Hari Om!

Prasad, Bengaluru

Positive Vibes

My motto in life has been just like my blood group '**B positive**', but I guess it backfired this year! On 6th of July, I tested positive for Covid. I had developed cold from a few days and decided to get myself tested, when I came to know I had come in contact with a covid positive person. My report came out positive and I immediately informed Sadguruji about it. He gave me a few tips and I followed them to the T. My cold was not going even with the prescribed medicine that the doctor had asked

me to take, but the minute I followed the tips given by Sadguruji, my entire cold came out in a second. I could not believe it. I thought it must be temporary and would come back again. But it has never returned ever since! The doctor was surprised as well but asked me to keep myself quarantined for 14 days.

The entire journey was so smooth, thanks to Sadguruji. Who would believe that I had overcome Covid on just the second day of quarantine! This was possible only because of



Sadguruji and his teachings. The person from whom I had contracted it, had severe body ache, fever and cold and the doctor expected me to develop similar symptoms. But because of attending yoga classes regularly, I had none of these signs!

The online yoga classes conducted by Sadguruji were the only thing that kept me going in the quarantine period. I used to eagerly look forward to the classes. The yoga sessions curated by Sadguruji are so unique and effective that they cater to everyone's needs and requirements. They are so scientifically designed that each and every muscle of the anatomy is perfectly flexed and stretched to get the maximum benefit. Each and every session is unique in its own way, targeting specific diseases and ailments.

Despite heavy workload, working out in the morning hours used to energise me, keeping the mood positive and vibrant throughout the day. Maintaining the oxygen level in my body

was the most crucial thing for me, being a covid patient. The various types of pranayama as well as the asanas incorporated in the session helped me increase the oxygen level in my body. Pranayama is the practice of breath regulation and the main component of yoga – 'Prana' means vital life energy and 'Ayama' means control. The goal of pranayama is to connect body and mind and thus bring about a physical and mental wellness. The benefits of pranayama are extensive: it decreases stress, improves lung function, boosts immunity and heart health, improves memory and increases mindfulness.

The session always ends with a short meditation, which helped me overcome the negative atmosphere, making the mind calm and the mood brighter.

Thank you Sadguruji, for always taking care of all your disciples and giving us the strength to overcome any negativity that comes our way.

Disha Pathak, Mumbai

Yoga – The Wonder Drug

Hari Om!

Covid 19 pandemic which had created a havoc across the globe and especially in India in March 2020, the daily cases of those affected in thousands and the numbers steadily increasing every day, the news across all forms of communication channels which were beamed in our houses directly, were creating a depressing atmosphere. Everyone was discussing only about Covid and its effects; relatives, friends, colleagues that were affected; many known people succumbing to this deadly sickness; the bribes required to get admission to already houseful hospitals; cases of people taking undue advantage and fleecing people; shortage of medicines and exorbitant bills charged; fear of going out just to buy necessities; dangers of getting affected by going out and also spreading it to family members etc. These conditions unknowingly started affecting adversely all individuals. The worst case was that we all felt helpless as we

were unable to help those affected due to fear and lack of proper information.

It was in these circumstances that our **Sadguruji Dr. Mangeshda** felt that the time was right to bring people back on the positive path, increase their energy levels helping them regain their confidence by accepting the prevalent circumstances, taking all necessary precautions, following protocols set by the government agencies and ensuring that they lead a healthy life, mental as well as physical. This was possible by doing regular meditations and practice of yoga, age-old scientific and time tested pranayama techniques, learning about our ancient Sanskars (Kriya Sanskar Sadhana techniques) and many other scientific techniques for the overall health and development. So Sadguruji started online classes with increased frequency.

This was the opportunity I was waiting for and immediately enrolled for online Yoga Classes in the morning (thrice a week) that were to be



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started by **Sadguruji** from April, 2020 onwards.

I was a bit apprehensive as to how yoga classes could be conducted online and whether all would get personal attention. This misconception of mine was immediately squashed when Sadguruji, in his unique style kept us very motivated and boosted our confidence. Sadguruji, who has been teaching across the globe for the past more than five decades, kept an eagle eye on all the participants and corrected their mistakes, online, immediately. He also explained the limitations, ailments that we already had, operations, surgeries undergone and scientifically explained the advantages of each stretching as well as who should specifically not do these exercises. While Yoga has become very popular over a period of time and various channels are broadcasting Yoga, these very important instructions of 'who should not do and when certain asans should not be done' is often missed out or not properly emphasised. Hence, when Sadguruji explained the benefits of each asan or each stretch and over a period of some classes, information slowly started sinking in my head. Sadguruji always used to teach and emphasise on stretching and relaxing our body. He mentioned that once our bodies are perfectly stretched, asan is a simple process. He was laying the foundation for us. He also mentioned that we should never compare ourselves with others as each and every person is unique and special, even though different in terms of their bodies, their previous experiences of yoga and physical involvement in sports, fitness levels, genetic, ailments (many would have undergone surgeries, operations etc). Hence, we must maximise our own stretching levels and most importantly, take interest in practising Yoga. While the pain that we feel after a couple of days of practice might be intense, yet it should be considered as a soothing pain, as the body slowly gets used to getting stretched (having ignored our body in all these years up to now). **Sadguruji also mentions that our body is an**

amazing piece of engineering and the more we work on it, the better it becomes. These few days after attending Yoga class is a lesson in Biology as we slowly start realising the different body parts (because of the pain) and we realise the importance of being fit and how much we have abused, neglected our body, over the years.

The real test of our character, sincerity and dedication is, when we block this pain (temporarily ignoring it) and make serious efforts not to miss any more classes, despite the brain telling the body that it is okay to miss one lecture as the body is sore and silently providing various justifications and excuses to miss the class. Now, having got into the groove of regular practice, it feels great to see the transformation (both physical and mental) and the feel. Another good factor is when Sadguruji praises you for the positive changes in you. This is the real kick and motivating factor and the entire credit for this goes to **Sadguruji** himself.

Sadguruji has not missed even a single class, despite his busy schedule. While I am aware of classes held at other places that, if it is for 45 minutes, the class gets shut off on the 46th minute, but we all are so lucky that Sadguruji does not do that but he lovingly teaches us for more than the time allotted to us. This is despite the fact that he is so busy and has various other classes lined up after our yoga class.

I was very happy when my wife and both the children also started learning Yoga from Sadguruji and that there is a tremendous improvement in their flexibility and health. We all have lost considerable weight, inches have reduced, feeling energetic and fresh, these are the rewards of practising with Sadguruji and following his instructions. Most importantly, we have not fallen sick despite going to office every day in this Covid situation. Earlier, we always used to have cold and cough due to weather changes, but after regularly practising Yoga, we have not fallen sick. Our immunity levels as well as energy levels are now so high,



thanks to Yoga taught by Sadguruji!

My mind set has also become so positive that I am able to react efficiently to unknown and sudden problems, able to find the best solution to tackle any situation and also help others, inspire, motivate them to lead a happy life.

The best part of online classes is that the geographical boundaries have been shattered, participants of all age groups from across the globe, even with different time zones, can take part and that too from the comfort of their own homes. So much of our travelling time and money is also saved.

We need to give quality time to ourselves also. If we are healthy, our family is also healthy and the quality of life is enhanced.

Thousands of grateful participants have taken advantage by learning Yoga from **Sadguruji Dr. Mangeshda**. Why don't you also join? Kindly register for these classes by contacting our organisers at www.mangeshda.org and see the positive difference it makes in your lives and that of your family.

Pranams at the lotus feet of **H. H. Sadguru Yogiraj Dr. Mangeshda!**

Jai Gurudev!

Prakash Irde, Mumbai

Yoga calling

Hari Om!

It was always a ritual to take a walk after lunch, in the open space below the office. My friend and I would always try to share as much as possible during that walk on every aspect of our day-day lives, including work, relationships and health. One day in 2018, during our usual walk, we realised there was a new 'Pure Yoga' studio opened and there were discounts available on memberships for corporates in that vicinity. My friend jumped on looking at the studio. We halted. She started influencing me promptly, of how we can use our lunch time to improve our fitness levels by joining Yoga classes.

'Yoga is so boring and slow, how will we improve our fitness?' I responded to dampen my friend's enthusiasm. 'Why spend money on something where we are not even sure if we will even sweat', I continued. She was surprised by my knee-jerk reaction. She still took the pamphlet and looked interested. I told her, 'we both love dancing, it is better we join dance classes, we can both enjoy it and even burn some calories'.

We did nothing. One evening, I was passing the common pool area in my apartment while returning from office and saw a group doing

Yoga in one of the function rooms with a teacher called 'Asha'. Her voice was so soothing from far and I saw a glow on the face of the participants.

Next day, I saw a message on the common WhatsApp group from Asha that she is starting a beginners' batch on Saturday mornings. I thought to myself that it is a safe way to explore Yoga unlike a membership commitment in a studio. Therefore, I registered and here I was in my first class – taking notes, learning the names of asanas and performing asanas. Credit goes to Asha to trigger the interest in me by encouraging and praising my efforts. I realised very soon that what looks like a simple stretch in Yoga, is not so easy to hold for more counts. Moreover, I did sweat!

Looking at my efforts, she introduced me to her Guru, 'Sadguru Dr. Mangeshda', who is based in India, Mumbai. She is a part of his Foundation. She said that Sadguruji would be coming to Singapore and he would be taking a Meditation/Yoga workshop. I did not bother to ponder too much on that and told her that I am happy to participate if she believes in him. I did not even google about him.

I entered the function room where we had our



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classes with Yoga, on a Saturday, early in the morning, for the Mindfulness workshop. I saw Sadguruji. The way he looked at me was something 'familiar'. The workshop was incredible, I never realised mindfulness is such a simple attitude but extremely difficult to achieve, as we complicate our own lives.

Sadguruji had chosen me to be his disciple and that is why destiny made me meet him. After my first interaction, I was keen to meet him again. Next time he conducted our Yoga workshop and some things he shared, touched me. He shared, 'Never compete with anyone. Each body is unique, what you can do, others may not be able to do and vice-versa. Recognise your body type and where you need to work more.'

Fast forward to November, 2018, how I was lucky to be a part of the International Yoga competition in Bali. How Sadguruji had prepared all of us, by a mere zoom call and groomed each of us in Singapore, based on our unique strengths. I was amazed how he is able to gauge from far on the minute details of each and every movement of our body, how to enter an asana, hold and exit, everything was as per his guidance. I had never looked at Yoga with such respect. These few months in preparation of the competition not only motivated me but also the body was light and fitter than any other time in my life. I was in the best shape and with maximum flexibility. Looking at Sadguruji's vision of the Yoga competition and meeting other Foundation members in Bali was an eye-opening experience. Surprisingly, the participants below 16 as well as above 60 years old age-category performed the most challenging asanas. I was in awe of everyone around me, who had perhaps spent many years of practising yoga.

After the competition, I continued my practice

with face-to face classes with Yoga, here in Singapore with Asha as well as Sadguruji's zoom online classes every Saturday morning. In my first online class, I thought how Sadguruji will know how people joining online are doing their asanas as well as teach the students back in Mumbai, who are in front of him in the Foundation's centre in Juhu. I was amazed when he told me about my foot not in the right alignment while doing Veer-bhadra asana, even though my foot was not showing on the screen. **That moment I knew, one could never doubt a Sadguru like him. I put my entire trust in him and every week learned the gems that he shared during the class.**

The best part of the online Yoga classes with Sadguruji is that he will not focus on making us do many or new asanas, but make us realise the importance of stretching, increasing flexibility and the balance of body and mind. There is never any rush of learning advanced asanas, but doing simple ones with increased balance and focus. It is unlike other teachers who stress on doing continuous sun salutations but Sadguruji made us do only 5, but by feeling each stretch aligned to each inhale and exhale. I found it simple to follow and believed in the essence of each asana rather than the frequency. **Sadguruji also gives us holistic tips of maintaining our fitness levels, diet and time management.**

I have been lucky to be able to learn from such an expert like Sadguruji and it is a continuous journey to be able to imbibe his teachings in daily routine. I am thankful that I was able to change my childish perception about the form of Yoga. It is completely scientific and it is important to not just perform the asanas but also understand their impact on our body.

Mansi Sabharwal, Singapore

Rewind the entire day consciously and contemplate for 10 minutes daily to increase the consciousness of spirituality.

H. H. Sadguru Yogiraj Dr. Mangeshda



**Wishing Sadguruji a Very Happy Birthday
We seek Sadguruji's Blessings and Strength
to follow the path of
'Unconditional Love & Unconditional Forgiveness'**

**From
Sunanda Balvally
Archana, Prasad & Pratik Mangalore**



**Best wishes
Dear Guruji
on your
Birthday !!**

**From,
Dean Noronha Rego**

**MESSAGE FROM
MANGESHDA UPASANA CENTRE, CHEMBUR**



"Reflect on your past; smile in trouble and unlock your potential through your continuous effort to achieve success."

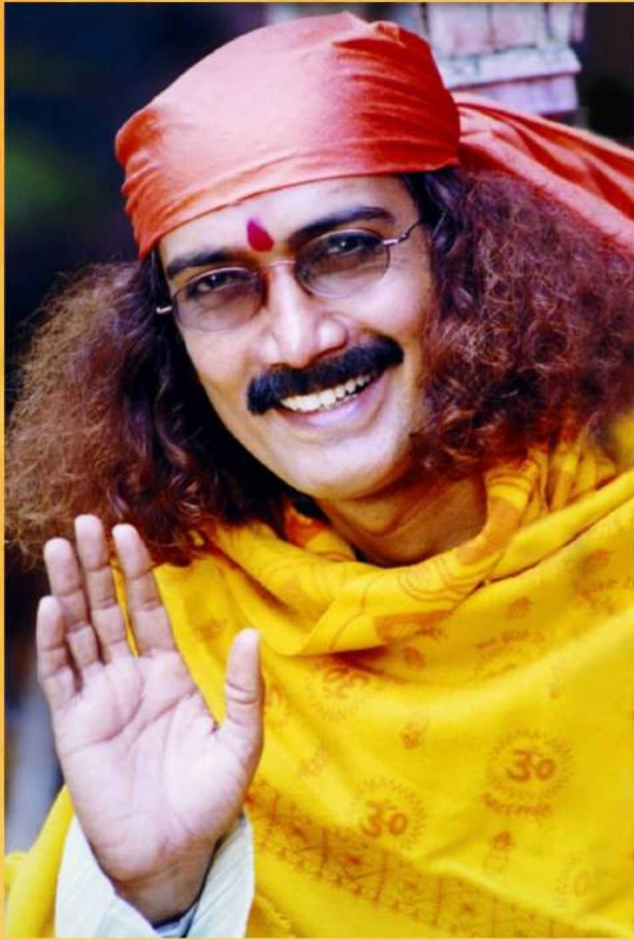
- H.H. Sadguru Yogiraj Dr. Mangeshda

**WISHING OUR BELOVED SADGURUJI
A VERY HAPPY BIRTHDAY**

**Come and be a member
of Sadguru Mangeshda Family**

Devotees

Contact No: 022 25250398

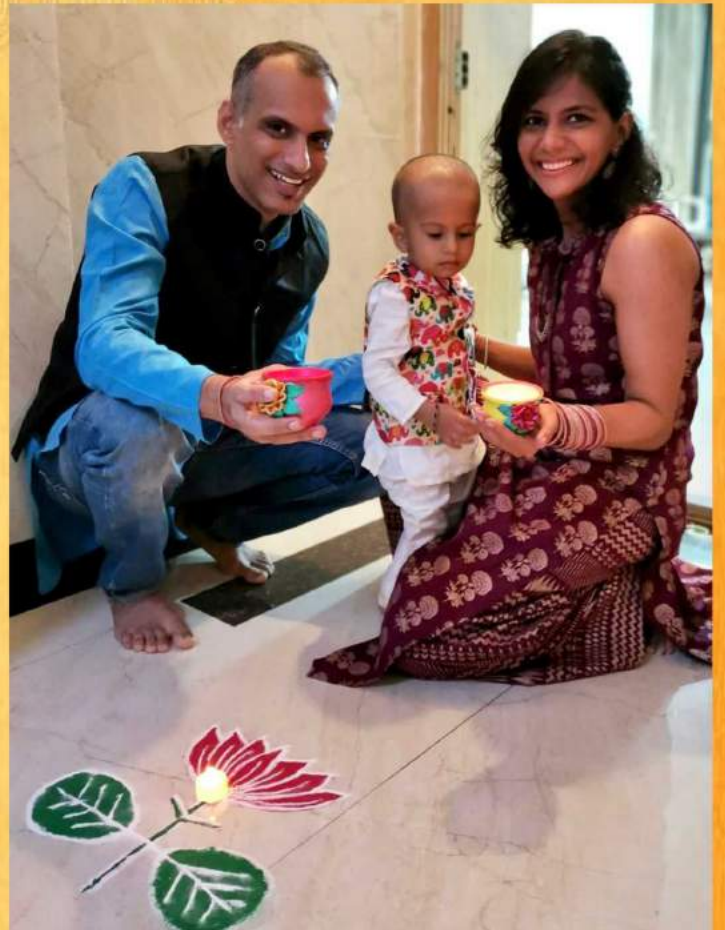


**Please accept our gratitude
for all the unconditional
love and blessings you have
bestowed upon us!**

**Wishing you a many more
years of healthy and happy
life to keep
blessing everyone.**

HAPPY BIRTHDAY GURUJI

**From
Kabeer, Manish
and Sneha**





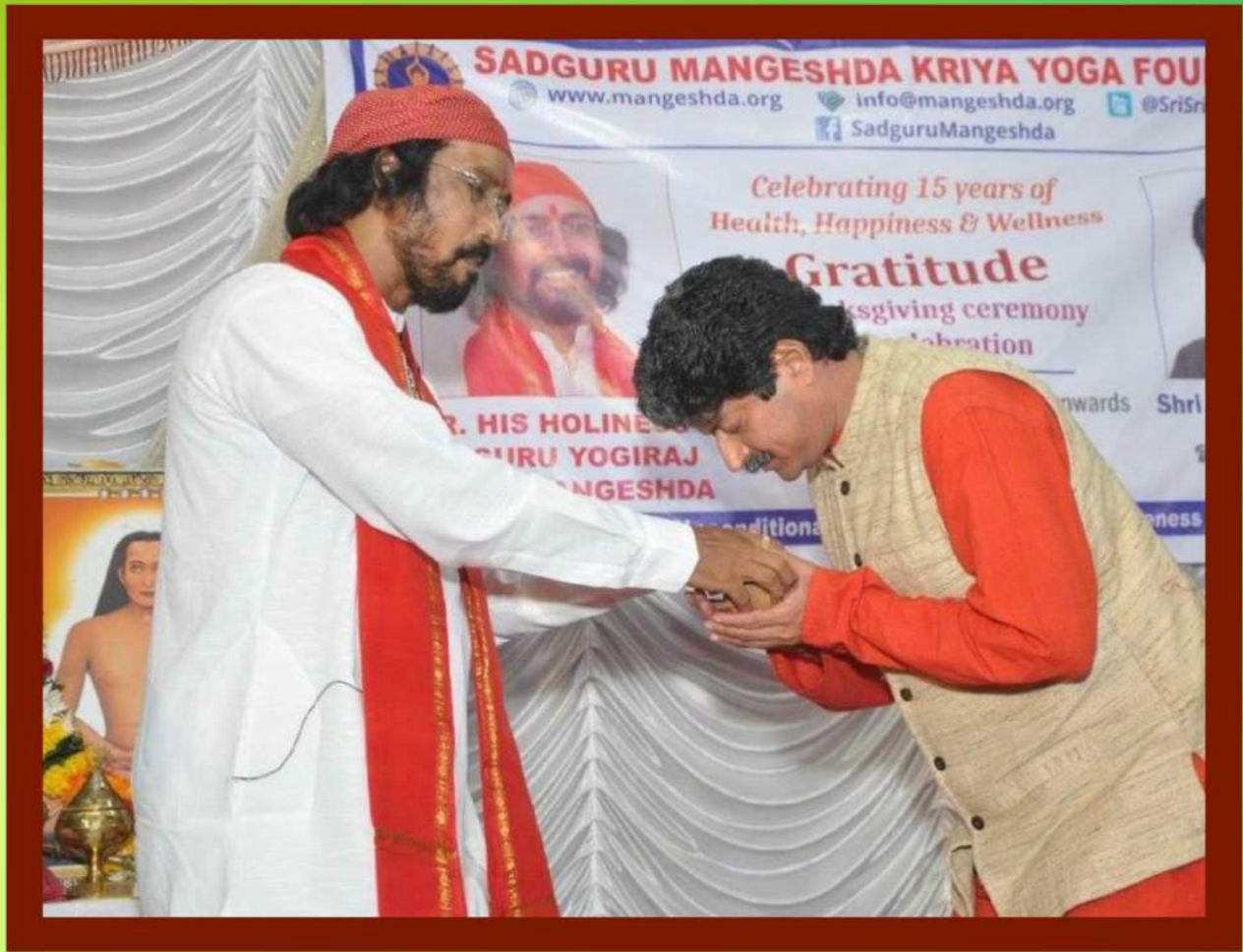
Wishing Sadguruji a Very Happy Birthday!

Seeking His Blessings 🙏

From

**Lakshminarayana Gadamsetty,
Anjana Devi Gadamsetty, Spurthi Gadamsetty**

**Shravan Sheela, Kavitha Sheela,
Anish Sheela, Avni Sheela**

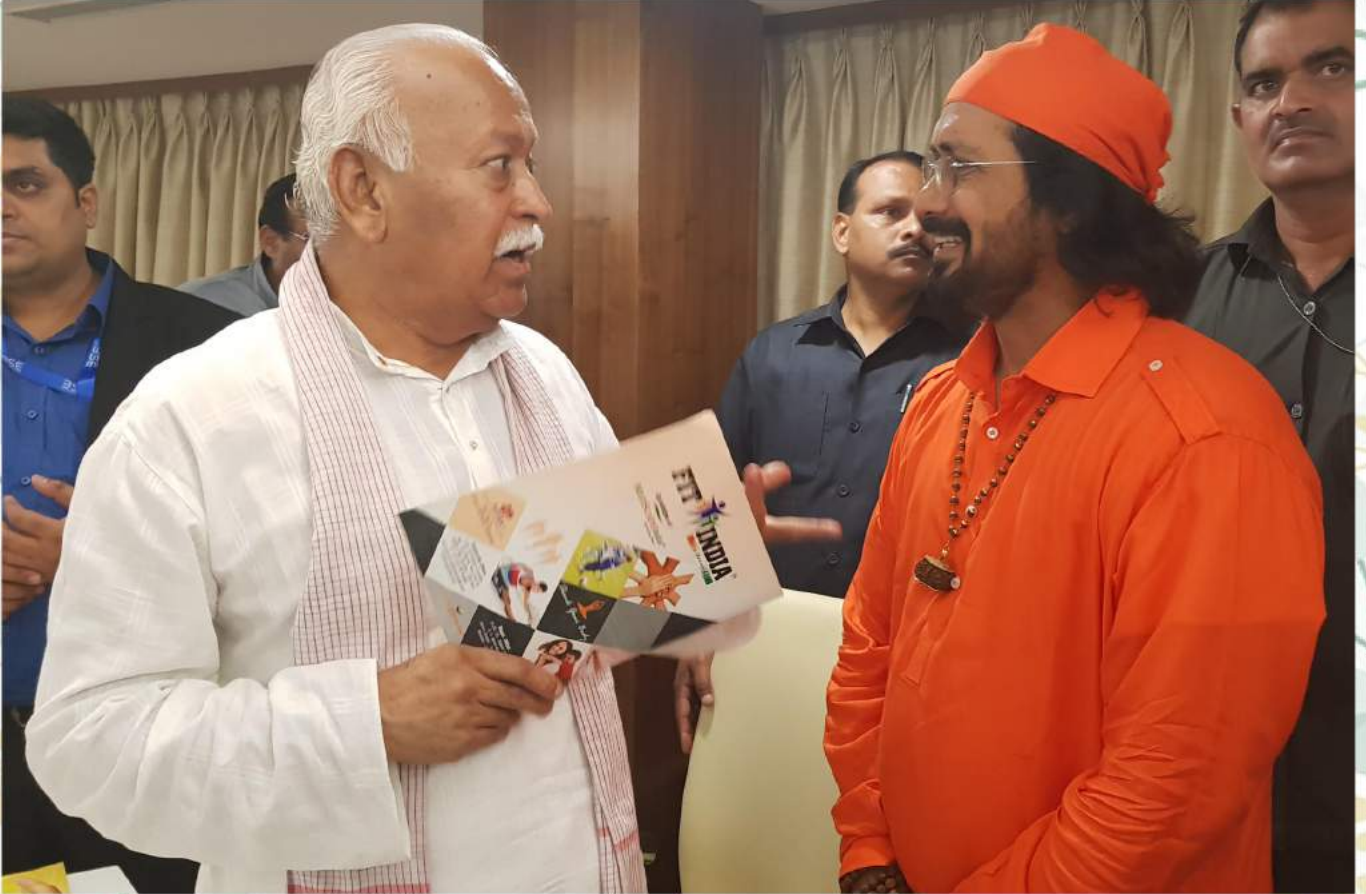


Happy Birthday Respected HH Sadguru Yogiraj Dr. Mangeshda

From the entire team of SYNC Wellness Lab
sandeep.yederi@syncwellnesslab.com

Message From Mangeshda Upasana Centre, Thane

Humble Pranams at the Lotus Feet of Sadguruji
and Wishing Him a Very Happy Birthday.



"Stillness of mind helps in merging with the light and the sound. There is no analysis when you move towards the unknown of reality."

- H.H. Sadguru Yogiraj Dr. Mangeshda

**Seeking Our Beloved Sadguruji's Blessings
Devotees**

Contact No. 9833541282 / 9867330450



Happy Birthday Sadguruji



Thank you for blessing
US
with your Divine presence.



Let us join hands and extend our Love Energy chain all around the World through Kriya Yoga!
Your Loving disciples from USA and Canada



*Kriya Yoga, Knitting our Lives
Knots set free, Sadguru at thy Feet!
Unconditional Love Uniting the World unruffled in Peace
through the path of Kriya
Sashtang Pranams, Seek your Blessings
Sadguru at thy Feet!
Loving and dedicated disciples from USA & Canada*



**Wishing you a very Happy Birthday,
Our Beloved Sadguruji.
Our Humble Salutations at Your
Lotus Feet for Always Being With Us.**

From
**Goverdhan, Laxmi, Venu Madhav, Rohini,
Meghashyam & Jahnvi**

गुरु चरण तेजोमय! गुरु आशीर्वाद लाखमोल!
सुख दुःख झेलण्याचे सामर्थ्य, झाला वर्षाव गुरुकृपेचा! त्याला नाही तोड!



Happy Birthday to Sadguruji
Happy Diwali to all viewers

From

Aruna and Prakash Sakhalkar

Shilpa, Shefali and Pranav

Saanvi and Krish

Chaitanya and Lakin. (Houston)

Breezer, Copper, Fresco (Pets)

**We Thank The Following Members
For Being Part Of Our Cause**

- Santosh Joshi
- Nikunj Goyal
- Sandeep Agarwal
- Dr. Sarveswara Rao
- Nandan Parikh
- Mukund Seshadri
- Ninad Pendharkar
- Aditya Potphode
- Vishvanath Honayya
- Yuvaraj Sonawane
- Neetu Vimal Noronha
- Pravin Patil-Om MHE
- Kalpesh Solanki
- Abhishek Poddar
- Rohit Laxmikant Sawant
- Geetee Travel Pvt Ltd
- Ajay Kapasi
- Anil Poddar
- Shankar Ochani
- Sandeep Lohkar
- N. Hemalatha
- Hiren Desai
- Priti Gala
- Nabi Sayyed
- Som Shankar
- Abhijit Surve
- Shashi Bidvai
- Aiswarya S
- Vaibhav Agarwal
- Gorav Mittal
- Nipun Goyal
- Bharati Bhodia
- Shamik Shashank Gaitonde
- Sameer & Shalini Chandragiri
- Classic Clearing Pvt Ltd -
Suresh Salian



Use the immense divine potential
you have, to convert the body
into a beautiful sculpture of divinity.

- H.H. Sadguru Yogiraj Dr. Mangeshda

From:

Maddu Family



**Our Humble Pranams
at Your Lotus Feet.
Happy Birthday & Best Wishes
to Foundation.**

**From
Jagan Mohan E * Ojasvi * Mamta
Gopal C.V. * Chavalis * Emanis * Rastogis**

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Total Fitness

Yoga-Total fitness and an Inner Awakening
with my Himalayan Master - His Holiness
Sadguru Dr. Mangeshda

Time does not stand a chance,
Practising under your Divine Guidance!
Teaching us the Nuance,
Grasping the Essence,
'Light'ening is my Experience!
Enjoying the Vibrance!

I have been attending online Yoga sessions taught by His Holiness Sadguru Yogiraj Dr. Mangeshda from November 2020. Since then I have not missed even a single session. I have started understanding and relating to Yoga in its true sense.

We spend all our energy in thinking and processing our thoughts. To replenish energy, we eat food. It is a vicious cycle – we eat food to gain energy. We spend energy to reduce our food calories by doing activities. Our nervous system is busy communicating our thoughts back and forth. Just like too many vehicles on the road create traffic jams, too many signals jam our nervous system - our brain and cause Stress.

Yoga is the best solution to tackle this vicious cycle. Yoga is not just for physical fitness. It also addresses mental fitness. We all know that Yoga means union of body, mind and soul. **The uniqueness of learning under the guidance of Sadguru Mangeshda is that we practically experience the Union and total fitness.**

Yoga is not just another form of fitness exercise. It cannot be substituted with other forms of exercises. In fact, before performing any other exercises or playing sports, doing Yoga as a warm up helps to get best results out of other forms of exercises. For example, when we are flexible, our circulation is good, we can walk miles without leg pain or cramps.

The uniqueness of practising Yoga is -

In Yogasanas, we flex each and every muscle

and joint, strengthen bones, cartilages and exercise the entire body from head to toe.

Whereas when we walk, we burn calories and maybe, exercise leg muscles. What about exercise to our other body parts, breath and our mind? Most of the time, people are either talking on the phone or listening to music when walking or jogging, running on treadmills or working out in a gym. There is no body-mind coordination. Of course, walking every day is very good but it is not enough. Practising Yoga helps entire physiology to be flexible.

When we perform Yoga, we are forced to pay attention, concentrate and focus. To achieve the posture, asan perfectly, we have to be involved with all aspects - body, mind and Spirit. Also, our breath has to be in sync with the Yogasan. Otherwise mishaps can result from wrong action.

In Yoga, as I mentioned, when we do a series or set of postures, we automatically address our entire body muscles, joints, breath, develop focus and mental balance. Yoga is a total Mind - body workout and not just body workout.

Yoga develops our inner strength.

Yoga enhances circulation throughout the body. Enhanced circulation helps in maintaining healthy hormonal levels, endocrine system, and immunity. This promotes healthy organs and tissues. Incorporating breathing into the practice, strengthens lungs and extends longevity.

Balanced mind helps us to improve our focus and intelligence. It also helps in heightened levels of silence, reducing unwanted thoughts. Due to mental balance, the nervous system calms down, which in turn, increases energy levels. Stress runs away from us.

When we do Yoga, Pranayam - rhythmic breathing exercises - meditation/dhyana is also built in. We pump in more oxygen and remove excess carbon acidic toxins from our



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blood. This promotes efficient Prana or energy circulation. We are active, at the same time fresh and mentally peaceful. When good energy levels are maintained by our body, our food cravings and need for food come down. Our body will always be in good health and shape. Since the mind is peaceful, our inner self will guide us in taking correct decisions and develop our intuition. Even when there is external stress, we can maintain our inner harmony because of our balanced mind and rhythmic breathing.

Benefits I have been experiencing:

1. I joined the class to stay healthy, especially to strengthen my immune system and flexibility to face the pandemic.
2. Also I would never miss an opportunity to enrich myself, learning and practising under the guidance of my Himalayan Kriya Yoga Master.
3. I was completely protected, no symptoms, even though I was exposed and in close proximity with a covid patient. It is all because of Yoga - I thank and express my gratitude to my Sadguruji Dr. Mangeshda.
4. I am a normal built person, never had issues with excess weight. After one month of practice, I started losing two pounds and it continued - in 4 months I lost 10 pounds. I started noticing the excess hidden fat meltdown and body getting into shape.
5. After six months, people who saw me remarked that dark circles around my eyes had considerably reduced. Face looked bright with more oxygen and blood circulation.
6. I used to get very frequent migraines, (for the past 12 years), especially when I got exposed to the Sun. Even a few minutes under the sun would trigger a headache. When the attack happens it would be so severe, I could not function at all. Migraine usually causes acidity, nausea. Now for the past few months, I am symptom-free. It is a huge relief for me.
7. For medicines to work - whether it is herbal or chemical, or eating food, channels of circulation have to be clean and flowing for absorption and delivery to the targeted destination. Blockages in circulation are because of accumulated toxins. I see better results with medicines because of good circulation with practising Yoga. Hormones seem to be in balance from the past few months.
8. Thought production is less and I am able to manage emotions in a better way.
9. Even occasional health issues like aches and pains do not stop me from attending the session. I live in Boston, USA and the online classes start at 6.45 AM India time and at 9.15 pm EST(USA). Even though it is late at night, winding down time, once I connect online with my Sadguruji, I feel energetic and enjoy the flow.

Why I do not miss any session?

1. Learning from a Himalayan Kriya Yogi – It is a lifetime opportunity and I would not miss it. Every session is unique.
2. Sadguruji teaches us a very vital valuable lesson - commitment. No matter how busy he is or any disturbances he faces, he is always present to teach us with a smile and encourage us to achieve.
3. Sadguruji teaches not just Postures or Asans. We learn all types of Yoga - Hatha yoga to Swara yoga, facial yoga, different forms of exercises ranging from martial arts to Tibetan exercises; techniques to improve memory, stay healthy and young.
4. Sadguruji teaches how to perform Yoga on a chair or bench for those who have physical limitations.
5. Pranayama and Meditation under one roof.
6. Sadguruji incorporates proper breathing - pranayama - in every exercise and Asans.
7. In every class, more focus is given to a particular part of the body - hips, legs, thighs, core etc.
8. Sadguruji explains biology, anatomy,



- physiology of the body... how each muscle responds to our workout.
9. Sadguruji addresses psychology - how mental balance is important to achieve physical balance.
 10. Emphasis is given to healthy diet tips and techniques for overcoming food cravings.
 11. Most important - Sadguruji watches each and every frame and gives individual attention to each and every participant. If any participant cannot perform any exercise or posture, Sadguruji guides him instantly with a more comfortable posture.
 12. Sadguruji notes each participant's progress - Strengths and weakness and guides us accordingly to better ourselves.
 13. We all sleep. But the quality of sleep

matters and not the quantity. More emphasis is given to quantity now-a-days. Quality sleep is deep sleep, where, when we wake up the next day, we feel fresh, relaxed, energetic and not tired. Even after 8-9 hours of sleep, one might feel tired after waking up in the morning. Sadguruji teaches techniques for going into deep states and enjoying quality sleep.

I feel more healthy, flexible and energetic physically and mentally. This is helping in my Spiritual progress.

Thank you Sadguruji, for your Divine guidance and blessings!

Pranams!

Shambhavi Kriyaban, Boston, USA

Dusshera Melawa

This Dusshera was special for us Kriyabans! Revered Sadguruji made it special for all of us. As we are aware, every year on 1st May and 2nd October, a get-together is arranged for all Kriyaban family members of Sadguru Mangeshda Kriya Yoga Foundation. It is a day-long programme where we get to spend time with Sadguruji. He guides all of us, shares new techniques, clears the doubts of all sadhaks who are pursuing Kriya Yoga under his guidance.

In the year 2020 and also in 2021, we were not able to conduct any physical get-togethers due to the prevailing conditions and restrictions. But this year, Sadguruji decided to conduct the Melawa virtually - with the help of technology - on 1st May as well as on 2nd October, 2021. Yes, we attended the Melawa from the comfort of our homes. As you know, these days many things are reaching their destination because of technology, work from home concept. We too used this concept, thanks to our technical team and we have been able to do our sadhana from home.

Since Sadguruji wanted to conduct Marathon Intense Kriya Sessions for all his Kriyaban

disciples on 2nd and 3rd October, He decided to conduct this Melawa on the auspicious day of Dusshera. We celebrated **Vijayadashami** online in a grand manner on 15th October, 2021. The main purpose was to celebrate the victory of positivity over negativity and also to mark the spirit of unity in the Foundation.

Last few months have been challenging for all, due to pandemic, but the Foundation, under the leadership of Sadguruji has been fighting it out vigorously. He has been a guiding force for all on all levels. In fact, in this era, He has come out with more strength and strong purpose. His online Yoga, Pranayama, Meditation and Kriya sessions have a huge demand as they have helped all immensely.

The online Melawa started sharp at 8.30 am. in the morning and everyone was eagerly waiting for the Master. As He always says, "Because of these online sessions, I am able to visit your homes", indeed, all participants were happy to have His darshan as well as His blessings on the auspicious day which is considered as one of the Saade Teen Muhurtas as per Indian Culture and Tradition. Disciples from across the Globe, right from US to



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Australia and from Asia to Europe had joined this Melawa.

Revered Sadguruji, the most sought after Spiritual Master, Inspirational leader, who has been teaching Kriya Yoga, Meditation, Pranayama, Hatha Yoga across the globe for the mental and physical fitness, in His address, emphasised the importance of Kriya Yoga which helps save precious energy, utilising our breath optimally bringing miraculous changes in life, practising mindfulness throughout, explained the ways to increase willpower, ability to face any challenge and overall growth both professionally and personally. The message from Him was, **'Everyday, contemplation of at least ten minutes is necessary for one's spiritual growth.'**

To counter the effects of Covid pandemic, **Sadguruji**, since April 2020, has started conducting Yoga, Pranayama, Kriya Sanskar Sadhana, Meditation and Kriya Yoga sessions online, which has immensely helped thousands across the world to reclaim their lives, develop positive attitude, follow healthy lifestyle with reduction in stress and there is a huge demand to conduct more such sessions. When He speaks, we always feel that it should not end. Such is the charisma of His golden words; His experiences from His early days,

His commentaries on Bhagvad Gita and Lord Shrikrishna; this takes His speech to an extraordinary level.

Fellow Kriyabans made their extraordinary sharings about sessions on Kriya, Pranayama, Meditation and Yoga. It was a very good experience listening to all of them. Someone had lost ample number of kilograms after attending Yoga sessions, someone was at total peace after a wonderful meditation session, many others shared that these sessions have helped them tackle the negativity due to current stressful situation and also evolve as better persons. As they say, seeing is believing, the joy and happiness on the faces of people sharing their experiences and those who were listening to them.... narrated the same story. Pure Bliss!

The one word to sum up this entire session was - POSITIVITY! All of us thoroughly enjoyed, being a part of this positive chain. **Sadguruji rightly said, "It is celebration... Vijay Sohala!" We will continue to follow His words and techniques... whether offline or online!**

Jai Gurudev.

Hrishikesh Ambaye, Mumbai

A Miracle

Hari Om!

During Mahashivaratri Mahasatsang on 11th March 2021, Sadguruji asked us to make a Sankalp. I did and I want to share my experience with all of you.

I had been visiting Hospitals and Doctors, as I was diagnosed with Severe Aortic valve Stenosis, which required immediate operation. But Sadguruji suggested to take one or two more opinions. I wanted appointment of one cardiologist in Jupiter but I got appointment of 27th March.

After Mahasatsang, Sadguruji called me and asked me to be awake till 12 night and do

some rituals and he said, "I will be in tune with you during the ritual." He explained to me in details the procedure (Vidhi). Generally, we sleep at around 9.30/9.45 pm every day. But as suggested by Sadguruji, we were awake and did intense 'vidhi' as per His instructions. Then suddenly, in the morning, I got a call from Jupiter hospital whether I could come in the afternoon to meet the Doctor as some cancellation had occurred. I immediately agreed. I met the Doctor.

After seeing my reports, checkup and symptoms, Doctor said, 'I don't think your report is correct. I need you to undergo 2D echo test again.' When he saw the revised



report, there was vast a difference. He showed me the difference and said, 'you have the problem but at least for one year, you don't need any operation.' I was shocked and happy. This was a surprising news to me. I immediately realised this is because of Blessings of our own Lord Shiva - Our Sadguruji! He Blessed us and the Miracle Happened in the Form Of Change Of Report Within 24 Hours!

We all are Lucky and Blessed disciples of Sadguruji. He takes care of each and every one of us directly or indirectly.

Thanks Sadguruji, for Your Blessings. Will always be indebted!

Har Har Mahadev!
Jai Gurudev!

Haresh Teckchandani, Mumbai

I Will Not Blame Anybody

Hari Om!

This is the New Year Pledge Sadguruji has given us. He has repeated it in His Ashirvachan on the pious day of Mahashivaratri. It is a lofty value that everybody should uphold and practise. No doubt, everybody will agree with this statement. There is a big gap between agreeing and practising. This blame game may take place in a family, school, housing society or any place where people come together for a specific purpose. It is a weakness in the human nature and it affects the quality of life at individual and interpersonal level. It leads to strained relations. Many people are not willing to accept their mistakes and shortcomings. They manipulate the situation cleverly and make people believe that the mistakes were committed by someone else. They cleverly escape.

Why people indulge in blaming others?

The main reason is, people lack courage to accept mistakes. They are afraid of the consequences, if others come to know of their blunder. They fear that their image will be badly affected. They have the fear, 'How will I face people?' So, they try to put the blame on someone else. For example, if a prospective client is not happy with the presentation of a project, the manager would say, "My junior made a mess with the data. I had given him clear instructions". The junior has no courage to say that there was no mistake from his side. He will keep quiet. Such examples are many.

The tendency to blame others could be due to

fear of criticism and punishment. People are afraid that they will be punished when others come to know of their mistakes. If someone is due for promotion, he will be careful to hide the mistake and put the blame on others. People crave for support and recognition at any cost. They continue their blame game till they are caught one day.

Another reason could be jealousy. People cannot see someone who is cleverer and performing better than them. Or, there is some strained relationship with the person and they look for an opportunity to fix him. This blame game is a ploy against him and his future. They do not like to see that this person gets the due recognition. If he gets, they will have sleepless nights. If his prospects are blocked, they will be very happy.

There is a story about George Washington who was the US president. When he was a young boy, he cut the cherry tree in the garden with a hatchet. When his father enquired about the damage done to the cherry tree, the young boy told his father, "I am sorry, father. I cut it with the hatchet". The father was very happy to know the honesty of his son. He said, "My dear son, your honesty is more important to me than 1000 cherry trees. I can grow them again". Gorge Washington could have easily kept quiet and said that someone else might have done it. But he had the courage to accept the mistake.

The question is, how to ensure that people refrain from such blame game and imbibe a



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refined value system? For the solution to this problem, first we have to focus on the family where a child's first learning starts. Parents are the first teachers for children. Parents have to give some quality time and attention to their children and help them imbibe the right values. Instead, if they fight and involve themselves in blame game, the chances are, children also will imbibe this unhealthy behaviour. When they grow up they will never have any hesitation to indulge in blame game because this is what they observed from the young days.

Later, when children enter schools, their second learning phase begins. Teachers have a noble role to play in the overall development of children. What they see and observe at this tender age will influence their emotional and intellectual development. I remember a beautiful story my eighth standard teacher told us. He was very good at telling stories. I would like to refer to one such story that is still fresh in my memory. Actually it is not a story, but an actual incident. It was about Mohammad Nabi. He was the best student in the class. The class teacher of Mohammad Nabi was a disciplinarian. He used to scold and punish children coming late to the class. He was very particular that children should respect and help others, especially the old

people. One day Mohammad Nabi came late to the class. This happened to him for the first time. Teacher was very angry and asked him the reason for his late coming.

Mohammad Nabi calmly told the teacher that he was on his way to school. On the way he saw one old man walking with great difficulty. He was not steady and any time he could have fallen down. Nabi went to him and helped him cover the difficult patch till the path was reasonably good. In those days there was no good road network. There were all narrow patches extending forward, formed after people walking over a period of time. The teacher paused for a while. He came forward and embraced Nabi. He then addressed the students, 'This is what I expect from all of you; respect and concern for others. I am very proud of you, Nabi'.

Education is not just gaining knowledge and degrees, but to be a good human being, a responsible member of society. Children with the right kind of education at home and schools will enter into colleges and later organisations, to perform, contribute and develop and in turn they train and develop others. The chain will continue and a healthy and strong nation will emerge.

Dr. Vasudevan, Mumbai

— Staying Connected with the Guru during the Pandemic —

Hari Om!

While the world was caught in a state of fear, confusion and restlessness during the lockdown and restrictions due to the pandemic, the blessed and fortunate students of H H Sadguru Yogiraj Dr Mangeshda were enjoying His darshan and teachings straight from their living rooms every alternate day. The Foundation's technical team, with Sadguruji's Blessings, wasted no time in enabling hundreds of students take advantage of the lockdown and learn rare gems from the Himalayan Master through online classes.

Sadguruji has been taking yoga classes for

more than two years now. During the pandemic, He started taking online classes, that also to a higher level. Now, yoga classes are held thrice a week for the regular batch. He has recently started separate thrice-a-week classes for senior citizens and those new to yoga.

During the classes, the scientific explanation given for performing the various stretches, exercises and asanas is unparalleled. Sadguruji digs deep into his treasure-trove of knowledge accumulated over 50 years' experience of practising yoga. All participants are left amazed with his knowledge of Yoga and the human body. A little twist here, a little



modification there...and lo!...an asan goes up a notch and stretches the body even more! Sadguruji also constantly gives invaluable tips on diet to further boost the health of His students. Regular practice of yoga as taught by Sadguruji leads one to a balanced state of body and mind.

After working on enabling energy flow in His students through yogic exercises and asanas, Sadguruji focused next on teaching the secrets of Pranayama. Similar to yoga, Sadguruji taught simple yet powerful techniques. These 'Himalayan secrets' take the practitioner to deep levels of calmness through control and regulation of the breath. The benefits arising from practising these techniques are multi fold – both physical and spiritual. Pranayama is taught in two courses – '1st level' and 'advanced level'. For me, the 1st level course itself felt very advanced! No words can describe the 'advanced' course. The courses were very well received by the participants, which led to multiple batches being taught.

A student who regularly practises Sadguruji's yoga and pranayama techniques is well prepared to receive and understand Sadguruji's techniques of meditation. Sadguruji has been taking two classes per week for many months now, wherein He takes His students on a fascinating spiritual journey. Many a session have found His students enter deep states of calmness and peace.

Sadguruji also devised a course based on his many decades of intense research and practice of ancient Indian traditions, rituals and customs. Aptly titled '**Kriya Sanskar Sadhana**', He explained scientifically, the background and reasons behind many of our traditions. This course truly transformed me. The rituals that I used to consider as unnecessary and unscientific, suddenly found deep acceptance within me. It made me proud

of India's rich tradition and spiritual wealth, but I was also a bit sad that not everybody in India has had the blessings and opportunity to understand them as explained by Sadguruji. If everybody truly understands and practises them, this country and the world will be truly transformed!

And finally, the icing on the cake – the weekly Kriya Yoga classes on Sundays! It feels like a modern day Gurukul where the Master pours out His knowledge to His enthralled disciples who sit virtually at His Feet. **The constant encouragement, the firm yet gentle chastisement for not properly practising the techniques taught by Him, the glimpse of the unimaginable spiritual possibilities, all combine to make these classes a must-attend event of the week.** When the rest of the world is deep in weekend slumber, every Kriyaban wakes up early and eagerly awaits this appointment with Sadguruji.

Sadguruji has been working tirelessly to uplift His students and disciples physically, emotionally and spiritually. Ill-health or other personal engagements stand no chance in the way of Sadguruji's commitment and endeavour to impart maximum knowledge.

I personally feel Sadguruji has upped the ante in disclosing his pearls of knowledge during the pandemic. It is up to us all to increase our level of receptivity or 'paatrata' to understand and absorb the Spiritual Knowledge bestowed.

Thank You Sadguruji, for Your deep love, concern and untiring efforts to elevate Your disciples. I bow down in complete gratitude and pray that I have the strength and willpower to follow Your teachings and guidance.

Jai Gurudev!

Vikram Duvvuri, Hyderabad

You have a fantastic asset in the form of breath. Use it in rational quantities to control your mind and to increase your willpower.

H. H. Sadguru Yogiraj Dr. Mangeshda



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Our Lifeline During These Tough Times

Covid -19 has had created havoc in the minds of the citizens of the world. In India, the first wave was waning. We had no idea about the second wave coming with a big bang. Kriyabans like me had been fortunate to attend regular classes of yoga, meditation and most importantly, the unique Kriya Yoga classes Online -Live with the Himalayan Master, H H Sadguru Yogiraj Dr Mangeshda. These were our lifeline during these tough times and the technology was used for the betterment of the society. We could see the untiring efforts of Sadguruji to improve our lives.

So, when the Pranayama sessions were announced (first Part -1 and then Part -2), we were all pleased. I was fortunate enough to participate in both. In the first week of March 2021, my entire family was detected with Covid. My wife had to be hospitalised. I was

alone at home. The second wave had just started. It would have been demoralising for any person. But I was fortunate to have been practising these pranayamas regularly. Luckily, I was asymptomatic and able to carry on my regular duties in the confines of my house as I was home quarantined. Regular practice helped me to improve digestion, strengthen my immune system and sleep well. The negative thoughts had no place and I was filled with energy. I happily recommended these classes to my family and friends and they too gave a great feedback. We are so fortunate to have such abundance of knowledge, tools and techniques shared by Sadguruji. Need of the hour. Gratitude to this Legend!!

Jai Gurudeva!

Sandeep Yeder, Mumbai

Journey from Goregaon to Oregon

This article is about the journey of my daughter Saylee from birth till now. We are very proud of her. I am sharing her academic and sports achievements and her continual efforts to be the best. This sharing is to inspire others and have self-confidence to follow and achieve their dreams.

Though she was very good in sports, after clearing her 7th standard, she said she wanted to be a scientist and accordingly she dropped herself from swimming training which upset her coach as he had seen and realised her very good potential in swimming. She stopped swimming as she was determined to be a scientist and wanted to utilise her time for studies.

She was very good in mathematics and physics and she used to participate in all the Science exhibitions at district and state level. She received many certificates from school and various institutions and even cleared Homi Bhabha exams but could not make it to the

merit list.

After clearing her 12th standard Board exams, she wanted to pursue pure electronics and because of the good grades, she got admission to one of the best Engineering colleges in Mumbai. Throughout the next four years she got distinction and in Mathematics she stood 1st from 1st semester to 3rd semester. She even used to check and correct papers of Vidyalkar classes in mathematics. It was a proud moment when she stood first in her college by getting GPA of 8.95 out of 10. She was determined to pursue higher studies and she got admission in one of the best schools, University of Michigan in USA. She did her Masters in Embedded Systems & VLSI Design (very large semiconductor integration). During her studies also she was Chief Grader for Undergraduate assignment checking and she used to correct the papers for the university and was even paid for it.

She was aware that due to Covid-19 pandemic,



the job openings were very less, but she never lost her hope. She always used to tell me to inform Sadguruji Dr. Mangeshda to give her strength to face these tough times and with her perseverance to get the right job as per her studies done.

Saylee and I used to always share about my Sunday Kriya classes and meditation and Sadguruji was always proud of her and had full confidence in her. Sadguruji always used to mention that she will always do her assignments in time and get good score in exams. With Sadguruji's blessings, she got a good score of 3.4 out of 4 (GPA). Though she missed the graduation ceremony due to pandemic she added one more laurel as she completed 36 credits (highest in her class) as compared to the normal 32 credits.

Please note that this write up is for inspiring others, do not lose hope, work hard, remain focused, follow and pursue your dreams and most importantly, always have faith in our Sadguruji, as HE knows what is best for us. The title of this article is from Goregaon to Oregon since we reside in Goregaon and she got the job of Physical designer (VLSI) in Oregon, USA.

We parents and Saylee are grateful to Sadguru Yogiraj Dr. Mangeshda for his blessings and pray that she achieves even more in her life and most importantly she continues to remain grounded and contributes back to society for all the blessings and good wishes that she has received especially from Sadguruji Dr. Mangeshda and all well-wishers.

Ravi Chandavarkar, Mumbai

Dussehra Get-together

Hari Om!

The news that **Sadguruji Dr. Mangeshda** would be conducting an online Dusshera Melawa on 15th October, 2021, was the best news that I was waiting for a very long time. Also the fact that this Kriyaban Melawa (gathering of all those who had taken Kriya Yoga Diksha from Sadguruji) would be for two hours, was like music to my ears as we would be getting an opportunity to interact with Sadguruji on the auspicious occasion of Vijayadashami or Dusshera, a very important festival for us.

Melawa suddenly brought back wonderful memories of the past melawas when we routinely used to meet, in pre-covid times. How much I missed those melawas- be it Kriyaban Melawas (twice a year without fail for the past 2 decades); Mahasatsangs of Sadguruji Dr. Mangeshda on all the major festivals and especially during Mahashivaratri, Guru Purnima, Krishna Janmashthami; our Annual day celebration on 24th October, which coincided with our Sadguruji's birthday; various social activities for the under privileged and especially the mega success of

'Eye Pledge - We Pledge' Awareness drives which has crossed more than 85 lakhs eye pledges! These were some of the occasions that we all used to meet together with all the disciples coming from across all states of India as well as from the various continents across the globe from our 93 centres worldwide. This was the time to meet and exchange our views, talk about our Sadhana, learn from each other, inspire and get inspired from each other and most importantly, get the entire day to spend in the presence of our Sadguruji Dr. Mangeshda and have the immense fortune of being blessed, guided and learn about the rare, ancient and scientific path of Kriya Yoga. The very fact to have HIS gaze on us disciples was enough to carry on with our lives for the entire year, leave alone the fact that Sadguruji always enquired about each and every single one of us, our families, to have his blessings on all of us. How lucky we all are!!

How we all have missed physically meeting each other during the past 18 months from the onset of Covid-19 pandemic and the various restrictions and life changes it has brought on the entire world. Therefore, when Sadguruji Dr. Mangeshda declared that he



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would be organising Dusshera Melawa (online) on 15th October, 2021, it gave me immense happiness and I eagerly started looking forward to that day.

This melawa started with Hrishikesh Ambaye, our compere for the event, warmly inviting and thanking Sadguruji for this initiative, presenting the new montage of Sadguru Mangeshda Kriya Yoga Foundation, which was fantastic. Sadguruji during HIS address emphasised the importance of Kriya Yoga which helps save precious energy, utilising our breath optimally, bringing miraculous changes in life; practising mindfulness throughout; ways to increase willpower; ability to face any challenge and overall growth, both professionally and personally. Sadguruji also exhorted his disciples to live a disciplined life, to be mentally and physically fit, to be positive always, to contemplate daily at least for 10 minutes and practise Sadhana daily.

We all felt that Sadguruji should have continued his Ashirvachan for a few hours

more but due to restrictions of time and taking into consideration the various time zones across the globe where we all Kriyabans had gathered virtually, we had to cut short our Melawa. We also got an opportunity to listen to a few Kriyabans who shared their experiences in brief on Kriya Yoga, Meditation, Pranayama, Yoga and other online activities which Sadguruji has initiated since the outset of Covid to ensure that his disciples lead very healthy, peaceful, stress free and quality lives and not live in the fear of Covid all the time. The technical team and administration team rose to the occasion and ensured that the Melawa went off very smoothly.

I had a wonderful time at Dusshera melawa and thank you Sadguruji Dr. Mangeshda, for your initiative in organising this Melawa and for your valuable time, pearls of wisdom, guidance and blessings.

Jai Gurudev!

Prakash Irde, Mumbai

Guru Sharanam

Hari Om!

It is said that every cloud has a silver lining. For us Kriyabans, this dark cloud of pandemic has brought with it a very bright silver lining in the form of our Guruji's online classes. As never before, Sadguruji Himself is coming into our homes to transform us, to lead us patiently on this spiritual path with various sessions: Kriya classes, intense Kriya sessions, Pranayama, Meditation, Yoga, Kriya Sanskar Sadhana, Kriyaban melawas...the list is endless. And how we are savouring these sessions! **Especially for those of us, living outside Mumbai and more so for those living outside India, these are a boon from the heavens.** Sadguruji makes each and every session so very interesting with His unique, inimitable style of putting across teachings. As soon as one class is over, we eagerly wait for the next!

It is not that we have only work and no play. He organises many festivities too, online, in a very creative way where the Kriyabans are given a chance to showcase their hidden talents. One has to participate in them or just watch them online to feel the joy of these celebrations.

I am fortunate that I am able to attend all His classes. Prior to the actual techniques, Guruji teaches us the art of living in the form of talks covering a wide canvas of topics, from the mundane to the spiritual and it is up to us to gather these pearls of wisdom, imbibe and implement them in our day- today life.

Here is how I have gained from each of these sessions.

Yoga: Yoga has made my body flexible. All vague bodily aches and pains have gone. My digestion has improved. I am the oldest participant in my yoga group and Guruji gently



nudges me to increase my stretching ability. He watches very patiently and minutely the performance of each participant, makes note of his/her health problems and weak points, corrects them and gives tips on how to improve. In fact, He maintains a record of each yoga student and closely follows their progress.

Genetically, my cholesterol has always been high, sometimes bordering on mild risk. My recent blood report showed my cholesterol to be within normal limits. It is surely due to yoga. He gives us tips on how to get restful sleep, how to avoid wrinkles and get glowing skin through facial yoga, how to sharpen the eyes and ears etc. He explains the science behind each asan, its benefits, which muscles get activated, its effect on our endocrine system and so on. At the end of each yoga class, I feel energetic and all my systems rejuvenated.

Pranayama: Sadguruji has taught us some very special Pranayama techniques. By practising these, my breathing has improved. Earlier, I used to get breathlessness on exertion but now I am totally free from that problem with no medication.

Meditation: The unique techniques that Sadguruji teaches us help us to settle our wandering mind, which increases our focus and mindfulness.

Kriya Sanskar Sadhana: This is a unique

programme designed by Sadguruji where He has taught us various ancient spiritual traditions of India and explained the science behind them, thereby dispelling the myth and asserting that these are not blind beliefs but have a scientific basis. This course also includes a lot of guidance on diet.

Kriya Classes: Kriya classes on Sunday mornings are the crown jewels of all the sessions. Being a Yogiraj, Sadguruji teaches us the secret techniques of Kriya, makes us practise in His Presence, corrects us patiently and thus slowly leads us on this sacred path. He knows where each Kriyaban is faltering and with His minute observation, pinpoints our mistakes and gives us tips to correct them. Sitting and practising in His presence reminds me of Gurukul in ancient India.

The **Intense Kriya sessions** are really intense and enjoyable. The 3 to 4 hour sessions are conducted by Sadguruji so interestingly that I do not mind continuing for another 4 hours! His enthusiasm, radiance and unique style of teaching make spirituality so very easy and give us the belief that the goal is within the reach of each of us.

I thank Sadguruji for His Herculean efforts to transform his disciples. Koti Pranams to His Unconditional Love and Unconditional Forgiveness!

Usha Duvvuri, Hyderabad

Meditative Journey

Hari Om!

My humble salutations at the lotus feet of revered Sadguru Yogiraj Dr. Mangeshda! I wish Him a very Happy Birthday!

I am grateful to my Sadguru for initiating me into Kriya Yoga and accepting me as his disciple. Since then I have been attending regularly his Sunday Kriya sessions. Every Kriya session Sadguruji takes, is itself a revision for us and guidance for our practice,

ultimately resulting in its perfection. Even though these days, classes are carried out online, his minute observation not on just physical body but also on our mind, helps us to understand where we are going wrong or rather where we are weak and we come to know how we can overcome the same. This is the uniqueness of the sessions.

Earlier days, I used to wait eagerly for Sadguruji to teach us new things, but through online sessions he has bestowed on us so



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many advance techniques that are really marvellous and unique that the impact felt is tremendous. He has been explaining to us, all the aspects of Kriyas detailing their benefit and how they are helpful to us in inclining further. All techniques and guidance he gives are clearly his blessings to make us understand and progress further in our spiritual journey.

My journey in Yoga practice began when Sadguruji announced the starting of a new batch of Yoga class. Initially, I was overconfident and thought that I could do Yoga asanas easily, at least basic asanas though not of advanced level. The main purpose of my joining the class was only to be in Sadguruji's presence. I have experienced this earlier also, that in the middle of any session, Sadguruji discloses some deepest aspects of the practice which are really helpful for us to incline physically, mentally and spiritually. So now also, with the same intention I started attending the Yoga sessions.

Phase I

With time I figured out that Sadguruji had already noticed how much I hated myself for being fat. In initial days only, Sadguruji helped me stop my entire struggle of gym exercises and introduced me to the simplest yet effective practice of Yoga. Within months of this practice, I reduced my fat and became fit.

Phase II

This was the time when Sadguruji took the practice to the peak, guided us with strict discipline, diet, day to day routine and marvellous set of Yoga practices designed uniquely. This was the period when mind really remained excited each day- 'today, I am going to learn new things, I will be breaking the milestones...'. Sadguruji has gifted each one of the participants with unique asanas which are really advanced and hard to practise. The result of this is noticed in participants' successful journey from District level competition to the International level, where almost everyone bagged some medal

and awards.

Phase III

This is the best part of Sadguruji's teachings, I found, especially after the lockdown phase started. His valuable guidance to attain peace of mind along with the energy to fight the corona was very effective. In one single Yoga session, he also covered pranayama and meditations. In every session he gifted us with something new that was helping us progress not just physically but mentally and spiritually also.

I also attend Sadguruji's Meditation sessions regularly. From the very first session itself, he started teaching us very simple and easy to follow meditation techniques which were effective. He guided us from how we should sit, how we can calm our mind, how to overcome several distractions that mind poses and helped us understand what should be the aim of our spiritual practice and how to achieve it. He has explained to us about the energy, its types along with methods to conserve it, amplify it and use the same for inclining spiritually. Over a period he has taught us such deep meditations to move ahead gradually to experience the bliss, peace, energy and the calmness of the mind! So many meditations he has taught us that when we link the meditations with the core of it, I can just say that it is the journey beginning with body followed by mind and ultimately the soul!

I would like to thank Sadguruji, for giving us an opportunity for learning the importance and techniques of Pranayama through online sessions. I am one of those lucky participants who attended basic as well as advance pranayama sessions.

There are many pranayamas but which of them we should practise and how, was taught making us understand scientifically the depth of each Pranayama. We are taught pranayamas to improve our immunity and balance our hormones, to control our emotions and to increase the life span.



Literally it used to happen that, in the beginning we were at the peak of curiosity and at the end of the session we were at the peak of surprise. I have been immensely benefitted by practising these regularly.

I consider all the sessions by Sadguruji as blessings, because, for me, **Lord Himself is sitting next to me and guiding me to discover Himself within me.** I can only say, 'thank you, Sadguruji, for each and everything you taught us and guided us to stand again after each fall. You guide us to complete our karmas in mundane world and simultaneously help us to elevate ourselves further, in our

journey to Unite with the Supreme Soul.'

We do not have anything that is ours that we can offer to express our gratitude to Sadguruji, because everything we have is just with his blessings! Still, Sadguruji, please accept our gratitude for everything you are doing for us!

Any Guru Dakshina one can give, will fall short against all the things he is doing for us - his children. Thank you, Sadguruji, with deep gratitude, for everything you are doing for us!

Jai Gurudev!

Vishvprakash Medge, Mumbai

Gratitude

My Salutations at the lotus feet of Sadguru Yogiraj Dr. Mangeshda! I wish Him a very Happy Birthday!

I am grateful to my Sadguruji for initiating me into Kriya Yoga in 2001 and accepting me as his disciple. After the Diksha a lot of transformation has come in me. I attend all his sessions of Kriya, Meditation and Pranayama and practise his teachings regularly. After Pranayama I feel very fresh and energetic, my health has improved. I feel very calm and peaceful. Thank you, Sadguruji!

On every Guru Pournima, Sadguruji chooses

two disciples as his 'Best Disciples'. I feel very happy and proud that one year Sadguruji had chosen me as Best Disciple and honoured me with a Shawl, shreephal and a memento. I felt so overwhelmed.

I am proud to say that by following Sadguruji's teachings I am leading a happy and contented life. I am forever grateful to Sadguruji for infinite love and care he showers on us, his disciples! We are truly blessed...

Hari Om!

Sunanda Balvally, Mumbai

Tree Of Life

The old tree had the wisdom of many years saved in its branches. Gnarled, twisted and bent; it had seen several seasons. Strong winds had blown through it, the fury of the monsoons had tested it. Yet it stood, a witness to history and to life itself.

The little bird settled down on a comfortable branch. It had tried several trees but somehow, this one felt comfortable and oddly familiar. It would be a good place to raise a family. A tree that itself had withstood the travails of time, would surely protect her young brood. Hatchlings needed protection from predators; be they reptiles or large birds

of prey. The little bird shuddered as it thought of its own childhood. It had fallen off from a branch, as it tried out its little wings. Oohhh!! what a struggle it had been to escape from crows, rats, snakes and the worst enemy of all, humans, who did not seem to value life in any form other than their own. The little bird did not want its fledglings to go through all the trouble that it had experienced.

In no time, a cosy nest was ready. The little bird lay its eggs and snuggled down, preparing for the long haul that it would take for the eggs to hatch. Occasionally its mate would drop in with food, to see the bird through the



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long days. Soon, the eggs had hatched and new life in all its beauty and innocence once again took form. The bird was ecstatic and like all new Mums; very protective.

Soon it was monsoon and the strong wind blew in from the west. The tree shuddered and its branches seemed to bow down with the weight of the rain. That monsoon, it rained as it never had. In the human world, wise men and women moaned and laid it all down to climate change, writing long research papers and essays. But in the animal kingdom, there were more urgent issues to face. The baby birds for instance, were not yet ready to fly. Mother bird fretted and worried; but had complete faith in the tree.

The tree, in all its wisdom, had the ability to read bird minds. Like generations before, Mother bird had entrusted it with its fledglings. It stood up bravely to the storm and like so many monsoons before, survived this one as well. Supporting and nurturing life had become its way of life, for, **it was the tree of life.**

Baby birds grew up to be strong mother birds themselves and like Mum, chose the wise old

tree as the home for their babies too.

Life goes on, beautiful and at times unpredictable.

We all need a support to anchor ourselves, each one finds it in their own way. For me, it is in the form of my Sadguruji and his teachings. His objective is to see our all round, holistic development and he teaches us through yoga asanas, pranayama and meditation classes in addition to Kriya classes.

Gradually, the silos between yoga asanas, pranayama, meditation and Kriya sadhana disappear, the beauty of the Inner World and the reality of the outer world both merge and I realise that he is teaching us 'life' itself! Concepts that seem theoretical in books – he brings to life. He leads by example and I draw immense inspiration and courage from him.

He is my **Tree of Life**, who supports and nurtures so many of us fledglings and teaches us to grow into strong and good human beings.

Hari Om!

Aparna Nirgude, Mumbai

Student Life In Lockdown

In March 2020, lives of all of us were turned upside down. The entire world came to a standstill. Luckily, just before the vast outbreak of the pandemic in India and the subsequent lockdown, my 12th board exams had been completed. I, at least got to experience 2 years of college-life (or junior college life, to be precise) in Mumbai. But many of my entrance exams were still pending. Because of the lockdown, the exams which were supposed to happen in April 2020 were first postponed to July and finally conducted in September, after another postponement.

For students like me, these entrance exams play a huge role in our education career. Students spend two whole years or even more, for preparing for these exams. Some even go

as far as completely disconnecting themselves from the world and only focusing on their studies, giving up all other special moments in their lives like weddings of relatives, parties, other functions, etc. The stress and pressure on students even during the pre-covid times was absolutely massive. In addition to that, we got a worldwide pandemic to add to our troubles, huge uncertainty over when the exams will be held and what not!

When the exams were finally conducted, they were far from ideal. During the lockdown, I had hardly been out of my home. These exams were held at fixed centres with hundreds of students in the same building. It did feel very 'risky' at that time. There were many students who could not attend their exams because they had covid and hence they



would have to wait another year. So finally, the exams were conducted, papers were evaluated and after all that my college started in December. Yes, December! In normal course, an entire semester is finished before December!

Just like everyone else, my life in my new college began in the online mode. In normal course, I would have had to go to campus, stay in the hostel and all that but now, here, I was attending all the lectures from my home. I was even more unfortunate with the fact that there is not a single student from Mumbai in my college apart from me. Thus, even after an entire year in the college, I have never met a single collegemate of mine in person. Of course, we do talk regularly online but there are possibly one or two of them whose faces I have never seen. I do not even know what they look like.

Our seniors have told us how important the hostel culture is in our college, while most of us have never even been to our college. Neither the professors nor the students like the online method of teaching but there is no other alternative. All we can do is hope that some kind of normalcy returns by the start of

2022 and we can go to campus and get to enjoy the actual college life, some day.

During this stressful period, I was lucky enough to have my support system in place. My parents, my aattu and her family and of course revered Sadguruji. Listening to Sadguruji, attending His classes and simple tips made things better. In fact, this pandemic affected all of us in the family. Our entire family was covid positive. But I must share that when we were in the recovery phase, Sadguruji guided us with DO's and DON'T's and His guidance helped us to recover quickly. Our reports came negative after 10 days of treatment and following His instructions. We follow His tips even today. It is a pleasure listening to Him in Sunday sessions or in His discourses. He shares a special bond with our Generation. My gratitude to Him for all His words of advice and wisdom!

They say that the last pandemic took almost two years to completely evaporate. We are in the similar phase now. As said earlier, I just hope and pray to the Almighty that things get to normal as earlier... and we students start our normal offline schedule!

Om Ambaye, Mumbai

A Bouquet of Yogic Practices

Hari Om!

We are all lucky and blessed to participate in basic pranayama session, advanced pranayama session and Kriya Sanskar Sadhana, apart from very powerful and energetic Kriya Yoga weekly classes conducted by Sadguruji. It is a very great experience to receive these Spiritual, Yogic and Scientific techniques. The level of bliss and realisation of the energy increases along the way in every step of Sadguruji's teaching and the journey is an infinite flow of knowledge and wisdom.

Pranayama sessions, from OM to VYOM, were a series of beautifully bundled Pranayama techniques. Entire series was awesome with detailing of each and every step of Pranayama.

These sessions helped us to get an in-depth understanding of different types of Pranayama. His way of explaining in detail with demonstrations, helped us to get more knowledge in different types of pranayama. The methods are clear with the spiritual foundation, scientific explanations, demonstrations, technical aspects, health benefits and also the contra-indications. Sadguruji also gives us small tips while explaining these pranayama techniques which are very important and useful for the practice.

We are very blessed again, to attend the special programme called Kriya Sanskar Sadhana (KSS) conducted by Sadguruji. Gratitude to Sadguruji for giving us this bouquet of Sanskaras with the scientific



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explanations in these wonderful 12 sessions of Kriya Sanskar Sadhana! We never understood the actual reason behind the rituals and Sadguruji beautifully explained scientifically the reasons behind all the rituals we have been practising blindly all this while, since childhood. We have learned in detail Gayatri Upasana, Chakra Healing, Yoga Chikitsa, mantras, right food habits etc. The 12 sessions of Kriya Sanskar Sadhana helped us to understand our rich culture, the science of performing rituals, how to develop good Sanskar and the ways to maintain good health. These sanskaras have really helped us to be

more calm and most importantly helped to increase the energy levels. The online sessions were very well managed as Sadguruji is following and guiding each one of us in order to help and correct all participants. We are eagerly waiting to attend the next series of KSS programme.

Sincere Gratitude to Sadguruji for His holy dedication to humanity to spread Kriya Yoga and all the Yogic Practices!

Jai Gurudev!

Anil R Varma, Mumbai

Sanskaras- Old Weapon of Conquest

Hari Om!

We were home quarantined as my son who used travel frequently for office work by train was found corona positive. We had ordered grocery online and the delivery boy rang bell. I opened the door and asked him to keep the bags near the door. I found a long paper strip of billing and started taking total manually to find correctness. My son saw it from the distance and started smiling. I glanced at him and gestured him what was wrong. His contention was that the bill was computer generated and there was no need to verify its correctness. I was annoyed and said, 'I want to test my mathematical prowess', and went ahead with that exercise. He was amused. I just wanted to impress upon him that I am still good at mathematics and one should not forgo of the mental exercise of giving food to brain to keep it active in functional mode. I told him how we used to take totals of hundreds of entries manually without making mistakes, while working in bank. He again laughed loudly saying we were wasting our time in doing the labour unnecessarily when machine can do it in minutes. **Yes, machines can do anything but have destroyed our ingenuity very rapidly.**

The rapid advent of technology has deprived us of the tiny moments of happiness of doing

things on our own. All the modern gadgets have made our life dull and monotonous. And when we are sitting at home with nothing to do, without any creative work, it makes us sick and boredom creeps in. Boredom gives rise to restlessness of mind. We are never at peace, all the time irritated and edgy. I wonder how this present generation has drifted away from the old values and relationships which were binding us with society. Now-a-days everybody is either having relationship with computer, mobile or other gadgets abandoning the human touch essential for real growth.

What I mean by real growth is developing our inherent qualities of imagination, perception, expression, compassion and discipline in thinking abilities. Unless we are observant and receptive, it is impossible to adjust mentally in our given atmosphere, whatever may be our status in the society. Human beings are social animals. They cannot shun people around them and remain aloof. We always learn more things by interacting with others. Opening up ourselves to other people reciprocates kindness and love from others. **Acceptance of the people as they are, makes life more pleasant to live. Expectations mar the healthy relationships.**

When I said gadgets have made our life miserable, it does not mean they are useless. How judiciously we use them is



more important. If we depend on them for each and every daily activity of ours, then we are making ourselves slaves of these things. The charm of living life with inner happiness will diminish with passage of time and it will become mechanical and redundant.

Then question arises, why people indulge in rampant use of these modern inventions like addicted people. There are many excuses right from easy accessibility, to multiple built-in functions which do not require any special skill to operate the same. In short, majority of the users do not want to use their brain to communicate, transact or develop individual understanding of their own personal plus points, to prevail in the fast-changing new world which is more complex and excruciating, rather mundane. In the process we are rapidly losing our individuality, giving rise to more serious issues of physical and psychological problems. Sedentary life style gives rise to illnesses related to nervous system as confinement to closed rooms and offices starve the brain of oxygen needed for efficient working. Sleep disorders and hearing problems have become the order of the day by constant use of earphones. Many of the youngsters have to use glasses as constant glare of the blue rays emanating from laptop screens and mobiles affect the eyesight. In the cities, we find more social distancing creeping in, giving rise to family feuds and bickering in relationships. We do not know anything about people around us. Slowly we are moving towards robotic society.

We are always under the notion that if we possess ultra-sophisticated electronic gadgets, our status is elevated in society. It is a hollow pride and does not merit any reward. A person is judged on the merits of his noble behaviour, good character and empathy towards every other human being. Making of good human beings are the outcome of **sanskaras** imbibed since childhood. In Indian culture, sanskaras play a vital role in character building. We get these sanskaras from our parents and teachers in formative years of our growth. But now-a-days, old value system has

eroded in nuclear family set up. In fast paced life, nobody has quality time to look after small kids, as in many cases both parents are working. End result is, the children are left to fend for themselves and pick up unwanted habits, mannerisms and traits which are neither desirable nor just. There is a sort of paucity of knowledge in this regard. As a precursor, Sadguruji announced starting of Kriya Sanskar Sadhana Shibir last year, to fill up this gap. It was kept open for all age groups, irrespective of allegiance to any religion. I was very much interested in doing it but due to exigencies on family front I could not attend it. But from the reviews and expressions of participants, I could judge the efficacy of the course. It has been a special subject dear to my heart, as I am following certain rituals since my childhood which have helped me build my personal growth over the years. There is nothing wrong if we pursue our traditional methods in building a cohesive tolerant society, based on good moral values. These Sanskaras are helpful to keep us in sync with nature, be it five elements binding us together with our immediate natural neighbours- birds, animals and trees and the beauty of enjoying their company in our daily routine. We, city dwellers, have forgotten to cherish the natural surroundings and the soothing effects they leave on our body and mind. The habit of getting up early has a soothing effect on our mind and soul. Early in the pre-dawn period when we wake up, the cacophony of chirping birds in their sweet calls makes start of the day pleasant and mind freshens up. These moments are unique and refreshing to start the day on a positive note oblivious of worries or tasks ahead. The tradition of watering Tulsi and giving Arghya to the Sun in early morning is a good beginning. Tulsi plant is having purifying qualities which emits oxygen and sun rays are destroyer of germs and enhancers of immune system. Water is a cleansing material for our external as well as internal purification. The five Savadhan mantras gifted by Sadguruji at the time of Kriya Diksha are always at the back of the mind and a part of our daily practice and



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deliverance.

I recollect how, in our childhood, we used to recite shlokas i.e. sacred hymns or mantras sitting in front of God images which, we believed, had mind purifying powers. Our ancestors had divided the parameters of speech in four levels-vaikhari vani, madhyama, pashyanti and para, originating from throat, heart, navel and root chakra, with different states of perceptions. It gave exercise to different portions of mouth, throat, tongue, teeth and nasal cavity, thereby sharpening the sensory nerves connected with the brain. It enabled us to have control over our expressive powers in dialogues, speech, singing, communication et al.

Have you ever enjoyed walking along river banks in muddy path ways in rainy season, feeding lungs full of earthly fragrance? When I observe the river flowing with muddy water engulfing the dirt in its belly and roaring ahead, it shows how we must bury the inadequacies, shortcomings of people around us and be crystal clear in our interactions. I feel myself fortunate that I live near river front which is my walk way in the evening stroll. The added attraction is a place full of thick foliage dotted with small huts where my Sadguruji used to live in his childhood. Now the place has undergone change but its beauty is still intact. To tread on that path gives me strength to face challenges because I have heard from him time and again, how he has emerged successful in adverse conditions on the strength of vigour and strong will power. And in the back of my mind, there is a feeling that Sadguruji is observing me and is with me all the time.

Some of the mannerisms, customs taught to us by our elders are worth mentioning here, when we talk about sanskaras. When we talk with elders, our tone should be always gentle and respectful; if by chance we stumble with somebody unknowingly, always touch his/her feet and bow before them, instead of just saying sorry... All these mannerisms do not belittle us or make us inferior, on the contrary our stature is raised in other's eyes. To offer water to the thirsty and food to the starving, is the custom ingrained in our psyche. 'Atitheo devo bhav' is the sacrosanct adage of our culture. Such small things are winners for us in the long run, as they show our humbleness, kindness and respect towards all human beings.

Our Vedas, Upanishads and scriptures are replete with specific Sanskaras at different stages of our life, to enhance and sharpen our intellectual and spiritual growth, which are to be practised with devotion. The Sanskaras eradicate our Tamasi gunas and encourage us to follow rituals with spirit of discipline and commitment. Be it worship of deities, fasting or dhyana, they guide us to lead a healthy life. The positive influences they have on our psyche, are equally beneficial in fighting the problems of faceless and remorseless technological adversaries which are posing threat to our very existence. Let us fight them with our time- tested weapons of Sanskaras and be victorious, to live a peaceful and serene life.

Jai Gurudev!

Chandrakant Baraskar, Mumbai

What are your duties towards your own self? First - keeping your body healthy and fit by giving it proper attention. Second - relaxing your mind by really giving justice to the capacity of your intellect and third - awakening your soul to culture and develop the mind and wisdom to experience the Almighty.

H. H. Sadguru Yogiraj Dr. Mangeshda

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North Zone Office :

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Wishing Dear Sadguruji A Very Happy Birthday



"Reflect on your past. Smile in trouble and unlock your potential through your continuous effort to achieve success."

- H.H. Sadguru Yogiraj Dr. Mangeshda

Sashtang Pranams

From

Rugmani

Saurabh

Vihaan

Hariharan

Payal

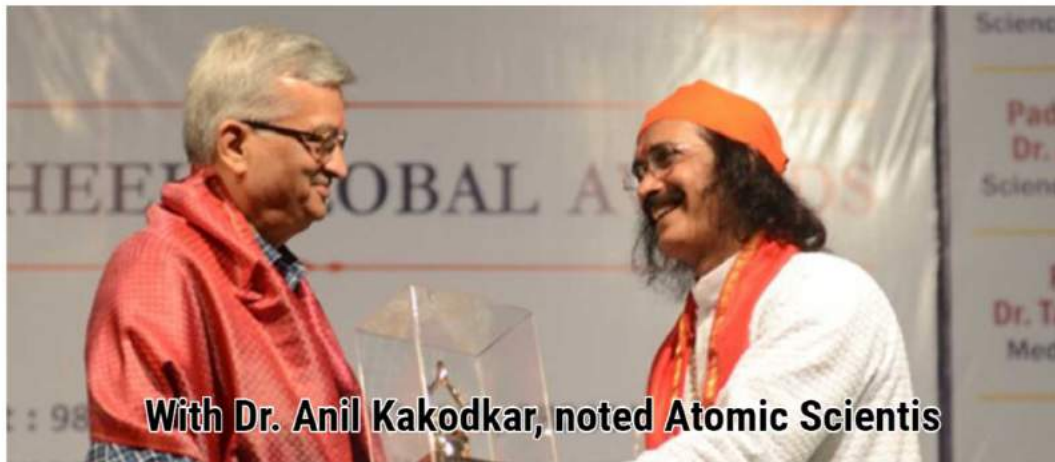
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**MESSAGE FROM
MANGESHDA UPASANA CENTRE, ANDHERI**



**"Stillness of mind helps in merging with the light
and the sound. There is no analysis when you move
towards the unknown of reality."**

- H.H. Sadguru Yogiraj Dr. Mangeshda

Seeking Our Beloved Sadguruji's Blessings

Devotees

Contact No: 022 26205403



Respected Sadguruji,
Salutations at your Lotus Feet
&
Wishing You A Very
Happy Birthday!!!
Suhas, Kanchan & Ishani

Koti Koti Pranams at the Lotus Feet of Sadguru Dr. Mangeshda



From
Mr & Mrs
Jayakumar and
Chandrashekar

**WISHING REVERED SADGURUJI
A VERY HAPPY BIRTHDAY.
MAY HE CONTINUE TO SPREAD THE POSITIVITY
AS ALWAYS!**



**"Strongly believe in what you wish to create.
You achieve what you think you can."**

- Param Pujya Sadguru Yogiraj Dr Mangeshda

**Lots of Love & Respect:
Ambaye Family, Goregaon**

**MESSAGE FROM
MANGESHDA UPASANA CENTRE, JUHU**



"Attune yourself constantly with the divine power to achieve spiritual success. You have an unlimited capacity of this sacred resource."

- H.H. Sadguru Yogiraj Dr. Mangeshda

**HAPPY BIRTHDAY TO
OUR BELOVED SADGURUJI**

Devotees

Contact No: 9820539303



Gratitude To My Guru

Hari Om!

I am lucky and very grateful to Sadguruji for giving me Kriya Diksha. He has changed my life and my way of thinking. I have become positive, loving all around me, forgiving and forgetting their faults. He guides us on how to ascend the stairway to the Almighty. When practising the techniques taught by Sadguruji, I feel very peaceful and happy and sometimes do not feel like coming back to normal life. I

wish to remain happily in that state of peace. Sadguruji guides us to make our lives cheerful, positive, successful and useful to everyone around us. He has made me so strong mentally that I have the confidence to face anything.

Thank You Sadguruji, for Your Guiding Light!

Revathi Rani, Hyderabad

The Bhakti Saints of South India

The Bhakti movement in the medieval period of South India had a very great impact on the growth of Shaivism and inculcated rich tradition of the worship of Lord Shiva. The saints involved in this movement, devoted to Lord Shiva were called Nayanmars - they considered themselves as the Servants of Lord Shiva.

They brought this momentum of kindness and ardent love towards Shiva in the minds of the common man, as a path to salvation. There were no restrictions of caste and creed in their love and devotion towards the Lord. They came from different background - peasants, potmakers, traders, oilmongers washermen, nobles and brahmins - who all got the Divine Vision of Lord Shiva and changed their lives for the service of the Lord and mankind. These Nayanmars, 63 of them in particular, have a great role and their biographies, their songs and hymns influenced people, increasing their bhakti towards the Lord. They were inclined to attain the highest form of spiritual knowledge and attain immortality.

Shaivism took a rebirth, with their lives setting an example, they brought a spiritual renaissance in that ancient period and until this day we find idols of 63 Nayanmars being venerated in the ancient temples of South India, like Kapaleeshwarar temple in Mylapore, Chennai, Chidambaram, Sirkali and Thiruvavur, to name a few. Shaivism is the firm belief in the supreme reality of Lord Shiva,

who is Omnipotent, Formless, Infinite Consciousness, Pure and Perfect.

The collection of poems sung by Nayanmars is found in the books like Thevaram, Thiruvavagam and Thirumarai. Such devotion and fathomless love towards the Lord can make any atheist turn towards Bhakti, listening to the miraculous incidents in their lives. Lord Shiva transformed them with His Divine Love.

Each and every incident in their lives gives us an account of how the Lord appeared before them and saved them in difficult situations. Shiva liberated their souls from the fetters of bonds - the Ultimate Goal of every spiritual seeker. Nayanmars were Blessed!

In this article we shall have a glimpse of the lives of two Nayanmars in particular, being the most venerated amongst the 63 Nayanmars.

Appar : Thirunavukarasar, meaning the Lord/King of speech was the title given to Appar. Born in a poor peasant family, he lost his parents at a young age and he was supported by his elder sister - Tilakavathi. In his young age only he realised the unreality of this world. Seeking emancipation he initially became a Jain, read all the Jain scriptures in Pataliputra and was a Jain Religious head there.

One day, suddenly, Appar had a severe colic pain and upon the orders of his elder ascetic



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sister, he returned to south India. His sister smeared the holy Ash of Lord Shiva on his stomach and body. Surprisingly, the colic disappeared and with all pain gone, he prostrated before Lord Shiva and became a great saint.

But as the Jain Pallava king came to know of this incident, he ordered persecution of Appar, citing treason. Those days the order of the King was to be obeyed. He was tormented, poisoned and thrown in water. To the surprise of the King, Appar came out alive, every time. Lord Shiva appeared before all of them. The mighty ruler and his followers prostrated before the Lord and became Shaivite too! Many temples were built by the Pallava empire in and around Tanjore district.

The Lord tested the Saint many a time to see his faith, which was rock- strong upon Shiva. In Tingalur when a satsang was in progress, Appar brought back the life of a child of Apudiadigalar. The child was bitten by a venomous snake, but the parents secretly kept the dead body of the son in the dark, so as not to disturb the satsang. Appar sensed that and sang a number of verses in praise of Lord Shiva. He asked the parents to bring the dead son in front of him, and lo! The child came back to life, due to the divine intervention of the saint.

Appar and Sambandar (another prominent Nayanmar) were great friends and they went on pilgrimage visiting many temples, spreading the word of the Lord. The spiritual awakening they brought about in that period was remarkable.

Lord Shiva once helped them overcome the misery of famine, when they sang in praise of the Lord. Gold coins appeared in the temples the next day morning, as the saints composed hymns and sang them. The verses expressed and displayed their imagination, emotions and love towards the Lord.

Appar also gave importance to yoga and meditation. He preached and explained the importance of reciting the Panchakshara

mantra.

In one of the songs he said, 'our body is the instrument and the light of wisdom can be created with the wick of life and ghee of meditation, thereby attaining Eternal Bliss!' Appar shed his physical body at a ripe age.

Sundarar: The most prominent and saintly amongst the Nayanmars – Sundarar was born in Tirunavalur in South India. He was also known as Nambi Arunan, Tambiran Tolan meaning an intimate friend -Sakhya bhava of Shiva. He was a great celestial being born on the earth.

He could freely converse with the Lord and sought selflessly for the welfare of mankind. He lived for eighteen years only. As the legend goes, he was Alala Sundarar, an attendant of Lord Shiva in his previous birth. When the Milky Ocean was churned, Alala Sundarar had collected the poison in his hands and given it to Lord Shiva who drank it for the welfare of mankind. Once, when he was doing seva to Lord Shiva in Mt Kailash, plucking flowers, he cast a lustful look on Aninditi and Kamalini, the attendants of Goddess Parvati. Lord Shiva, with his Gyana Drishti, knew this and made him take human birth on the earth. Thus, Sundarar was born. Sundarar realised his folly and decided to use his birth for liberation.

Sundarar was born to a brahmin family but was adopted by a Pallava feudal lord, thus he grew up under royal care and led a regal life. Just as the name suggests, he was handsome and full of knowledge. He was an instrument in the hands of God to teach mankind that the charm of Maya is powerful and one should always be vigilant. When the time came for his wedding, the real parents arranged for his wedding. This changed the life of Sundarar. During his wedding, Lord Shiva appeared in the form of an old man and demanded to take Sundarar with him as the ancestors of Sundarar had accepted and signed an undertaking that he would be the slave of the old man. He said he had the petition at his hometown Thiruvainallur.



The elders in the wedding ceremony stopped the event, Sundarar accompanied by the old man and all the elders went to Thiruvannainallur to verify the statement. The old man entered the temple sanctorum and disappeared, this made Sundarar realise the true meaning of his birth that he was a celestial attendant of Shiva and wished to be born on earth. The Lord came and made him realise that he was a servant of God, and prevented him from becoming a samsari.

Sundarar went on to sing in praise of the Lord Shiva and did all the seva in the temple. The Lord saved him many times in his spiritual journey. He sang to bring rain and remove famine as ordered by the Chola king, stopped floods in another place with his divine hymns and resurrected a boy who died three days before when he was bitten by a crocodile at Avinashi.

He rendered 3800 pathigams- songs in praise of Lord Shiva and visited 84 temples on foot. The Lord, hearing his songs had performed many leelas in his life. He married two

celestial beings – Paravaiyar and Sangili nachiar – the two celestial attendants of Goddess Parvati with the divine intervention of Lord. He continued his pilgrimage to many shrines of South India. During all this, he lost his vision too, but regained it in Kanchi Ekambaranathar temple.

Many miraculous incidents took place in his life for the welfare of people through his divine songs.

Later he attained salvation at Mt.Kailash and became one with the Lord.

It is said that The King Cheraman also accompanied him to Heaven as the king had accepted Sundarar as his guru. Cheraman revealed a great truth that if a person is devoted to a Guru, the Guru would give him liberation!

All these divine people set their lives as examples to us to be in service of the Lord! May we tread the path of devotion and attain liberation in this birth only.

J Rajeswari, Mumbai.

Never Give Up

Hari Om!

Practice makes a man perfect. This age-old adage I have heard since my childhood days. We all know it is very important to practise daily, if we wish to achieve something. In reality, it is not easy to set a routine, practise daily and follow through. The human mind is a package deal encompassing everything in it like the good, bad and ugly. I always wonder why God had to design the human mind in such a way that it tends to work against the good of oneself. There is constant war in the mind between what is right and what is wrong. This war is not silent at all and this noise pollution is louder than the one that goes on in the outside world.

For the noise pollution outside, we can blame the government and others for not taking appropriate steps to curb the same. But for

the noise within, we are solely responsible. Mind you, this is not just a one-time effort to shut the noise, but it is a regular and relentless endeavour. To add to the agony, we human beings also contain within us anger, temptation, laziness, jealousy etc., which are a big hindrance in achieving our goals. Sometimes I feel God must be enjoying watching us do all this drama. It would be like 24/7 entertainment for him!

There are different levels of difficulties like the ones we have while playing games. These levels are -

- The first level is trying to keep our mind calm about all these internal fights.
- The second level is to adjust to all these emotions with other human beings that we are living with- that is our family.
- The third level is the society as a whole,



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where we live in and venture out to suffice our survival and materialistic requirements.

To add to this, we have different goals to achieve in life at different stages. I sometimes used to feel, is this fair on part of God to let us deal with so many difficulty levels? He should have given us the perfect set of mind to achieve what we wish for, without any negativities like laziness, temptations, anger etc. The worst thing is that all these emotions are an integral part of our life. We have to juggle them like a clown in a circus with full concentration so that we do not mess up our life.

It is like climbing up a rugged mountain with a heavy backpack on and the only lifeline is the stick given by God to help me climb this rough terrain. With the support of this stick, I am able to move ahead slowly and steadily. This stick which I am blessed with is my **SADGURUJI**.

His constant support, motivation and guidance have helped me overcome hurdles on this path. Slowly, I have gained the confidence to face various difficulty levels of my life. I may not be successful always but I am not disheartened. Undeterred faith in him which I have developed over the years, has helped me progress in life. Being a part of the various sessions conducted by Sadguruji, has helped me in climbing up the mountain with ease.

Yoga sessions conducted by Sadguruji is my all-time favourite. Attending the session regularly has helped in physical as well as mental stability. Here, it is just not about asanas or body postures but also about mental stability. Sadguruji enlightens us about the human body and its different joints, muscles, twists and stretches with detailed explanation of each and every asana along with its benefits and counterpose. Personal attention is given to each and every participant, with detailed study of our limitations and strength, constant encouragement to challenge our own limitations and overcome them, followed by the required dose of correction to keep us

grounded and stable. The last part of the session is pranayama followed by meditation and diet tips too. The icing on the cake is Sadguruji's parting words of encouragement that fills us with positivity.

Now, the real challenge is to practise yoga regularly. Though I love doing yoga and I do practise it, converting the same into a routine is the biggest challenge. Laziness creeps in and at times I start making excuses to avoid it. Thoda Hai, Thode Ki Zaroorat Hai!

In this journey of climbing towards my goal, I realised that my physical strength was improving but I had to work on my breathing techniques.

The pranayama session conducted by Sadguruji changed my perspective towards pranayama completely. Initially, I was of the view that having separate sessions only on Pranayama was futile, but I was completely wrong. Sadguruji is an ocean of knowledge. He meticulously planned 12 sessions of the basic and advanced courses. These sessions were simple to understand, easy to practise and very effective. After attending these sessions I realised that this subject is immensely vast and powerful. By regular practice of pranayama, we can bring about a miraculous change in our well-being.

Satish, my husband has some heart-related issue and was unable to walk swiftly or climb the stairs at a stretch or to do any other activity in a hurry. He would experience breathlessness and had to take a pause and bring his breathing to the normal level and resume his activity. He attended both the basic and advanced sessions and practised regularly what he learnt. We started seeing improvement in his health condition. He was more agile, energetic and his breathlessness reduced considerably. After his health check-up, the doctor was very happy with his remarkable improvement and reduced his medicines by half the quantity.

The credit solely goes to Sadguruji for his precious teachings and also to Satish for



implementing them in his routine life. I too have benefitted from these sessions which have helped me to focus better and increase my lung capacity.

Slowly I move forward towards my goal with good physical strength and powerful lungs. Though the noise inside my head has reduced, it still draws my attention and acts as a deterrent to reach my goal.

The meditation session conducted by Sadguruji is class apart. There are a variety of meditation techniques uniquely designed by him. These techniques reflect the extensive and in-depth knowledge Sadguruji has on this subject. Meditation sessions have helped me to calm down my mind, bring clarity in my thoughts and take decisions wisely.

This healing of my mind has helped me move towards my goal with clarity and focus. My

final goal is Kriya Yoga and I am climbing up towards it by holding my stick with determination and faith.

Yes, the noise within my mind does keep coming up and disturbing me but now I have learnt the technique to deal with it. I have learnt to thank God for this unique body, loving people and situations around me. I do make mistakes but I have learnt the technique of coming out of it and starting afresh.

This transformation is possible only due to the benevolent grace of Sadguruji. **He never gave up on me.** Through all my struggles he was there with me, supporting me and bringing me back on the right path.

My humble salutation at the lotus feet of Sadguruji!

Sujata Bangera, Mumbai

Yoga for Fitness

Hari Om!

Pranams at the Lotus Feet of His Holiness Sadguru Yogiraj Dr. Mangeshda!

I love doing Yoga every day, because I feel it allows me to become more connected to my body, mind and soul. Frankly, I used to like doing outdoor activities like running or swimming; but in the past year and a half, due to the pandemic, one has been cooped up indoors.

Thanks to our Sadguruji, I discovered the joy of connecting with my breath through Yoga. He has inculcated in us a deep love for Yoga, by making it more interesting; focusing on fitness, strength, agility and flexibility. Now I do not like to miss even a single day of Yoga class. I have noticed that by doing certain

asanas and breathing techniques regularly, I now do not get migraine or acidity attacks anymore. I am more calm and my decision-making ability is better, making it easier to handle stressful situations at work.

It is amazing how Sadguruji remembers and guides each and every participant in the class individually, ensuring our overall progress, physical fitness, mental health and spiritual growth. 'Thank You' is a very small expression, we will be eternally grateful to Sadguruji, for conducting these online classes which allow us to participate from the luxury of our homes. I would urge all Kriyabans not to miss this wonderful opportunity and make the most of it.

Kavita Chandavarkar, Mumbai

A serene atmosphere allows you to listen to your inner voice and the whispers of your soul. Be conscious!

H. H. Sadguru Yogiraj Dr. Mangeshda



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Gateway to Spirituality

Hari Om!

Prana, the most vital part of our Being, is an unseen energy that flows through our subtle body channels including our Chakras and Nadis. Many have a notion about Prana being equal to Breath. Though Prana is related to Breath, it is not the breath. Prana means vital life energy and Ayama means control. A main component of Yogabhyaas, Pranayama, thus, is a practice of regulation of our breathing for our physical and mental wellness.

When Sadguruji announced about Pranayama workshop – Level 1 of 12 sessions, I was under the impression that I knew different Pranayams already, mainly Kapalbhati and Anulom-Vilom, so I thought not to register for this course. But Sadguruji keeps telling us, 'Be a student always, keep your slate clean, only then you will be able to fill it with immense knowledge imparted to you'. With this in my mind and being curious to know what these 12 sessions would have, apart from common breathing exercises that I already know, I registered for the workshop. The support from my husband during this time, to take care of our small child, also gave me strength to join this workshop.

Each session was an Eye opener for me. Sadguruji, not only taught us different types of Pranas and Pranayams, but there was also a profound explanation of each Pranayama technique, its benefits with contra-indications and the effect each one has on our physical and mental wellbeing. His minute observation of each participant's practice of Pranayama during the session and the corrections required were praiseworthy.

I was amazed to learn different variations of

Pranayamas and the number of rotations required for each Pranayama to reap its benefits.

Sadguruji is an Ocean of Knowledge. He always emphasises on taking care of our body and our mental fitness in this hustle-bustle fast paced life. This amazing Pranayama workshop is a beautiful example of his Unconditional Love and care for every being and how he wants each one of us to imbibe these ancient techniques in our day-to-day living. It helps us to master and gain control over our breaths for a healthy life. Sadguruji always mentions, '**Pranayama is a Gateway to Spirituality and it should be achieved**'.

This workshop has taught me how to tune myself to Pranayama, so that when I want to do it, it happens automatically, without any struggle. Sadguruji says, '**Plan your day meticulously. Give priority to Pranayama and to meditation. Inclusion of these, reflects what quality time you are giving to yourself.**'

I sincerely bow down to you, my Sadguruji, for imparting this vast knowledge to me. I feel blessed to be a part of this workshop. I sincerely urge to all those who have missed this workshop to enrol themselves. I promise you all, it will be worthwhile to experience this beautiful journey with our Sadguruji.

Wish you a very Happy Birthday, dearest Sadguruji. Thank you so much for being the light of many lives and rekindling the forgotten Unconditional Love and Unconditional Forgiveness in every being, that one is born with. Koti Koti Pranaams at your Lotus feet!

Reshma Nachnani, Mumbai

To understand the process of training the mind, one should know where to focus. Once the area of focus is clear, the other thoughts become blurred and that one major thought is highlighted. This is the gift and blessing of meditation.

H. H. Sadguru Yogiraj Dr. Mangeshda



My Gurumauli

Sadguru Mangeshda Kriya Yoga Foundation is a Vasudhaiva Kutumbakam- The World is one family, wherein our H. H. Sadguru Dr. Mangeshda, initiator and founder of the Foundation makes a point that every Kriyaban achieves all-round development in all aspects i.e. spirituality, compassion, health, positive attitude and also explore his/her hidden talents.

From the day, I received Diksha till present, I have experienced a number of incidents in which directly or indirectly he has been the guiding force for me. Many herculean and impossible things I had achieved because of Sadguruji's blessings. One of the experiences I would like to specially share, as it was a miracle for me. Even though my work was complete with respect to PhD thesis, I was not getting approval from my Guide to submit it to the University. When I shared this with Sadguruji, he said, "No issue, I will look into the matter" and the next day, my Guide allowed me to submit thesis and after viva I was awarded with Doctorate degree successfully. So, he is the pillar of strength and encouragement for me in all my adverse situations. I am not saying that just because he helps us to chase our dreams and fulfil our wishes. But being in touch with Sadguruji is to experience a divine relationship - relationship of a mother and child. A Gurumauli, who is

constantly eager to meet her child, knows what is good for the child and guides when the child is wrong. He motivates all of us with his beneficial and valuable words of wisdom.

I also admire him as a Management Guru. Name any of his events- whether it is 'How to be Happy', 'Healthy body divine soul', 'Mind mapping' sessions at Goa, 'Self Recognition & development', Sports Day, Yoga workshop, Annual Day, Festivals celebration, Pranayama sessions, Art & dance workshop, Online and Offline Meditation, Yoga and Kriya Yoga sessions! Every event is unique and loaded with vast knowledge. His planning, organising, perfection of event, time management skills are all awesome. He precisely looks into minute details of each and every event and personally takes care of every participant.

It is my privilege to be a disciple of Sadguruji. Though I continuously try to imbibe his teachings and values in me but I know it is only a small drop because he is an ocean full of precious jewels of knowledge, with deep insights and variety of life skills. My words fall short to describe the great persona who is a shining star at National and International level.

I am grateful to my Gurumauli for his guidance, protection and divine blessings.

Dr. Urmila Pradeep Shetve, Mumbai

The Power of Faith and Grace

Recently, while browsing on an ecommerce site, I came across a book titled 'The Magic of Believing', by Claude M. Bristol. The title immediately took me back to certain experiences in my own life, when the power of belief had actually manifested miracles in my life. I would like to share one such experience with you all.

The year was 2014. My mother and I had planned and booked a group tour to Kashmir. This was the first time that the two of us were going on a vacation alone. My mother was

especially excited as visiting Kashmir had been one of her childhood dreams and we were finally doing it!

We reached Srinagar two days prior to the actual start date of the tour, as we wanted to visit one more place which was not included as a part of the group tour itinerary. There was a gentle drizzle on the day we landed and the driver who came to pick us up was lamenting about how it had been raining so much, and the prospect of floods. My mother and I found that rather amusing, as having witnessed the



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crazy Mumbai monsoons, the drizzle did not really seem like a threat at all. So we chose to not pay much attention to that thought.

The next day we visited Sonmarg, as planned. The drizzle had continued, but being on a vacation high, we were least perturbed by it. On our way back to Srinagar, we had to cross a long, engineered bridge over the Sindh river. I remember the river being rather choppy that day, but again, I was not too bothered. Just 10 minutes after we crossed over, our driver got a call from the owner of the car, to ask about our whereabouts. On finding that we had crossed the river, he seemed relieved and shared the news that one of the bridge pillars had broken. We were quite taken aback and grateful to be safe. It was just a 10 minute period, but had we been on that bridge, we probably might not have been around today. Thanking our stars and returning back, we started making our preparations to join the group tour the next day.

Meeting the motley group, mostly from Mumbai and Pune next day, was an interesting experience. This group of people were to be our co-travellers for the next 11 days and there were all types of people – from a newly wedded couple, to a TV star with her family and child, some aggressive political workers and senior couples. We were around 30-35 tourists in all.

The designated tour manager was unable to make it due to certain blocked highways in the state and our group was allotted a different tour manager. He shared with us that there was a flood alert in the state and a lot of tourist attractions might be out of bounds, if things worsened. We still did not feel any threat and were listening to it just as we would listen to any other piece of news. Of course, there was the expected dissent from certain members of the group, who were not to be bothered by all this and wanted to get their money's worth. But that was that!

We spent the next day visiting local tourist attractions. We visited the mesmerising Shankaracharya Hill and some beautiful

gardens. And it was a happy day as we returned back to our new base – a houseboat on Nigeen Lake. All was going on quite well in our world so far. But the next morning, we were in for a shock, as we were told that there was flooding and we were not given permission to visit any of the regular attractions for safety reasons. Our tour manager informed that the itinerary might need to be changed to accommodate this unanticipated change. There was a huge furore in the group, as some members alleged that the flood alert had been announced long back and that the travel company should have been abreast of that. So, the manager checked on what was possible that day and decided to have us explore a couple of other relatively safer tourist points nearby. However, it was raining almost all through the day, a gentle drizzle, but constant nonetheless. Little did we know that this would be the last day that we could actually go around.

The next day, the flood alert was loud and clear, and we were not allowed to travel out of Srinagar. There really was not much that could be done, and so we just retired into our rooms and spent time mingling with the other co-travellers. It was not a bad day for us again. We watched the television news covering the floods and were quite hopeful that things will get better.

However, that was not to be and the rains continued. Given the topography of the surroundings with mountains and valleys, there was no outlet for the rain water to dissipate. This is when we understood that the palpable fear of floods was not unfounded, as many areas in the city had started getting submerged.

We were stranded due to the floods around!

We could not really go anywhere and spent almost all our time on the houseboat, where we were put up. Sometimes, we wandered the streets around us and visited a small hill nearby from where we could look over the lake and the shore across. All of this was a refreshing break from our routine life and



while we this was not what we had planned, it was still enjoyable! This continued for around a week. Since we had access to TV news, we watched in alarm and a certain level of fear at the extent of the floods and the damage it was causing. News channels have a way of making things seem worse than what they actually are and I thought that might be the case even here.

While we were on the houseboat, we could see the water levels rising and nearly submerging the buildings across the river. That was when the extent of the floods hit us. We were told that we would stay safe, as our houseboat would rise along with the rise in the water level. So yes, that was definitely a relief. Soon, electricity was cut off and phone networks were not functioning anymore as the towers were also flooded. There was no way to really communicate with anyone outside and we were now resigned to the staff to help us. This continued for a few days, where we spent time with the other family on the houseboat. We were provided meals via a shikara and our only access to land was via a small bridge that connected all the docked houseboats to the mainland.

One dark evening a few days later, we were told that we would need to evacuate the houseboat as the bridge was also submerged, and it would not be possible for the ground staff to reach us, given the current situation. So we packed up our belongings and waited for the staff to come. We were the last boat to be evacuated and I still remember the fear of climbing down from the houseboat onto a smaller shikara in the pitch darkness of late evening. One wrong step and I would have fallen into the depths of the dark lake below!

As we all gathered on land, we realised that the areas we used to take walks in, were now completely submerged under water, as was the makeshift kitchen that the company had set up, to prepare daily meals for us. A very generous family (known to the travel company) decided to help us and provided a space for all of us, yes, all 35 of us in their

home! How very generous of them, to offer food and shelter to us strangers in the blink of an eye! I will never forget their generosity. And I hope I can pay this forward to someone else in need.

Time passed by rather slowly and we were grateful that we had a shelter above our head and food to eat. Despite there being no phone networks, we received a brief call by Saraswati aunty from the Foundation, inquiring about our whereabouts, and the network supported us only till the time that we could communicate that we were okay! That was miraculous!

One fine day, just before the tour was to officially end, we were asked to convene outside the house and were told that we could not continue living there and would need to leave the house the next morning. The reason given was that the flood-affected locals who did not have shelter were getting aggressive with tourists who had shelter and that it was not safe to continue living there anymore. This was a complete shock and conspiracy theories abounded in the group – about how they shared this piece of news on the second last day of the tour.

We were presented with two options – that of going to the Governor's house and camping outside till we were air-rescued, or going to Leh, as that highway had opened up. The majority of the group voted for the first option and it was decided that we would leave the next morning while the family and the tour manager arranged for transport. We were asked to pack only the absolute bare essentials and leave all our luggage behind, as helicopters would not allow us to board with luggage.

What followed after was really terrifying. Both my mother and I were really scared about the prospect of camping outside the governor's home, without food, shelter and sanitation and waiting indefinitely for rescue. My mother broke down as she was told that we might be separated and it was all dependent on how we would be rescued. We could not sleep that



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night, as we deliberated on what we should carry and what we should leave behind. **I was fervently chanting the Guru Mantra in my mind, even as I was grappling with fear.**

The next morning, after a simple breakfast, we braced ourselves to leave. The tour manager, along with some members of the local family had been gone since morning to arrange for transport. We had no option but to wait. I continued chanting the Guru Mantra and tried distracting myself with conversations and reading. I was carrying a book, 'The Power' by Rhonda Byrne. I opened the book to a random page and my eyes fell on a singular line in the middle of that page. It said, **'Everything is possible for the person who believes.'**

I cannot quite explain this, but reading that one line filled me up with so much hope and completely transformed my energy. The fact that it was nearly noon and we were still there, infused the prospect of a new possibility – that of not having to go to the Governor's place. I continued chanting fervently, with the belief that we will be taken care of.

It was now past noon and the tour manager finally returned. He had a grim look on his face, but to my delight, he shared the news that they had not been able to arrange for a safe mode of transport to the Governor's house! The route involved us taking a boat, going by car and then walking uphill for a while. The boat route would not be appropriate as there were bodies floating in the water and the locals were stoning any tourist vehicles. So the plan had to be dropped. And then, the only other option was to go to Leh.

My heart jumped with joy! Both my mother and I were hugely relieved, and we could not have been happier. And the other advantage was that we would now be allowed to take all

our luggage! I really could not have asked for more.

Later that night, we were all packed into small school buses (the only available mode of transport). The seats were tiny and uncomfortable, but nobody complained. We spent the next few hours travelling via one of the most scenic mountain routes in India and reached Leh by lunch time.

We were able to enjoy phone networks there and that brought back a sense of normalcy, changing the energy of the group. We connected with our families and communicated the news. Everyone seemed relieved and excited about visiting Leh and being able to take a flight back home from there. We were there for around 2-3 days, which is when we visited a few local attractions and the local market. It was a happy time, as we did get to become tourists again. Three days later, we managed to get flight tickets back to Mumbai on an Air India flight.

This journey was filled with many incidents that could have gone the other way. But we really were always taken care of. And I am sure that our Sadguruji was watching out for us all through the trip. Maybe, we needed to go through this, but the fact that we crossed through without anything untoward was really something!

Reflecting back on this experience, this is what I now feel. **Hope is a belief. Faith is a belief. But Divine Grace is a blessing.**

We feel eternally grateful to Sadguruji and the Foundation family and our own families and friends for keeping us in their prayers back then.

Ruchi Parikh, Bengaluru

The posture of a yogi reflects the rigorous practice. The transformation starts with your willpower, determination and intense practice of Kriya Sadhana.

H. H. Sadguru Yogiraj Dr. Mangeshda



Kriya Sanskar Sadhana

Hari Om!

Having come across variety of spectrum of people during course of several interactions, one cannot help but wonder how complex each person is. Some are super sensitive, some are childish, some are mature and some are strong and motivated. But what they appear to be and how they behave and react, is sometimes widely different and unexpected.

Mirror Shows what comes in front of it. A person sees his external appearance and does the most to present the best of him to the world. When world appreciates, one feels elated and when criticised, it leads to dejection. So, most of the time, our happiness is governed by external factors. This is an endless cycle of actions and reactions. We build and perceive our thoughts based on these experiences and thereby build a particular pattern of behaviour.

Our Great and wise ancestors had understood this and left us with abundant knowledge to mould our character through proper training and actions called 'Sanskaras'. Due to the present hyper and sense-driven world, we have moved so much away from our roots, leaving all individuals fragile, susceptible to

stress, worry and disease which leads to many ills in the society.

My Sadguruji, H. H. Sadguru Yogiraj Dr. Mangeshda, understood this impact and rightly brought forward his unique workshop, 'Kriya Sanskar Sadhana'. All of us - my family and friends have benefitted tremendously from this programme and it led us on the correct path. It made us understand the true meaning and science behind our ancient customs and rituals as also its huge impact on our physical and mental health.

After implementing the lessons taught by Sadguruji, one can see its effect in dissolving unwanted habits, improving mental patterns making one stronger and energetic to face the external world. One is not easily disturbed by the happenings around him as his mind is cultured and well-trained. This helps one to discover the Inner joy and peace which one always searches in the exterior.

Gratitude to you, Sadguruji, for your untiring efforts to bring about a healthy world through immortal science of Kriya Yoga! We consider ourselves extremely blessed to be your disciples.

Venu Madhav, Mumbai

'जाति न पूछो साधू की, पूछ लीजिए ज्ञान'

I know most of us must have heard this 'Doha' from Kabir, who was not only a great saint but also a Kriya Yogi. This doha explains a lot about life of Sadhus i.e. holy persons, their behaviour and nature. It means that one will make mistake if he judges / analyses a Sadhu by his outward appearance. The real essence of a sadhu lies in his Knowledge and Divine Experience. So, we have to respect and understand his Knowledge. It is just like saying 'do not judge a parcel by its wrapper'. These holy persons are in their own world, merged with the Divine, enjoying Inner joy and their life itself is a teaching for all. One may find their conduct whimsical and astonishing but

what they always give is pure Love and the Knowledge for our betterment. But we must raise our capacity to a level where we can imbibe their teachings and assimilate pure gems of Knowledge.

In the last many years of my interacting closely with our Sadguruji Yogiraj Dr. Mangeshda, I have understood the essence of this doha, perhaps again and again.

I can talk about myself but as a general pattern, we all have the habit of analysing, scrutinising and judging. It is a good habit since we should not accept anything without thorough analysis. When we meet a learned



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person, we tend to ask many questions pertaining to his background, his origin and personality, just to satisfy our curious nature and sometimes, even to check his knowledge and to verify what he says is the truth or not. We have this child-like inquisitiveness to know more about his character than his knowledge. I remember when I was in college, I used to feel that all my teachers and professors are not knowledgeable enough and I used to ask questions, with a motive of arguing with them, to put them down. I have done this 'mistake' many times in front of elders and teachers and probably failed most of the time. And at times when I felt I won an argument, it was their greatness to let me feel such way.

Being with a great person like our Sadguruji Dr. Mangeshda and interacting with him for many years now, I have realised my mistakes. It was only because of him, that I understood not to assess anyone from their outer appearances and actions. Within a few years of my transformational journey with my beloved Sadguruji, I realised the importance of being grounded and alert. He is one of the most knowledgeable yet unassuming and simple persons I have experienced in my life.

The glamour of Sri Sri Mahavatar Babaji attracts many towards Kriya Yoga and Sadguruji Dr. Mangeshda. People ask so many questions to Sadguruji about Mahavatar Babaji – where he stays, what he eats etc. etc. but hardly does anyone ask about his teachings or the great and guaranteed spiritual path of Kriya Yoga. Even so many videos on YouTube etc. are further spreading confusion and 'misinformation'.

Kriya Yoga is one of the most simple, effective and easy spiritual paths to achieve Self-Realisation, in which one must put himself / herself into practice through self-discipline. The practices are well defined and must be taught by a Self-Realised Master and Kriya Yogi, like Sadguru Yogiraj Dr. Mangeshda. There is no scope for any glamour or misinformation. It is a straight forward, ancient, scientific spiritual path. Yet people

continue in their glamour world... and, even a few go extra miles by claiming that they are Kriya Yoga Masters and start 'teaching' with a short span of few years' practice and reading books. Kriya Yoga is like an ocean, too vast. I am amazed to see many claims on their understanding of this sacred knowledge.

So the topic circles back to knowledge...I think we MUST analyse and judge the person. And if we are logically convinced then we must stick to him for our spiritual upliftment. Same is true for Sadguruji...initially we can analyse / judge, but once we are convinced, then we must follow him like a shadow. I personally feel that we will never be able to completely understand Sadguruji, but our logic and better sense should always prevail.

But let me share my experience...it is not that easy to analyse Sadguruji. He makes things look so simple, that they confuse us. He, despite knowing everything, will behave as if he does not understand and is a complete novice. Even on obvious topics he is unassuming. And this trait is very confusing... as, when it comes to teaching and preaching Kriya Yoga, he is a genius. He knows and teaches us so many minutest and most critical parts of Kriya Yoga so well, that we are mesmerised by his sheer knowledge and experience. But one must reach to that level and pass through the tests to understand his greatness...!

I was reading an article of a disciple of Shirdi Sai baba. He was someone who was close to Sai Baba and had spent many years serving him. He says in his article that Sai Baba's actions were completely unpredictable, making him whimsical and many times strange. But that was only for the benefit of his disciples and their progress. It was difficult to understand him, as he kept testing them on their readiness to accept knowledge and grow.

Likewise, with Sadguruji, I have closely observed that he is constantly making sure we understand the depth of his teachings, their benefits and we practise them regularly. He behaves like a normal householder and if



someone tries to judge him, will mistake Sadguruji as an ordinary person and walk away, missing an opportunity to get the 'best'. I once asked him why he is not showing his true image and remains so simple and unassuming. To which he replied that it is that person's loss in not identifying and understanding the benefits he will get from him through Kriya Yoga.

Sadguruji is not after fame or money and those who are destined to understand Kriya Yoga will come and permanently stay. He uses his energy for betterment of mankind rather than to impress people. His work and his knowledge speak volumes about what he is. My interaction with him changed my attitude towards looking at seniors and elders. Thus, he keeps me grounded and to remain in the flow of life.

Kabir ji's doha on sadhu and knowledge is well understood by remaining in the company of Sadguruji. He keeps on creating situations which challenge the disciples like myself. We make mistakes by assuming and that is where he proves us wrong. We try to judge and we fail. He wants all of us to be unassuming like him and live in the Present. That makes us more alert and keeps us ready to learn. He wants us to understand the true knowledge of Kriya Yoga through him and practise rather than falling into glamour and unnecessary discussions. It is rare to find such a gem like Sadguruji. He is practising what he wants us to follow. He wants us to go after the real and true knowledge...

जाती न पूछो साधू की, पूछ लीजिये ज्ञान ।
मोल करो तलवार का, पडा रहने दो म्यान ।

Rajeev Raval, Mumbai

Meditation - My Odyssey

Hari Om!

Salutations and expressing my gratitude to my Sadguruji, His Holiness Sadguru Yogiraj Dr. Mangeshda!

Thank you, Sadguruji for the wonderful Meditation sessions. I am attending Meditation for more than a year. Every session is very unique. The prelude is very enjoyable and is deep in meaning. Every meditation session, we travel from ground level to infinity, from Earth to Space, exploring our Body, Mind and Soul and beyond...travelling into nebulas, crossing over galaxies, peaking Mountains and enjoying Mother Nature and its beautiful relaxing music. Every session is very relaxing, soothing and at the same time rejuvenating, energetic and empowering.

It is a boundless travel to enchanting destinations – Sadguruji, you made us realise there is no lockdown or restrictions for journeying 'Within'. Sadguruji's teachings through various meditations and sessions inspired me to write this poem about My Odyssey.

My Odyssey

Journeying with Divinity
Exploring Infinity
To Mystic Destinations,
'Really', it is beyond perceptions!
Weekend after weekend,
Wondering at the wonderland,
Sometimes on land,
At times in Water,
Vibrating in Space,
Lighting my Spirit,
Lifting in the Air!
A trek to the mountain top,
Easing on Mother's lap,
Drenching in the falls,
Dancing in the Rain,
Diving into the Ocean,
Enchanting is the Expedition,
Beyond one's Imagination!
Raving about my trips,
Rowing down the River,
Gazing at the stars,
Amazing is this Journey!
Floating in the Clouds,
Flying like a balloon,



THE AWAKENING!

OUR MOTTO IS TO SPREAD UNCONDITIONAL LOVE &
UNCONDITIONAL FORGIVENESS ALL OVER THE WORLD.

My Voyage into Space,
Expanding my Space!
Picnicking with the Moon,
Shimmering with a Shine,
At the stroke of Dawn,
Attuning to the Sun,
Awestruck at the Horizon!
Merging with the Light,
Syncing with the tunes,
Wafting with the Fragrance,
Drinking the Nectar!
Enwrapping the Nature,
Enlightening are my Experiences!
Lighting my Soul,
Lightening my 'Being',
Oneness with all Beings!
Innumerable are the Places,
Trips down my memory lane,

Clearing excess baggage,
Cruising along happily!
Miles and Miles,
Across the Universe,
With Breath as my companion,
Hearty is our Connection!
Breath taking are my Adventures,
Drawn to the Beauty,
Losing myself,
Lost in Silence,
Suspended in Trance!
Transcending Time,
Venturing into the Cave,
Caving in to Ecstasy,
In my Odyssey,
With Divinity!

Shambhavi Kriyaban, Boston, USA.

What of it?

Reading a story,
Moving about,
Watching a movie,
Walking around!
Some think that I
Am wasting my time,
Little do they know,
That I am in my prime!
My thoughts are clear,
My vision clearer,
My goal the clearest,
In all these acts!
I am with myself,
I am with you,
I am with everyone,
With no conscious do!
Weight of the world
Is not upon me,
Nor is stress,
Though people try!
The earth makes me strong,
And it would be wrong,

To be constantly in motion like the earth,
Be strong yet steady!
The water makes me flow,
Through a mighty high and through low,
I flow like water,
Yet I am silent within!
The fire makes me glow
With a passion and with a pledge,
I burn with fire,
Of yearning for true knowledge!
The air blows me about,
At times slow and at times fierce,
But as I study the air within
I also grow steady and win!
The space around me,
Is also within me!
I bow to the vast space,
Of possibilities with grace!
Being mindful,
Taking my time deliberate,
I don't have a mind full,
To win and be great!

Swanand Kriyaban, Boston, USA



Birthday Wishes

Happy Birthday Sadguruji!

Connecting to Earth,
Grounding myself,
Elated in Spirit,
Fragrantly Alive!

Birthing Alive,
Swimming Live,
Drowning in Joy,
Tasting the Nectar!

Divine Nectar,
Pacifying my Hunger!
Merging with your Vision,
Lighting up my Spirit,
Enlightened is my Vision,
Enchanted is my Heart!

Lovely Heart,
Dancing to the beat,
Stilling at your sight,
Touched by your grace,

Floating in Ecstasy!

Singing with Ecstasy,
Choked in Emotion,
Listening to the Silence,
Expressing my Gratitude,
Connecting Soulfully!

Soul fully Surrendering,
Heart fully Connecting,
Insight fully emerging,
Glimpsing the Truth!

Transcending Truth,
Travelling the path,
Losing myself,
Gaining MYSELF,
Glowing in thy Light!

Expressing my gratitude and seek your
blessings.

Shambhavi Kriyaban, Boston, USA

Pranayama

My body with nine holes,
Just like a flute
SaraswatiMam's call set my goals
Joined pranayama class from – The Absolute
My Sadguru Dr Mangeshda!

Positive impact on my health
Energetic, refreshing- breath of wealth
Saturdays and Sundays beckoned with
Beautiful system of our own breath!

The Shruti and laya of the air
Paired the time melting away
The bandhas nadis under control
Lo the cholesterol-
RBS WBS of the blood
Balanced too.

Science it is – so divine
21600 breaths a day
Saga of our own free air
As so many years and days passed –
Neither we knew the treasure trove

Nor the art of panchpranas
Breathing techniques and bandhas – sublime

Cortisol swells hormones happy
Brains shimmering bright
Connection with our stomach set right
Power of Air, understood -just as flying kite.

Advance pranayama courses of Sadguruji's
research unveiled
We floated exhilarated and triumphed
Over the air we inhaled and exhaled.

Anuloma Viloma Vashista pranayama
Rechak purak Kumbak and Khapalbhatias
Increased our memory
Digestion and lifespan.

Now I leave this reader –
To contemplate, join the sessions
Practise to perfect
Positive results – Pranayama.

J Rajeswari, Mumbai



'मन' की बात

जीवन में पहला पल, पहली साँस, पहला स्पर्श, प्रथम स्नान तथा प्रथम वस्त्र एवं पहला दुग्धप्राशन! इन पहले अनुभवों से जीवन की शुरुआत होती है। हरेक व्यक्ति का अपने जीवन में आनेवाले अनुभवों के तरफ देखने का नजरिया शायद अलग अलग हो सकता है लेकिन उसें इस अनुभवों के हर मोडपर अपनी सोच बदलनी ही होती है – और उनके सन्मुख पेश होना पडता है।

विविध अनुभवों के प्रभाव से व्यक्ति के स्वभाव में बदलाव आते रहता है और उसकी अल्लडता की जगह प्रगल्भता प्रगट होने लगती है। चाहे वह किताबों, लेख तथा अन्य लोगों के साथ का परिचय या वार्तालाप हो, यह सब उसपर अपना प्रभाव छोड जाते हैं – कभी वह सकारात्मक होते हैं तो कभी नकारात्मक !

बचपनसे हुए संस्कार व्यक्तिगत जीवन में गहरा असर करते हैं और सकारात्मक या नकारात्मक व्यक्तिमत्व के निर्माण में विशेष भूमिका निभाते हैं। हमें यह अक्सर दिखाई देता है कि कई बार अच्छे भले वातावरण में जन्म लेकर भी नकारात्मक व्यक्तिमत्व में परीवर्तित होते हैं; तो कई प्रतिकूल परिस्थितियों में जन्म लेने के बावजूद अपनी प्रतिभा से सकारात्मक व्यक्तिमत्व में उभरते हैं।

इन सब बदलाव का मुख्य कारण होता है मन। मनुष्य का मन एक अद्भूत चीज है। हरेक व्यक्ति की ग्रहणशक्ति अलग होती है। मन का संबंध भावना से जुडा होता है। उसमें भावुकता, चंचलता होना जायज है। वह मजबूत हो सकता है या दुर्बल हो सकता है पर उसको मनुष्य के जीवन से अलग करना संभव नहीं। जीवनप्रवाह के हर प्रवास में मन का प्रभाव मनुष्य के स्वभाव की रूपरेखा(आलेख) तय करते रहता है।

शरीरांतर्गत रासायनिक प्रक्रिया प्रायः ९० प्रतिशत बीमारियों का तथा मानसिक तनाव का स्रोत है – जो मन के विचलित होने से पैदा होती है। इसलिए मन के

उपर शास्त्रीय तत्वों के आधारपर संस्कार होना जरूरी है। सदियों से चले आए रीती – रिवाज , परंपराओं और व्रतों के पिछे जो शास्त्राधार है, वह हमारी धरोहर है। मनोवस्था को स्थिरता प्रदान करके सकारात्मक ऊर्जा निर्माण करने हेतु हमारे ऋषि-मुनियोंने इन संस्कारों का अनोखा वरदान हमें उपलब्ध कराया है। नामस्मरण, मंत्रजाप, श्लोकपठण, होमहवन, किर्तन तथा स्वाध्याय यह आजके बदलते जीवनशैली से निर्मित नकारात्मक भावों को नियंत्रित करके आनंददायी और सकारात्मक जीवन जीने के लिए अति आवश्यक उपलब्धियाँ हैं।

ध्यानधारणा को आध्यात्म का महाद्वार कहा जाता है। वैज्ञानिकों ने ध्यानधारणा से शरीर और मन पर होनेवाले सकारात्मक बदलावों की पुष्टी की है। नियमित ध्यानधारणा से मन में शांती प्रगट होके सृजनशीलता, एकतानता में बढोतरी होकर ऊर्जा का उत्थान और आकलन शक्ति में समन्वय प्रस्थापित हो जाता है।

मन की शक्ति अपरंपार है । जब एक संशोधक कडे अभ्यास के साथ मन की एकाग्रता से अपनी बुद्धीमत्ता को विवेक से इस्तेमाल करके कोई काम करता है तो वह सराहनीय बनता है, हालाकि वही अगर विवेकहीन हो तो विनाशकारी सिद्ध हो सकता है। अतः मन की अमर्याद शक्ति को संस्कारित करके अपनी लक्ष्मणरेखा निर्धारित करना अत्यावश्यक है।

मानसशास्त्र का एक सिद्धांत है कि बेकाबू मन से ग्रस्त व्यक्ति अंततः सिझोफ्रेनिक/मनोरूग्ण बनती है और हिस्टेरिया की शिकार बन जाती है; जो उसकी भावनिक अवस्था का अंतिम चरण होता है। प्रायः इस व्यक्ति को एकतर्फा विचार करने की आदत होती है, जिसे वह अपना ग्रह कर लेता है की उसका विश्लेषण सदा सही है और यह भ्रम एक साया बन के उसे बेकाबू बना देता है, जिससे वापसी बिलकुल असंभव हो जाती है। इसी



संभ्रिमत अवस्था में खुद से बातें करना, अलौकिक भासमान, दैवी, पिशाच्च योनी के प्रतिमाओंसे संवाद करना आदि कल्पनारम्य स्थिती मे रत रहते भयावह स्थिती में पहुच जाते है।

आध्यात्मिक साधना करते अमन अवस्था में पहुचने के लिए मन का स्थिर होना आवश्यक है। अपने मन में उभरते विचारों को तटस्थता से बिना प्रतिक्रिया के निरिक्षण करना यह ध्यानधारणा का तंत्र है। ध्यान से साँस की गति कम हो जाती है और नाडी का चलना लयबद्ध होकर विचारशक्ती में धीमापन आ जाता है। मन की विचारशक्ती को प्रभावित करने का दुसरा माध्यम है **मंत्र** जो नित्यपठण से अपने विचारों को भक्तिभाव में लीन करके भटकने नहीं देता।

मानवी जीवन में अगर खूद को जानना हो तो अपना मन और स्वभाव इनकी पहचान होना अतिआवश्यक है। विचार मन की निर्मिती है तो उनका स्रोत है ज्ञानेंद्रिया। मूलतः मानवी स्थूल शरीर में मनरूपी सूक्ष्म शरीर वास करता है जो अपनी पाँच कर्मेंद्रियों, पाँच ज्ञानेंद्रियों के साथ बाह्य संसार से संपर्क करता है। मन ही मनुष्य के बंधन और मोक्ष का कारक है। भौतिक जगत के जैसेही मन के तीन घटक है – सत्व, रज और तम। मन जागृत, अर्धजागृत और समाधिवस्था के तीनों स्तरपर कार्य करता रहता है। मानवी मन का चार वृत्तियोंमें विभाजन किया गया है – १) मन २) बुद्धी ३) अहंकार ४) चित्त

जब मन बाह्यजगत का ज्ञान ग्रहण करता है तब यह चारों वृत्तियाँ कार्यरत रहती है। मन के दोषों में अहंकार सबसे विनाशक है। अहंकार से स्वार्थ, भोगलालसा का उत्थापन होके सब कुछ छिनकर अपना भला करने की भावना बढते जाती है और बचपन की निरागसता का विलोप हो जाता है। अहंकार से संकुचित वृत्ति बढते जाती है और अपूर्णता का वास बढते जाता है, जो वासनातृप्ती में सार्थकता ढूँढता है। मन का संतुलन ढलना यही से शुरू हो जाता है। असंतुलित मन नकारात्मक विचारों का अधीन हो जाता है। काम, क्रोध,

लोभ, मोह, मद, मत्सररूपी षडरिपू उसपर सवार हो जाते है और यह वृत्तियोंके प्रभाव से तनाव, अपराध, हिंसा और व्यसनाधीनता आदि दुर्गुणों में बढोतरी होते जाती है। ऐसे अविचारी मन को लगाम डालकर उछलनेसे रोकने के लिए अच्छे सारथी की जरूरत होती है। एक गुरु ही ऐसे बेलगाम अश्वरूपी मन को सीधे रास्ते चलने मदद कर सकता है चाहे मार्ग कितना भी कठीन क्यों ना हो।

मन इंद्रियों का गुलाम हो तो सदा सर्वदा नये नये अनुभवों की खोज में व्यस्त रहना चाहता है तथा उन नवीनतम भोगलालसा से विचलित बन जाता है। महर्षि पतंजलि द्वारा जो प्रत्याहार की संकल्पना का पुरस्कार किया है उसका मकसद यही है की पंचेंद्रियों को इंद्रिय सुखों से परावृत्त करके चित्त की एकाग्रता साध्य करना – और इस की पूर्वतैय्यारी होती है यम, नियम, आसन, प्रत्याहार की साधना के माध्यम से।

अगर कोई व्यक्ति इंद्रियों के विषयसुख में फंस जाता है तो स्वार्थ, द्वेष, क्रोध, मत्सर यह सभी दुर्गुण उसके हर काम में दिखाई देने लगते है। सद्गुरु अपने समर्पित शिष्यों को यह शिक्षा देते है की इंद्रियों को खुद के अधीन कैसे रखे ताकि विषयवासना उन्हें छुए तक नहीं और वहा सदा आनंदमय जीवन जिए। ऐसे शिष्य को सत्य-असत्य ज्ञान होने से वह गुरुकृपासे निष्काम और फलनिरपेक्ष बुद्धी से कार्यरत रहता है और उसका मन दुःख, अहंभाव तथा द्वेषभावनासे परे होकर सदा प्रकाशमान रहता है।

आत्मज्ञान की पहली सीढी है मन के उपर अधिकार पाकर अपने गुरु से मिले ज्ञान का सदा अच्छे काम के लिए इस्तेमाल करना। प्रेम, करुणा, स्वाध्याय और निरपेक्ष भावना से अन्य लोगों की सेवा करना यह सद्वृत्तियों का पनपना सद्गुरुकी कृपा से साध्य जरूर हो जाता है। ऐसे व्यक्ति को समाज में जो आदर – सम्मान मिलता है उसका श्रेय सर्वथा सद्गुरु से मिले मार्गदर्शन व आशीर्वाद का फल होता है। संसाररूपी



महासागरसे सुखनैव यात्रा का मार्ग सद्गुरु दिखाते हैं और अपने इच्छित ध्येय की तरफ ले जाने वाला वह दीपस्तंभ होता है।

गर्भ से जन्म लेनेवाला हर एक बालक पहले साँस से **कोऽऽहं** का प्रश्न उपस्थित जरूर करता है लेकिन **सोऽऽहं** से की अनुभूति पाना बहुत कम लोगों को साध्य होता है।

संत महात्मा कह गये हैं की बुद्धीवादी मनुष्य अज्ञान की वजह से दुःख, भय, चिंता और शोक का सामना करता

है क्योंकि अज्ञान से वह मैं, मेरा की चक्कर में चक्रवात में घुमता रहता है। अगर आत्मसुख, आत्मज्ञान पाने की जिज्ञासा न हो तो ऐसे व्यक्ति का जीना बिलकूल नहीं के बराबर है। ज्ञानप्राप्ति की जिज्ञासा हो तो अपना जन्म उसकी प्राप्ति में लगाना, हर पल, हर श्वास उसकी कामना करना यही सही धर्म है। **कोऽऽहं** को **सोऽऽहं** से जवाब मिलना शुरू हुआ है जरूर – उसका अंतिम पडाव दृष्य होने का अवकाश है – उस अनुभूति की प्रतीक्षा जरूर करेंगे!

सद्गुरु योगीराज डॉ. मंगेशदा

दीमागी संवेदना संप्रेरक – प्राणायाम

मुझे कुछ दिन पहले एक पुराने सहकारी ने फ़ोन किया और कहा कि मुझसे कुछ जरूरी काम है। मैं सोच ही रहा था मैं कभी उनसे मिला नहीं, तो उन्ही ने बताया की मेरे निजी दोस्त ने उन्हें मेरा नंबर दिया है और कहा है मुझसे अपनी समस्या निराकरण करवा सकते हैं। मैंने उनको काम के बारे में पूछा तो कहने लगे कि ग्रुप इन्श्युरन्स का फार्म ऑनलाइन भरना है और उन्हें इसकी जानकारी नहीं। मैंने उनको समझाया कि वो अपनी मोबाइल फ़ोन के माध्यम से भर सकते हैं। तो कहने लगे, तकनिकी पहलु के बारे में वो अनजान है। मैंने पूछा "आप फ़ोन तो ऑपरेट करते होंगे? सीधा गूगल पर जाना है फार्म डाउनलोड करना है और अपनी जानकारी भरके अपलोड करना है।" कहने लगे, "आप करेंगे तो अच्छा होगा। फ़ोन लेते वक़्त जितना डिफ़ॉल्ट से फ़ोन में प्रोग्राम आया है उसके बावजूद उनको कुछ आता नहीं और सीखने से डर लगता है; अभी तो नयी चीज़े सीखने की उम्र कहा रही।"

हालाकि मैंने उनका काम कर दिया, मैं विचार करने लगा, ऐसा क्या है कि हम नयी बातें सीखने से कतराते हैं? क्या गलती करने का डर है या कुछ करने की ईच्छा ही नहीं। उम्र की बात कहें तो आदमी हर उम्र में सीख

सकता है। इन्सान की उम्र और ग्यानग्रहण में कोई परस्पर सम्बन्ध है ही नहीं। हां इच्छाशक्ति का अभाव शायद उसके प्रगति में बाधा डाल सकता है।

इन्सान का दिमाग एक अविरत चलनेवाली घड़ी जैसा है। वह कही रुकता नहीं कभी सोता नहीं, बस जन्म से मृत्यु तक उसका काम थमता नहीं। असंख्य न्यूरोन्स, पेशियाँ और केमिकल स्त्रावों से युक्त इसका काम विविध रासायनिक प्रक्रियों द्वारा शारीरिक मानसिक भावनिक क्रियाओंका नियंत्रण करना होता है। कभी-कभार इसमें कुछ कारणवश कमी आ जाती है तो उसका असर इसके कार्यपर जरूर पड़ता है। लेकिन आजकल शास्त्र इतना प्रगत हो गया है कि उसका भी हल निकाला जा सकता है। लेकिन दवाईयों का असर कई बार उसकी कार्यक्षमता को उसके पूर्व स्तर पर लाने में जितना कामयाब होना चाहिए उतना शायद ही नहीं पाता। और यही हमारी प्रचीन योगिक क्रिया कारगर साबित होती है। दिमाग का खाद है प्राणवायु, जिसकी वजह से वो अविरत कार्य करने सक्षम रहता है। शरीर स्थित हजारों नाडीयों के द्वारा प्राणवायु का सन्चलन पुरे शरीर के अवयवों और ग्रंथियों में अबाधित रखा जाता है। योगिक क्रिया कौनसी है, कैसे करनी है और कब करनी है इसका भी एक शास्त्र है। पढालिखी



करके, विडियो देखकर करना जितना आसन लगता है, उतना वह है नहीं। इसीलिए एक योग्य गुरु के मार्गदर्शन, निरीक्षण, निगरानी में उसका अभ्यास होना चाहिए।

हम लोग गए दो दशक से हमारे सद्गुरु योगीराज डॉ. मंगेशदा की निगरानी में क्रियायोग का अध्ययन कर रहे हैं। वे खुद एक महान क्रियायोगी महावतार श्री श्री बाबाजी के शिष्य हैं और उनकी आज्ञानुसार क्रियायोग की शिक्षा देने का कार्य कर रहे हैं। कोरोना महामारी के समय इस बात कि बहुत चर्चा हुई कि इस विषाणु का असर फेफड़ों पर होने से लोग अपनी सांस लेने में दिक्कत महसूस करते थे और शायद कितने लोगोने अपनी जान गंवाई भी। इस बात का अहसास होने पर सद्गुरुजी ने प्राणायाम के खास वर्ग लेने की योजना बनायी और ऑनलाइन वर्गों का आयोजन किया ताकि इसका फायदा पीडित तथा आम जनता तक पहुंचे। हम लोगोने जब इन वर्गों में भाग लेना शुरू किया तो एक बात ध्यान में आयी कि ये शास्त्र कितना गहरा असर अपने शरीर और मस्तिष्क और पुरे कार्यप्रणाली पर करता है। इतना ही नहीं आध्यात्मिक साधना में आसनसंहिता और ध्यान के साथ साथ प्राणायाम भी उतना ही महत्व रखता है। जब आप इसका अध्ययन भक्तिभाव और पूरी लगन से करते हैं तो परिणाम दृश्य

रूप में दिखने शुरू हो जाते हैं। मन शांत और संयत हो जाता है। व्याधियाँ काबू में आ जाती हैं। जीवन निरामय लगने लगता है।

सद्गुरुजी ने इस कार्यशाला की संरचना कुछ ऐसी की है के हर व्यक्तिविशेष की प्रकृति को ध्यान में रखते कौनसा प्राणायाम योग्य होगा या हानिकारक होगा, इसका विश्लेषण वे ऑनलाईन वर्ग के दौरान करते रहते हैं। यही नहीं प्रत्येक प्राणायाम के वक्त शरीर की बैठक, हाथ, उंगलिया, चेहरा, नासिका किस तरह इस्तेमाल करनी है इसकी प्रत्यही हिदायत देते रहते हैं। हर सहभागी शिष्य के बारे में ख्याल रखना और उसे सही ढंग से योगिक क्रिया करने के लिए प्रोत्साहन देना यह उनकी खासियत है। शायद ही कोई ऐसा गुरु होगा जो हर सहभागी को नाम से जानता होगा और उसकी कमी तथा विशेषता का जायजा लेकर उसके अन्दर के गुणोको उजागर करने सदैव प्रयत्नशील रहता होगा। ऐसा परमस्नेही गुरु मिलना बड़े भाग्य की बात है।

यह जो समाज को सशक्त निरामय नागरिक बनाने का अभियान सद्गुरुजी ने शुरू किया है उसमे अधिकाधिक लोग जुड़ते जाए और बलशालि भारत का निर्माण साकार हो यही मेरी कामना है।

जय गुरुदेव! हरि ॐ!!

चंद्रकान्त बारस्कर, मुंबई

अध्यात्म से जुड़े युवा शक्ति

हरेक व्यक्ती को जीवन में तीन अवस्थाओंसे गुजरना पडता है - बाल्यावस्था, युवावस्था तथा वृद्धावस्था। इन तीनों में महत्वपूर्ण है युवावस्था या किशोरावस्था। क्यों की इसमें प्रवेश करते वक्त कई शारीरिक तथा मानसिक बदलाव इस उम्र मे आते हैं। प्रायः १२ से १८ की उम्र को किशोरावस्था माना गया है। इस उम्र के बच्चे माता-पिता से खुलकर बातें करना नहीं चाहते बल्कि बहोत सी बातें छुपाने का प्रयास होता है। लिंगभेद का

अहसास होना तथा विद्रोह की भावना में वृद्धी होना यह एक स्वाभाविक प्रक्रिया! इसका परिणाम स्वभाव में अहंमान्यता आने की शुरुआत होती है।

ऐसे समय इन युवकों को प्रेमसे, संवेदनशीलतासे तथा सावधानीसे समझाने की जिम्मेदारी पालक करे तो बेहतर है क्यों की उन्हें अच्छा गुरु-मार्गदर्शक मिलना जरूरी है; लेकिन आजकल पालकों को इतना समय कहा है? आजकल मोबाईल पर इंटरनेट के जमाने में



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इतने सोशल प्रोग्राम खुले आम उपलब्ध है, जिसका अच्छा-बुरा प्रभाव इन युवकों के मानस पर होना स्वाभाविक है।

युवावस्था का प्रभाव जबरदस्त होता है। शालेय तथा महाविद्यालयीन शिक्षा और बाद में व्यवसाय, नौकरी के चयन में स्पर्धा की भय से कई युवक इस उम्र में सहजसाध्य मार्ग से पैसा कमाने की होड़ में गुनाह के मार्ग पर चलने को बाध्य हो जाते हैं। गर्म खून और उदंडता की प्रवृत्ति यही उम्र की देन है। हम सब लोग इस स्थित्यंतर से गुजरते रहते हैं। ऐसे वक्त हमें एक अच्छे गुरु की, मार्गदर्शक की तथा प्रेम की जरूरत होती है। लगभग एकसौ पच्चीस साल पहले एक युवक ने अपने ओजस्वी वक्तव्य से सभी अमरीका वासियों को मंत्रमुग्ध किया था। शांती और करुणा का मंत्र प्रेषित करनेवाले उस युवक का नाम था - **स्वामी विवेकानंद!** शिकागो के पहले सर्वधर्मीय वैश्विक परिषद को संबोधित उस ओजस्वी भाषण का इतना गहरा परिणाम हुआ की पाश्चात्य लोग भारतीय संस्कृति का आदर करने लगे।

आजकल युवा पीढ़ी को एक नकारात्मक नजरिये से देखा जाता है - विद्रोही, डिस्को-पब और नशा की चंगुल में फसा युवक, आधुनिकता के आकर्षण से दो पीढ़ियों बीच में की दूरी तथा तनाव और पारिवारीक विवादों से जर्जर होकर बेचैनी का सामना करते करते हैराण हो गया है। क्या इस का दोष सिर्फ युवा पीढ़ी का है? क्या इन सभी आपदाओंका सामना करने की क्षमता उस में नहीं है? मुझे ऐसा बिल्कुल नहीं लगता। बल्कि आज का युवावर्ग हर एक क्षेत्र में अपनी क्षमता दिखाकर इन समस्याओं का सामना करने के लिए अधिक सक्षम है और पहले के लोगों से होशियार है और मेहनत करने की मनीषा रखता है।

स्वामी विवेकानंदजी की अमूल्य एवं अभूतपूर्ण शिक्षा को सलाम करते सारे जहां को मैं यही कहना चाहूंगा की युवाशक्ति को अगर अध्यात्म की साथ मिले तो पूरे

विश्व में एक क्रांती ला सकते हैं। लौकिक अर्थ से परिवर्तन लाने की क्षमता युवाशक्ति और अध्यात्म के मिलाफ में जरूर है। अध्यात्म का मतलब यह नहीं है की संसार का त्याग करके एक अलग जीवन व्यतीत करना या कोई अलग से कपडे परिधान करके नौटंकी करने का मार्ग है। आजकल ऐसे नकली बाबाओंकी वजह से लोगो का अध्यात्म के बारे में गलत विचार होते जा रहा है। एक चीज जरूरी माननी चाहिए की अध्यात्म की विचारधारा और उसका स्रोत एक उच्च स्तर का प्रवाह है। अध्यात्मिक साधना से मन को शांती मिलती है, स्थैर्य प्राप्त होता है और मन विशालता का अनुभव करता है - और ऐसी अंगभूत शक्ति स्रोत का उपयोग सामाजिक सजगता की एकसंघता को बढ़ावा देता है।

मनुष्य का मन एक गहरे संशोधन का विषय है, असंख्य विचारों की शृंखला है मन। मन की शक्ति अगाध है। वह शाश्वत कार्य के साथ उतनी ही विघातक भी साबित हो सकती है। ऐसे मन को अध्यात्म की प्रेरणाशक्ति की शिक्षा मिलने से उसपर गुरुसंस्कार होते हैं। अध्यात्मसाधना शरीर, मन और आत्मा का अनुशासनभरा प्रशिक्षण है, यह समझना जरूरी है।

शरीरशास्त्र के अनुसार आदर्श जीवनप्रणाली आहार-विहार, नियमन और सत्संग यानि अध्यात्म साधना का आचरण है। शरीरांतर्गत प्राण पर किया हुआ नियंत्रण और अन्य संस्कार, बेताल बेगुमान मन के सूक्ष्मतर स्तरपर जाने के लिए ध्यान, आंतरिक तथा बाह्य शुद्धी क्रिया - यानि आध्यात्मिक साधना - यह सभी क्रिया-साधना साधक को एक अत्युच्च अनुभूती का अनुभव कराती है और उसे करुणा, प्रेम, क्षमाशीलता के बल से सुसंस्कृत शक्तिशाली मनुष्य बनाती है।

युवाशक्ति और अध्यात्मशक्ति का मिलाफ होना इसलिए जरूरी है क्यों की युवा और उनके विचार क्रांतीकारी हैं। प्रायः यह शक्ति विनाशक विध्वंसक रूप धारण करती है और उसे बदले की भावना में परावर्तित



करती है। अगर यही स्फोटक शक्ति अध्यात्म का रुख करेगी तो सकारात्मक बदलाव ला सकती है। एक तरफ नशे में चुर, गुलछरे उडानेवाला ध्येयहीन युवक जो तनाव से परेशान है और दूसरी तरफ अध्यात्मिक साधना से उजागर शक्तिवान ध्येयवादी युवक - यह दोनों का अंतर है। युवाशक्ति को समझाना, सिखाना बहोत आसान है, यह मेरा मानना है। उसके मन की उदारता यह उसका विशेष गूण है।

स्वामी विवेकानंदजी ने अपनी शिक्षा से लाखों लोगों को अध्यात्म की राह चलना सिखाया। रामकृष्ण परमहंस जैसा गुरु, अध्यात्ममार्गी परिवारजन और प्रखर बुद्धिमत्ता के धनी स्वामी विवेकानंदजी को देश विदेश में बड़ी लोकप्रियता मिली। उनकी जन्मतिथी १२ जनवरी

'अंतरराष्ट्रीय युवक दिन' के तौर पर मनायी जाती है। इसीलिए इस अंतरराष्ट्रीय युवक दिन के पावन दिन यह संकल्प और आवाहन करते हैं, "ए मेरे युवा बंधू और बहनो, अध्यात्म की मार्गपर आईये और अपनी साधना से - शक्ति से पूरे विश्व में सकारात्मक क्रांति का उद्घोष करो।" आज समाज और राष्ट्र को युवाशक्ति और अध्यात्मशक्ति के मिलाफ की जरूरत है। चलो अपने अंदर के विवेकानंदजी को जगाते हैं और एक संपूर्ण, संपन्न, शक्तिशाली भारत का निर्माण करते हैं।
हरि ॐ।

सद्गुरु योगीराज डॉ. मंगेशदा
(सौजन्य : विवेक पत्रिका)

योग की प्रेरणा।

सद्गुरुजी आपके कमल चरणों पर अनंत कोटी प्रणाम। आपको जनमदिन की बहुत हार्दिक शुभकामनाएं।

मैं सबसे पहले आपका तहे दिल से धन्यवाद कहना चाहती हूँ क्युंकी आपने मुझे आपकी शिष्या बनाया और योग करने के लिए उत्साहित किया। मैंने योग का विषय इस लेख में इसलिए चुना है क्यूंकि पिछले डेढ़ साल से मैं आपके उत्तम प्रशिक्षण में योगाभ्यास कर रही हूँ। उससे मुझे जो अनेक लाभ मिले हैं वह मैं महसूस कर सकती हूँ। एक ऐसा आत्मविश्वास जागृत हुआ है और तो और नकारात्मक भाव पर संयम आने लगा है। भय, अधीरता एवं गुस्से पे नियंत्रण आ रहा है।

लोग सोचते हैं की योग करने से तो सिर्फ सेहत अच्छी बनती है लेकिन योग सीखने के लाखों फायदे हैं, शारीरिक और मानसिक - दोनों ही। शारीरिक तौर पे मेरी रक्त चाप (blood pressure) जैसी बीमारी नियंत्रित हो पाई। शरीर में ताकत, स्फूर्ति और ऊर्जा बहने लगी। दिन के १४/१६ घंटे काम करने के बावजूद, थकान महसूस नहीं होती और जब कोई मुसीबत आती

है तो हम उसका मुकाबला कर के एक लय में आगे चलते जाते हैं।

जब मेरी बेटी और पति को कोविड हुआ था तब उनके इतने करीब होते हुए भी सिर्फ सद्गुरु कृपा से मैं इस व्याधी की शिकार नहीं हुई। इसका पूरा श्रेय मेरे सद्गुरुजी को जाता है क्युंकी उनकी दी हुई सलाह के अनुसार हमने योग और प्राणायाम किए और पूरे परिवार ने जमके इस महामारी का मुकाबला किया।

योग, प्राणायाम, ध्यान और क्रिया योग के माध्यम से सद्गुरुजी ने पूरे लॉक डाउन के दौरान हमें अद्भूत आध्यात्मिक ज्ञान बांटा जिसकी नींव विज्ञान से जुड़ी हैं। उसके लाभ मैं शब्दों में बयान नहीं कर पाऊंगी लेकिन हमारा फर्ज बनता है हम उसका नियमित अभ्यास करें। सद्गुरुजी यह दो मुहावरे योग सत्र के दौरान कायम सुनाकर हमें प्रेरित करते हैं।

कोशिश करने वालो की हार कभी नहीं होती।

आसनम् स्थैर्यम् सुखम्।

योगाभ्यास करने के बाद तन और मन में जो एक अतुलनीय स्थिरता विकसित होती है, वह व्यक्त करना



THE AWAKENING!

OUR MOTTO IS TO SPREAD UNCONDITIONAL LOVE &
UNCONDITIONAL FORGIVENESS ALL OVER THE WORLD.

मुश्किल है। मन कम भटकता है और कठिनाईयों का सामना बीना डर या भय से किया जा सकता है। आज इतने सालों बाद, पहली बार हिंदी भाषा में मैंने यह लेख लिखने का प्रयास किया है एवं इसी अनुभव को आगे बढ़ाते हुए एक छोटी सी कविता लिखी है:

कदम तो हमने उठाए,
पर हाथ तो सद्गुरुजी ने थामा।

चोट हमने खाई, लेकिन दर्द उन्होंने महसूस किया। गुनाह हमने किए, ईसा बनके, उनके कंधों ने हमारा भार झेला।

हे प्रभू आपसे यही है प्रार्थना कि सदा सदा के लिए हमें सद्गुरुजी के ही पवित्र चरणों में मिले छत्रछाया।

विनीता, थाने

गुरुदेव का जन्मदिन

अंधकार मिट जाता है
मेरे सतगुरु के प्रकाश से,
रिमझिम रिमझिम बूंदे बरसे
जैसे नीले आकाश से!
आपके जन्मदिन पर
मन में यह विचार हैं,
कैसे करे प्रकट हम सब
आपका यह आभार हैं!

मार्ग दर्शक बनकर आपने
सही पथ हैं दिखलाया,
जीवन का अर्थ क्या है
सब कुछ आपने सिखलाया!
आपके जन्मदिन पर
हम यह कामना करते हैं,
आप जिए हजारों साल
प्रभु से दुआ यही करते हैं!

अर्चना हाखु, मेलबोर्न

खोज विज्ञान की... अध्यात्म की!

कुछ समय पहले अखबार में खबर आई थी की भारतीय शास्त्रज्ञ श्री. सत्येंद्रनाथ बोस के तर्कशास्त्र पर श्री. पीटर हिग्स ने संशोधन कर दैवि कणों (God particle) का शोध किया और उसे नाम दिया **हिग्स बोसॉन!** उनके अनुसार वातावरण में असंख्य कण हैं जिन में इस दिव्य **दैवि कणों** को शास्त्रीय संशोधन से खोजा गया है।

मुझे इस खबर से एक बात अच्छी लगी की जिस आध्यात्मिक अनुभवों का समाज के कुछ **बुद्धीजीवी** हमेशा मजाक उड़ाते थे, उसी समाज के वैज्ञानिकों ने संशोधन के बाद **दैवि कणों** को स्वीकारा। विज्ञान और आध्यात्मिकता ने एक-दूसरे से हाथ मिलाया। वैसे आज के दौर में आध्यात्म में संशोधन करने के लिए कई सकारात्मक कदम उठाये गए हैं।

वैसे देखा जाए तो पाश्चात्य देशों द्वारा विकसित किये गये क्रांतीकारी चीजों का मूल भारतीय तत्त्वज्ञान एवं वेदों पर आधारित है। फिर वह राईट बंधु का हवाई जहाज हो या आधुनिक वैद्यकिय शास्त्र, क्षेपणास्त्र हो या अणुबम! मूल तत्त्वज्ञान भारतीय वेदशास्त्र ही है। हम भारतवासीय पाश्चात्य लोगों के बड़े प्रशंसक होते हैं। उनकी प्रशंसा न करे, ऐसा मैं नहीं कहता, परन्तु जिस देश की क्रांतीकारक एवं हजारों साल पुरानी संस्कृति पर पाश्चात्य देशों को संशोधन करने पर मजबूर किया उस देश पर... हमारे भारत देश पर हमने सदा अन्याय किया!

मैं अध्यात्म शास्त्र का विश्वभर में प्रचार कर रहा हूँ। मेरी योग साधना को इस साल ५३ वर्ष पूरे हो रहे हैं और लगभग ५४ देशों को मैं भेट दे चुका हूँ। मेरे सद्गुरुजी के



आज्ञानुसार प्राचीन क्रिया योग शास्त्र का प्रचार कर रहा हूँ। कुछ साल पहले लिस्बन (पुर्तगाल) में जागतिक योग दिन का उद्घाटन करने का सन्मान मुझे प्राप्त हुआ। दुनियाभर से आमंत्रित प्रतिनिधियों में जुडवा भाई व अंतरराष्ट्रीय ख्याति के शास्त्रज्ञ श्री. आय. बोगनॉडफ़ एवं श्री. जी. बोगनॉडफ़ से मेरी मुलाकात हुई। इन दोनों ने **बिग बँग** पर संशोधन कर के बहोत सारी जानकारी प्राप्त की थी। हमारी चर्चा के बाद उन्होंने वहा उपस्थित लोगों से कहा की **पर्वत के एक ही शिखर पर हम दोनो ही पहुँचे, पर केवल दिशा अलग अलग थी।**

मुझे लगता है बहुत सारे लोगो को **दैवि कण** के बारे में पता नही या उन्होंने **बिग बँग** के बारे में शायद सुना ही नही है। पृथ्वी की जब उत्पत्ति हुई वह क्षण **बिग बँग**...पृथ्वी... उसके उपर की जीव उत्पत्ति... मनुष्य... संशोधन... अन्य ग्रह... वहा जीव सृष्टी होने का कौतुहल और अन्त में इस सृष्टी के उत्पत्ति का युग-पुरुष! हमारे ऋषिमुनियों में यह जिज्ञासा जागृत हुई, उन्होंने उनके तरीके से संशोधन किया, साधना की। किसी ने खगोलशास्त्र पर संशोधन किया, किसी ने वैद्यक शास्त्र पर किया तो किसी ने आध्यात्म शास्त्र पर तप किया। हरेक ने अगाध परिश्रम से जीव सृष्टी के रहस्य को खोजा!

दैवि कण को समझने के लिये **देव अथवा परमेश्वर** की संकल्पना समझना विज्ञान के लिए जरूरी है। आज समाज में दो प्रकार के लोग है जो परमेश्वर को मानने वाले (आस्तिक) और न मानने वाले (नास्तिक) है। लेकीन परमेश्वर है या नही इसी बहस पर बुद्धीजीवी अपनी बुद्धिमत्ता परखते रहते है।

आज दुनियाभर के करोडो लोग भगवान है यह मानकर एक श्रद्धा, भक्तिभाव से अपना जीवन जी रहे है। कई डाक्टर खुले आम परमेश्वर में होने वाले अपने विश्वास के बारे मे कहते है और अपने मरिजों से भी कहते है। वैद्यक शास्त्र में विज्ञान को भी अचम्बित करने वाली कई घटनाएँ परमेश्वर मानने वाले भाविकों ने अनुभव

की है। वृत्तपत्रों में एक विलक्षण खबर आई थी, **'भारत ने एक साथ दो क्षेपणास्त्र अंतरीक्ष में उडाए! लेकिन उसके पहले यह सारे वैज्ञानिक तिरुपति वेंकटेश के दर्शन के लिए गये थे।'**

जैसे मन का दर्शन प्रत्यक्ष दृष्य मे नही होता, वैसे ही **देव** की संकल्पना सहजता से नही दिखा सकते। सगुणरुपि देव विविध स्वरूप से समझने का प्रयत्न किया तो भी उसकी निर्गुण रुपी वास्तविकता प्रत्येक व्यक्ति को अनुभव करनी होती है। केवल मस्ती-मजाक, अवहेलना एवं टिका करने से विचारशील होकर **देव** माननेवाले को प्रत्यक्ष रूप से क्या लाभ होता है यह देखते है।

देव अथवा परमेश्वर माननेवाले लोगों की मानसिकता उन्हें अनेक समस्याओं से निपटने का आत्मबल देती है। कुछ व्यक्तियों मे देवत्व उनके अलौकीक कर्तृत्व की वजह से दिखता है। अनेक कर्मयोगीयोंने समाज के लिए अभूतपूर्व कार्य किये है, इसिलिए लोगोंने उन्हे देव-पद पर लाकर रखा है। इसिलिए देव, देवतत्व, देवकण (अंश) यह समझने के लिए जो दृष्टीकोन अथवा मानसिकता चाहिये, उसकी आज नितान्त आवश्यकता है।

श्रद्धा व अंधश्रद्धा के बीच एक धुंधलासा रास्ता है जो दिखने के लिए या समझने के लिए एक व्यापक नजरिये व मार्गदर्शन की जरूरत है। हमारे पूर्वजोंने अध्यात्म के विषय में सात्विक गुणों व तामसी गुणों के बारे में स्पष्ट रूप से लिखा हुआ है। 'जहा पिण्ड वहा ब्रह्मांड' इस उक्ति के अनुसार अगर हर व्यक्ति ने सात्विक गुणों को अपनाया और उसके अनुसार आहार, विहार एवं विचार रखे तो यह देवकण हर एक मे तेजोमय हो जाएंगे व समाज में निःस्वार्थ प्रेम व क्षमाशील भाव से रहेंगे। आंशिक देवतत्व की यह विशाल देन परमेश्वर ने हर एक को दी है। अपना समाज, देश व सम्पूर्ण विश्व ऐसे आंशिक देवतत्व से एक-दुसरे के साथ एकरूप हो पाएंगे तभी एक प्रचंड तेजोमय परमेश्वर का अनुभव करने मिलेगा।



देवकण की खोज विज्ञान ने की या अध्यात्म ने इस संशोधन में जाने से बेहतर है की 'अहम् ब्रह्मास्मि' अनुभव करने का प्रत्येक व्यक्ति प्रयत्न करे। परमेश्वर हर एक में है यह समझ कर एक-दूसरे को समझने का योग-प्रकार सीखते हैं। समुद्र में निर्माण हुई क्षणिक लहर पर सँवार होकर ज्ञानरूपी समुद्र की गहराई में जाकर सम्पूर्ण ज्ञान का आकलन करना अच्छा है। क्योंकि मुझे ऐसा लगता है सम्पूर्ण ज्ञान की, विश्व की उत्पत्ति करनेवाले 'देवकण' अभी अभी विज्ञान को प्राप्त हुए हैं। लेकिन एक दिन सम्पूर्ण देव जो असंख्य कणों से बना है, वो भी संशोधन से विज्ञान को मिल जाएगा। अध्यात्म ने इस विषय में कब का संशोधन कर के करोड़ों लोगों को इस मार्ग पर लाया है।

यह सही है की कुछ अपवादात्मक लोगों ने इस मार्ग पर प्रदुषण किया है परन्तु इसका अर्थ कदापि यह नहीं के अध्यात्म का मार्ग गलत है। बिना प्रदुषित हुए या किये, श्रद्धा व सबुरी से और उससे ज्यादा आत्मविश्वास से

इस मार्ग पर चलना आना चाहिये।

मुझे विश्वास है की सच्चे साधक के जीवन में एक क्षण जरूर आएगा जो **बिग बँग** के पहले का जो क्षण था उसका अनुभव देगा। उस क्षण की जो अवस्था थी, वहाँ हम सब एक थे। यह अत्यंत परम आनंद का क्षण, सम्पूर्ण ज्ञान का क्षण हर एक को अपना अपना अनुभव करना है। शब्दों में इस आनंद की अनुभूति का वर्णन करना अशक्य है।

जिन्हे विज्ञान के प्रयास से अनुभव लेना है, वो उस माध्यम से भी ले सकते हैं। लेकिन एक बात मैं जरूर कहूँगा - **अध्यात्म का सर्वोच्च क्षण सम्पूर्णतः शास्त्रीय है। इसीलिए सगुण-निर्गुण दोनों को मैं एक मानता हूँ। वैसे भी आध्यात्मिकता और वैज्ञानिकता एक ही सिक्के के दो पहलू हैं। इस शिखर पर चढ़ना एवं अनुभव को प्राप्त करना महत्वपूर्ण है। इस दिव्य अनुभूति के लिए विश्व के सभी साधकों को मेरी हार्दिक शुभकामनाएँ।**

सद्गुरु योगीराज डॉ. मंगेशदा

तू अपने घर में जरूर आ जा

मनुष्य जन्म की संपूर्ण जीवन यात्रा में, हम सभी ने यह प्रत्यक्ष देखा व जाना है, कि हर व्यक्ति को जन्म होने के क्षण से लेकर अन्तिम घड़ी तक, मनुष्य को मनुष्य के साथ की आवश्यकता रही है। चाहे वो व्यक्तिगत, पारिवारिक, सामाजिक, व्यावसायिक अथवा आध्यात्मिक क्षेत्र हो।

इस जीवनयात्रा में हमने जन्म लेते ही माता से लेकर परिवार के सदस्यों, मित्रों व शिक्षकों तक, सभी से रिश्ते बनाए। और इन सम्बन्धों में हमने जीवन के सभी सुखद व दुःखद भावनाओं को अनुभव किया। कईयों से हमने कुछ सीखा और कई हमसे कुछ सीखे।

कुछ प्रिय, कुछ अप्रिय और कुछ अति प्रिय साथी जीवन में आए। फिर भी हर जीव को एक हृदयस्पर्शी, एक

आत्मिक सम्बन्ध की जुस्तजु, एक चाहत बनी रही। **'अनगिनत सांसारिक रिश्ते, फिर भी एक तलाश'** - पुरे जीवनकाल में, जो भी शकसियत से हमारी मुलाकात हुई, अथवा जीवन की घड़ियाँ व्यतीत हुई, हर एक सम्बन्ध, हर एक घटना अपने जीवन में कभी भी अकारण नहीं हुई। यह जानते हुए भी, फिर भी, हर आत्मा को एक **सच्चे साथी** की चाहत बनी रहती है। जो लौकिक दृष्टि से परे हो, जो बिना किसी स्वार्थ के, **मुझे मुझसे मिलाए।**

कहते हैं, जब इन्सान की, किसी भी चीज की पात्रता बन जाती है, या परिपक्वता रहती है, तो खुद खुदा अपने प्यारे को स्वयं बखशिश देने को आतुर रहता है, और पूरी कायनात जुट जाती हैं इस खुदाई को बरसाने में।



जो **जैसा भाव जगाए सो तैसा ही फल पाए।** जब ऐसे जी कुछ लक्षण हमें अपने में दिख जाते हैं, तो समझो उस महान हस्ति, **सच्चे साथी** का प्रवेश अपने जीवन में होना निश्चित है।

वर्षों पूर्व, यह परिवर्तन हमने भी अपने भीतर अनुभव किया। कुछ चीजों से वीतराग हो जाना और कुछ चीजों के प्रति नये सिरे से आकर्षित होना, यह उस मेहरबान की रहमत है हम पर, कि सदा से कदरदान साथी ही मिले। यह साथ केवल व्यक्तियों के रूप में नहीं, बल्कि साथ उस ज्ञान का भी, जो नसीब से अपनी झोली में आ गया।

ज्ञान की यह पंक्तियाँ –

**"तू अपने घर में जरूर आ जा
खुदी के बदले, खुदा को पा जा"**

लगाता, मानो ये हमसे कुछ कह रही है, कुछ बहुत बड़ा राज इसमें समाया हुआ है। भीतर ही ज्ञान पाने का आकर्षण, एक खींच शुरू हुई। इसमें बाहरी रूप से, कई कदरदान, मेहरबान का साथ तो अवश्य रहा बल्कि अपने भीतर भी हमने अनेकों सच्चे साथी पाये। ये सच्चे साथी, जो सभी के हृदय में आदि जुगादि से वास करते हैं, उन अनमोल रत्नों से रमण करने का स्वभाव बन गया। ये सच्चे साथी कौन थे? ये थे, प्यार व मिलाप, धैर्य व सहनशीलता, दया व क्षमा, करुणा व कृतज्ञता, सन्तोष व प्रसन्नता, दिल की स्वच्छता व दिव्य प्रेम! हाय! ये रत्नों से भरे सच्चे साथी तो हमसे कहते, **"हम तो सद बसत, तुम्हरे साथ।"** अरे ये तो अपने ही गुणों का गुलदस्ता है जो हमारे संग संग चल रहे हैं।

लेकिन जैसे, हमारे प्रिय सद्गुरुजी फरमाते हैं, **"थोड़ा है थोड़े की जरूरत है।"** यह ज्ञान का अंकुर, तो महापुरुषों की बदौलत हृदय में बीज जरूर फुटा था। परन्तु इस अंकुर को, इस माटी को निहाल होने का सही समय तब आया, जब जन्म जन्मांतर के सच्चे साथी, सद्गुरु के रूप में भेट हुई। और भीतर ही वास करते हुए गुणों के भण्डार रूपी सच्चे साथी को एक दिशा प्राप्त हुई और

इन सभी दैवी गुणों के मूल तत्त्व, वास्तविक स्वरूप से मिलने की सीधी राह मिली।

**"तू अपने घर में जरूर आ जा
खुदी के बदले, खुदा को पा जा"**

यह वर्षों की दोहराती हुई गुनगुनाती हुई पंक्तियों का सार खुला, जब मीतों से प्यारे मीत, सद्गुरुजी से क्रिया योग जैसा अनूपम अनूठा साधन व क्रिया दीक्षा का बहुमूल्य वरदान सद्गुरुजीने प्रदान कर दिया।

"सद्गुरु शब्द (मंत्र) उच्चारते, ज्यों अमृत वर्षा हो गई

जन्म जन्म की बिछड़ी मैं, रंक से राजा हो गई।

मेरे वेद भी गाते, यही गीत हैं

सद्गुरु प्यारा मीत है, मीतों से प्यारा मीत है।।"

क्योंकि उन्हीं से ही, अपने वास्तविक घर में प्रवेश होने का द्वार दिखा। अपने ही भीतर गहरा गोता लगाने का साधन, क्रिया योग जैसा आत्मसाक्षात्कारी पावन साधन के माध्यम से हम तक उजागर किया। जहा मन की चंचलता, क्रिया योग के सूक्ष्म सरल क्रियाओं के जरिये, मन स्वतः ही अपनी स्थिरता अनुभव करता है और Kriya अर्थात् Soul (Your Own God Self) is in action और हौले हौले चंचल मन – सोहम् स्वरूप में परिवर्तित होने लगता है। सद्गुरुजी फर्माते हैं – "Come back to yourself."

**"तू अपने घर में जरूर आ जा
खुदी के बदले, खुदा को पा जा"**

जब मन ने अपनी मिथ्या हस्ति (illusion) गँवाई, जब मन ने अपनी काल्पनिक राजाई गँवाई (खुदी मिटाई), तो बचा ही क्या, खुद खुदा।

"नदी ने ज्यों ही खुदी मिटाई

बनी समुन्दर, मिटी जुदाई।

नदी के बदले, बनी वो दरिया

खुदी के बदले, खुदा को पा जा।।"

जब छोटे शरीर की मैं गुम हो, तो इन्सान कुछ खोता



THE AWAKENING!

OUR MOTTO IS TO SPREAD UNCONDITIONAL LOVE &
UNCONDITIONAL FORGIVENESS ALL OVER THE WORLD.

नहीं, अपितु वो तो **ओहम्-सोहम्** के सुन्दर नगीने (गहने) से सज जाता है। यह साधना-काल कई कई छोटे-बड़े अनुभवों का सागर है। सद्गुरु चाहे जिस रूप में, जिस वाणी में, जिस भाव में आपके साथ रहे, रजामंद दिखे अथवा बेहद नाराजगी जताए परन्तु, मानो न मानो, वो तो अपने प्यारे से

**"छुप छुप करता प्रीत है
मेरा सद्गुरु प्यारा मीत है**

मीतों से प्यारा मीत है।"

अन्त में निराकार सद्गुरु से एक ही दिली ख्वाइश :-

**"इस शरीर रूपी माटी में, सुन मेहरबान
जब तलक, एक भी साँस हो
तेरी प्रीत न बिसराऊँ मैं
यही होठों पे अरदास हो।"**

शरणागत

हीरा खानचन्दानी, मुंबई

मन

मन की अपनी एक भाषा है
जिसे समझने की हर एक को अभिलाषा है।

यह एक पल काशी दुजे मथुरा तीजे बनारस हो आए
अच्छे अच्छे को इसका व्याकरण समझ ना आए ॥१॥

खुब लगा तू गोते इसमें फिर भी समझ ना पाए
ये क्या उलझन है जो हर एक को सुलझ ना जाए ॥२॥

कौन दिशा से आए है तू कौन दिशा में जाए
तुझे ढुंढते बस जीवन खत्म न हो जाए ॥३॥

यह वो गुथी है जो खुदसे सुलझे ना सुलझाए
नित्य साधना एवं गुरुसेवा से ये बस में आए ॥४॥

सो काहे भागे दौड़े इस मायारूपी संसार में
नमन हो जा गुरुचरणों में नमन हो जा गुरुचरणों में ॥५॥

निलेश आंब्रे, मुंबई

जहा देखू वहा तू ही तू है।

सब में तू और तुझ में सब हैं
जड-चेतन, चल-अचल सभी में रब हैं।
पथ तू पथिक भी तू हैं,
मार्ग की सुगम-दुर्गमता तू हैं।
हरियाली तू पतझड भी तू हैं,
फूल तू कांटे भी तू हैं।
खेल रचियता, खिलाडी तू हैं,

हार जीत का आभास भी तू हैं।

राग में तू द्वेष में तू हैं,

हर भाषा परिवेश में तू हैं।

हैं कोनसा क्षण जहां तू न हो,

शुन्य में तू संसार में तू हैं।

सद और बद के चक्कर में कितने युग बीत गए

मन अब तो मान लें, सद भी तू और बद भी तू हैं।

जया लौंगानी, मुंबई

Every human being you meet, is your teacher in some manner or the other. Keep your senses alert to see what best can you imbibe from the person you are interacting with.

H. H. Sadguru Yogiraj Dr. Mangeshda

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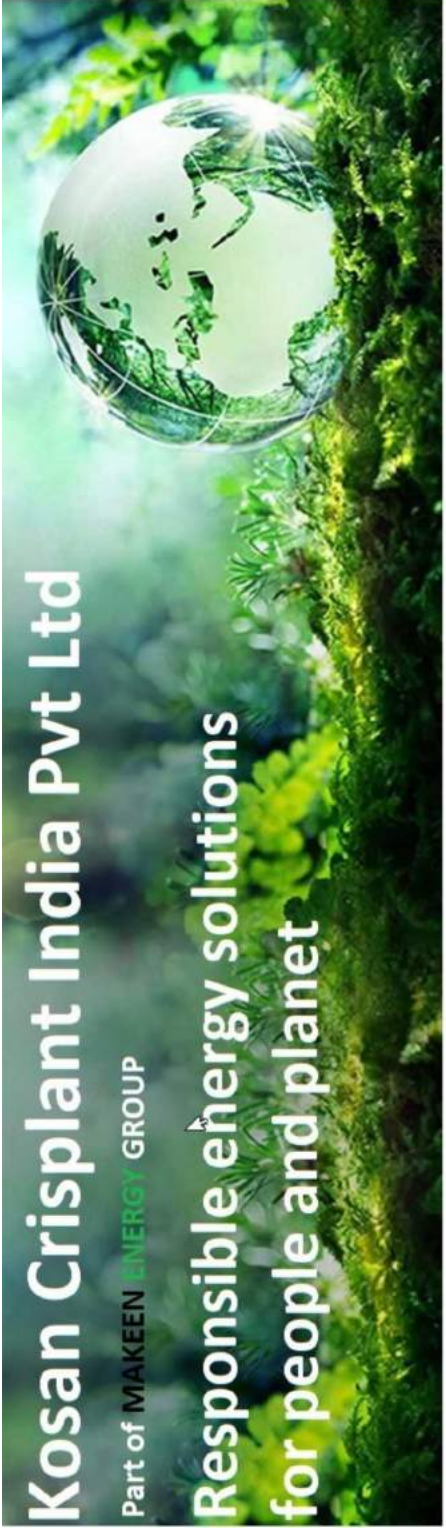
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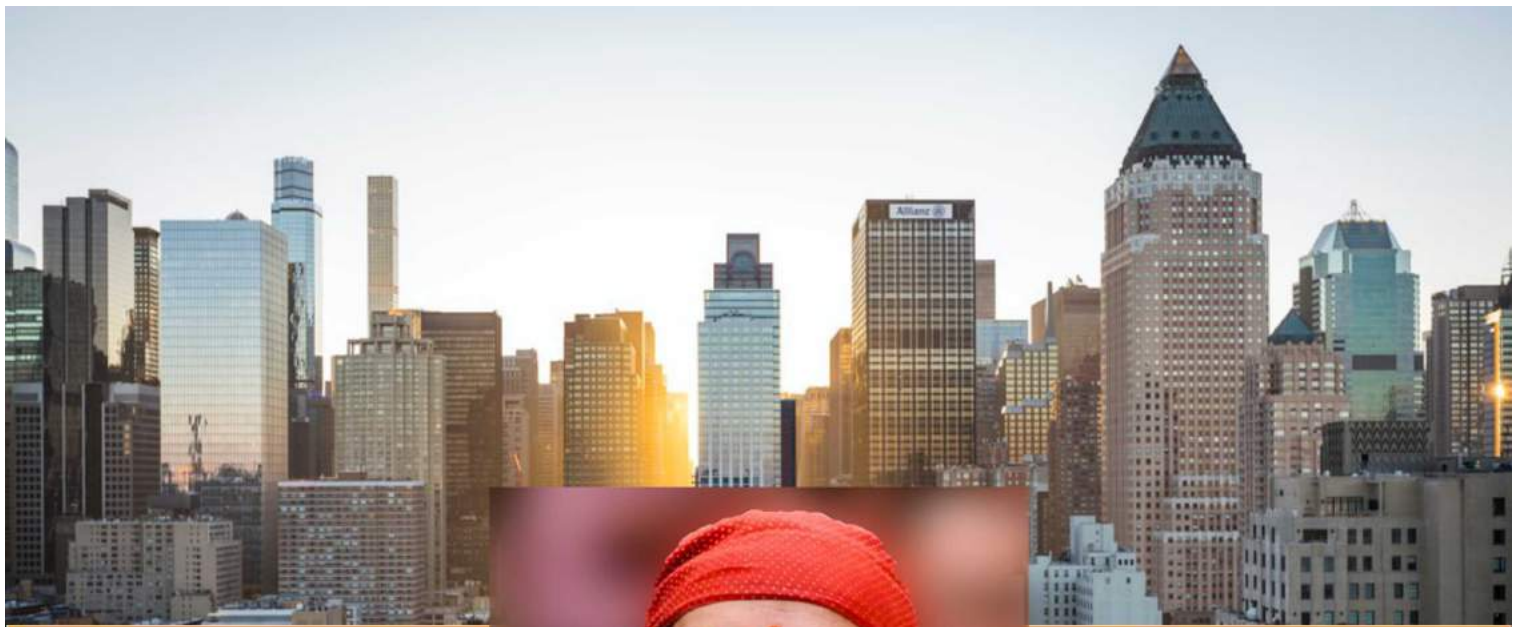


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Wishing Sadguruji a very
Happy Birthday

and our Humble Pranams
at your Lotus Feet



From:

Meetali DasGupta and Sudeep DasGupta

**MESSAGE FROM
MANGESHDA UPASANA CENTRE, MULUND**



Sadguruji !

**"Thou are The Divine Light of Our Hearts,
May Our Light Be Illumined By Thy
Divine Supreme Light"**

Devotees

Contact No: 9820310707



Heartiest congratulations respected H.H. Sadguru Yogiraj Dr. Mangeshda for conducting various online courses like Kriya Sanskar Sadhana, Yoga, Meditations, Pranayams, Kriya Yoga during Covid 19 lockdown for mindfulness, positivity, fitness and overall development.

Happy birthday Sadguruji Dr. Mangeshda and thank you for your valuable guidance and blessings.

Wishing everyone

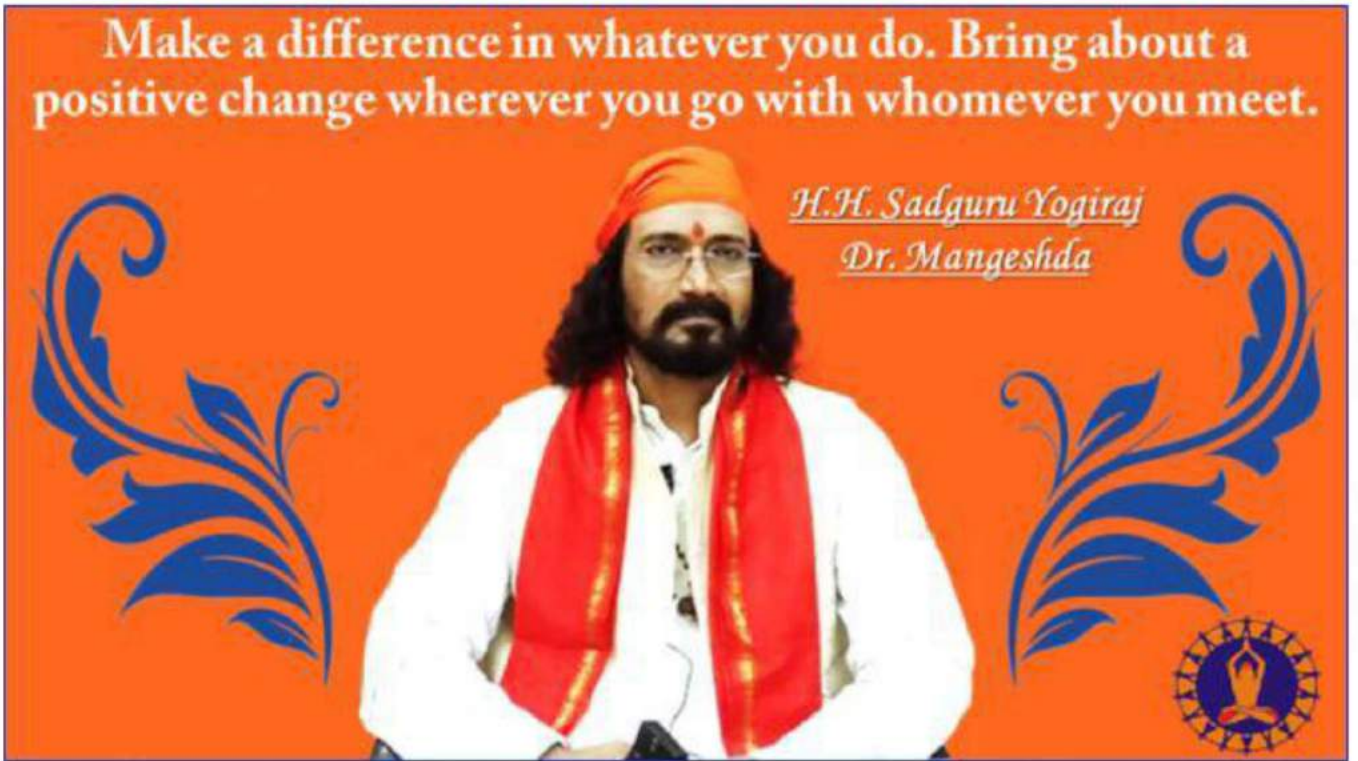
'A Very Happy Diwali and a Healthy, Prosperous New Year'.

JAI GURUDEV

From: Prakash Irde and family, Mumbai

WISHING DEAREST SADGURUJI A VERY HAPPY BIRTHDAY

Make a difference in whatever you do. Bring about a positive change wherever you go with whomever you meet.



Our Sashtang Pranams at Your Lotus feet.

From

Hariharan Lakshmi

Prasad Panna

Preeti Ram

Message From Mangeshda Upasana Centre, Pune



**We seek Your Blessings and Strength
to follow the path of
"Unconditional Love and
Unconditional Forgiveness
for World Peace"**

Devotees

Contact No. +91 98600 99029

**MESSAGE FROM
MANGESHDA UPASANA CENTRE, NAGPUR**



**Koti koti Pranams to Our Sadguruji
Many Many Happy Returns of The Day**

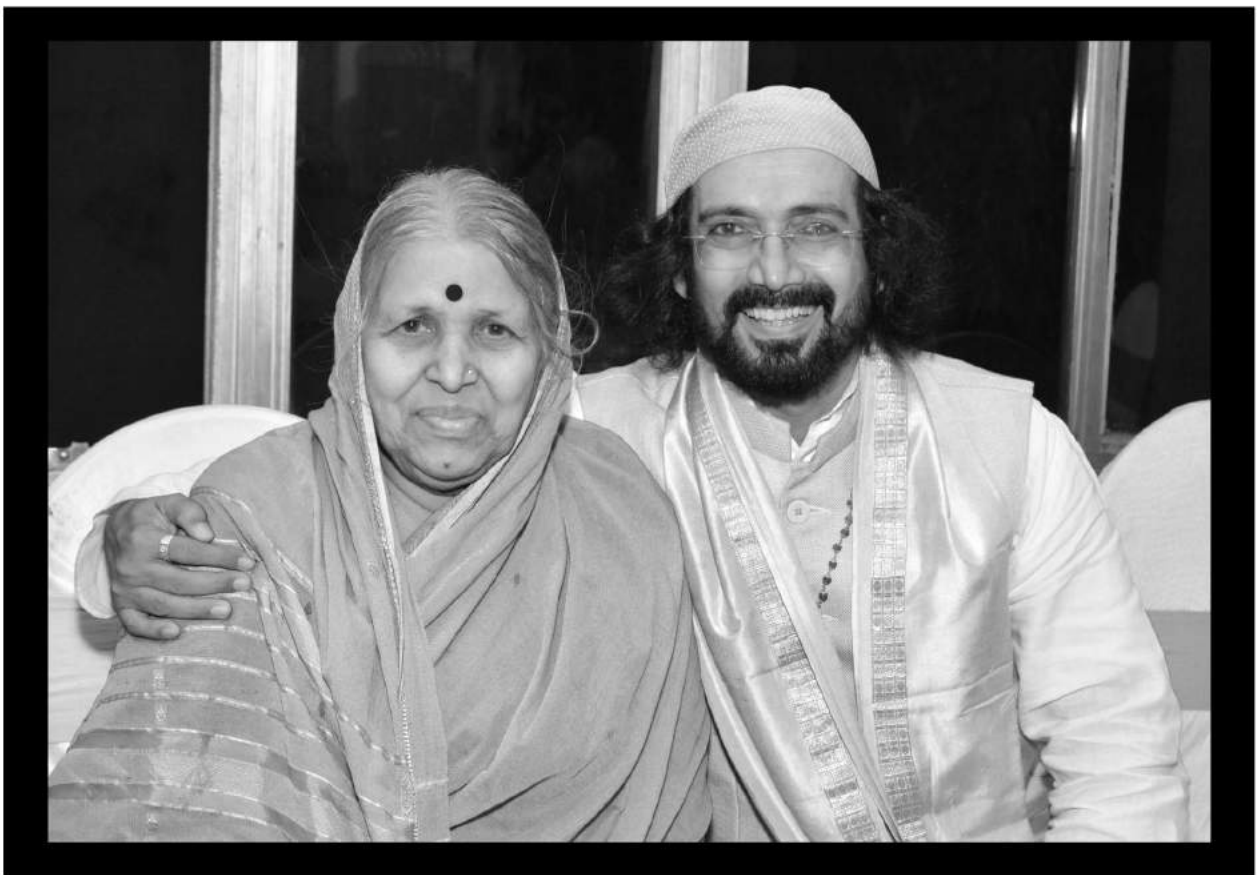
We seek Blessings from You

Devotees

Contact No: 9822327329

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Seek your blessings
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New Year'.**

Jai Gurudev.

**From
Ravi Chandavarkar and family, Goregaon East**

With Blessings of
Sadguru Dr. Mangeshda

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**We Thank The Following Members
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- Veena Shetve
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- Anand Khanolkar
- Ruhi Poddar
- Pravin Jaiswal
- Hemant Marathe
- Aditi Nitin Gaikwad
- Lalit Poddar
- Mansi Tambat
- Sanika Inamdar
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- Prachi Desai
- Atul Borhade
- Amol Kore
- Sudhir Dixit
- Sitabai Surve
- Usha Mali



परमपूज्य सद्गुरुजींचे बोधामृत

हरि ॐ!

जगभर पसरलेल्या 'कोविड-19'च्या विळख्यातून सावकाश परंतु धैर्याने सामना करणाऱ्या समस्त जनसामान्यांचं... मानवाचं हार्दिक अभिनंदन! स्वतःची रोगप्रतिकारक शक्ती वाढवून, घालून दिलेल्या नियमांचे बहुतांशी पालन करून, स्वतःच्या जीवनशैलीला बदलून लढणाऱ्या सर्व बंधुभगिनींना माझा आदरपूर्वक नमस्कार. कोविड अजूनही गेलेला नाही. त्याच्या कुरापती चालूच राहणार, वेगवेगळ्या नावाने व लक्षणांनी अनेक विषाणू येतच राहणार आणि **म्हणूनच सगळ्यांनी स्वतःची जबाबदारी ओळखून स्वतःला, स्वतःच्या कुटुंबाला, समाजाला आणि राष्ट्राला सुरक्षित केले तर आपसूक हे जगावरील संक्रमण आपण कायमचे पिटाळू!** युद्धातील शत्रू माहित असतो, तो दिसू शकतो. इथे लक्षणं विषाणू संक्रमण झाल्यावर दिसतात.

काम, क्रोध, मोह, लोभ, मद, मत्सर ह्या षडरिपुंचे विचार माणसाला एकमेकांचे शत्रू बनवतात. ह्या शत्रुत्वात बरेचदा रक्ताची नातीही नष्ट होतात. माणसं जुन्या आठवणी विसरून नकारात्मक, विध्वंसक आणि संहारक अशा शत्रुत्वाच्या नात्यात स्वतःला नष्ट करतात. दोन मित्रं जे कधीकाळी एकमेकांसाठी जीवाची कुर्बानी द्यायला तयार होते, तेच एकमेकांच्या जीवावर उठतात. म्हणूनच सकारात्मक, नकारात्मक अशा लढ्यात मनाची भूमिका अत्यंत महत्त्वाची! **अशा मनावर संस्कार करणारा आत्मा हा अतिप्राचीन क्रियायोगाचा केंद्रबिंदू आहे.** हजारो वर्षापूर्वीच्या ह्या गुप्त तंत्राचा वापर करून मनाला केवळ संतुलित व सतर्क करणं एवढाच ह्या तंत्राचा उपयोग नाही, तर ह्याच मनाद्वारे शारीरिक, मानसिक व अध्यात्मिक प्रगतीच्या सर्वोच्च अनुभवापर्यंत पोहोचणं हे अंतिम ध्येय आहे.

जसे कोविडचा सामना करण्यासाठी मानवाने अथक

संशोधनाने कोविडची लस शोधली तसेच सच्चिदानंदानुभवासाठी आपल्या ऋषिमुनींनी अथक प्रयत्नाने क्रियायोगाचे तंत्रज्ञान शोधले. श्री श्री महावतार बाबाजींनी लाहिरी महासायांना ही पवित्र दीक्षा देताना हेच दर्शविले की एक संसारी मनुष्यही क्रियायोगाचा हा सहजसोपा मार्ग स्वीकारून क्रियायोगाच्या अंतिम ध्येयापर्यंत पोहोचू शकतो. 2022 सुरू होण्यास काही दिवसांचा अवकाश आहे. गेल्या दोन वर्षांत बरेच बदल घडलेत. अनेक कुटुंबांनी आपली माणसं गमावली, काही ठिकाणी तर संपूर्ण कुटुंबं उध्वस्त झाली. पण मानवाने जिद्दीने लढा चालू ठेवला. सर्व प्राणिमात्रात सर्वात हुशार असलेल्या मानवाने धोका वेळीच ओळखला. **स्वतःची प्रतिकारशक्ती वाढवली, प्राचीन योगसाधनेचं महत्व ओळखलं, प्राणायाम घराघरात नित्यनियमाने होऊ लागले, स्वच्छतेचं प्रमाण मोठ्या प्रमाणात वाढलं. सतत हात धुणे, स्वच्छता ठेवणं, मास्कचा वापर करणे... हे नियमितपणे होऊ लागले.**

त्याचबरोबर मुलांच्या शाळा, तो किलकिलाट, मैदानातील खेळ, उद्यानातील फेरफटका... एक मोकळा श्वास हे सर्व दुरापास्त झालं. माझी ठाम खात्री आहे हे पुन्हा सर्व सुरळित होईल. श्वास-उच्छ्वास प्रक्रिया सुरूच आहे. लवकरच हा नकोसा 'मास्क' ही दूर होईल. **मात्र मनाचा नकोसा 'मास्क' हटविणं जास्त गरजेचं आहे.** मनावर आलेला ताण घालविण्यासाठी सक्षम विचारांना मनात जोपासूया! **'आत्मचिंतनाचा' अभ्यास करणारी व्यक्ती बिथरली जात नाही. दुसऱ्यांशी बोलताना तारतम्य बाळगते. भूतकाळातील अप्रिय घटना उगाळत बसत नाही. रोज नियमित आत्मचिंतन केल्यामुळे व्यक्ती मानसिक दृष्ट्या सुशिक्षित होते. आपल्या आयुष्यातील प्रत्येक व्यक्ती महत्त्वाची समजून हा अभ्यास करणारी व्यक्ती स्वतःसोबत दुसऱ्याच्या मनालासुद्धा**



सांभाळून घेते.

दीपावलीचं स्वागत करताना सकारात्मक भावनेने सर्वजण प्रार्थना करू. विषाणू येतील, विषाणू जातील! त्यावरील लस येईल, आधुनिक तंत्रज्ञान येईल. परंतु मानवाच्या मनाचं काय? हजारो वर्षांपूर्वी सत्ता, मत्सर, ईर्ष्या ह्या भावनेतूनच महाभारत घडलं. युद्धं तेव्हाही होती, आता तर अत्याधुनिक तंत्रज्ञानाची युद्धं चालू आहेत. युद्ध युद्धच असतं. एका देशाचं दुसऱ्या देशाशी किंवा विचारांचं विचारांशी! मानवाचं मानवाशी अथवा मानवाचं विषाणूंशी!

एक भयमूक्त जीवन जगायचं असेल, येणाऱ्या नवीन पिढीला अधिक सशक्त बनवायचं असेल तर सर्वप्रथम स्वतःतील विश्वास जागवूया!

भूतकाळातून शिकुया, परंतु भूतकाळालाच भविष्यकाळ समजून वर्तमानकाळ गमवूया नको. प्रत्येक रात्रीनंतर सूर्योदय होतोच. आलेली मळभ चिरकाल कधीच नसते. क्षणिक अंधःकार हा सूर्याला कधीच झाकोळत नसतो. म्हणूनच येणाऱ्या नूतन वर्षात सकारात्मक भावनेने, संघटीत सशक्त मनाने प्रार्थना करूया -

**“दिस जातील, दिस येतील
भोग सरलं, सुख येईल.”**

सर्वांचं जीवन प्रकाशमान करणाऱ्या दीपावलीच्या सर्वांना मनःपूर्वक शुभेच्छा!

सद्गुरु योगीराज डॉ. मंगेशदा

पत्रास कारण की ...

नुकताच आमच्या सौभाग्यवतींचा सुवर्ण महोत्सवी जन्मदिन पार पडला. त्यावेळी मी तिच्यासाठी काही तरी लिहिलं होतं... त्यातील हा काही भाग!

ओमच्या जन्माच्यावेळी आपण प्रकाश-प्रतिमा मुळे सद्गुरु मंगेशदा क्रियायोग फाऊंडेशनमध्ये सामिल झालो व आपल्याला एक अत्यंत चांगला परिवार मिळाला. सद्गुरुंच्या ध्यानधारणा वर्गाने आपला प्रवास सुरू झाला व तो आजतागायत सुरू आहे. त्यांच्यामुळे आपण 'अंतरंगात' बघायला लागलो. क्रियायोग, रेकी, योग, ध्यानधारणा... ह्या आध्यात्मिक सोपानासोबतच अनेक सामाजिक उपक्रमात सहभागी झालो. नेत्रदान जागृती मोहीमेत आलेले अनुभव तर शब्दातीत!

सद्गुरुंच्या सान्निध्यात आपण कित्येक सोनेरी क्षण अनुभवले... हाऊ टू बी हॅपी! असो... २४ ऑक्टोबरचे वार्षिक कार्यक्रम असो... विविध महासत्संगांच्यावेळी केलेले कलाविष्कार असो अथवा वसंत पंचमीच्या वेळी केलेले सादरीकरण! तुझा आणि राधाचा अंतर्भाव असलेले नेत्रदान मोहीमेवरील सादरीकरण किंवा

आपले भन्नाट sports day! २४ ऑक्टोबरच्या वेळेस तुम्ही कलाकार लोकं जी creativity करता त्याला तोड नाही! ह्या सगळ्या opportunities साठी त्यांचे आभार मानावे तितके कमी!

ओम आणि राधा दोघेही attuned babies! सद्गुरुंचा कृपाशीर्वाद सतत आपल्या सोबत असतो, कठीण प्रसंगात त्यांचा कायम पाठींबा असतो. मनाली दिदी सुद्धा तुझी-ओम-राधाची चौकशी करत असतात! आपल्या जीवनात सद्गुरुंचे अस्तित्व ही अत्यंत भाग्याची गोष्ट आहे. आपण चौघेही क्रियाबान असल्यामुळे आपला क्रियाबानांचा परिवार आहे.

ह्या मंगेशदा परिवारात आपल्याला किती तरी छान मित्र-मैत्रिण मिळाले. ते केवळ सुखात नव्हे तर दुःखाच्या क्षणात देखील आपली साथ करतात! मी कुणाची नावं घेतली तर ती एक लांबलचक यादी होईल. रक्ताच्या पलीकडचं हे नातं अत्यंत स्पेशल आहे. आपण दोघांनी बंगाली गाण्यावर केलेले नृत्य सगळ्यांनी खूप डोक्यावर घेतले होते. आईच्या आजारपणात येऊन भेटणारे, दुरून प्रार्थना करणारे तर



अनेक जण होते. धर्म-जाती-वंशाचे बंध न मानणारा आपला मंगेशदा परिवार तुझ्यासाठी व पर्यायाने आपल्यासाठी खूप खास आहे.

गेली २० वर्ष आपण ह्या परिवारात आहोत म्हणजेच तुझ्या ५० वर्षांच्या आजवरच्या आयुष्यात इतका काळ आपण सद्गुरुंसोबत आहोत व हे एक अक्षय वरदान आहे. त्यातही गेल्या दीड वर्षांच्या कठीण काळात

सद्गुरुंकडून मिळालेली सकारात्मकता अवर्णनीय आहे! We have witnessed miracles with him around, so we just need to be with him and follow his guidelines. तुझ्या आत्तापर्यंतच्या सप्तरंगी आयुष्यातील एक महत्वाचा रंग सद्गुरुकृपेने लहरत व बहरत आहे, ह्याची सदैव जाणीव ठेव, हेच आजच्या दिवशी माझं तुला सांगणं!

हृषिकेश आंबये, मुंबई

मी माझा प्रयत्न केला

जे सकारात्मक वाटले
त्याचा गुणाकार केला
जे नकारात्मक होते
ते प्रयत्नांनी भागले

जे नियंत्रणाबाहेर वाटले
ते सोडून दिले
जे जुळणारे वाटले
ते जोडून दिले

जिथे हसायला आले
तिथे खळखळून हसलो
जिथे रडावेसे वाटले
तिथे विनासंकोच रडलो

जे लिहावेसे वाटले
मनापासून व्यक्त झालो
पराक्रम दिसला तिथे
लाडका भक्त झालो

जे सुंदर, पवित्र दिसले
व्रत समजून पूजा केली
मनाचं मनापासून ऐकल्याने
आयुष्याने कितीदा सजा केली

आयुष्य एकदाच मिळतं
ही जाणीव कधीच पुसली नाही
म्हणूनच जे मिळालं नाही
त्याची उणीव भासली नाही!

ललितकुमार धोत्रे, मुंबई

एका दिव्य क्षणी

सर्व दबाव झुगारले
आनंदाचे शस्त्र उभारले

अप्रियाला मूठमाती दिली
पालवीला नवीन पाती दिली

नव्याने पहाटेचा श्वास घेतला
शिखराचा ध्यास घेतला

विस्कटलेले घर आवरले
अनपेक्षित सुखाने मन बावरले

स्वतःचेच समाधान झाले
जीवन आनंदनिधान झाले

पुन्हा आयुष्याची सुरुवात झाली
मोठं व्हायची रुजवात झाली!

ललितकुमार धोत्रे, मुंबई



योग - एक जीवनशैली

योग म्हणजे केवळ व्यायाम अथवा आसन नाही तर भावनात्मक समतोल आणि त्या अनादी अनंत तत्वाला स्पर्श करत आध्यात्मिक प्रगतीतील सर्व शक्यतांची ओळख करून देणारे शास्त्र आहे. योग हे एक संपूर्ण विज्ञान आहे, एक पूर्ण जीवनशैली आहे, एक पूर्ण अध्यात्म विद्या आहे. एक पूर्ण वैज्ञानिक शास्त्र म्हणजे 'योग'! लिंग, जाती, वंश, संप्रदाय, क्षेत्र आणि भाषाभेदांच्या संकीर्णामध्ये न अडकता योग एक परीपूर्ण उत्कर्षपर्यंत नेणारा खात्रीदायक राजमार्ग आहे. ज्ञानयोग, हठयोग, कर्मयोग, भक्तियोग, क्रियायोग, राजयोग हे सारे योगमार्ग चित्तातील वृत्तींवर नियंत्रण ठेवण्यास शिकवतात.

मुळात माणसाचा देह म्हणजे एक चिरंतर संशोधनाचा विषय! शरीर, मन आणि आत्मा ह्यांच्या गुंफणीत, संसाराच्या मायावी जगात जगताना प्रत्येकजण नवनवीन अनुभव घेत असतो. जीवनाचा खरा निर्मळ आनंद घेण्यासाठी सुदृढ शरीरसंपदा असणं गरजेचं आहे. 'योग' शब्दाचा अर्थच मुळी 'जोडणे' असा आहे. स्वतःपासून सुरू झालेली ही तन-मन-आत्म्याला जोडणारी वृत्ती योग्याला संपूर्ण समाजाला जोडण्यास प्रोत्साहित करते.

योगसाधनेची सुरुवात क्रियायोगाने होते. क्रियायोगाचे मुख्यतः दोन हेतू असतात, समाधी साधण्यासाठी व पंचक्लेशांची तीव्रता मृदू करण्यासाठी! क्रियायोगाचे एक अंग आहे ईश्वर प्रणिधान! क्रियायोगाची दुसरी अंगे म्हणजे तप व स्वाध्याय! ह्या दोन्हीची साधना केल्यामुळे ईश्वरसमर्पणाचा भाव निर्माण होतो. क्रियायोगाने जीवनातील क्लेश क्षीण होतात. ऋषी पतंजलीनी क्लेषाच्या पाच व्याख्या केल्या आहेत. अविद्या, अस्मिता, राग, द्वेष आणि अभिनिवेश! नियमित योगसाधनेने हे क्लेश क्षीण होऊन चित्तातील दोष नष्ट होतात. साधक कैवल्यावस्थेपर्यंत पोहोचतो.

योगाची नाळ ही केवळ व्यक्तिगत स्वरूपाची नाही तर ती अनादी कालापासून सृष्टीशी जोडलेली आहे. निसर्गातील प्रत्येक घटनेत मला योग दिसतो, जाणवतो. मनाचा योगाशी जन्मतःच संबंध आहे. सात्विक, तामसी, राजस गुणांचे मन आणि निसर्गातील ह्या समान वृत्तींचे दर्शन वेगळे नाही. पंचमहाभूतांचे बनलेले शरीर हेच ज्ञान देतात. पंचतत्वांचे सात्विक/ तामसी स्वरूप हे मानवाच्या मनाच्या अवस्थेचे दर्शन घडवतात, सामान्य माणसाला देहाच्या आणि मनाच्या सुप्त शक्तींची कल्पनाच नसते. योग साधक आपल्या अखंड योग साधनेने ह्या सुप्त शक्ती जागृत करतो.

म्हणूनच शरीराला तंदुरुस्त तणावरहित ठेवण्यापासून ते आध्यात्मिक अंतिम ध्येयपूर्तीपर्यंत पोहोचण्यासाठी ज्या महासागराची गरज आहे तो म्हणजे योग! हजारो वर्षांची परंपरा असलेल्या योगसाधनेला आज संपूर्ण विश्व स्वीकारत आहे. दिवसागणिक त्याची लोकप्रियता वाढतच आहे. 'शरीरमाध्यं खलु धर्मसाधनम्!' कोणतंही सत्कार्य साधायचं झालं तर ठणठणीत शरीर असल्याशिवाय त्या कार्याची फलश्रुती समाधानकारक होत नाही. योग-आसन, प्राणायाम, ध्यान हे संतुलित जीवनाचा एक भाग बनतो. त्यामुळे रोगराईपासून मुक्ती मिळते. स्वतःचे आचारविचार एका अनोख्या चैतन्यशक्तीप्रमाणे काम करतात.

जगतात तर सगळेच! परंतु आत्मविश्वासाने, संतुलित जीवनाचा भाग बनून अनोख्या चैतन्यशक्तीप्रमाणे जे काम करतात ते योगी! म्हणूनच प्रत्येकाने 'योग-शैली'ला आपल्या जीवनाचा एक अविभाज्य भाग करावा आणि आयुष्य आनंदाने, प्रेमाने प्रत्येक श्वासागणिक जगावे.

सद्गुरु योगीराज डॉ. मंगेशदा

(सौजन्य : विवेक मासिक)



मी टाईम

व्हॉटसअप विद्यापीठाचा मी देखील एक विद्यार्थी आहे. मी सोशल मिडियावर देखील कार्यरत असतो. अर्थात फार काही पोस्टस टाकतो अशातील भाग नाही, पण मनाला भावेल ते वाचतो, पटत नाही ते सोडून देतो, जे आवडतं ते शेअर करतो. ह्या विद्यापीठात बरंच ज्ञान येत असतं. त्यातील काही उपयोगी तर बरचसं pure forward - इथून तिथे आणि तिथून इथे!

हल्लीच वाचनात आलेली एक पोस्ट किंवा एक फोटो म्हणू हवं तर.... त्यातून असा संदेश दिला गेला होता की आठवडाभर कामाच्या ताण-तणावातून, केमिकल लोच्यामधून आणि मानसिक उलथापालथेतून सावरण्याचे दिवस म्हणजे शनिवार-रविवार! खूप कमी शब्दात त्या फोटोने बरंच काही सांगितलं होतं! बाहेरच्या दुनियेचे दरवाजे बंद करून मनाची कवाडं उघडा... असा काहीसा! हे सगळं करायचे मार्ग अनेक असू शकतात... आवडीचं पुस्तकवाचन, भ्रमंती, मनाला आनंद देणारी गायन - लेखन - नृत्य अशी कला जोपासणे, एखादे वाद्य वाजविणे, लाँग ड्राईव्ह, आराम, निवांत झोप....एखादा नाटक-सिनेमा, शास्त्रीय किंवा फिल्मी गाण्यांचा कार्यक्रम, ट्रेकिंग, सायकलिंग, धावणे, योग, ध्यानधारणा आणि बरंच काही! हे नुसतं लिहूनच मला ऊर्जा मिळाल्यासारखं वाटलं! ह्यातील कुठलाही मार्ग जोपासला तर आपण स्वतःलाच रिचार्ज करणार ह्यात शंका नाही!

पण थोडा पुढे जाऊन विचार केला तर हेच विरंगुळ्याचे क्षण किंवा ह्या आनंद देणाऱ्या सवयी आपण साप्ताहिक ब्रेकने न करता थोड्या फार प्रमाणात रोजच्यारोज केल्या तर! 'मी टाईम' नावाची एक संज्ञा फार महत्वाची आहे. ह्यात "मी माझा किंवा मी माझी" हाच अर्थ अभिप्रेत आहे. रोज स्वतःसाठी थोडा वेळ देऊन त्यात स्वतःच्या आवडीच्या गोष्टी केल्या, स्वतःलाच फोन लावून पाहिला तर खूप वेगळा अनुभव मिळू शकतो.

२००२ सालापासून माझं सौभाग्य म्हणून मी परमपूज्य सद्गुरुजींच्या सान्निध्यात आहे. स्वतःसाठी वेळ काढलाच पाहिजे, हे त्यांच्या शिकवणीचे सार आहे! सर्वप्रथम म्हणजे आपल्या शरीराची काळजी घेतली पाहिजे व त्यासोबत आपल्या मनाची! हे झालं की आपसूकपणे पुढच्या गोष्टी योग्यरीतीने घडतात! जेवढा इतरांशी सुसंवाद महत्वाचा तेवढाच स्वसंवाद देखील महत्वाचा! हे सगळं साध्य करायला त्यांनी अनेक गुरुकिल्ल्या आमच्याकडे सोपविल्या आहेत... त्यात योग, ध्यानधारणा, प्राणायाम कार्यशाळा, क्रियायोग वर्ग ह्याचा समावेश आहे! सद्गुरुजी कुठलाही वर्ग घेतात तेव्हा त्याचा गाभा शिस्त व खेळीमेळीचे वातावरण हाच असतो. वातावरण आनंदी ठेवत तरल विनोदाची पेरणी करत ते त्यांनी विकसित केलेली techniques आम्हाला शिकवत असतात. क्रियायोगाच्या पंथावरून आध्यात्मिक सोपानाचा मार्ग कसा खुला होतो, हे समजावून सांगतात!

गुरुजी ह्या सगळ्यांसोबत सद्गुरु मंगेशदा क्रियायोग फाऊंडेशनच्या माध्यमातून अनेक उपक्रम राबवत असतात ज्यात कला, क्रीडा, सामाजिक उपक्रम ह्या सर्वांचा समावेश असतो. त्यांच्या विविध कार्यक्रमांमध्ये सहभाग घेतल्यानंतर मिळणारा आनंद व समाधान हे शब्दातीत असतं! कधी मैदानातील क्रीडागूणांचे प्रदर्शन असो, तर कधी एखाद्या रंगमंचावरचा कलाविष्कार! कधी नेत्रदान जागृती मोहीमेचे कारण तर कधी स्वच्छता मोहीमेचे निमित्त! ह्या सर्वांतून ते आम्हाला व्यस्त तर ठेवतातच पण कळत-नकळतपणे आमच्यावर संस्कार देखील करतात!

त्यांच्या शिकवणीची अजून दोन महत्वाची तंत्रं म्हणजे switch on, switch off आणि self-contemplation! वेळेनुसार, परिस्थितीनुसार आपण कसं कनेक्ट व्हायचं आणि कसं क्षणात डिसकनेक्ट



THE AWAKENING!

OUR MOTTO IS TO SPREAD UNCONDITIONAL LOVE &
UNCONDITIONAL FORGIVENESS ALL OVER THE WORLD.

व्हायचं हे शिकता आलं पाहिजे. आपलं मन बावरं आणि धावरं असतं, त्याच्या नियंत्रणात न जाता आपण त्याला नियंत्रित केलं पाहिजे, हे त्यांचं सदैव सांगणं असतं! तसेच दिवसाअखेरीस स्वतःशी संवाद साधून गेलेल्या दिवसाचा थोडक्यात जमाखर्च मांडला, तर आपली आध्यात्मिक व सर्वांगीण उन्नती होईल, हे ते निश्चिन सांगतात! गेली अनेक वर्षे त्यांच्या सहवासात राहिल्यामुळे ह्या सगळ्या सवयींचा होणारा चांगला परीणाम मी अनुभवत आहे. माझ्यासाठी हे सगळं "मी

टाईम" पेक्षा वेगळं नाही!

बऱ्याच वर्षांपूर्वी 'मी माझा' हा चारोळ्यांचा संग्रह मी वाचला होता! आणि त्याने मी भारावून गेलो होतो. पण गुरुजींच्या सान्निध्यात आल्यावर कळलेला 'मी माझा'... नव्हे तर जाणवलेला 'मी माझा' किंवा आत्ताचा 'मी टाईम' खूप भन्नाट आहे हे मी तुम्हाला खात्रीलायकरीत्या सांगू शकतो.

हृषिकेश आंबये, मुंबई

एक्झिट

रंगमंचावर खेळ रंगात आलेला असतो. पात्रे आपापल्या भूमिका समरसतेने साकारत असतात आणि आपणही त्यात एवढे गुंतलेले असताना अचानक प्रेक्षागारात अंधःकार होतो, पात्रे विंगेत अदृश्य होतात. आपण तसेच अंधारात बसून राहतो एका भाबड्या आशेने की खेळ पुनश्च सुरु होईल. पण असे काहीच होत नाही. आजूबाजूला वळून पाहिल्यावर आपल्या लक्षात येते आपल्याशिवाय इथे कुणीही नाही. निराश मनाने आपण बाहेर पडतो. असा कसा खेळ बंद करता येईल. ह्यांना चांगले खडसावले पाहिजे. पण कुणाला जाब विचारणार? समोर जबाब द्यायला कुणी हजर तर हवे!

काहीसा असाच प्रकार माझ्या आयुष्याच्या रंगमंचावर झाला. जीवन संगीनीने अचानक एक्झिट घेतली आणि रंगात आलेला डाव उधळला गेला. खिन्नता, सुन्नता आणि स्तब्धता यांनी मन घेरले गेले. ओठातून हुंदकाही फुटला नाही. दिग्मूढ होवून किती वेळ तसाच बसून होतो कळले नाही. पाठीवर मुलाचा हात पडला आणि त्याच्या डोळ्यातून गालावर ओघळून मानेवर पडणारी आसवे पाहून बांध फुटला. आपण कितीही म्हटले तरी आप्त स्वकीयांच्या मृत्यु नंतर शोकमग्न अवस्था होणे स्वाभाविक आहे. कोणी कितीही तत्वज्ञान सांगितले तरी ती एक उत्स्फूर्त प्रतिक्रिया असते. गीते मध्ये श्रीकृष्ण अर्जुनास उपदेश करताना म्हणतात-

**जातस्य हि ध्रुवो मृत्युर्ध्रुवं जन्म मृतस्य च !
तस्मादपरिहार्येऽर्थे न त्वं शोचितुमर्हसि !!**

मला राहून राहून एक गोष्ट प्रकर्षाने जाणवते, श्रीकृष्णाने खास अर्जुनास गीता उपदेश करताना मनाच्या विविध अवस्था विदित केल्या व भावनांना लगाम घालण्यासाठी अनेक उपाय सुचविले तसेच विराट दर्शन घडविताना दिव्य चक्षु प्रदान केला. एवढे दिव्य ज्ञान मिळूनही अर्जुन स्वतःच्या मनावर विजय मिळवू शकला का? कुरुक्षेत्रावर धारातीर्थी पडलेल्या अभिमन्यूला पाहून त्यालाही दुखाःवेग आवरला नाही. त्याने प्रतिशोध घेण्याची प्रतिज्ञा केली. त्यापुढे मर्त्य मानवांची काय अवस्था होत असेल याची कल्पना करवत नाही.

पति पत्नीचे नाते म्हणजे गुंतावळ आणि गुंतवणूक यांचे अजब रसायन आहे. थोडे देणे, थोडे घेणे, रुसवे फुगवे, भांडणे आणि पुन्हा गोड होणे यातील मजा और आहे. लोणचे जसे जुने होईल तसे मुरत जाते, तसेच संसाराचे आहे. या सगळ्या प्रक्रियेतून जाताना संसाराचा गाडा व्यवस्थित मार्गी लागला की दांपत्य जीवन सुखकर आणि आनंददायी बनते. गेल्या चाळीस वर्षांतील अशा अनेक क्षणांचे सहजीवनाचे कंगोरे परत परत डोळ्यांसमोर चलतचित्रासारखे येत राहतात आणि मन आठवणींनी रुद्ध होत राहते.



मनाचे घाव भरण्यासाठी काळ हे एक उत्तम साधन आहे. पाणी जसे एका ठिकाणी अडून राहिले तर गढूळ होते तसेच मनाचे आहे. त्याला वाट काढून दिली तर त्याचा प्रवाह पुनश्च सुरळीत होवून खळखळत वाहू लागतो. माझी ही अवस्था काहीशी तशीच झाली होती. एक प्रकारची निरिच्छता आणि रिकामेपण यांनी मन व्यापले गेले होते. जेव्हा ती होती तेव्हा एक आश्वासक भाव होता की कोणीतरी आपल्या सोबत आहे. आजारी असली तरी तिचे असणे हे गृहीतच धरलेले होते. आणि तिचे नसणे म्हणजे एक पोकळी जी भरून निघणे अशक्य! आजाराने त्रासल्याने तिच्या रागावण्यात, तिची सेवा करण्यातही एक सुख होते. मला वाटते तिला तिच्या जाण्याचा संकेत मिळाला होता त्यामुळे नेहमी म्हणायची मी गेल्यावर तुम्ही रडत बसणार नाही असे वचन द्या. मीही हसून म्हणायचो, "मी तुला जाऊ देणार नाही."

तिच्या म्हणण्याला जागून मी स्वतःला सावरले. हे सहजासहजी शक्य नव्हते. पण शक्य झाले, कारण माझ्या सद्गुरुजींची कृपा! गेली वीस बावीस वर्षे त्यांच्या कृपाछत्राखाली जी अध्यात्म साधनेची उपासना मी करीत आहे त्याने मला सावरण्याचे बळ दिले.

सद्गुरु योगीराज डॉक्टर मंगेशदा ज्ञानाचा एक अखंड स्रोत आहे. मानवी मन हे शक्तीचा उसळता धबधबा असून त्याला अंकित करून आपले जीवन उजळून टाकणे आपल्याच हाती आहे, हे ते आपल्या बोलण्यातून आणि कृतीतून सदैव पटवून देत असतात. क्रियायोग साधना हा अंतिम सत्यापर्यंत पोहोचण्याचा सोपान मार्ग आहे हे त्यांचे म्हणणे आपण प्रत्यक्ष साधनेस सुरुवात करतो तेव्हा पटू लागते. असे सद्गुरु या जन्मी आपणास लाभणे म्हणजे पूर्वजन्मीचे सुकृत असावे. सद्गुरु मंगेशदा हे नित्याच्या पठडीतील गुरु नक्कीच नाहीत. केल्याने होत आहे रे आधी केलेची पाहिजे हे मनावर बिंबवून, त्याप्रमाणे शिष्याकडून साधना करवून घेणे यात त्यांचा हातखंडा आहे. कर्मकांड आणि रीतीरिवाज यांना बगल देवून निव्वळ शास्त्रीय कसोट्यांवर आधारीत शिकवण देणारा आणि आधुनिक विचारधारा जपणारा असा गुरु लाभणे व आजच्या जमान्यात मिळणे तसे अशक्यच! मला अभिमान आहे की मी त्यांचा शिष्य आहे!

जय गुरुदेव. हरि ओम.

चंद्रकांत बारस्कर, मुंबई

मन मोहाचा कसा पिसारा फुलला!

आयुष्याचा पहिला क्षण... पहिला स्वतःचा श्वास! पहिला स्पर्श... पहिले वस्त्र... पहिलं दुग्धप्रशन!! जीवनाची सुरुवातच मुळी पहिल्या अनुभवाने होत असते. प्रत्येकाचा आयुष्याकडे पाहण्याचा दृष्टीकोन वेगळा असू शकतो परंतु हा पहिला अनुभव प्रत्येकाला घ्यावाच लागतो. जीवनाच्या विविध टप्प्यांवर माणूस आपल्या जीवनविषयक दृष्टीकोनात फेरफार करीत असतो.

विविध अनुभवांतून आलेला त्याच्या स्वभावातील फरक आपण पाहू शकतो. सुरुवातीचा बालिशपणा हळूहळू कमी होऊन त्याची जागा प्रगल्भता घेते.

वाचनातील पुस्तकं, विविध लेख, विविध लोकांशी झालेला परिचय, संवाद इत्यादि देखील स्वभावबदलास कारणीभूत असतात. ह्यातील काही सकारात्मक असतात तर काही नकारात्मक !

बालपणातील काही संस्कारांचा पगडा इतका प्रभावी असतो की आयुष्यभर माणसाला सकारात्मक अथवा नकारात्मक व्यक्तिमत्व घडवण्यास पुरेसा असतो. बरेचदा प्रतिकूल वातावरणात जन्म घेऊनही बालपणीच्या संस्काराने सकारात्मक व्यक्तिमत्व घडवलेल्या व्यक्ती असतात, तर अनुकूल वातावरणात जन्म घेऊनही नकारात्मक व्यक्तिमत्वाची माणसं



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दिसतात.

ह्या सर्व बदलास जबाबदार असणारं एकमेव कारण, मन! मानवाचं मन अद्भूत आहे. प्रत्येकाची ग्रहणशक्ती वेगळी असू शकते, परंतु मन हे भावनेशी जोडलेलं आहे. मन कमी-जास्त प्रमाणात भावूक असेल, मन चंचल असेल, कणखर असेल, दुबळं असेल तरीही ह्या मनाला मानवी जीवनापासून विलग करणं कठीण आहे. जीवनाच्या प्रत्येक टप्प्यात मनाची भूमिका ही स्वभाव कुंडली तयार करत असते, बदलतही असते.

एखादा निर्णय मन ठामपणे घेतं तर बरेचदा आपल्या चंचलपणाचे प्रदर्शन करतं. शरीरातील रासायनिक प्रक्रिया, सुमारे ९० टक्के आजारांचे कारण, ताणतणाव इत्यादि मनाच्या मनमानी स्वभावावर अवलंबून असते. मनावर संस्कार करताना विविध प्रक्रिया शास्त्रानुरूप करणं अत्यावश्यक आहे. हजारो वर्षांच्या विविध चाली-रीती, परंपरा, सण, व्रत-वैकल्यांमागील शास्त्र ह्या सकारात्मक संस्कारांचा अनमोल खजिना आहे.

ह्या संस्कारांच्या विविध क्रियांमागे हजारो वर्षांची परंपरा आहे. मनाला स्थिर करून सकारात्मक ऊर्जा निर्माण करणारे हे संस्कार आमच्या ऋषीमुनींनी आधुनिक जगाला दिलेले वरदान आहे. नामस्मरणापासून ते मंत्रजप, श्लोकपठण, होम-हवन, किर्तन, स्वाध्याय ही आजच्या काळाची गरज बनली आहे. मनावरील ताणतणाव, इर्ष्या, नकारात्मक जीवनशैली, इत्यादि नियंत्रित करून एक आनंदमय सकारात्मक जीवन जगण्यासाठी स्वतःमध्ये बदल करणं गरजेचं आहे, अति आवश्यक आहे.

ध्यानधारणा हे अध्यात्माचे महाद्वार आहे. ध्यानधारणेने मानवाच्या शरीर व मनावर होणारे सकारात्मक बदल शास्त्रज्ञांनी स्वीकारले आहेत. नियमित ध्यानधारणा केल्याने मन शांत होते, सृजनशीलता आणि एकाग्रता वाढून ऊर्जा स्रोताशी उत्तम संधान साधले जाते. आकलन शक्ती वाढते.

मनाची शक्ती प्रचंड आहे. जेव्हा एखादी व्यक्ती संशोधक

बनून, अभ्यासक बनून, एकाग्रतेने त्याचा वापर करते तेव्हा बुद्धी विवेकशील बनून त्या व्यक्तीचा विकास करते. हेच मन विध्वंसक देखील बनून इतरांबरोबर त्या व्यक्तीचा देखील नाश करतं. त्यामुळे मनाला सांभाळून त्यावर संस्कार करणे हे गरजेचं आहे. मनाची अमर्याद परिघरेषा विघटन आणि संघटन शक्तीशी जोडलेली आहे.

मानसशास्त्रानुसार मनाचा ताबा सुटलेली व्यक्ती टप्प्याटप्प्याने बेकाबू होऊन शेवटी 'सिझोफ्रेनिक' (schizophrenic) पातळीवर जाते किंवा हिंसक बनून 'हिस्टेरिया' (Hysteria) ची शिकार बनते. बेकाबू मनाची ही अवस्था व्यक्तीच्या भावनिक अवस्थेचे लक्षण आहे.

बरेचदा एकतर्फी विचाराने अशी व्यक्ती दुसऱ्या व्यक्तीचे कायम विश्लेषण (analysis) करून स्वतःचे एक मत बनवत असते. तसं पाहिलं तर विश्लेषण करणं हा मनाचा गुणधर्मच आहे. स्वतःच्या अनुभवानुसार अशा व्यक्ती विश्लेषण करतात. परंतु बेकाबू मनाच्या अवस्थेत केले गेलेले असे विश्लेषण मानसिक भ्रम (Hallucination) तयार करतं. असे मनाचे खेळ त्या व्यक्तीचे मनोस्वास्थ्य पूर्णपणे बिघडवून टाकतं.

अशा व्यक्तीचं स्वतःशी बोलणं, सतत भासयुक्त अवस्थेत राहणं, स्वतःच्या मनाने एखादी गोष्ट तयार करणं इत्यादि भ्रमिष्ठावस्था दर्शवतात. अशा व्यक्ती विविध देव-देवतांशी बोलतात, स्वतःलाच देव-देवताही समजून दरबार भरवतात. कल्पनेच्या खेळात रमणाऱ्या अशा व्यक्ती कुठल्याही टोकापर्यंत पोहोचू शकतात.

आध्यात्मिक पातळीवर मुळात 'अमन' अवस्थेत पोहोचण्यासाठी मनाला 'स्थिर' करणे गरजेचे आहे. स्वतःच्या मनातील विचारांचे तटस्थ प्रवृत्तीने, कुठलीही प्रतिक्रिया न देता निरीक्षण करणे हे ध्यानधारणेचे एक तंत्र आहे. ध्यानामुळे श्वसन मंदावून नाडीचा वेग कमी झाल्यामुळे रक्तदाब मंदावतो. विचारधारा संथ होते.

मनाचा आवेग अथवा अनियंत्रित विचारांचा प्रभाव कमी



करण्याचा अजून एक उपाय म्हणजे 'मंत्र'! मंत्र म्हणजे शब्दरूप प्रतीक असून मंत्रातील शब्दसामर्थ्याने विचारधारा नकळत भक्तिभावाकडे झुकते. एखादा मंत्र सतत शांतपणे (silently) किंवा पुटपुटत किंवा मोठ्याने बोलणे म्हणजेच त्या मंत्राचा 'जप' करणे होय!

मानवी जीवनात स्वतःला समजण्यासाठी स्वतःचा स्वभाव व स्वतःचे मन समजणे अत्यंत आवश्यक आहे. विचारांशिवाय मन नाही आणि ज्ञानेंद्रियांशिवाय विचार नाहीत. मुळात मानवी जड देहात मनाचा सूक्ष्म देह असतो. पाच ज्ञानेंद्रिये, पाच कर्मेंद्रिये व मन असे मिळून एकादश इंद्रिये आहेत. मन हे अकरावे इंद्रिय!

"मन एवं मनुष्याणां कारणं बन्धमोक्षयोः।" - मन हेच मनुष्याच्या बंधन व मोक्षाला कारणीभूत आहे. भौतिक विश्वाप्रमाणेच मनाचे तीन घटक आहेत - १) सत्व २) रज ३) तम

हेच मन 'जाणीव', 'सुप्तजाणीव' व 'परमजाणीव' अशा ३ पातळ्यांवर आपलं कार्य करू शकतं. मानवी मनाच्या चार वृत्ती आहेत - १) मन २) बुद्धी ३) अहंकार ४) चित्त जेव्हा मन बाह्य गोष्टींचे ज्ञान ग्रहण करते तेव्हा ह्या चारही वृत्ती कार्यरत असतात. त्या मनाचे दोष अनेक आहेत, परंतु सर्वात मोठा दोष 'अहंकार' आहे. अहंकारातूनच स्वार्थीवृत्ती वाढू लागते. व्यक्तीतील भोगवृत्ती जोपासली जाऊन सर्व काही आपल्यालाच मिळावं ह्या भावनेतून जन्माच्या वेळची निरागसता नष्ट होते. अहंकाराने संकुचित मनाला, सतत अपूर्णत्वाची जाणीव वासनेच्या रूपाने प्रगट होते. मन इंद्रियाधीन असल्याने सतत नवीन मागण्या करीत राहते.

इथेच मनाचे संतुलन बिघडते. असे असंतुलित मन भूतकाळातील पूर्वग्रहदुषित घटना, व्यक्ती ह्यांचा ताळमेळ भविष्यात ठेऊन नकारात्मक चिंतन सुरू करते. त्याच्या नकारात्मक चिंतनाने 'काम', 'क्रोध', 'लोभ', 'मोह', 'मद', 'मत्सर' हे षडरिपू ताकदवर होतात. समाजात अशा प्रवृत्तीनेच ताण, तणाव, गुन्हेगारी, हिंसा, व्यसनाधीनता इत्यादि गोष्टी वाढत चालल्या आहेत.

म्हणूनच ह्या मनाला लगाम घालण्यासाठी एका उत्कृष्ट सारथ्याची गरज असते. एक गुरूच हे काम उत्कृष्टपणे करून रथातील प्रवाशास योग्य मुक्कामापर्यंत पोहोचण्यास मदत करतो. मार्ग कितीही कठीण असला तरी गुरू हा मार्ग सुलभ करतो.

मन हे इंद्रियाधीन असल्याने कायम नवीन अनुभवांची मागणी करीत राहते. मन हे वासनाहारी असल्याने नवीन भोगाच्या लालसेने अविचारी होते. इंद्रियांना काबूत ठेवण्यासाठी योगसाधनेद्वारे महर्षि पतांजलींनी 'प्रत्याहाराची' संकल्पना उत्कृष्टरीत्या पुरस्कृत केली आहे. पाचही इंद्रियांना त्यांच्या विषयापासून परावृत्त करून चित्त अंतर्मुख करणे, चित्ताच्या मूळ स्वरूपाकडे इंद्रियांना वळवणे म्हणजे 'प्रत्याहार'! अष्टांगयोगातील यम, नियम, आसन आणि प्राणायाम ह्या चार अंगांच्या साधनेतून साधकांची प्रत्याहाराची तयारी होते.

जो इंद्रियांच्या आधीन गेला तो विषयासक्तीत अडकतो; चित्त मोहपाषात अडकून स्वार्थ, द्वेष, राग, मत्सर हे सारे दुर्गुण प्रत्यक्ष कृतीत उतरू लागतात. सद्गुरू समर्पित शिष्यांस इंद्रियानाच आपल्या आधीन करण्यास शिकवतात. अशा शिष्यांस विषय स्पर्शही करीत नाही. अशी व्यक्ती खऱ्या अर्थाने आनंदी असते. सत्य-असत्याची पारख झाल्याने चांगलं आणि वाईटातील फरक तात्काळ ओळखते. गुरूकृपेने निष्काम किंवा फलनिरपेक्ष सद्बुद्धी मानवाच्या मनातील अहंपणाचा, गर्वाचा, द्वेषाचा, दुःखाचा अंधार नष्ट करून मन प्रकाशमान करते.

आत्मज्ञानाची पहिली पायरी मनाची तयारी आहे. मुळात गुरूला ओळखणं आणि ज्यांना हे जमलं ते त्याच्या ज्ञानाचा लाभ घेऊन इंद्रियांना स्वतःच्या आधीन ठेवून निर्मळ मनाने, निःस्वार्थ भावनेने जगतात. तर उथळ मनाची व्यक्ती कुठल्याही ढोंगी व्यक्तीस गुरू समजून कायम दुसऱ्याची निंदा करण्यात धन्यता मानतात. समाजात अशीही उदाहरणं आहेत जी कॅलेंडरच्या महिन्यानुसार गुरू बदलत एक दिवशी उथळपणे



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स्वतःलाच गुरु मानू लागतात.

स्वार्थ, लोभ, मोह, गर्व हे जसं माणूस स्वतःच्या अज्ञानाने स्वतःमध्येच मोठे करतो, तद्वत प्रेम, करुणा, स्वाध्याय व परोपकारी वृत्ती एक पात्र शिष्य गुरुकृपेने स्वतःमध्ये रूजवतो. शेवटी मन हे भाबडंच असतं. मानव स्वतःचा स्वभाव, स्वतःच्या कर्मानुसार ह्या मनानेच करतो. ह्याच मनाला चांगल्या संस्काराने एखादा सुसंस्कृत बनवून निःस्वार्थ प्रेम व निःस्वार्थ क्षमाशीलतेने समाजात आदराचं स्थान बनवतो. शरीर आणि मनाचा हा 'योग' अथवा मिलाफ साधण्यासाठी गरज असते योग्य मार्गदर्शनाची! चांगल्या संगतीची, एका अनुभवी सारथ्याची! मार्ग कितीही खडतर असला तरी रथाला योग्य ठिकाणी पोहोचवणारा सारथी, सारथ्य करता करता संसाराची यात्राही सुखद करतो आणि जीवनाच्या ध्येयाचीही जाणीव करून देतो.

गर्भातून बाहेर पडणारे प्रत्येक अर्भक पहिल्याच

श्वासात 'कोऽऽहं' प्रश्न उपस्थित करते, परंतु 'सोऽऽहं' अनुभवंणं काहीनाच जमतं.

'ऐकें जया प्राणियाच्या ठायीं। इया ज्ञानाची आवडी नाहीं। तयाचें जियालें म्हणों काई। वरी मरण चांग।'

संत ज्ञानेश्वरांच्या ह्या ओवीनुसार बुद्धीवादी मानवाच्या वाट्याला दुःख, भय, चिंता, शोक ह्या गोष्टी अज्ञानामुळे येतात. अज्ञानाने माणूस 'मी'पणात गुंतत जातो. आत्मसुख आणि आत्मज्ञान मिळण्यासाठी व्यक्तीला आवड पाहिजे. ज्ञानप्राप्तीची आवडच नसेल तर अशी व्यक्ती जिवंत असून मेल्यासारखी आहे.

म्हणूनच प्रत्येक जन्म महत्वाचा! प्रत्येक श्वास महत्वाचा!! प्रत्येक क्षण अतिमहत्वाचा!!! 'कोऽऽहं' च्या प्रश्नाला साद मिळू लागलीय 'सोऽऽहं' ची! फक्त प्रक्रियेचा अवकाश आहे. अनुभवातून मिळणाऱ्या अनुभूतिची!

सद्गुरु योगीराज डॉ. मंगेशदा

'द अवेकनिंग!'

हरि ॐ!

सद्गुरु मंगेशदा क्रियायोग फाऊंडेशनचे संस्थापक, परमपूज्य सद्गुरु योगीराज डॉ. मंगेशदा ह्यांनी 'द अवेकनिंग!' ह्या आंतरराष्ट्रीय अंकाची निर्मिती केली. १९९८ साली अमेरिकेतील ऑस्टीन येथे सद्गुरुजींच्या शुभहस्ते ह्या अंकाचे अनावरण झाले. 'द अवेकनिंग!' म्हणजे जागृती! सद्गुरुजींच्या विचारांचे व शिकवणीचा प्रचार/प्रसार करणे, हे ह्या अंकाचे मुख्य ध्येय होय. सद्गुरुजींचे आशीर्वचन व अनेक संदेशात्मक सुरेख व तरल लेख - हे ह्या अंकाचे विशेष वैशिष्ट्य! त्यातून कित्येक मनं प्रज्वलित झाली असतील! त्यासोबत गेले कित्येक वर्षं अनेक प्रतिभावंत लेखक आपल्या लेखांद्वारे 'द अवेकनिंग!' मध्ये योगदान देत आहेत. पण त्याचबरोबर सद्गुरु डॉ. मंगेशदांनी माझ्यासारख्या कित्येकांचा सुप्तावस्थेतील लेखनकलेशी परिचय करून दिला. आज आमच्यापैकी

बऱ्याच जणांना लेखक, कवी, लेखिका, कवयित्री ही आदरणीय ओळख प्राप्त झाली आहे आणि ती फक्त आणि फक्त 'द अवेकनिंग!' ह्या अंकामुळेच!

मला लेखनकला अवगत होईल, हे माझ्या जन्मपत्रिकेत नमूद आहे. वयाच्या ३२ वर्षांपर्यंत हे वाचून मला हसू येत असे कारण मी आणि लेखन ह्याचा दुरान्वयेही संबंध नव्हता. माझे पिताश्री (स्व.) प्रि. वामनराव महाडीक ह्यांचा शीघ्रकाव्य करण्यात हातखंडा होता. अनुवांशिकतेने माझ्यात दडलेली काव्यरचनेची कला, सद्गुरुजींनी हेरली आणि मला 'द अवेकनिंग!' ह्या आंतरराष्ट्रीय अंकासाठी चारोळी व लेख लिहिण्याचा आदेश दिला. खरं सांगू तर मला हा आदेश पाळणं खूप जड वाटलं होतं कारण तेव्हा माझ्या बुद्धीला लेख, कविता सर्व कठीण वाटलं होतं. सद्गुरुजींचा आदेश पाळणं, हे माझ्या साठी ...सर्वच क्रियाबानांसाठी... परमकर्तव्य होय! त्यानुसार शिस्त



आणि श्रद्धेचा अवलंब करत मी लेखणी हाती घेतली अन आपसूक सुचत गेलं. लेख पूर्ण झाला! एक परिक्षा पास झाले. आता पाळी होती कवितेची! मला सुखद धक्का बसला... नवल घडलं ... मी चक्क चारोळी रचू शकले. विश्वास बसत नव्हता पण सत्य स्वीकारावे लागले की दुसऱ्या परिक्षेतही मी उत्तीर्ण झाले. ही सर्व सद्गुरुकृपाच होय! 'द अवेकनिंग!' मधील माझी प्रतिभा, माझ्या नावासहित नजरेने टिपली अन पापण्या नकळत ओलावल्या कारण मला लेखिका, कवयित्री ही गोड ओळख प्राप्त झाली.

माझ्या गुरुंनी दिलेल्या अमूल्य साहित्यिक भेटीने माझा आत्मविश्वास जागृत झाला. जीवन लेखनरूपी नव्या पाऊलवाटेवर आनंद शोधू लागले. चारोळीच्या आठ ओळी, सोळा ओळी... नंतर मुक्तछंद कधी झाला ते कळलेच नाही! ह्या काव्यउत्क्रांतीने पाऊलवाटेचे रुपांतर सांगितिक वाटचालीमध्ये झाले.

क्रियायोग दीक्षेच्या दुसऱ्या टप्प्यात म्हणजे द्वितीय श्रेणीतील दीक्षा घेताना सद्गुरुजी 'शाबरी मंत्राचे' वरदान देतात. शाबरी मंत्राच्या नित्य जपाने संकल्प पूर्ण होतात. ही द्वितीय श्रेणी दीक्षा मिळाल्यानंतर मी नित्यनेमाने शाबरी मंत्राचा जप करू लागले अन् एके दिवशी माझ्या भाग्यास सुंदर वळण लाभले. माझा सांगितिक उत्कर्ष व्हावा, ह्या संकल्पास शाबरी मंत्राचा आशीर्वाद मिळाला. अल्पशा कालावधीत एक चमत्कार घडला... माझी गीतरचना करण्याची सुप्त इच्छा पूर्ण झाली. मला गाणी सुचू लागली आणि ती ही चालीसकट! ही नवीन प्रतिभा सादर करण्याकरीता माझ्या गाण्यांची निर्मिती करणे हाच मार्ग होता. माझी ही इच्छा मी सद्गुरुजींकडे व्यक्त केली व मला प्रोत्साहन मिळाले. 'स्वरस्पंदन' ह्या ऑडीयो अल्बमची गीतकार-संगीतकार ह्या नव्या ओळखीने मी निर्मिती केली. माझ्या गुरुमाऊलीच्या हस्ते स्वरस्पंदन अल्बमचा अनावरण सोहळा संपन्न झाला. माझ्या स्वर्गीय आई-वडीलांची उणीव मला नक्कीच भासली,

पण त्या दोघांचेही आशीर्वाद माझ्यासोबत होते कारण माझे गुरुदेव माझ्या सोबत होते. माझ्या क्रियाबान कुटुंबाने ह्या आनंद उत्सवात सहभागी होऊन मला हर्षमय क्षणांची भेट दिली.

'द अवेकनिंग!' ह्या आंतरराष्ट्रीय अंकाद्वारे लेखनकलेचे ममत्व प्रदान करून माझ्या प्रतिभेशी परिचय करून दिल्याबद्दल मी माझ्या सद्गुरुंची सर्वार्थाने ऋणी आहे. कृतज्ञता देवीच्या साक्षीने माझ्या गुरुमाऊलीस कोटी कोटी प्रणाम!

नमोनमः सद्गुरुजी ॥॥

'द अवेकनिंग!' हा अंक आंतरराष्ट्रीय होय अगणित वाचकांचा हा अंक प्रिय मूळ हेतू सद्गुरुंचे विचार व अमृतवाणी जनमानसात पोहोचविण्याचा

त्याद्वारे आध्यात्मिक प्रबोधन करण्याचा आणि सकारात्मकता पसरविण्याचा

सद्गुरु योगीराज डॉ. मंगेशदा हे निर्मितीकार 'द अवेकनिंग!'चे

दिले व्यासपीठ ह्या अंकाने करण्यास सादरीकरण लेखनप्रतिभेचे

केली प्रदान संधी सद्गुरुजींनी झाले प्रदर्शन लेखनकलेचे

प्रसार उत्तम विचारांचा हेचि पूजन श्रीसरस्वती मातेचे देऊनी मज हाती लेखणी, गुरुमाऊलींनी केले

प्रोत्साहित मतीस

कुशीत 'द अवेकनिंग!'च्या लाभली माया माझ्या प्रथम काव्यास

छत्रछायेत 'द अवेकनिंग!'च्या शिकू लागले मी कासवगतीने

प्रथम चारोळी, मग आठ ओळी, एके दिनी सजले काव्य माझे मुक्तछंदाने

बहर आला माझ्या काव्यशैलीस गुरुदेवांच्या प्रेरणेने 'द अवेकनिंग!' हे व्यासपीठ भव्य, झाले धन्य मी

ज्ञानसंपदेने



THE AWAKENING!

OUR MOTTO IS TO SPREAD UNCONDITIONAL LOVE &
UNCONDITIONAL FORGIVENESS ALL OVER THE WORLD.

बहरू लागले रूप माझ्या काव्यकोषाचे
लाभले सौभाग्य मजला गीतरचनेचे
गुपित नवप्रतिभेचे, सांगू इच्छिते मी आपणांस
प्रथम होऊनी नतमस्तक, करिते विनम्र अभिवादन
क्रियायोगास
नित्यजपाने शाबरी मंत्राच्या, झाली पूर्तता सुप्त इच्छेची
लिहू लागले मी गीते अनपेक्षित, जोड लाभली गीतांस
गोड चालींची
गीतकार, संगीतकार ही ओळख भारी लाभली

सद्गुरुकपेने
झाली निर्मिती माझ्या 'स्वरस्पंदन' अल्बमची,
गुरुमाऊलीच्या आशीर्वादाने
दिला जन्म कलेस माझ्या, आहे मी ऋणी गुरुदेवांची
शतशः आभारी मी गुरुमाऊलींची अन 'द अवेकनिंग!'ची
नमोनमः सदगुरुजी ॥॥
नमोनमः सदगुरुजी ॥॥
नमोनमः सदगुरुजी ॥॥

हेमांगी महाडीक, ठाणे

प्रकाशाचे सोबती

लहानपणी मी माझ्या गावी रहायचो. ही साधारण ६० वर्षापूर्वीची गोष्ट आहे. त्या वेळी गावात विजेचे दिवे नव्हते. एक दिवटी किंवा कंदिलाचा प्रकाश हीच रात्रीच्या वेळी उजेडाची साधने होती. त्यामुळे बहुतेक करून सर्व माणसं रात्री आठच्या आत झोपायची. मला तर अंधाराची फारच भीती वाटायची. त्यातून भुताखेतांच्या गोष्टी ऐकून एक प्रकारची दहशत मनात बसलेली होती. रात्री झाडांच्या सावल्या पाहून भीतीने गाळण उडायची. त्यामुळे आईच्या कुशीत तिला कवटाळून झोपणे सुरक्षित वाटायचे. सकाळ कधी होते आणि सूर्य कधी उगवतो असे व्हायचे.

मलाच काय पण कोणालाही सहसा अंधार आवडत नाही. सूर्य हा तेजाचे, शक्तीचे आणि पर्यायाने जीवनाचे प्रतीक मानला जातो. सूर्य नसेल तर ह्या पृथ्वीतलावर जीवजंतूपासून ते मनुष्यप्राण्यापर्यंत जीवन अशक्य आहे. अंधारात कुठल्याही वनस्पतीची वाढ होणे शक्य नाही. इतकेच काय माणसांच्या निकोप वाढीसाठी सुद्धा सूर्यप्रकाश अनिवार्य आहे.

ग्रामीण भागात तर सूर्योदयापासून रोजच्या जीवनचक्राची सुरवात होते. पहाटे पहाटे पक्ष्यांच्या किलबिलाटाने जाग येते. रात्री निपचित पडलेल्या झाडांच्या फांद्यांमधून झुंजूमुंजू होताना वाहणारा वारा चित्त ऊल्हसित करतो. मन एका नव्या उर्मीने भारले

जाते. आपले ऋषीमुनी सकाळी उठल्या उठल्या सूर्यास अर्ध्या का घायचे, तर त्याच्या दर्शनाने संपूर्ण दिनमान उजळून जाण्याची कामना करणे आणि त्यासाठी त्याची प्रार्थना करणे हा दिवसाच्या प्रारंभाचा एक अविभाज्य भाग होता. ब्रह्ममुहूर्तावर केलेली साधना ही अतिशय फलदायी असते हे आपणास आपल्या गुरूंनी पटवून दिलेले असते. या प्रहरी आसमंतात ओझोन वायूचे प्रमाण अधिक असते, तसेच नीरव शांतता असते ज्यामुळे साधनेस पोषक वातावरण असते.

कुठल्याही शुभ कार्याची सुरवात दीप प्रज्वलनाने करणे हा अलिखित नियम आहे. देवपूजा करताना दिवा लावणे हा प्रघात आहे. संध्या समयी दिवा लावून परवचा म्हणणे आपल्या आई वडिलांनी आपल्या मनावर ठसविलेले असते. का तर आपण प्रकाशाचे, तेजाचे पूजक आहोत. दर्शनीय काळोखाबरोबरच मनातील जळमटेही नाहीशी होण्याची बुद्धी देण्याची प्रार्थना करण्याचा हा संस्कार घरोघरी नित्यनेमाने पाळला जातो. लहानपणी केलेले संस्कार पुढील आयुष्यात सत्शील नागरिक बनण्याचे बाळकडूच असते.

वासिष्ठयोग सिद्धांतानुसार रामप्रहरी सूर्याची कोवळी किरणे अंगावर पडल्याने आत्मिक बळ वाढतेच पण त्याबरोबरच योगसाधनेसाठी हा उत्तम काळ समाजला



जातो. अध्यात्मिक उन्नतीसाठी कर्म आणि ज्ञान यांची उत्तम सांगड जमणे आणि त्यासाठी अथक प्रयत्न करण्याची तयारी असणे अत्यावश्यक आहे. असे म्हटले जाते की ज्ञानसंपादन करण्यासाठी गुरूंचा वरदहस्त आपल्यावर असेल तर त्याचे आकलन सुलभ आणि जलद होते. आपल्या आयुष्यात गुरूंचे आगमन होणे ही आपल्या भाग्योदयाची नांदी असते. योग्य गुरु मिळण्यासाठी पूर्वजन्मीचे संचित असावे लागते. प्रत्यही मर्त्य जीव ईश्वर दर्शन करू शकत नाहीत. त्यांना मार्गदर्शन करून त्यांच्यापुढे आदर्श रहावा म्हणून ईश्वराने गुरुचे रूप धारण केले. आपली गुरुपरंपरा भगवान श्री शंकरांपासून निर्माण झालेली आहे. दत्त संप्रदायात अनेक महापुरुष होऊन गेले. प्रत्येक गुरूंकडून दीक्षा घेऊन शिष्याने स्वतःस सिद्ध करून आपल्या गुरूंचा अनुग्रह मिळवून ही परंपरा चालू ठेवली. शाबरी मंत्र सिद्ध करून मौखिकरित्या शिष्यांना देऊन नाथ संप्रदाय मध्य युगात भारतभर पसरला. पुस्तकं वाचून ऐकीव माहितीवर योग साधना करणे म्हणजे पाण्यावर दगड मारण्यासारखे आहे. पाण्यावर तरंग उमटतील पण त्याचा तळ हाताशी लागणार नाही. अध्यात्माचेही तसेच आहे. त्याची खोली समजणे व प्रवाहाचा वेग आणि अथांगता याचे आकलन होणे गुरु शिवाय शक्य नाही.

गुरुतत्व हे शिवस्वरूप असते. आपल्या मनातील संभ्रम आणि अंधकार दूर करून ज्ञानरूपी प्रकाशाची वाट दाखवणारा दीपस्तंभ म्हणजे गुरु!

मांडूक्य उपनिषदानुसार चेतनेच्या चार अवस्था मानल्या आहेत. जागृतावस्था, स्वप्नावस्था आणि सुषुप्ती अवस्था हे ज्ञात चेतनेचे तीन स्तर आहेत तर चौथी अवस्था आहे तुर्यावस्था ज्यामध्ये संपूर्ण परमानंदाचा अनुभव होऊन आत्म्याशी तादात्म्य होते. साधनेच्या नित्य अभ्यासात ह्या अवस्थांमधून भ्रमण करताना आपणास ज्या अनुभूती येतात त्याचे दृश्य परिणाम आपल्या रोजच्या जीवनात प्रकर्षाने दृगोचर

होतात. जागृतावस्था म्हणजे स्थूल शरीराचे भान असणे. पंचज्ञानेंद्रियांद्वारे माणूस आपल्या भोवतीच्या जगाचा उपभोग घेतो. म्हणजेच कर्म करतो. त्याचे फळ - त्यातून सुख दुःखाची निर्मिती आणि जाणीव होते. या अवस्थेत बाह्य जगताशी संबंध आणि त्यासाठी इन्द्रियोपभोगांचे दमन अभिभूत आहे. 'चित्तवृत्तींचा जाणीवपूर्वक निरोध करणे म्हणजे योग' अशी व्याख्या महर्षी पतंजली करतात. मानवी जीवनाचे अंतिम ध्येय कैवल्य वा निर्विकल्प समाधी असे सांगितले आहे आणि ते चित्तवृत्ती निरोधाने साधते असे भारतीय योगशास्त्र मानते. शरीर स्थिर जागृतावस्थेत असताना ग्रहण केलेल्या जाणीवा मनामध्ये साठविलेल्या असतात. झोपेत असताना त्याचे असंबद्ध पद्धतीने चलत चित्र पाहणे म्हणजे स्वप्नावस्था. मन एक अंतर्गत विश्व निर्माण करते. याला अंतःप्रज्ञ अवस्था असेही म्हटले जाते. सैद्धान्तिक भाषेत मन आणि बुद्धी यांना सूक्ष्म शरीर मानले जाते. मन हे सूक्ष्म तरल आणि अदृश्य असून त्याचे अस्तित्व शरीराच्या आत आहे. सुषुप्ती अवस्था म्हणजेच गाढ निद्रा, जेथे सगळ्या जाणीवा गोठलेल्या असतात. दिव्य चेतनेचे दर्शन भासमान होते. ज्ञानचक्षु उघडले जातात. आपल्या आंतरिक जगाचे दर्शन होते. यामध्ये अथांग शांती आणि आनंद यांचा अनुभव येणे सुरु होते. तुरीयावस्था जाणीव आणि नेणीव यांच्या पल्याडची अवस्था! इथे फक्त साक्षीभाव आहे. तटस्थ भाव आहे. आत्म्याशी तटपता पावणे आहे, याचे वर्णन शब्दातीत आहे. तुरीयावस्था जर जागृतावस्थेत आणू शकलो तर समाधी सदृश अवस्थेचे दर्शन होणे अप्राप्य नाही. आदि शंकराचार्यांच्या अद्वैतवादाचा हा गाभा आहे.

साधनेची परिपूर्णता आणि अभ्यास याचे ही एक शास्त्र आहे. विशेषतः क्रियायोग हा शास्त्राधारीत योग आहे. जरी हा पतंजली योगसूत्रांवर आधारीत असला, त्यातील बहुतांश क्रिया या शास्त्रीय परिमाणांवर कसोट्यांवर पारखून अभ्यासक्रमात सामाविष्ट



THE AWAKENING!

OUR MOTTO IS TO SPREAD UNCONDITIONAL LOVE &
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केलेल्या आहेत. शरीरशास्त्र, मानसशास्त्र, जैविक विज्ञान आणि भौगोलिक परिस्थिती यांचा सारासार विचार करून शास्त्रशुद्धरीत्या प्रत्येक क्रियेची आखणी केलेली आहे. 'गुरुंप्रती भक्ती' हा या योगाचा मूलबिंदू आहे.

मला एक गोष्ट येथे नमूद कराविशी वाटते की क्रियायोग हा इतर योग मार्गापेक्षा अतिजलद साधना प्रकार आहे. जगामधील फारच थोड्या लोकांपर्यंत तो पोहोचलेला आहे. अगदी भाग्यवान लोकांनाच याचा लाभ मिळणे शक्य आहे. काळाच्या गर्तेत लुप्त झालेले हे शास्त्र संसारी गृहस्थाश्रमी लोकांच्या कल्याणासाठी श्री श्री महावतार बाबाजी महाराजांनी पुनरुज्जीवित केले. त्यासाठी त्यांनी लाहिरी महासाया ह्या रेल्वे कर्मचार्याची निवड १९ व्या शतकात केली. सद्गुरु योगीराज डॉ. मंगेशदा हे श्री श्री महावतार बाबाजी महाराजांचे शिष्य असून त्यांचा हा वारसा पुढे चालवित आहेत. २ ऑक्टोबर २००१ या दिवशी ५६ साधकांना दीक्षा देऊन त्यांनी या कार्याची सुरवात केली. जगभरातील हजारो लोकांनी दीक्षा घेऊन या योगशास्त्राचा लाभ घेतला आहे.

मी सुरुवातीला जेव्हा सद्गुरुजींच्या संपर्कात आलो, तेव्हा मला त्यांच्या सामाजिक कार्याचे फार आकर्षण होते. त्यांनी कधीही आम्हाला जाणवू दिले नव्हते की ते महावतार बाबाजींचे शिष्य आहेत आणि क्रियायोगाचा प्रसार करण्यासाठी खुद्द बाबाजी महाराजांच्या आदेशावरून त्यांचे आगमन आमच्या जीवनात झालेले आहे. दीक्षा घेण्याच्या अगोदर त्यांच्या विविध कार्यक्रमांतून आमची तोंड ओळख योगाच्या पूर्वतयारीसाठी झालेली होती. त्यामुळे दीक्षा विधी नंतर अध्यात्मिक साधना करतांना विशेष सायास पडले नाहीत. आठवड्याच्या दर रविवारी क्रियायोगाच्या वर्गात त्यांचे प्रत्यक्ष मार्गदर्शन मिळणे हा खरोखरच एक देवदुर्लभ योग आहे. आमच्या साधनेत येणाऱ्या शंकांचे निरसन करण्याचे हे एक उत्तम व्यासपीठ आहे.

प्रत्येक साधकाच्या प्रगतीवर त्यांचे बारीक लक्ष असतेच. गुरुंचा प्रत्यक्ष सहवास लाभणे हेच मोठे भाग्य आहे.

मी अगोदर म्हटल्याप्रमाणे क्रियायोग हा जलद आत्म साक्षात्काराचा योग मार्ग आहे. या एका योगामध्ये पाच प्रकारचे योग सामावलेले आहेत. क्रिया हठयोग, क्रिया कुंडलिनी प्राणायाम, क्रिया ध्यानयोग, क्रिया मंत्र योग आणि क्रिया भक्तियोग. यांच्या एकत्रित अभ्यासाने साधकाची योगसाधनेची प्रगती अतिशय शीघ्र गतीने होते. विशेषतः हठ क्रिया आणि क्रिया कुंडलिनी प्राणायाम यांचा परिणाम झटकन दृष्टोपतीस येतो. प्राणायाम, मुद्रा, बंध किंवा ओंकार साधना या साधकाच्या प्रगतीला उच्च कोटीच्या अनुभवाने समृद्ध करतात. श्वासावरील नियंत्रण आणि ओंकारातील गुंजन यामुळे शीर्षस्थ कंठस्थ ग्रंथी कार्यान्वित होवून दिव्य प्रभा दृगोचर होऊ लागते. जसजसा साधनेचा काल वाढू लागतो आणि अंतर्बाह्य शुद्धी होवू लागते साधकास नवनव्या अनुभूतींचे दर्शन होवू लागते. शरीराची आभा दैदिप्यमान होते. भूमध्यामध्ये दिव्य ज्योतीचे दर्शन होणे सुरु होते. सूर्यबिंबाभोवती जसे सर्व तारामंडळ चमचमत असते तसेच तेजाने प्रकाशमान कपाळाभोवती अगणित प्रकाशलहरींची आवर्तने फिरू लागतात. त्यांच्या आकर्षणाने आपले देहभान हरपून जाते. आपले अस्तित्व त्या तेजामध्ये विरघळून जाते, विलीन होते. उरतो एक सात्त्विक आनंदाचा अविष्कार आणि अथांग शांती! हा प्रकाशाचा, आनंदाचा सोहळा कधी संपूच नये असेच वाटत राहते.

सद्गुरुजींच्या संपर्कात आल्यानंतर एक गोष्ट प्रकर्षाने जाणवली. त्यांचे व्यक्तिमत्व इतके प्रसन्न आणि लाघवी आहे की एकदा त्यांच्याशी ओळख झालेला मनुष्य कितीही म्हटले तरी त्यांच्यापासून दूर जाण्याचा विचार करू शकत नाही. कोणतेही अवसान न आणता समोरच्या व्यक्ती बरोबर त्याला समजेल अशा भाषेत बोलण्याची विलक्षण हातोटी, आश्वासक हास्य आणि



तेजस्वी चेहरा समोरच्याला मंत्रमुग्ध करून टाकतो. असे म्हणतात की सूर्याच्या तेजामुळे आकाशातील तारामंडळ झाकोळले जाते. त्याच्या परिघात इतरांची प्रभा फिकी पडते. सद्गुरुजी आमच्या जीवनात सदैव प्रकाशणारे योग सूर्य आहेत, जे स्वतः शिष्यांना सांगत असतात की तुमची साधना पराकोटीची असली पाहिजे. एक दिवस असा येईल की तुम्हीही साधनेच्या बळावर गुरुपदास पोहोचाल. त्यांच्या सहवासात आम्ही

लुकलुकणारे तारे झालो तरी फार झाले. त्यांच्या योगसामर्थ्याने जो दिव्य प्रकाश पाहण्याची शक्ती ते आम्हास देत आहेत त्याचे पाईक होण्याची आणि त्या प्रकाशाचे सोबती होण्याचे भाग्य आम्हास लाभो हीच त्यांच्या चरणी प्रार्थना.

हरि ॐ॥

चंद्रकांत बारस्कर, मुंबई.

स्वातंत्र्यवीर सावरकर... धगधगती अग्निशिखा

२८ मे २०२१ म्हणजे स्वातंत्र्यवीर सावरकरांची १३८वी जयंती! मानवजातीच्या इतिहासात, ज्या ज्या देशात पारतंत्र्य झुगारून देण्यासाठी स्वातंत्र्यलढे झाले, परकीय राजसत्ता उलथून टाकण्यासाठी क्रांतिकारकांनी घरादाराचे, आयुष्याचे होम केले, त्या यज्ञाच्या अग्रपूजेचे प्रथम मानकरी म्हणजे स्वातंत्र्यवीर सावरकर होय. एकेका गुणावर महाकाव्य लिहिले जावे अशा अनेकानेक गुणांचा सर्वोच्च समुच्चय म्हणजे सावरकर! ते लंडनमध्ये राहिलेल्या घराबाहेर 'INDIAN PATRIOT SAWARKAR LIVED HERE' अशी पार्टी इंग्रज सरकारने लावली, ते सावरकर! पोर्टहोलमधून भर समुद्रात उडी मारून फ्रान्सचा किनारा गाठणारे, आंतरराष्ट्रीय न्यायालयात ब्रिटीशांची नाचक्की करणारे सावरकर, इंग्रजांनी दोन जन्मठेपेची शिक्षा सुनावल्यावर 'तुम्हाला खात्री आहे तोपर्यंत तुमची राजवट टिकेल?' असा बाणेदार सवाल करणारे सावरकर, बॅरिस्टर असूनही अंदमानात काळेपाणी भोगणारे सावरकर, कोलूचा बैल जिथे रोज आठ पौंड तेल काढे, तिथे रोज २० पौंड तेल काढण्याची शिक्षा भोगणारे सावरकर, हिंदू कैद्यांचे शुद्धिकरण घडवून आणणारे लाडके 'बडे बाबू', बारा हजार ओळींचे 'कमला' महाकाव्य, घायपाताच्या काठ्याने तुरुंगाच्या भिंतीवर कोरणारे, अनन्यसाधारण प्रतिभेचे महाकवी सावरकर... चुन्याने भिंती रंगवून, जेलरने काव्य पुसून टाकले तर त्याच्याशी हस्तांदोलन करून 'काळजीत

होतो, सुचलेले कुठे लिहून ठेऊ? धन्यवाद, लिहायला जागा झाली! असे वदून त्यालाच निरुत्तर करणारे सावरकर... तुम्ही नक्की कुठल्या रसायनाचे बनलेले होतात, तात्या?

चाफेकर बंधूंना फाशी झाली तेव्हा विनायक फक्त पंधरा वर्षांचा होता. त्या रात्री त्यांनी स्वातंत्र्यदेवतेसमोर मातृभूमीला स्वतंत्र करण्याची शपथ घेतली आणि संपूर्ण परिवाराने आयुष्याची, घरादाराची राखरांगोळी होईपर्यंत आणि झाल्यावरही, ती पाळली.

इंग्लंडला जाऊन बॅरिस्टर झालेले सावरकर ब्रिटीशांविरुद्धच्या प्रत्येक लढ्यात आघाडीवर होते. मदनलाल धिंग्रांना प्रेरित करणे असो, पुस्तकांतून पिस्तुले पाठवणे असो, सशस्त्र क्रांतीचा पुरस्कार करून 'रणाविण स्वातंत्र्य कोणा मिळाले?' असा प्रश्न विचारणारे सावरकर, सर्व क्रांतिकारकांचा प्रेरणास्तोत्र आहेत. जगातल्या सर्व राष्ट्रांच्या स्वातंत्र्यलढ्यांचा, त्यांचा अत्यंत सखोल अभ्यास होता. अठराशे सत्तावन्नचा स्वातंत्र्यसंग्रम हे बंड नसून देश स्वतंत्र करण्यासाठीची ती चळवळ होती, हे मत त्यांनी हिरिरीने मांडले. ह्या सर्व गोष्टींमुळे ते ब्रिटीशांना 'सर्वात धोकादायक शत्रू' वाटले, ह्यात नवल ते काय? म्हणूनच पंचवीस-पंचवीस वर्षांच्या दोन म्हणजे एकूण पन्नास वर्षांची काळ्यापाण्याची शिक्षा 'दयाळू' न्यायालयाने त्यांना ठोठावली. तेव्हा 'तुमचे सरकार तोवर टिकेल काय?' असे बाणेदार, तेजस्वी उद्गार त्यांनी काढले.



THE AWAKENING!

OUR MOTTO IS TO SPREAD UNCONDITIONAL LOVE &
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आयुष्याची अकरा वर्षे, अंदमानात काळ्या पाण्याची शिक्षा त्यांनी भोगली. स्वातंत्र्याचा, समतेचा आणि लोकशाहीचा उद्घोष करणाऱ्या, सरकारने ठोठावलेल्या शिक्षेच्या यमयातनांना सावरकर पुरून उरले. कित्येक क्रांतीकारक मरण पावले, कित्येकांचे अनन्वित हाल झाले. पण तिथेही राजबंधांच्या न्याय्य हक्कांसाठी हा क्रांतीवीर झुंजत राहिला. त्यांनी तिथे कैद्यांचे साक्षरता वर्ग सुरू केले. बळजबरीने धर्मांतर केलेल्या कैदी लोकांचे शुद्धिकरण केले, काथ्या कुटल्या, कोलू ओढला, रोज अनेक पौंड तेल काढले आणि ह्या अपरिमित वेदना सहन करीत, तुरुंगाच्या भिंतींवर 'कमला' हे महाकाव्य लिहिले. काय म्हणावे ह्या व्यक्तीला?

सावरकरांचे थोरले बंधू बाबारावही त्यांच्यासोबत अंदमानला काळ्यापाण्याची शिक्षा भोगत होते. दोन कर्ते पुरुष तुरुंगात, सरकारने मालमत्ता जप्त केलेली, त्यांना मदत करणाऱ्यांना तुरुंगवासात टाकले जाईल असा सरकारने आदेश काढलेला, त्यामुळे कुणाची मदत नाही, सर्वात धाकटे बंधू - डॉ. नारायणराव सावरकरही राष्ट्रकार्यात समर्पित, संपूर्ण कुटूंबाची वाताहात झालेली, अशा परिस्थितीत घरातील तीन स्त्रियांनी बॉम्ब पोटाला बांधून त्यांची वाहतूक केली. जनावरांच्या गोठ्यात राहिल्या पण देशसेवेचे घेतलेले व्रत टाकले नाही. कुठल्या मातीची बनलेली होती ही माणसे? आणि ह्या देशाने त्यांना काय दिले? ती. स्व. बाबाराव देशाचे स्वातंत्र्यही बघू शकले नाही. गांधीहत्येनंतर, अहिंसेच्या पुरस्कर्त्यांनी केलेल्या हल्ल्यामुळे डॉ. सावरकर जखमी होऊन कोमात गेले आणि ऑक्टोबर १९४८ मध्ये त्यांचे निधन झाले. ह्याच कटात, खुद्द स्वातंत्र्यवीरांना त्यावेळच्या सरकारने गोवले आणि दिल्लीच्या ४१ डिग्री तापमानात, निर्ढावलेल्या गुन्हेगारांना घातल्या जातात तशा जाड बेड्या घालून, पासष्ट वर्षांच्या सावरकरांची, विनाटोपी, विनाचप्पला त्यावेळच्या सरकारने, लाल किल्ल्यातून

धिंड काढली. हे स्वतंत्र भारताच्या सरकारने त्यांना दिलेले, आयुष्यभराच्या देशसेवेचे पारितोषिक होते. त्यातूनही 'अनादि मी, अनंत मी, अवध्य मी भला, मारिला रिपू जगती, असा कवण जन्मला?' म्हणत हा मृत्यू जिंकलेला, तेजोनिधी निर्दोष सुटला.

धन्य धन्य ते जीवन... याचि देही याचि डोळा, मातृभूमी स्वतंत्र झालेली ह्या दधिचीने पाहिली. पासष्टच्या युद्धात, लाहोरपर्यंत धडक मारणाऱ्या फौजा त्यांनी पाहिल्या. सिंधूपर्यंत मजल मारलेली पाहून, कृतार्थ झालेल्या सावरकरांनी जिवीतकार्य पूर्ण झाल्याचे समाधान अनुभवले आणि त्यांनी प्रायोपवेशनाचा निर्णय घेतला. ज्या मृत्यूच्या नुसत्या कल्पनेने सामान्य माणसाला धडकी भरते, त्याला आयुष्यभर उघड्या डोळ्यांनी आणि निधड्या छातीने, सावरकर सामोरे गेले. अन्नपाणी त्यागून, मृत्यूच्या डोळ्यात डोळे घालून, उघड्या नेत्रांनीच, २६ फेब्रुवारी १९६६ रोजी, स्वातंत्र्यवीर सावरकरांनी त्यांच्या आयुष्यभर चुकामुक झालेल्या मित्राचे स्वागत केले.

आजची परिस्थिती पाहिल्यानंतर त्यांचे पदोपदी स्मरण होते. तसे त्यांना जाऊन पंचावन्न वर्षे झाल्यानंतरही, त्यांची आठवण, त्यांना आयुष्यभर विरोध करणाऱ्यांना आजही धडकी भरवते, यातच सर्व काही आले. 'अठराशे सत्तावन्नचे स्वातंत्र्यसमर' ह्या पुस्तकाच्या अखेरीस, तात्या टोपेना उद्देशून स्वातंत्र्यवीर सावरकर म्हणतात, 'तात्या, तुम्ही कशाला या देशात जन्म घेतलात, या भूमीसाठी झिजलात आणि कशाला या मातीसाठी प्राणार्पण केलेत?' आपण हे उद्गार, खुद्द तात्याराव सावरकरांच्या बाबतीतही खरे करून दाखवले आहेत, याबद्दल माझ्या मनात तरी मुळीच शंका नाही.

जोपर्यंत या पृथ्वीतलावर मानव आहे, जोपर्यंत त्याच्या मनात स्वातंत्र्याची ओढ आहे, त्यासाठी लढा उभारण्याची त्याची तयारी आहे, तोपर्यंत स्वातंत्र्यवीर विनायक दामोदर सावरकर हे नाव अजरामर आहे.

ललितकुमार धोत्रे, मुंबई



नमोनमः मीराबाई

कोजागिरी पौर्णिमा... पूर्ण चंद्र... मनास दिपणारा चंद्रप्रकाश... केशर दुधाचा नैवेद्य दाखवून त्या दुधात चंद्रमाचे हास्य पाहण्याची तेजस रात्र! चंद्राचे हास्य म्हणजे मोहक चंद्र प्रतिबिंब पाहून आपल्या चेहऱ्यावर उमललेलं हास्य. हेच हास्यसुमन ईश्वरचरणी वाहिलं जातं आणि चंद्रदेवतेमध्ये सामावले जाते अन् पूर्ण चंद्रमाची प्रतिमा हास्याने झळाळते! अचानक मी कोजागिरी पौर्णिमेबद्दल का लिहिलं असावं, हा प्रश्न वाचकांच्या मनात उद्भवणे हे स्वाभाविकच आहे.

'मीराबाई' म्हणजे भगवान श्रीकृष्णाच्या विरहात संपन्न झालेली भक्तिमय प्रीतगाथा होय. आता मी मीराबाईचा उल्लेख का केला, हा वाचकांच्या मनातील प्रश्नही अपेक्षित आहे. मी उत्तरं सादर करण्यापूर्वी 'द अवेकनिंग!' अंकाचे आभार मानते कारण ह्या भव्य लेखन व्यासपीठावर आपले मनोभाव व्यक्त करण्याची संपूर्ण मूभा दिली जाते - अर्थातच मतप्रदर्शन हे वादात्मक, आक्षेपार्ह नसावं!

'कोजागिरी पौर्णिमा' ही मीराबाईची तिथीनुसार जयंती आहे, हे मला अलिकडेच समजलं अन मनात विचारांची शृंखला निर्माण झाली. ज्या प्रमाणे आई चांदोबात आपलं बाळ पाहते, बहिण चंद्रूदादामध्ये आपला भाऊ पाहते, प्रेयसी चंद्रमामध्ये आपला प्रियकर पाहते, त्याचप्रमाणे कोजागिरी पौर्णिमेस जन्मलेल्या त्या मीरेने पूर्णचंद्रात आपला 'प्राणनाथ' पाहिला असावा अन अपूर्ण प्रीतीचे पूजन करीत 'नाथात' विलीन होणं, हेच प्रारब्ध असावं. मी असावं किंवा कदाचित ह्या शब्दांचा वापर केला कारण बुद्धीजीवी विचारतील की तू मीराबाईना भेटली होतीस का? मी विनयाने पण ठामपणे सांगू इच्छिते की मी ह्या जन्मीच नव्हे तर कुठल्याही जन्मी मीराबाईना भेटणं शक्य नाही, पण अपूर्णत्वातील पूर्णत्व समजण्याचा प्रयत्न जर माझ्या हृदयाने केला तर, मला काही अंशी तरी मीराबाई नक्कीच उमगतील.

कोजागिरी पौर्णिमेस रात्री जागरण करून श्रीलक्ष्मीमातेचं पूजन करण्याची प्रथा आहे. त्यानुसारच मीरा कोजागिरी पौर्णिमेस भूतलावर आली आणि घनःश्यामाची आजन्म वाट पाहत राहिली व अशा रीतीने भगवान श्रीकृष्णांचे - मनोवैभवाचे - श्रीलक्ष्मीचे पूजन करून मीराबाईनी आजन्म विरहरूपी जागरण केले. श्रीकृष्णजन्माष्टमीच्या पावन दिनी मीराबाई प्रेमभक्तीरसात विरघळून श्री गिरीधर गोपालांच्या मूर्तीत विलीन झाल्या.

लहानपणापासून देवाधिकांसोबत मीराबाईचे नाव हृदयी उमटले आहे. मीराबाईचे श्रीकृष्णावरील प्रेम हे ईश्वरीय का आहे, ह्याचा आज विचार करावासा वाटला. क्रियायोगाने प्रदान केलेल्या ह्या माझ्या नवीन गीताद्वारे मी मीराबाईना सहृदय वंदन करते.

नमोनमः मीराबाई ॐ ॐ

घनःश्याम सावळा विरह सावळा
सावळे गीत गाई, ध्यास मीरेचा!

छेडूनी एकतारी सजविले स्वर
कृष्णमय 'मीरा' चिंतनात नांदली...

मुकुंदाचा सुगंध हृदयी साठला,
गोविंदनामाने कंठ दाटला...

आत्मिक अनामिक बंध आगळा
दिसे जिथे तिथे, मीरेस रूप 'गिरीधर गोपालाचे'

घनःश्याम सावळा विरह सावळा
सावळे गीत गाई, ध्यास मीरेचा!

अर्पिली प्रीत हरीचरणी,
अंतरंग मीरेचा 'भक्तिधाम' जाहला...

नाही राहिली 'त्या' जगाची,
कृष्णविश्वात लीन पावली...

झाले निर्माल्य मनसुमनाचे,
तूच 'नाथ' माझा म्हणूनी गेली 'मीराबाई'...

नमोनमः मीराबाई ॐ ॐ नमोनमः मीराबाई ॐ ॐ

हेमांगी महाडीक, ठाणे



THE AWAKENING!

OUR MOTTO IS TO SPREAD UNCONDITIONAL LOVE &
UNCONDITIONAL FORGIVENESS ALL OVER THE WORLD.

लहरी - तरंग

हवेतून ज्या लहरी येतात त्या मार्फत आपल्याला अनेक सुविधा प्राप्त होतात. (कधी कधी त्याचे दुष्परीणाम पण जाणवतात.) कोरोनाची साथ आली आणि लॉकडाऊन झाला. त्या अगोदर आम्ही योगप्रेमी माणसं वेगवेगळ्या वर्गातून सद्गुरुजींचे मार्गदर्शन घेत होतो, योगासनं शिकत होतो.

लॉकडाऊनमुळे सर्व ठप्प झाले असे वाटले. आपल्याला योगवर्गाला, क्रिया क्लासला जाता येणार नाही, वर्ग बंद होणार अशी भावना निर्माण झाली. पण एक दिवस पाडव्याचा सुमुहूर्त आला आणि सद्गुरु आमच्या घरी आले. असा आनंद झाला की त्याचे वर्णन करणे कठीण आहे. हे सर्व मोबाईल, कॉम्प्युटर, लॅपटॉप अर्थात टेक्नॉलॉजीमुळे शक्य झाले. ह्या ध्वनी लहरी/तरंग ह्यामुळेच आपण घरी बसून सद्गुरुजींचे मार्गदर्शन घेऊ शकत आहोत.

क्रिया संस्कार साधना वर्गात त्यांनी आम्हाला ओम उच्चारण विविध प्रकारे करता येतो असे शिकविले. गायत्री मंत्राचे सखोल ज्ञान दिले. आपल्या घरात छोटासा पण शास्त्रशुद्ध हवन करण्याची पद्धती शिकवली. आपण पूजा-अर्चा करत असतो. पण त्या

मागची शास्त्रीय माहिती आम्हाला त्यांनी सांगितली. कोरोना काळात प्राणवायू (ऑक्सिजन) सिलेंडर्सचा तुटवडा होता. त्यामुळे अनेकांना प्राण गमवावे लागले. सद्गुरुजींनी प्राणायाम वर्ग घेऊन आमची तयारी करून घेतली. तुम्ही नियमित प्राणायाम करून शरीरातील ऑक्सीजन वाढवू शकता, त्यामुळे तुम्हाला भरपूर ऊर्जा मिळते, हे निक्षून सांगितले. आपल्याला रात्रीची झोप येत नसेल, तर त्यावरील उपाय त्यांनी सुचविले. गाढ झोप, योग निद्रा ह्याचे महत्व विषद करून सांगितले. ह्या सगळ्यामुळे आपली चेतनाशक्ती वाढण्यास मदत होते. आम्ही सर्व शिष्य खूप भाग्यवान आहोत की आम्हाला इतके अगाध ज्ञान असलेले सद्गुरु लाभले व त्यांनी आमचा शिष्य म्हणून स्वीकार केला. ते आमच्या आयुष्याच्या वाटेवरचे अज्ञानमय धुके बाजूला करून, आयुष्याची वाट सुलभ करून देतात!

अशा आमच्या परमपूज्य सद्गुरु योगीराज डॉ. मंगेशदांना वाढदिवसाच्या हार्दिक शुभेच्छा आणि कोटी कोटी प्रणाम!

सर्वांना दीपावलीच्या शुभेच्छा!

अरुणा प्र. साखळकर, मुंबई

गुरु-शिष्य परंपरा

"गुरु माता पिता, गुरु बंधू सखा!
तेरे चरणों में स्वामी मेरे कोटी प्रणाम!"

परमपूज्य सद्गुरु योगीराज डॉ. मंगेशदा ह्यांना माझे शिरसाष्टांग नमस्कार. गुरु आपल्याला आईसारखे असतात म्हणून त्यांना गुरुमाऊली म्हणतात, तसेच ते वडीलांसारखे रक्षण करतात. गुरु भावासारखे व मित्राप्रमाणे देखील असतात, म्हणून आपण मनातील सर्व गोष्टी त्यांच्याकडे व्यक्त करू शकतो.

ॐकार हा किती महत्वाचा असतो. सर्व काही ॐ मध्येच आहे. **अकार** म्हणजे ब्रह्म, **उकार** म्हणजे विष्णु आणि **मकार** तो महेश आहे. ब्रह्मदेवांनी ही सृष्टी उत्पन्न केली,

तिचे रक्षण श्रीविष्णूंनी केले व श्रीमहेशांनी दुष्टजनांचा संहार केला. म्हणून ते सद्गुरु दत्तात्रेय आहेत.

**"गुरुर्ब्रह्मा, गुरुर्विष्णु, गुरुर्देवो महेश्वरा।
गुरुर्साक्षात् परब्रह्म तस्मै श्री गुरवे नमः॥"**

श्रीराम व लक्ष्मण ह्यांनी श्री वशिष्ठमुनींकडे राहून धनुर्विद्या संपादन केली आणि दुष्ट-दुर्जनांचा संहार केला. श्रीकृष्णाने त्यांचे गुरु सांदिपनी ऋषिंच्या आश्रमात राहून त्यांची निष्ठेने सेवा केली. आपल्याकडे गुरु-शिष्य परंपरा खूप पुर्वीपासून चालत आलेली आहे आणि आपल्या श्रीमंत भारतीय संस्कृतीमध्ये तो वारसा आजही जपला गेलेला आहे.



माझे चांगले प्राक्तन म्हणून परमपूज्य सद्गुरुजींकडून २००१ साली मला क्रियायोगाची दीक्षा मिळाली. त्यानंतर माझ्या मुलीस - अर्चनास व पुढे माझ्या नातवास चि. प्रतीक ह्यांनाही दीक्षा मिळाली. हे माझ्या आयुष्यातील अभिमानाचे व आनंदाचे क्षण आहेत. दीक्षा घेतल्यापासून माझ्यात खूपच सुधारणा झाली आणि सकारात्मक भावना जास्त प्रमाणात रुजू होऊ लागली.

क्रिया दीक्षा मिळाल्यापासून गेली अनेक वर्षे सद्गुरुंच्या मार्गदर्शनाखाली आमची क्रिया साधना सुरू आहे. ह्या साधनेत चक्रसंस्थेला खूप महत्व आहे. साधनेदरम्यान येणारे अनुभव शब्दातीत आहेत. ज्यावेळेस आपण एखाद्या शिडीवर चढतो, तेव्हा आपल्याला खाली यावेच लागते, पाय जमिनीवर ठेवावेच लागतात. त्याप्रमाणेच आपण नेहमी जमिनीशी नाळ जोडून ठेवलेली असली पाहिजे, गर्व नको, सगळ्यांना एकत्र घेऊन, एकोप्याने, हसतमुखाने पुढे गेले पाहिजे - असे परमपूज्य सद्गुरुजी म्हणतात.

परमपूज्य सद्गुरुजींच्या कृपेचा लाभ मी अनेकदा अनुभवला आहे. माझ्या डाव्या गुडघ्याच्या ऑपरेशनच्या आधी मी बोरिवलीच्या करुणा इस्पितळात दाखल होते. तिथे माझी अँजिओग्राफी झाली, पण त्यांच्या आशीर्वादामुळे तीनही आर्टरीज मोकळ्या होत्या, कुठेही ब्लॉकेज नव्हते. तसेच कांदिवलीला गुडघ्याची शस्त्रक्रिया झाली तेव्हा गुरुजींचे अस्तित्व मला जवळ जाणवत होते... जणू काही ते मला म्हणत होते, "घाबरू नकोस, मी इथेच आहे." ह्या सगळ्यामुळे एवढा धीर आला म्हणून सांगू...

२०१८ मध्ये मला ब्रेनस्ट्रोकचा अटॅक आला होता. मला तेव्हा संचेती इस्पितळात ठेवले होते. त्यावेळी अर्चना

घरी नसल्यामुळे राजीव व रिनीता रावलने मला इस्पितळात दाखल केले होते. तेव्हा डॉक्टर म्हणाले होते की बरे झाले तुम्ही ताबडतोब त्यांना इथे आणले, नाही तर पॅरालिसिस झाला आसता. माझ्या चेहऱ्यावर त्याचा परिणाम झाला होता, बोलतांना मी अडखळत होते. पण त्यातून मी लवकर सावरले व बरी झाले. ही सगळी परमपूज्य सद्गुरुंचीच किमया! असे अनेकदा परमपूज्य गुरुजींचे आशीर्वाद मला लाभलेले आहेत. त्याबद्दल मी नेहमीच त्यांची ऋणी राहीन.

आपले मन खूप चंचल असते. ते स्थिर करण्यासाठी, शांत करण्यासाठी परमपूज्य सद्गुरुजी विविध कार्यशाळा घेतात. आत्ताच्या आव्हानात्मक काळाआधी आमचे नियमित वर्ग आमच्या फाऊंडेशनच्या जुहू केंद्रावर भरायचे. ह्या काळातही त्यात खंड पडलेला नाही. दर रविवारी सकाळी सात ते आठ ह्या वेळेत आमचे ऑनलाईन क्लास होतात. गुरुजींचे दर्शन ही आम्हा सर्वांसाठी एक आनंदपर्वणी असते. त्यांनी घेतलेली प्राणायाम कार्यशाळा माझ्यासाठी खूपच लाभदायक ठरली आहे. त्यांनी शिकवलेले वेगवेगळे व्यायाम केल्यावर मन प्रसन्न होते. त्यांनी शिकवलेल्या तंत्रांनुसार साधना केल्यावर व गुरुमंत्राचे उच्चारण केल्यानंतर मन शांत होते, एका वेगळ्याच प्रकारचे समाधान जाणवते.

आज दि. २४ ऑक्टोबर रोजी त्यांचा जन्मदिन आहे. त्यांच्यासारख्या व्यक्तिमत्त्वाची सगळ्यांनाच गरज आहे कारण ते फक्त सकारात्मकता पसरवितात व आपल्या सर्वांगीण प्रगतीसाठी प्रयत्नशील असतात. त्यांना जन्मदिनाच्या हार्दिक शुभेच्छा! माझे हे लेखरूपी पुष्प मी त्यांना समर्पित करते.

सुनंदा बलवल्ली, मुंबई

When you see the rising negativity day-by-day, you will realise that the solution lies in increasing your energy level. Walk towards the Rising Sun and absorb his powerful shower of rays, so that darkness of negativity will merge into the Light.

H. H. Sadguru Yogiraj Dr. Mangeshda



पत्ते पे पत्ता..

"बाबा, आपण पत्ते खेळूया का?" - इति राधा.

मी तंद्रीत... कसलं तरी कोडं सोडवण्यात गूंग! परत एकदा, पण ह्यावेळी जास्त आर्जवी स्वर.. "बाबा, पत्ते खेळूया ना!" मी भानावर येऊन म्हटलं - "हो हो चल खेळूया, पण काय खेळायचय?" "बदाम सत्ती (सात)!" ताबडतोब उत्तर! ओके असं म्हणून आम्ही चौघं पत्ते खेळायला बसलो - राधा, ओम, माझी भाची प्राची व मी!

बदाम सात ने सुरुवात झाली... एक - दोन डाव झाले! खेळण्यात भारी मजा येत होती! मुलांची पत्ते धरण्याची पद्धत, होणारी थोडी धांदल, चेहऱ्यावर येणारे निरनिराळे भाव! ह्या सगळ्याचा मी खूप मनस्वीपणे आस्वाद घेत होतो. मग म्हटलं खेळ बदलूया! पुढचे एक-दोन डाव चॅलेंजचे झाले. हल्लीच नवीन नवीन शिकली होती माझी मुलं! त्यात राधा हा खेळ खेळताना एकदम 'सत्यमेव जयते' ह्या मार्गाने खेळते. त्यामुळे अजून धमाल!! त्याचे एक दोन डाव झाले. मग मुलांना म्हटलं की आता एक नवीन खेळ खेळूया. त्यांची तयारी होती! मी म्हटलं खेळाचं नाव **जजमेंट** आहे आणि तो ह्या-ह्या पद्धतीने खेळायचा असतो! पहिला डाव खेळताना थोडासा गोंधळ, थोडे प्रश्नचिन्ह! पण दुसऱ्या डावापासून मुलं एकदम तयार झाली! ह्या खेळातील गूण लिहायची पद्धत त्यांना समजावून सांगितली आणि ती त्यांना खूप आवडली! पत्त्यांचा खेळ रंगत होता! आणि इतक्यात जेवणासाठी बोलावणं आलं! परत खेळू असं ठरवून उठलो.

जेवण झालं, सीझननुसार आंबयेनी आंब्याचा आस्वाद घेतला व आरामखूर्चीवर बसलो. लगेच कानात कुणीतरी गुणगुणल्यासारखं वाटलं, "ए जीजी! पत्ते खेळताना सांगायचं नसतं! लक्ष ठेवून खेळायचं असतं!" आक्का मावशी माझ्या आईला सांगत होती. मला समोरच आमची पत्ता गँग दिसली. पत्त्यांचा फड जमलेला दिसला. आम्ही आठ जणांचा कटहुकुम

खेळत होतो. चार जणांच्या मेंढीकोटने सुरुवात झाली होती पण नंतर तो कधी सहा जणांचा व कधी आठ जणांचा झाला तो कळलंच नाही!

माझी सगळी माणसं मला पत्ते खेळताना दिसली. काही खेळत असायची, काही मागून खेळ पाहत त्यात आनंद मानायची! सगळ्यांचे पत्त्यावरचे प्रेम पाहून बरेच जणं आळीपाळीने पत्ते खेळायचे! विशेष आठवण होते ती पार्ल्याला आका मावशीच्या घरी जो पत्त्याचा डाव जमायचा त्याची! आका मावशीच्या हातची डाळीची आमटी, आमरस... असं सुग्रस जेवण झालं की नंतर पत्ते ठरलेले!

बरं पत्ते खेळणारे त्यांच्या स्वभावानुसार पत्ते खेळतात असं मला वाटतं. सिरियसली खेळणारे, हसत-खेळत खेळणारे, बिलकूल लक्ष न देता हॅप्पी गो लकी टाईप खेळणारे, मोजून-मापून खेळणारे, धोका पत्करून खेळणारे आणि एक अजून प्रकार - संपूर्णपणे पत्त्याचा आनंद घेत खेळणारे!

मे महिन्याचे दिवस असो वा कुठलेही फॅमिली गेट-टूगेदर! श्रीयुत पत्तेची उपस्थिती तिथे असलीच पाहिजे! बरं श्रीमान पत्ते पण किती ऍडजस्टेबल! तुम्हाला एकट्याला पण रमवू शकतात आणि जसजसा नंबर वाढत जातो... सम अथवा विषम... ते आपली विविध रूपं पेश करतात! सात-आठ, पाच-तीन-दोन, मेंढीकोट/कटहुकुम, एकेरी झब्बू, गड्डेरी झब्बू, बदाम सात, रम्मी, गुलाम चोर, चॅलेंज, नॉटेठोंब (परफेक्ट उच्चार मला माहित नाही ... कदाचित नॉट ऍट होम पण असेल), जजमेंट, तीनशे चार, नॉक-नॉक, हुषार लोकांचा ब्रिज... अशी अनेक रूपं ते घेऊन येतात. (काही वाईट रूपं पण आहेत... पण ती आपण ऑप्शनला टाकू.) जसा जमाना मॉडर्न झाला तसे पत्ते देखील उनो ह्या रूपात दाखल झाले आणि ह्या वेगवेगळ्या खेळांनी आपल्याला आपल्या आयुष्यात वेगवेगळ्या वळणावर, अगदी प्रवासात - रोजच्या किंवा लांबच्या, सहलींच्या वेळी...



खूप छान आणि विरंगुळ्याचे क्षण दिले आहेत. पत्त्यांनी क्षणिक का होईना पण आपल्याला आनंदच दिला आहे, आपल्याला तणावमूक्त केले आहे! आजही ट्रेने प्रवास करताना पत्ते खेळणारी मंडळी दिसतात!!

श्रीमान पत्ते खरंच बहुपयोगी आहेत हो... स्वतःला जादूगाराच्या हातात दिलं की ते अजून धमाल उडवतात! काही बेसिक जादू आम्ही पण शिकलो होतो... त्यातली एक म्हणजे ३ x ३ मांडून ... समोरच्याला विचारायचं - ह्या रांगेत आहे का की ह्या रांगेत? आणि शेवटी, 'हा तू मनात धरलेला पत्ता!' असं म्हणायचं! दुसरी म्हणजे २१ पत्त्यांची घड्याळाची जादू व तिसरी म्हणजे पत्त्याच्या कॅट मधून दुसऱ्याने मनात धरलेलं पान ओळखून दाखवणे!

पत्त्यांचे रंग व नावं पण किती छान! लाल व काळ्या रंगातून स्वतःला सादर करत बदाम-इस्पिक-चौकट-किल्वर अशी अनोखी नावं घेऊन ती आपल्या समोर येतात! सोबत २-३ जोकर्स! पानांची नावं, त्यांची ठेवण ह्यावर एक वेगळा लेख होऊ शकतो. पण ह्या बेसिक ५२ पानांनी आपलं खूप मनोरंजन केलं आहे... ह्याबद्दल कुणाचंही दुमत नसावं! आजसुद्धा ही ५२ पानं आबालवृद्धांना एकत्र आणू शकतात! पत्ते खेळताना ...परत परत तोच खेळ खेळून आपण त्यात मास्टर कसे होऊ शकतो... हे देखील पत्ते शिकवतात! आणि जोकरची कल्पना ज्याने काढली त्याच्या कल्पनाशक्तीला सलाम... खरोखरच हा जोकर **कमी तिथे आम्ही** ह्या न्यायाने वागतो व सगळ्यांना सहकार्य करतो!

पत्त्यांचे प्रकार पण वेगवेगळे असतात... साधे.. उच्चभू... प्लॅस्टीकचे छोटे पत्ते, मोठे पत्ते...! पण त्यांचं मूळ काम एकच ... मनोरंजन आणि विरंगुळा!

मी जेव्हा "स्मृतीयों के पत्रों में" जातो तेव्हा मला हे पण आठवतं की आमच्या इमारतीत एका काकांच्या घरात दर शनिवारी ब्रिजचा गेम व्हायचा व माझ्या बाबांसह त्यांची इतर मित्रमंडळी ब्रिज खेळायची! अनेक वर्ष ही

परंपरा चालू होती! मी बाबांना सांगायचो की हा गेम कसा खेळतात ते मला सांगा... पण ते काही शेवट पर्यंत झालं नाही! खरं तर ब्रिज हा एकमेव पत्त्यांमधील खेळ होता, ज्याच्याबद्दल मिड-डे अथवा कुठल्यातरी पेपरमध्ये नेहमी एक लेख यायचा... म्हणजे आजचा ब्रिजचा डाव ... ह्या प्रकारचा!

आमच्याच घरात पत्त्याचा डाव रंगायचा ! आमच्या सोसायटीतील तशीच आमची मित्रमंडळी आमच्याकडे असायची! काही आमच्यापेक्षा मोठे, काही समवयस्क! आम्ही खूप धमाल करायचो! काही वेळा खाणाखूणा व्हायच्या, केसाना हात लावणे, डोळे मारणे, जिभेचा वापर करणे, काहीतरी बोलून कल्यु देणे... ! जेव्हा एखादा खेळाडूची पिसी(शी) जात नसायची, तेव्हा त्याची टर् उडवली जायची...! मग पिसी(शी) जाण्याकरता पत्ते वाटायचे वेगवेगळे प्रयत्न, कात्र्या मारणे... हे सगळं व्हायचं! एकंदरीत ह्या पत्त्यांनी त्यांच्या विविध रूपात आनंदच दिला, महत्वाचं म्हणजे विरंगुळा दिला. तेव्हा आपल्या आयुष्यात टेक्नॉलॉजी नसल्यामुळे मैदानी व बैठे खेळ खेळायला खूप वाव होता व श्रीमान पत्ते ह्यांनी त्यात मोठा वाटा उचलला होता!

आजही आमच्याकडे पत्त्याचा डाव जमतो... मुलांना पण तो आवडतोय! काळानुरूप काही खेळ बाद झाले असतील, ऑनलाईन पत्त्यांचे खेळ देखील आले असतील, पण पत्त्यांचं महत्व आमच्या आयुष्यात कमी झालेलं नाही! आणि सध्याच्या परिक्षेच्या काळात तर श्रीमान पत्ते आपले हवेहवेसे वाटणारे मित्र आहेत. घराबाहेरही जात नाहीत आणि सदैव स्वच्छ आणि सुरक्षित असतात!

लेकीने पत्ते खेळायला बोलावले आणि मी पटकन आमच्या आत्ताच्या घरातून तिच्याएवढा होऊन आमच्या जुन्या घरामध्ये गेलो...

ऋषिकेश आंबये, मुंबई



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Editorial Team

- Editor : Madhumalti Talgeri
B-64, Nandanvan, 137,
S.V. Road, Andheri (W),
Mumbai - 400 058.
mtalgeri@gmail.com
- Editorial Team : Shreejaya Hattangadi
: Hrishikesh Ambaye
: Chandrakant Baraskar
- Art Work : Maya Bidvai & Sunil Pai
- Layout Design : Suhas Patil
- Production : Haresh Teckchandani
- Controller : Saraswati Vasudevan

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Good News!

During pandemic, Sadguruji has been energising us through Online sessions of Kriya, Meditation and Yoga. In July, 2020, he started a 12 session experiential workshop 'Kriya Sanskar Sadhana' to introduce us to our traditional cultural values explaining their scientific basis, correct way of performing certain simple rituals for increasing our mental and physical fitness. People from all over the Globe have joined and benefitted. In view of overwhelming response, 3rd batch is proposed to be started shortly. Those interested may please contact Saraswati- 9820424965

Donations, Sponsorships and Advertisements are most welcome.

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For details Contact:

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Your comments on this issue will be appreciated on our web site: www.mangeshda.org



**Wishing Sadguruji
a very**

**HAPPY
BIRTHDAY**

From

Kishori, Tanya & Sunit Morarjee

Message From
Mangeshda Upasana Centre, Goregaon



"Miracles happen, mountains move, dreams come true
and God descends on earth for you only, because you
desire ardently and believe sincerely."

- H.H. Sadguru Yogiraj Dr. Mangeshda

**WISHING DEAR SADGURUJI
A VERY HAPPY BIRTHDAY**

PRANAMS GURUJI

Contact No.

9820048855, 9833235989, 9892477495



**Wish you a very
Happy Birthday Sadguruji!
Thank you for your grace, guidance and
blessings at all time!**

**Our humble salutations at your
lotus feet 🙏**

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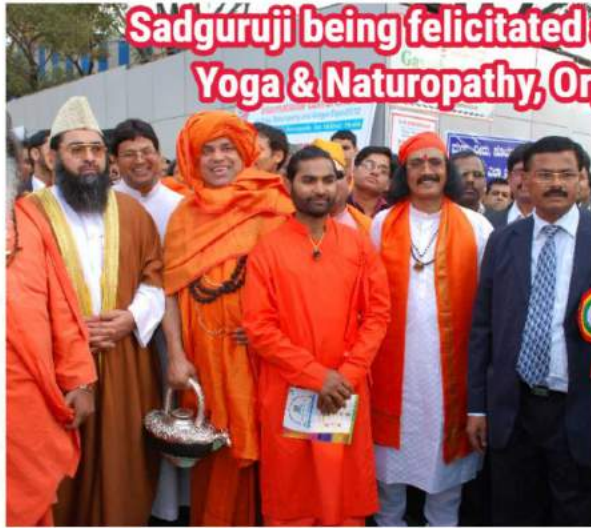
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