



The Awakening!



24th
Anniversary
Issue
24th October, 2022

**His Holiness Sadguru
Yogiraj Dr. Mangeshda**

Message from Sadguruji



Hari Om!

We began the year 2022 with a fresh new breath after fighting valiantly with Covid. The masks covering our noses have gone. Though the pandemic has receded after taking thousands of lives, it has not bid final goodbye yet. In the dragon's country, its other variants have raised their head. Still, we all have started enjoying freedom from the last two and a half years' financial crunch, suffocation, lockdown restrictions... Celebrations of festivals have started in full swing. People have started crowding for shopping. They have started meeting each other. **In all this one thing is certain. People have understood the value of life.**

People, who were always very busy, have started taking out their 'invaluable'

time for health related programmes. Their attendance for Yoga, Pranayam, Meditation, at health centres etc has increased considerably. People have started making changes in their lifestyle completely. They have realised the importance of each other. That way, actually, in life, we all need each other. Seller and buyer, buyer and seller, manufacturer and consumer, workplace and workers etc, all are interdependent. But all these things assume importance only if, basically, our own existence is there. That is why, when the question of one's own existence arises, one is wide awake! **Most of those, who have overcome the 'life and death' situations and survived, have started living life consciously.**

In a well organised life, everything runs



smoothly. **By organising our life depending on importance and living it as per priorities, our happiness multiplies.** Besides, its different aspects also start showing their colours. Connected to our 'Self' are various factors... in that our close relatives, society, social values etc are included. **I firmly believe that a person, whose spiritual behaviour, sanskaras and studies are of high level, is able to organise his life in the best possible way.** It starts with organising the day. But when people get lost in these factors connected to 'Self', then 'Anand', 'Satchitanand', 'Paramanand' etc. remain as concepts only in books. **That is why, for this Self Realisation, the 'Rajmarg' i.e. Royal Path is Kriya Yoga!**

This year, when I introduced 2 day workshop on 'Awakening ESP', I was sure that everyone would like it; but when all programmes were 'houseful', not only did I get happiness for creating it but also it gave more satisfaction to all the participants for getting closer to their 'Self'. Man's negative thoughts, his constant worrying over them, creating a net of stress, then due to getting entangled in it suffering from a chain of various ailments - **for this negative**

process, in these two day's workshop, I tried to explain in simple words, how to break it and change the direction with new thoughts leading to a life away from stress and ailments. It is my sincere effort to accelerate effectively, the spiritual progress of the participants. With the success of this programme, I feel, my decades of sadhana and research have fructified. **My heartfelt good wishes to all those who partook the fruits and became a part of my this successful journey. Do your sadhana regularly with intensity; you will definitely succeed.**

There is nothing difficult in this world. Only you should have will, courage and confidence. If every time there is a tendency to give excuses, it develops in 'excu-disease' which no doctor in the world is able to cure. **So, brush off the laziness and march ahead on the path of Kriya Yoga with self confidence, determination, regularity and sincerity. My Hearty Good wishes to you all for a very Happy Deepawali and prosperous New Year! May this Deepawali enlighten all your lives!**

Love and Blessings!

H. H. Sadguru Yogiraj Dr. Mangeshda

First of all love thyself. Let us live each moment lovingly, selflessly, compassionately yet courageously. Really, life is for living - let us love it! Let us accept each individual in this society as our own and work with our body, mind and soul towards the goal of building a strong, powerful and prosperous Nation!

H. H. Sadguru Yogiraj Dr. Mangeshda



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Editorial



Hari Om!

This year's celebration has special fervour, eagerness and enthusiasm, as, for the first time after a long gap of over two years, we will be gathering to meet in person, Sadguruji and all our family members! On

this 24th October, as we celebrate our Foundation's Annual Day and our revered Sadguruji's Birthday, it is Narak Chaturdashi, the second day of the five-day-long festival of Deepawali! The monster demon Narakasur was killed on this day. It is a custom to crush a bitter berry called Kareet, under the feet, in token of killing Narakasur, symbolising dispelling of Negativity, the Evil and the Ignorance from our lives. We have succeeded in crushing the demon of Covid pandemic that disturbed our lives for the last over two years and now we deserve a grand celebration. In the evening, by performing Lakshmi Pujan, we will be invoking the auspicious magnificance of 'Shree' -Goddess Lakshmi - the splendour, resplendence, knowledge, peace, wealth, affluence, prosperity and positivity in our lives!

Our Foundation's activities have been continuing online for the last two years. As the restrictions of lockdown were being relaxed, Sadguruji declared in December 2021, that he would start again giving Kriya Yoga Diksha. Our joy and excitement knew no bounds!

As we were gearing up for starting Foundation's activities with renewed zeal, one more negativity hit us hard. We lost a strong pillar of our Foundation, a wonderful stalwart, most dedicated, devoted and committed Kriyaban Hareshji. He breathed his last on 29th January 2022. He worked for the Foundation unconditionally, ever ready to help with a smile, always positive - A great soul, mentor and father

figure for many of us. Sadguruji lost his most dedicated, trustworthy and dependable Kriyaban lieutenant. Hareshji will continue to live in our hearts through the fond memories we have had with him.

After a gap of 2 years, Sadguruji chose the auspicious day of Mahashivaratri for starting to give Kriya Diksha and he chose 56 dedicated disciples to bestow upon them the '4th level advanced Kriya Diksha' at our Spiritual Village. It is said, it is a rare 'advanced Diksha' that hardly anybody else would have given in this world to anybody on such a large scale so far! We are truly blessed to receive it from our Sadguruji and are extremely grateful to Him! **Jai Ho, Sadguruji!**

Thereafter, Sadguruji has been giving Kriya Diksha upgrading existing Kriyabans and initiating new aspirants into Kriya Yoga. Online sessions of Yoga, Pranayam, Meditation and Kriya too have been helping us to be strong physically, mentally and spiritually, under the superb supervision of our Sadguruji. It is his speciality to come down to our mental level to explain his teachings to make us understand and practise Kriya Yoga with more intensity.

In his message for 2022, Sadguruji asked us to take a pledge '**not to gossip**'. Last year he had asked us to take a pledge '**I will not blame anybody**'. We have to take responsibility of our Karmas; we cannot blame others. For 2022, he asked us to work on our habit of analysing and judging others. Most of the times we do not know the full facts and we tend to judge on the basis of one sided view or partial facts we get. Now, going a step forward, Sadguruji has said, even if we know all the facts, we need not sit on judgement. We tend to discuss it with others spoiling the image of the person concerned. We should not only stop judging others but also stop others who judge and convey their views to us. Thus, our energy will not be wasted and we will



also not increase our Karmas. As Sadhaks on the path of Kriya Yoga, let us take pledge and practise the powerful mantra of 'I will not gossip'!

Sadguruji is always absorbed in finding ways and means to make us comprehend the depths of Kriyas better. Recently, he introduced a 'first of its kind' new course, 'Awakening ESP to develop Psychic Ability'. The foundation of ESP is Kriya Yoga. Sadguruji has designed the course in such a way that **by avoiding technical and medical jargons, he explains the subject in simple language that anybody can understand.** Young School going children to Senior citizens, anybody can easily grasp the subject. He is giving **emphasis on practical aspect** of practising simple, easy to follow techniques to work over our short-comings, our subconscious mind which dominates our life; **so that we are able to focus more, improve our memory, achieve our goals and with introspection, improve our own self gradually and be a better Kriyaban.**

The first residential session of Awakening ESP was held at Goa from 13th to 15th August 2022. It was a huge success and on public demand, Sadguruji has been conducting more such workshops at Mumbai. Within such a short span of few months, the fourth workshop had to be scheduled on 12th & 13th November 2022. **All are so eager to learn the techniques that within a day of declaring the dates of workshop, it gets full.** We are giving separately in this issue the feedback we received from various participants.

On the occasion of **75th Anniversary of our Independence**, Sadguruji encouraged everybody to participate in performing **75 Crore Suryanamaskars**, an initiative of Ayush Ministry. Many family members practising yoga under Sadguruji's guidance, took part and performed **more than 50,000 Suryanamaskars** by 12th February 2022.

We feel proud to inform that in April, 2022, Sadguruji was conferred with **Honorary Doctorate from the Crown University USA**, for

his **research in Yoga**, at the hands of Padmashree Shivanand Baba.

Sadguruji gives a lot of importance to Yoga for our fitness and wellbeing. He took those who are practising Yoga regularly on a '**Yoga Tour to Badrinath & Kedarnath**' from 12th June to 18th June, 2022. **All performed yoga at Kedarnath temple at a height of 3584 metres above sea level, as a mark of celebration of International Day of Yoga 2022!** Sadguruji always has such novel ideas!

All are aware that under our beloved Sadguruji's guidance, our Foundation has been carrying on with a crusader's zeal, our ambitious mega drive, '**Eye Pledge-We Pledge**' with a **goal of eradicating corneal blindness from India.** It is an initiative to reach out to the general public to bring awareness and facilitate Eye Donation for the visually challenged. The idea is to spread awareness that 'it is an excellent opportunity to gift somebody a vision to see this beautiful world when we are no more; **we will be helping them without losing anything;** we have enjoyed our vision all our life and would like to pass on this happiness to visually challenged'. Efforts are made to remove misconceptions about eye donation and to explain how the whole process is easy.

The drive had almost stopped for last two years but now we have started it with renewed earnestness. We feel proud and happy that our campaign has received stupendous response and we have registered **almost 1crore Eye pledges.** Of course, our endeavour will continue relentlessly till we reach our goal.

Thus, our activities are going on like a true Kriyasheel Kriyaban. We are like these rows of lamps - Deepawali- which, in their own little way, by standing together in unity, are dispelling the darkness around them and spreading happiness. By initiating us into Kriya Yoga, Sadguruji has lit a beautiful lamp within each one of us Kriyabans and we, with our regular practice of Kriya, are nurturing the light and spreading the glow within, as well as around us, spreading positivity with Unconditional Love. We are grateful to our



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Sadguruji for his Eternal Love and Grace that he showers on us!

Let us first wish our beloved Sadguruji, 'A Very Happy Birthday!' On this sacred day, we reaffirm that we shall walk on the path shown by you with total devotion, dedication and determination. We Love you, Sadguruji!

On the occasion of 29th Annual Day

Happy Birthday Sadguruji!

Happy Birthday to you
Epitome of the Universe,
You awaken our S"pace"!
From Larva to Butterfly,
Our Soul flies High!
Birth after Birth,
You Shine thy light!
Breath after breath,
Our SELF shines Bright!

Illuminating your Light,
You make us "Light"!
From darkness to Light,
Our Journey is a Delight!

"Ocean of Knowledge",

celebration, Greetings and Hearty Good Wishes to all our family members!

Wishing you all A Happy Diwali and a Prosperous New Year! May this festive season bring for all of us abundant Prosperity, Progress and Peace!

Madhumalati Talgeri

You Churn our intellect!
Sculpting our Image,
Our path is paved to Perfect!

Divine is your Shrine,
You embrace us Heartily!
Entwined with our Divine
Our Heart blooms Lovingly!

Expressing Gratitude!
For the voyage to Solitude!
Salutations at thy holy feet;
Forever enwrapped at thy Lotus feet!
Our Soul is full of thy Light!

Shambhavi Kriyaban
Connecticut, USA

Foundation's Activities

On 24th October, 2021, Foundation celebrated its 28th Annual Day and Sadguru Yogiraj Dr. Mangeshda's birthday on Facebook- Live from 4.30pm onwards. The programme started to the melodious tune of Shehanai. On the screen we saw various photos of Sadguruji on different occasions with sacred chants and instrumental music, wishing Sadguruji a Happy Birthday and a Long Life. Then Sandip Pandya, anchor for the occasion welcomed everybody and started the function conveying birthday wishes to Sadguruji. This was followed by variety entertainment programme Yoga Ballet; very creative 'Bali International Yoga movie' by our family members who won the Gold medals at International Yoga competition; excellent Shiv Tandav dance by Yashasvi Yederi; melodious songs sung by our Kriyabans Vijay Mane, Archana Mangalore, Dayesh and Varun Raval and Nirguni bhajan by Prathamesh. 23rd Annual issue of our International Magazine 'The

Awakening!' was released as e-magazine. Thereafter, a beautiful and informative audio-visual on Sadguruji and his various social activities was shown.

Thereafter, Sadguruji blessed us with his pravachan. He mentioned that we should always look at our life positively; take care of people around us with a smile and spread happiness and love around us; there is no alternative to Unconditional Love and Unconditional Forgiveness; and most importantly, we should introspect every day for 5 to 10 minutes before going to bed and examine where we were right, where we went wrong and how we can improve ourselves! It is a very powerful tool in our hands for our personal growth and development.

Though we missed meeting Sadguruji in person, on the whole, it was a wonderful celebration. The variety entertainment programmes were



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excellent. Sandipji's compèring, as usual, was very good. We appreciate all the volunteers for working behind and in front of the screen, 'The Awakening' team, Admin team. Our gratitude to our advertisers, donors, patrons and well-wishers of Sadguru Mangeshda Kriya Yoga Foundation, And special thanks to our extremely talented technical team, Rameshraj, Ravindra, Rajeev, Sunil etc. for making this event a grand success.

On 3rd January, 2022, a brief message by Sadguruji for the year 2022 was released on YouTube Link <https://youtu.be/s3IMfnsF7RM>. Sadguruji asked us to take a pledge '**not to gossip**'. As sadhaks on the path of Kriya Yoga, he advised us that we should not increase our karmas and also save our precious energy for our spiritual practice. We are conditioned to judge constantly whatever is happening around us. In the process, we may become judgemental without knowing full facts. We also have tendency to discuss our 'views' with others causing unnecessary harm to the concerned person. Each individual is leading a life based on karmas of the earlier lives. It is not correct to sit on judgements over their action. We will be increasing our karmas to be faced in future births. We will also be wasting our precious energy on such futile exercise. That is why, for 2022, Sadguruji gave us this powerful mantra. We have taken pledge and practise '**I will not gossip**'.

On 14th January, 2022, Sadguruji gave introductory lecture to **Pranayama Course** on Facebook Live at 6.30 pm.

On 16th January, 2022, with a view to spread Sadguruji's teachings, Ravindra Pathak made 5 to 7 minutes' short **Youtube videos of clippings from Sadguruji's Pravachans**. These short videos are worth listening to, again and again, to understand the true depth of Sadguruji's words. **Kudos to Ravindra Pathak for this initiative**. One such clipping on '**How to conquer Laziness**' was released. Youtube link - <https://youtu.be/Qk2Sgle9dOM> . Do hear it and reap rich benefit.

On 22nd January, 2022, a 6 weeks'-12 sessions' workshop on '**Pranayama Level I**' by Sadguruji commenced.

On 23rd January, 2022, Youtube short video on '**The Moral of Spirituality**' of clipping from Sadguruji's Amrutvani was released. The link is <https://youtu.be/d4CIsRvPWUw>. Do listen to it, if you have already not done so.

On 30th January, 2022, Youtube short video on '**Self-motivation vs Self-cheating**' of clipping from Sadguruji's ashirvachan was released. The link is <https://youtu.be/xtVUwfq1ArI> to enable you to hear it, if you have already not done so.

On 2nd February, 2022, as a tribute to **75th Anniversary of our Independence**, Ayush Ministry proposed performance of 75 Crore Suryanamaskars. **Under the leadership of Sadguruji, many members of our Foundation participated and by 12th February 2022, performed more than 50000 Suryanamaskars!**

On 5th February, 2022, a 6 weeks' 12 sessions' '**Advance Pranayama**' workshop by Sadguruji commenced. Many people participated and benefitted immensely.

On 13th February, 2022, Youtube short video in Hindi on '**Khud se mile hi nahi aur Khudha se milne chale**' of clipping from Sadguruji's Amrutvani was released.

The link is <https://youtu.be/37xpOAYCMSA> Do listen to it, if you have not already done so.

On 1st March, 2022, auspicious day of **Mahashivaratri**, Sadguruji bestowed very pious and rare 4th Level Kriya Diksha on his 56 chosen disciples at our Spiritual Village. It was a historic moment as Sadguruji said nobody in this world has given so far this level of precious knowledge on such a large scale. It was also special for all participants because after a gap of more than two years, they were to meet in person Sadguruji and other Gurubandhavas. A batch of dedicated Kriyabans- Jitendra, Saraswati,



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Vasudevan, Ramesh, Vijayshree, and entire team of volunteers had gone to Spiritual Village earlier to make preparations at Spiritual Village. They worked selflessly, under the guidance of Sadguruji, to make this auspicious Diksha ceremony to happen so smoothly and as meticulously planned by Sadguruji.

After Diksha, during Kriya camp, **Sadguruji honoured Saraswati Vasudevan and Rameshraj Maddu for their selfless, silent, unassuming work for the Foundation.** We are very proud of them! He blessed Bakhtavar Merchant and Chandrakant Baraskar, whose birthday it was, with flowers. He also presented a 'divine Rudraksha' charged by him, to each of the 56 Kriyabans who were blessed with precious and rare 4th Level Kriya Diksha on that day!

In the evening there was Sadguruji's Mahasatsang on Facebook Live from 7 pm onwards. The link is - <https://fb.me/e/2eoKeDKIz>

On **2nd April, 2022**, auspicious day of **Gudhi Padwa**, Sadguruji bestowed 3rd and 4th Level **Kriya Diksha** on selected Kriyabans at our Juhu Centre. Thereafter, for Kriyabans who were elevated to 3rd level on that day, there was a Kriya Camp.

In the evening, there was **Mahasatsang** of Sadguruji on Facebook Live from 7 pm onwards.

On **3rd April, 2022**, in the morning, **Yoga Mahotsav 2022** was organised by Ministry of Ayush at Shree Samartha Vyayam Mandir, Shivaji Park, Mumbai, to commemorate 100 days countdown to 8th International Day of Yoga. There was also a Seminar on Yoga for Immunity. **Sadguruji presided and led the function.** Our Kriyaban family members participated in the Yoga Mahotsav in large numbers.

After the function, Sadguruji took Kriya Camp for Kriyabans who had received 4th Level Kriya Diksha the earlier day.

On **10th April, 2022**, Sadguruji was invited as the **Chief Guest** for the **IEA Awards function**

organised by Sai Arogya Trust. The function was attended by well-known dignitaries from different fields. In this event, a **world record** was set for doing **maximum Surya Namaskar** in one hour by **Ajay Patil**. He performed 1700 Surya Namaskar in 60 minutes. It was a treat to watch Ajay perform Surya namaskar flawlessly. The **Crown University USA**, awarded Sadguruji with **Doctorate for his research in Yoga**. The Crown University International is a renowned global, private, research university with headquarters in Argentina, South America. Sadguruji received the honorary Doctorate at the hands of Padmashree Shivanand Baba, 126 years old living Yoga legend. We are proud of you Sadguruji! His many years of efforts and selfless services for the mankind, promoting Yoga was again recognised by Global forums.

On **28th April, 2022**, Sadguruji was invited as the **Chief Guest** at a 'Sarwa Dharma' conference called '**Vishava Mangal Maitri Sammelan**' at Bombay Stock Exchange (BSE) Auditorium. It was 1st International Conference on Peace, Harmony and Interfaith. It was about **building unity in all religions** across all castes and creeds. The chief guest was Central minister Shri Ramdas Athavale and other prominent participants were Padmashri Sadguru Brahmeshanand Acharya Swami from Kundaim, Goa; Dr Badhant Rahul Bodhiji, president Bodhhi Sangha; famous cine actress Smita Jaykar and many others.

While there were others representing various religions, Sadguruji stood out unique and special. His speech about '**Integrating the society with Love**' was, as usual, well received and appreciated. Sadguruji is leading the way to spread the message of health, positivity, humanity and love through Kriya Yoga. The venue which people look forward for material returns...from the same place Sadguruji showed them glimpses of what amazing returns one can get by practising Unconditional Love and Unconditional Forgiveness.

On **1st May, 2022**, in the morning, there were online Yoga and Meditation sessions as usual.



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In the evening, for more than two and a half hours, Sadgururji conducted online '**Kriyabans' Melawa**' which was filled with loads of positivity, inspiration and amazing insights. **In a limited time he guided us on every aspect of Kriya and how a good Kriyaban should be**, encouraging us to improve ourselves and our Sadhana; thus teaching us the essence of Kriya Yoga in a beautiful way. The sharings by all were wonderful and inspiring. Kudos to Hrishikesh for his compèring, Saraswathi for her coordination and administration work, Rameshraj Maddu for his technical expertise in smooth conduct of online Melawa!

Our gratitude from the bottom of our hearts to our Sadgururji for his benevolence, grace, blessings and invaluable guidance!

On **16th May, 2022**, auspicious day of **Buddha Purnima**, **Sadgururji initiated** a few selected aspirants **into Kriya Yoga** at our Juhu centre. It was heartening to see that most of the newly initiates were very young; mostly students. After the Diksha there was **Kriya Yoga camp** to teach the sacred techniques of Kriya to these newly initiates.

From **1st June to 3rd June, 2022**, Sadgururji was in **Singapore**, for giving **Kriya Yoga Diksha**. Sadgururji had already started 2022, with a fierce comeback after the pandemic, by upgrading some chosen Kriyabans to the next level at the beginning of the year. With the travel situation also slowly getting back to a state of normalcy, he also wished upon Kriyabans in Team Singapore to be upgraded. As per that initial plan, his visit would have been only to exclusively give level 2 Kriya Yoga Diksha. Our Kriyaban Ashalatha Duvvuri has been at the helm of the Singapore centre and has been doing phenomenal work in building it. Due to all the ground work and effort as it ultimately happened, Sadgururji gave 1st, 2nd and 4th level Diksha in this first trip of his outside India after the pandemic.

He started with an introductory lecture on Kriya Yoga for new aspirants in very practical terms explaining Kriya Yoga in a very easy to relate

terms. He elucidated how everything done in the Kriya practice is related to our own body, breath, mind and energy.

Sadgururji conducted back to back workshops right after the Diksha on the same day without getting up from his Asan. He covered all the aspects in the minutest detail. Needless to say, it was a long day but **Sadgururji very patiently ensured that all participants had grasped their portion properly**. It was an energetic day and Sadgururji maintained high energy levels throughout. The participants were also enthusiastic and eager to learn and Sadgururji taught with all his heart as always.

On **2nd & 3rd June, 2022**, Sadgururji also conducted **Pranayama workshop**. Many attended and benefitted immensely.

From **12th June to 18th June, 2022**, Sadgururji led a '**Yoga Tour to Badrinath & Kedarnath**' of selected Kriyabans who attended Yoga classes regularly. They performed Yoga in front of **Kedarnath Temple** at a height of **of 3584 metres above sea level!**

On **21st June, 2022**, **International Day of Yoga**, a special programme was arranged at Dadar under the auspices of Aayush Ministry, INO and Surya Foundation. The morning session was for Yoga practice. In the later session **Sadgururji was the Key Speaker**. Other dignitaries involved Padmashree Dr. Tatyrao Lahane, Smt. Padma Dixit (ex-minister in UP State cabinet), Mr. Arun Dev (Ex-Deputy Mayor, Mumbai) and Shivanand Maharaj. Rajeev, Nilesh and Hrishikesh attended the function as delegates. Sadgururji was welcomed at the function with traditional Aarti. The session started with Lighting of the lamp and soon it was followed by a Yoga demonstration by 3 young Yoga practitioners. Again, an example of what Yoga can do to human body! Sadgururji appreciated the same wholeheartedly. He was felicitated at the hands of Shivanand Maharaj.

Sadgururji, in his address, mentioned that this was not the beginning of Yoga Day, but celebration of Yoga! We had started this journey



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100 days back in a programme at Shivaji Park. He also mentioned about his recent 'Yoga Expedition to Kedarnath and Badrinath', where the team led by him performed Yoga in front of Kedarnath temple, in freezing cold and at a height of 13000 feet above sea level as a mark of celebration of International Day of Yoga 2022.

Further, he talked about Kriya Yoga, how Lord Shrikrishna has explained Kriya Yoga to Arjun in 18 Chapters of Bhagwad Gita and how regular practice of Kriya Yoga brings internal as well as external changes in a person.

He further mentioned that we cannot forget to fulfil our social obligations and spoke about our ongoing 'Eye Pledge We Pledge' campaign and how Dr Lahane always supported us for this social cause.

On 24th & 25th June, 2022, under our Sadguruji's instructions and guidance, our Kriyabans Tanmay and Vrushali Bhoite, Pradeep Shetve & Vishwprakash Medge performed Seva of Warkaris. On 2nd day Kriyabans Jitendra and Sharayu Kore and Bhagyashree joined the group for Seva. We are proud of these Sevakarīs who offered selfless service to Warkaris!

After the Seva they expressed, 'The feeling was really awesome. Every massage we gave, had only one feeling in mind that the person sitting next to me is our own Vitthal - Sadguruji himself. That itself boosted us with full energy to stay in seva. It was really Sadguruji's blessings that we were a part of this activity even after so many negativities at different levels.'

On 7th July, 2022, Youtube short video on 'Kriya Yoga-A process to master your breath' of clipping from Sadguruji's Amrutvani was released. The link is: https://youtu.be/wX9g_1R4jS8

On 13th July, 2022, auspicious day of Guru Poornima, some selected Kriyabans got upgraded by receiving 3rd and 4th Level Kriya Diksha at our Juhu centre. In the evening all of

us were blessed with Sadguruji's Mahasatsang on Facebook Live from 7 pm onwards.

The link is <https://fb.me/e/1ADK4KsSP>

From 13th to 15th August, 2022, Sadguruji conducted at Goa, the inaugural session of 'Awakening ESP to develop Psychic ability', a first of its kind new course designed by him for improving our spiritual development. In this, he introduces us to a new subject, avoiding difficult technical terminologies as far as possible, in simple words which can be understood from young school going children to the elderly. The foundation of ESP is Kriya Yoga. The emphasis is on simple exercises which need to be practised so that our concentration, memory and will power improves, we are able to see our shortcomings and overcome them leading to our all-round development. It also helps us in going deeper while practising Kriyas. Needless to say, the course has become a great hit. The feedback received is given separately in the magazine. Since the 3 day residential first session, Sadguruji has already conducted two more sessions in Mumbai to cope with the demand. The fourth session is scheduled for 12th and 13th November, 2022, at Mumbai.

On 18th August, 2022, auspicious day of Shri Krishna Janmashtami, Sadguruji bestowed 2nd level Kriya Diksha on a few selected Kriyabans. It was followed by Kriya camp for those who were upgraded with Kriya Diksha in the morning.

In the evening, Sadguruji blessed us with his Mahasatsang on Facebook live from 7 pm onwards.

The link is: <https://fb.me/e/29mAkWuTu>

On 29th August, 2022, Youtube video 'The technique of searching for silence in the noise within' was released https://youtu.be/9_NdJg5z3B0

On 10th & 11th September, 2022, after the huge success of inaugural session of 'Awakening ESP to develop Psychic ability' Sadguruji conducted



the workshop at Hotel Parle International, Mumbai. The response was stupendous and all the seats were full within a few hours of declaration of workshop! The feedback received is given separately in the magazine.

On **15th September, 2022**, Sadguruji was invited for a **'High Tea with Hon. Nirmala Sitharaman, Minister of Finance and Corporate Affairs of India**, at the function organised by **'Hindi Vivek'** for release of their Magazine. Sadguruji had good interaction with the Minister. She highly appreciated our mega initiative, **'Eye Pledge-We Pledge'** under which we have successfully registered almost 1crore eye pledges. Sadguruji had fruitful interaction with other dignitaries too.

On **24th September, 2022**, **Eye Pledge-We Pledge camps** were held in rural areas of Pune to bring awareness there, about the importance and procedure for Eye Pledge. The response was excellent. Kudos to our Kriyaban **Jitendra Kore and his team** for their zeal and enthusiasm for this noble cause.

On **1st October, 2022**, another successful **'Eye Pledge-We Pledge'** camp was organised by Kriyabans **Krishna and Sneha Bodke**, at Sanghvi Ecocity, Mira Road on the occasion of celebration of Navaratri. We appreciate the organisers **Krishna and Sneha** and the team of enthusiastic volunteers **Esha, Tanmay and Vishwprakash!**

On **2nd October, 2022**, in the morning, Sadguruji took Kriya Sessions as usual. In the evening, **'21st Kriyabans' Melawa'** was organised online via Zoom from 4pm to 6.30pm. It was 21st anniversary of Kriya Yoga Diksha bestowed by Sadguruji on large scale on 2nd October 2001 to 56 selected aspirants. Ravindra Pathak and Rameshraj Maddu, clad in traditional Indian attire, ably anchored this Melawa. Foundation's montage clip depicted beautifully, about Sadguruji and various activities undertaken by our Foundation under his guidance. As the activities during the year were recapitulated by anchors, some Kriyabans shared their

experiences, which were very inspiring. The sharing of Sneha Bodke narrating her experience in fighting cancer was very touching.

Sadguruji, within the limited available time, guided us on different aspects of our sadhana, how to organise our day, punctuality, discipline and mindfulness, how to do cleansing- internal and external, how to work on our different Chakras and subconscious mind, how to start our day, how to improve our memory and consciousness And how to improve ourselves by working over our shortcomings, our attitude and most importantly our Ego with the help of introspection everyday. He asserted that for spiritual progress, the consistent practice of Kriya as well as Shraddha, Saburi and Samarpan to our Sadguru are most important prerequisites. He was in his flow and we could feel the high energy level, though it was a virtual Melawa! Unfortunately, acute shortage of time was the constraint. Yet, he recapitulated various techniques he had taught for our purification. **He spoke to the point and imparted guidance of great value. We are eternally grateful to you, Sadguruji! Jai Ho!**

Kudos to Ravi and Ramesh for such an **excellent anchoring**; even at such a short notice. They covered almost everything possible and also gave maximum possible time for Sadguruji's guidance and blessings. On the whole, the **Melawa was superb!**

On **5th October, 2022**, there was inauguration of **'The Banyan Tree International'** for Geriatric care and Recovery Home, managed by Sai Arogya Charitable Trust at Mulund High School, Mulund West. **Sadguruji** was invited as **Guest of Honour** for the function.

Later, Sadguruji visited Mulund Centre and lucky Kriyabans from that area had an opportunity to meet Sadguruji in person and enjoy impromptu satsang!

On **8th October, 2022**, in the morning, Foundation's **'Eye Pledge-We Pledge'** camp was organised at **Byculla Police Station**. Our Kriyaban volunteers were successful in



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conveying the importance and the procedure for the eye pledge. The response from the police department personnel was very good. We appreciate **Krishna and Sneha Bodke** for taking initiative in arranging this event and **Tanmay, Vishwprakash** and all volunteers for their excellent team work in conducting the camp and making it successful!

On **8th & 9th October, 2022**, Sadguruji's newly introduced successful workshop of '**Awakening ESP to develop Psychic ability**' was conducted on public demand at Hotel Parle International,

Mumbai. The feedback of all these sessions received so far is given separately in the magazine.

On **18th Oct, 2022**, **Eye Pledge-We Pledge** camp was successfully held at **Shriniwas Bagarka College** at J. B. Nagar, Andheri East, at the initiative of **Kavita Goyal**. We appreciate superb efforts and teamwork of **Kavita, Vishwprakash, Tanmay, Rinita, Asha, Ajit, Gauri** and all volunteers. We are happy to note that we are slowly and steadily inching towards 1crore eye donation registration!

Obituary

	<p>On 29th January, 2022, our Kriyaban Haresh Teckchandani (husband of Kriyaban Roopa, father of Kriyabans Jaya and Sneha) 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.</p>
	<p>On 5th February, 2022, our Kriyaban Krishna Varma P. C, father of Kriyaban Sumithra Varma and father-in-law of Kriyaban Anil Varma 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.</p>
	<p>On 31st July, 2022, our Kriyaban Vrinda Kulkarni 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.</p>
	<p>On 1st August, 2022, our Kriyaban Gnanam Swami 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.</p>
	<p>On 19th October, 2022, our Kriyaban Vijay Mane 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.</p>

On **29th August, 2022**, **Dr A. A. Mahashur**, former Professor & HOD of Chest Medicine at Seth GSMC / KEM Hospital & Pulmonologist at PD Hinduja Hospital passed away. He was knowledgeable, thorough gentleman, always humble and happy to help. **He was involved with our Foundation's health activities and attended our programmes many times.** We pray to God that his soul may attain Sadgati.



Birthday Remembrance

Dear Haresh ji...

Today (16.07.2022) is birthday of our beloved Haresh ji!! Just six months back, we lost him suddenly and that was very shocking and saddening! We lost a father figure! A strong pillar of our Sadguru Mangeshda Kriya Yoga Foundation Family!

My mind goes back to 2002, when I first met him...! He was the backbone of our Foundation and a very jovial and lovable person! I can proudly call him the true lieutenant of our revered Sadguruji!

Hareshji was always approachable, ever helpful and a true Prasarak of Revered Sadguruji's teachings!! Whenever we join a new organisation or an NGO... It is the office bearers or front-line team members or the volunteers, apart from the head of the family, who impress us or leave a lasting impression! Hareshji was one of them!! He made me and many others comfortable with his sheer presence!

Since 2002, we were involved in Foundation's numerous programmes and activities. We were always blessed with Revered Sadguruji's blessings and we had many opportunities to work together. The number of activities are uncountable. But with Sadguruji's guidance and with support of pillars like Hareshji and many others, we completed all the programmes, workshops, residential activities, annual programmes successfully. Hareshji's role was well defined in our Foundation and he always gave his 200% for Foundation. We cannot imagine 'The Awakening!' magazine without him and he would leave printer's office only after ensuring that the magazine has taken its final shape. Hareshji was always a treasured part of Sadguruji's delegation team, whenever they were on tour.

He was actively involved in all activities... be it our regular programmes, our Spiritual Village! He was the torch bearer of our Foundation! I know for sure that he never missed any class, programme of the Foundation unless he was out

of station. I remember, once he was hospitalised for some ailment and it was a pious day of Mahashivaratri. Sadguruji's aashirvachan was scheduled in the evening. Hareshji did not want to miss it- and he attended the Satsang and went back to hospital! Such was his commitment towards Sadguruji and the Foundation! As I always say, some of us learn the teachings of Sadguruji and some others take His teachings to other people, to the next level. He was Reiki, Yoga and Meditation teacher and through this he was taking Sadguruji's teachings forward.

For a 72 year old young person, his fitness was just applaudable. He was a role model as far as fitness was concerned! He had a very flexible physique and it was a sheer joy seeing him perform Yogasans! No wonder he participated in many Yoga competitions at District, State, National and International Level and was a worthy winner at all levels. **A true champion!!** Watching him play cricket and other competitions in our Annual Sports Day was a special joy! He always enjoyed his batting and wicket keeping! A true sportsman at heart!

I have many wonderful memories of this noble personality and I am sure many of you share the same emotions. One memory which instantly comes to my mind is that when Radha (my daughter) was born, she was kept in a nursing home near Hareshji's residence! In the evening, He and Roopaji silently visited

us and offered any help if we needed! They just came, assured us, comforted us and left! Simplicity was his biggest virtue. His (and his family's) Unconditional service to our Foundation is unfathomable.

He, along with Roopaji, Jaya and Sneha is such an awesome family. As time progressed, he became a proud Father-in-law and a lovable grandpa! He played his every role to perfection! I am sure he was equally popular and a sought-after person amongst all his relatives and friend circles too!

In the last two years, due to the pandemic, we



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could not meet much. But we used to meet through Virtual Meetings and Kriya Classes. It is still... still very difficult to digest that I won't be able to see his smiling face in our Sunday classes any more.

Hareshji was like a father figure to us. He was always available for help, a true devotee of Sadguruji who served without any expectations. He was a staunch activist of our Foundation and also a complete family man, friend, guide...! Our Mangeshda family is a family woven by Sadguruji beyond the blood relations! Hareshji was a pearl in that beautiful garland. We remember him Always!

On Guru Purnima, Krishnashtami, Mahashivaratri and other days when Kriya Diksha and Havan were held at Juhu Centre, Hareshji was assigned a special place i.e. on the right side of Sadguruji!

Recently, Sadguruji and our other members went to Kedarnath and Badrinath! There they went to Kedarnath, which is 13000 feet above sea level, to practise yoga on the occasion of International Yoga Day and completed the expedition successfully even though there were many challenges! Our dear Hareshji would have

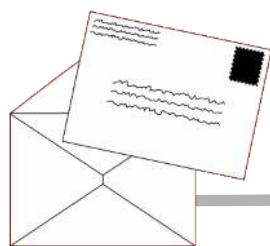
been there too, if the tour had taken place when he was amongst us! 'Jaha Guru Waha Mai' - was his simple principle. He felt proud to spread Sadguruji's thoughts, positivity and teachings!

It is an eternal truth that every person who has taken birth will sometime embark on his further journey! But when that person is not amongst us and still we always remember him, always thinking that 'if Hareshji was here today, this would have happened', I think it is the real earning of that person, the honour and glory of his life, his life's journey.

Today is his first birthday when he is not with us physically! But with the fragrance of his unique personality, divine aura and so many special memories, he is here and will be with us Always. Today we are missing him here! But I am sure the celebrations are going on ... up there in the heavens! Good souls are needed everywhere and the heaven is no exception to this rule!

Happy Birthday, Dear Hareshji, wherever you are! Each and every person whose life you have touched, is wishing you on your special day! Take care!

Hrishikesh Ambaye, Mumbai



Letters to the Editor

Hari Om!

I recently took the TOEFL exam. I want to share how attending the ESP workshop and practising some of the concepts has immensely helped me in the test. The exam went well and the final result was also good, I scored 114/120. But there were many challenging times in between the exam where I did not confidently know the answer. Previously, I used to get stuck at these questions and panic, wasting a lot of time. However, this time things were different, thanks to the ESP workshop. I was able to disconnect at these moments of uncertainty and focus on the rest of the questions. More importantly, even though at the back of my mind, pressure was building up for not being sure of the



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answers, I was able to keep calm and maintain a positive attitude throughout the exam period. I believe this was possible because I have been practising reinforcing the connections between the neurons with positive affirmations. Finally, the overall outlook on the exam was very different, as, when thinking in terms of neurons and their signals, these challenges were mere perceptions made by my mind based on the neuron connections made in the past.

Thank you, very much Sadguruji, for imparting such knowledge in the ESP workshop. I will keep practising and improving to my best efforts.

Vinayak Rethesh

Hari Om!

Immense and abundant thanks to Sadguruji for the effective yoga sessions every Sunday. With both of my knees having a meniscus torn, I didn't think it would be possible for me to even attempt many poses. I was hesitant to even climb stairs frequently. However, with Sadguruji's guidance, scientific explanation and encouragement, I have been attending every one of these sessions - and what a change! I am able to sit on the ground and comfortably do many asans, which I didn't even attempt earlier. My posture has improved - consciously correcting the slouching position because I have to sit for long hours in front of the computer. I didn't realise that my body would become so flexible - touching toes, doing surya namaskar, trikonasan and veera bhadrasan variations, utkatasan (oh, my God!), Narayanasan - just a few of these - being able to do them itself is a reward! I don't know if anyone else has noticed this - but **after the class and throughout the day, I feel so relaxed yet energetic, ready to face any physical or mental challenge that life might throw at me!** Sadguruji's minute observations of comfort and discomfort zones of each participant - and the suggestion of alternatives - is remarkable. Now the goal is towards perfecting each of these poses and the many more to come. Thank you again Sadguruji, for boosting my confidence! Words are a weak substitute for the gratitude that I feel. Pranams!

Mind your head,
And the neck that carries it!
Shoulder the responsibility,
Twisting and turning,
Do you feel the fire in your belly?
Stand firm and strong,
Stretch yourself,
While stretching your self!
Oh! what an experience!
I stand tall and bend,
Effortlessly yet Effectively!

Swanand Kriyaban
Boston, USA
17.01.2022



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Hari Om!

Feedback on our magazine.

Very wide and detailed content. Incredible effort and sadhana by all contributors.

Shivdas Thangam

Hari Om!

Pranam to the lotus feet of Sadguruji. As I am attending the pranayama session for the last three days my health issues have been reduced to half . Feeling more energetic and peace of mind. Every pranayam is the booster for us.

Thank you Sadguruji, for conducting basic pranayam session so that we come to know many positive and valuable things which are very essential from the today's point of situation.

Thank you once again, for giving your support and minute observation on all the Kriyabans and most valuable time.

Dipti Sohale

Hari Om!

Thank You very much, Sadguruji, for today's beautiful meditation and a rejuvenating yoga session. Felt very refreshed to be back into the routine, after a break. I would like to share how yoga practice under Sadguruji's guidance helped me during my recent extensive travelling.

Earlier, during travel I would have to take pain killers for body ache or tummy upset with outside food or would be down with a bad vertigo. This time I did not have to take even one medicine for any of the above. We tried our best to eat light meals only, at fixed intervals, without in between unnecessary munching.

However, one day, I was badly hit by high altitude mountain sickness, where oxygen level dropped in my body, and BP went up and I fainted...but even in this scenario, after receiving timely medical aid, I managed to feel fine within few hours as I rested in the mudra, which Sadguruji has taught us.

It is only and only Sadguruji's Eternal Grace, Blessings, Teachings and Omnipresence in our lives which always shields and protects us wherever in the world we may be.

Jai Gurudeva! Deep Gratitude to Sadguruji always!

Vinita Tampal
13/11/2021



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Hari Om!

Thank you Sadguruji, for weaving a wonderful evening on your Birthday, for all of us. It was like all the past wonderful memories running in front of the eyes. The songs, the dance, the skit with Yoga performance...All awesome! Of course, your Amritwani was Icing on the Cake. Loved every bit of it. Thank You, Sadguruji. Once again a very Happy Birthday to you!!! **You raise Your energy amongst all challenges that has cascading effect on us. Jai ho!**

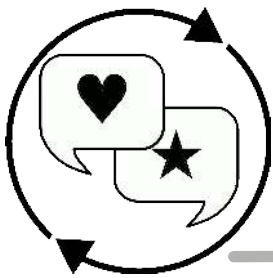
Thanks to all the contributors of this programme; the technical team, Sandeep ji- for wonderful and crisp anchoring and all the writers and fund raisers for The Awakening! It is a Team effort captained by You, Sadguruji! Jai Ho!

Hrishi Ambaye
24.10.2021

Hari Om!

Thank you Sadguruji, for the opportunity to participate in yet another fantastic celebration. The fervour and spirit of celebrating 24th October was so palpable via the virtual programme! The reel thing had all the elements of the 'real' thing. Everything was superb. It was exciting and inspiring to watch all the programmes and listen to your message emphasising on positivity. **I am certain that the objective of our 24th October programme has not diminished due to the virtual nature of the event in recent years.** As with each year, this year too, our Foundation continues to reach out, inspire and motivate people by spreading your message around the World!

Ravindra Pathak
24.10.2021



FEEDBACK

on Awakening ESP - Developing Psychic ability

❖ **13th to 15th August Session**

Hari Om!

The name looked exotic, kind of out of reach, but it sparked enough curiosity to sign up. On the first day itself, we got insight into how it was going to be unique and transformative.

Most of us are slaves of habits, our own nature. While we have been equipped with lot of tools for progressing, but our success is limited by our own self. We are our biggest enemy. The session was designed to address this.

Sadguruji started off with the most basic building blocks of our being - that shape us, make us and determine our future. He combined science, psychology and spirituality to explain the nature of



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mind, memory, senses and energy. He elaborated the workings of habit formation, our nature and behaviour by detailing and showing the inter-relationship of our subconscious, hormones, perception, energy, intensity and neuro-circuitry.

A workshop so profound, was not just theory but filled with practical solutions and recommendation to overcome the challenges and limitations we face. What was truly amazing was the artistry with which Sadguruji took us on the journey of making us realise and accept our flaws limitation, recommending solutions and motivating us. He engaged even the youngest participant of 11 years and guided her and us on how to learn, remember, organise and sharpen oneself.

The session was just level 1 and Sadguruji has chartered the course to take all participants to the seemingly unattainable. The workshop did not end in Goa but began with a 28 days' regimen - set of exercises and diet that seek to re-programme, reboot us.

Heartfelt gratitude to Sadguruji for having us for this amazing session. We are truly blessed as Sadguruji was maximising every available second for our well-being and development.

Rameshraj Maddu

Hari Om!

Thank you, Sadguru Yogiraj Dr. Mangeshda, for conducting the unique programme of Awakening ESP to develop psychic abilities. Considering the content richness of the Programme it was really hard to summarise every aspect in short sharing, as every time I used to get stuck - from where to start and how to cover the maximum possible aspects taught to us.

With my little capacity I can divide the whole session in 2 parts;

Part A - Realisation of mistake to ignore play of subconscious mind.

The first part was gone with the acceptance that whatever we know about our mind is either inaccurate or just limited. There is another angle which is deep rooted and we never even thought of. Really blessed to undergo the transition from 'at least this aspect I am aware up to certain extent and could be the one what Sadguruji wants to teach us' to, 'I do not even want to guess; because even though I will search deepest of the root about the mind's behaviour, Sadguruji would disclose something which we could not even notice earlier.' The session conducted was beyond my imagination focusing on the core of the Brain and Mind. The guidance given by Sadguruji was eye opener for us as it was involved with how the conscious and subconscious mind gets activated and the how we end up with formation of the subconscious mind.

Part B - Journey of shifting dominance of subconscious mind to conscious mind:

Now when I accepted that I really do not know anything about my own mind, physical body and other levels of my existence; Sadguruji started pouring the sacred and pious knowledge in theory and practical on how we can come out of delusion that we are living our life while major part of work is carried out by subconscious mind. And how we can activate our conscious mind. As earlier also mentioned by other participants of the programme, Sadguruji introduced all the activities, changes, solutions, controls, etc. to nurture, strengthen and make our conscious mind so powerful that mere thoughts also can bring the changes in reality. All the way we only will be working on our mind, brain, Hormones, Neurons, etc.

I used to feel that in lockdown period I have lost the sharpness of my mind and with small intention to gain back the same I had attended the programme. With the exercises Sadguruji has given, I am noticing drastic change in such a short span of a few days. And, as Sadguruji said, this is just the

**Gurur Brahma Gurur Vishnu
Gurur Devo Maheshwara
Gurur Sakshat Parabrahma
Tasmay Guruve Namaha**

**Humble Salutations at
Your Lotus Feet**

Satish, Sujata, Simran and Shivani



Best Compliments
from
Smt. Jayalaxmi Suvarna
and
Late Shri Sanjeev Suvarna





Happy Birthday Respected HH Sadguru Yogiraj Dr. Mangeshda

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



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 Sadguruji

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

Lots of Love and Respect
from
Ajit, Usha and Family



Bella Fragrances is an organic, eco-friendly and affordable perfume line, founded by 15-year old **Aryahi Agarwal** from Dhirubhai Ambani International School. After 6 months of R&D, she came up with the formulae and started with launch of two fragrances i.e. Bella Organics & Bella Naturals. Today she has four organic fragrances - **Bella Organics, Bella Rosa, Bella Citrusa** and the recently launched **Bella Oudh**.

Bella Fragrances is currently being sold on Instagram via the business's handle for ₹699 per 30ml bottle. Aryahi plans to build and grow Bella Fragrances and the ultimate goal is to make it a household name for organic products.



So go check her on
Instagram at
@fragrances.bella

and order now to
support this
enterprising teenage
entrepreneur.

Contact her on
+91 96191 88000



**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 & Jahnavi

गुरु चरण तेजोमय! गुरु आशीर्वाद लाखमोल!
सुखदुःख 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

Chaitanya and Lakin. (Houston)

Saanvi, Krish and Bodhi Orion (borne on 22/08/22- Houston)

Breezer, Copper, Fresco (Pets)

Message From
MANGESHDA UPASANA CENTRE, WARANGAL

Wishing Our Beloved
Sadguruji
A Very Happy Birthday



Devotees. Contact No: +91 99087 02251



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beginning, I am curious to explore the ocean of the experiences with regular practice. We were really lucky to witness the Glimpse of the Power of our own mind only because of our Sadguruji's blessings. Thank you Sadguruji, for everything you are doing for us!

Jai Gurudev!

Vishwprakash Medge

Hari Om!

Awakening ESP - Developing Psychic ability - The name of the programme made me very curious and eager to attend. To add to this, it was a three-day workshop being conducted at Goa in the Divine presence of Sadguruji.

The workshop emphasised on the power of the Mind and how we can reach heights of success in any sphere of life (spirituality, career, hobbies etc.). While the theory explained virtually all the aspects of this powerful brain, the most important aspect was How to do it.

The biggest obstacles to our success is our own Self and the tools made it easier to work on various challenging areas of our personality. Our ability to recognise patterns of our failures and the know-how to break free and introduce new patterns. The exercises themselves made us ready to face bitterness, disappointment, fear of failures and many areas of our life which needed improvement. The science behind improving memory, regulating the chemical imbalances, the skill of developing intuitive ability was explained in detail and therefore easier to follow through.

The workshop did not end on the 3rd day, but it was the beginning of a new start for all the participants to live life fully. There is a definite change I observe in myself, if I compare before and after the session. The group discussions, the interactions and involvement of all the participants created a good atmosphere for learning. Sadguruji was, as always, at His humourous best and conducting the session with high energy levels. Lot of research has gone behind this workshop and I am looking for the next level. Am sure Sadguruji will give many opportunities for people to attend this unique workshop and empower them to move towards success. Thank You, Sadguruji, for Your valuable time and infinite Knowledge which You shared with us!

Sandeep Yederi

Hari Om!

Awakening ESP - Developing Psychic Abilities - This is a unique programme developed by our Sadguru Yogiraj Dr. Mangeshda. This is the only programme showing various practical techniques to balance and enhance our mind capabilities to achieve the impossible. We can take these as remedies for mental and health issues or to get super mental power.

Sadguruji has drafted such a wonderful programme simplifying complex medical and psychological concepts. It taught us how we can be more balanced individuals.

Obviously based on Kriya Yoga, the programme taught us how we can rewire our brain that can change our habits and patterns that are 'not good' for us. We are now provided with lots of tools and techniques to improve our memory, enhance consciousness and build our psychic abilities.

A very practical approach with spiritual fervour, Sadguruji addressed different aspects of our behaviour and nature with lots of examples from his own life and his personal experiences. The programme looked very much real to all of us and each one of us is now equipped with tools to



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address our issues. Working on our shortcomings is now made easy.

The rarest of programmes and recommended for all; especially for young students.

My sincere thanks and gratitude to our great Master, Sadguru Yogiraj Dr Mangeshda for giving us the Best... It is now in our hands to achieve that best.

Rajeev Raval

Hari Om!

Awakening ESP - Developing Psychic abilities:

I was fortunate enough to attend this unique programme designed and conducted by Sadguruji as a residential programme for three days in Goa.

He has designed it in such a manner that we get to learn about how our memory works, how habits are formed, how hormones play an important role in our day to day life, how our experiences in life shape our nature and also about our neuro circuit. This was key in order for us to understand the solutions he was giving.

Next he explained how we can rewire our brain in order to change any habits or change our nature, how to improve our memory, the diet to follow to help the hormonal balance and exercises to sharpen our brain.

He also explained the role of Kriya in all this and how it helps in achieving the same. He made us do a number of activities in order to explain what he was teaching.

The programme did not end in those three days because he has provided us with a 28 day regimen to follow, to see the real difference.

Since this was a residential programme and we got to spend so much time with Sadguruji, we also got to learn a few of other things like doordarshit treatak, channelising energy etc. He also had loads of tips and ideas for students in order to help them study and remember for their exams.

We may get to read some of the theory elsewhere, but the way Sadguruji provided us with theory and solutions relating to diet, exercises to practise Kriya and weaving them all together, it can be done only by him.

I thank Sadguruji for conducting this programme and giving us his valuable time.

Everyone should attend it and draw benefit from it.

Spurthi Gadamsetty

Hari Om!

Awakening ESP to develop psychic ability

I got to know about this workshop when I went home for my holidays, and just by seeing the title, I was thrilled as I have always wanted to know about the metaphysical aspects of life, and getting this knowledge from Sadguruji would be the best and right way to go about it. Therefore, I did not have any second thoughts and signed up for the workshop. By Sadguruji's grace, I got the opportunity to attend it.

Sadguruji started the programme by making us question the very foundation of our understanding of the mind. It took only a few moments to make us realise that even the partial and incomplete



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knowledge that we had about our mind was either wrong or inaccurate. He further demonstrated that even the information that we acquired directly from our surroundings through the different senses, was very inaccurate and biased. Sadgurujji then connected this to Extra Sensory Perception and started building up the theoretical foundation. He first addressed the influence of the subconscious mind over our memory and the potential of our conscious mind. This was followed by detailed working of the neurons and the neurocircuit. The importance of positive affirmations and rewiring our minds was discussed, along with the contribution of different hormones in the process. Everything was explained in a scientific manner and some activities were also performed to further hammer and make us aware of certain key topics. Later on some very interesting techniques and exercises were taught, to help us train and develop our minds, paving the way for ESP. Apart from the intense sessions, we also had an evening to explore Goa and visited some temples and Miramar Beach. It was a wonderful experience, spending time with Sadgurujji and everyone in the group.

Overall, the workshop was very insightful and it showed an entirely different perspective to understanding the mind. Sadgurujji organised everything in a very understandable manner, building up the theoretical foundation first, followed by the practical implementation, using techniques.

Although the workshop came to an end, it was only the beginning of our journey towards ESP, towards improving our minds to live life to the fullest.

Thank you, Sadgurujji, for conducting such an amazing workshop, and I'll always be grateful to have been able to attend this.

Vinayak Rethesh

❖ 10th to 11th September Session

Hari Om!

I have always been curious about how telepathy works or how some people are clairvoyant and are able to know somebody's past or future. In the 'Awakening of ESP' session conducted by H. H. Sadguru Yogiraj Dr. Mangeshda, I learnt that each one of us has the ability to be all of above and more, but in our lifetime most of us do not put our neurons to use. I learnt so much more about how the human brain works, how hormones are released in our body - how these could either empower or destroy us and how working on them can bring extraordinary healing and transformation in us.

And these were not just concepts but translated by Sadgurujji into simple but extremely effective exercises. He impressed upon all of us on how we need to be aware of our weaknesses and slowly but surely work towards overcoming them. Right from setting up a daily routine, to speaking about food that release 'happy hormones'; exercises to sharpen ones memory and activation of the frontal lobe, it was truly an enlightening and informative workshop. The spiritual meditation, never taken before, that Sadgurujji conducted to conclude the first day was the cherry on the cake. I am now looking forward to tomorrow & learning more about how to awaken the sixth sense. Ye dil maange more! I am immensely indebted to Sadgurujji, for making time in His hectic schedule to impart this knowledge to us, keeping the patience to ensure that each one of us understood the concepts, simplifying the scientific jargon and imparting it to all of us in a light and fun manner.

Thank You Sadgurujji!

Kavita Iyer



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Hari Om!

Eternal gratitude to Sadguruji for the two days' seminar on awakening Extra Sensory Perception to develop psychic ability. He is an ocean of knowledge and he has distributed it to us so generously with patience and love.

I felt as though Sadguruji took a torch and threw light on all the corners of my brain. He elaborated on its functionality and impact on our behaviour.

He explained about all the notorious 'keedas' within our brain and remedies to tackle the same.

It is like a war with myself to break my stubborn thinking patterns and to liberate and rise higher in all aspects of my life.

The seminar does not end here since it is just the beginning. 'Picture toh abhi baaki hai mere dost...!'

My daily rewards will depend on how I imbibe, practise and overcome my difficulties.

With your grace, Sadguruji, I wish to achieve the set targets.

Kudos to Nilesh and Ramesh for all their support. Humble appeal to all to attend this powerful seminar and experience it for themselves.

Sujata Bangera

Hari Om!

Thank you Sadguruji, for the super charged two days ESP session. So many new things you taught us!! Each topic was a revelation!

Thanks for simplifying and demystifying so many important and interesting aspects of our brain, nervous system etc. It helped to understand how to practically interpret our habits, emotions and reactions and therefore be smart in using the patterns to our advantage. It was just beautiful, the way you tied it back to our spiritual growth. Thanks for all the interesting exercises and challenges for brain activation and building ESP.

Our son (class 10th) found all the memory building techniques very interesting and easy to adapt. It will certainly be beneficial for his board exam preparation if he practises them as recommended.

Sadguruji, you have got us started on this journey where the competition is absolutely with ourselves!

Seek your blessings to stay on the path and heartfelt gratitude for sparing your valuable time for our betterment.

Thanks to the team for the fantastic arrangements.

Trupti Pai

Hari Om!

Thank you very much Sadguruji for designing such a wonderful 2 days' workshop on ESP catering to the needs of each and every participant. The workshop was very informative and a path breaker for the learners. Sadguruji taught us the simple techniques which one needs to follow in terms of lifestyle, thinking patterns, and more importantly diet to transform oneself and grow as a better person. The various techniques and exercises that were taught were simply engaging and boosted confidence in all of us. Sadguruji inspired us to accept challenges and the key takeaway from the



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session would be to bring out the new 'ME' by practising consistently whatever Sadguruji has taught us. Thank you, once again, Sadguruji, for always encouraging and motivating us.

Vijayashree

Hari Om!

Thank you Sadguruji, for such a unique and remarkable programme. When I heard the name ESP, I was doubtful whether I would be able to comprehend such a complex topic. But you simplified and explained it so beautifully that it was intriguing and I just wanted the session to be never ending. The biggest takeaway from this session for me is that nothing is impossible and you practically proved it to us! We are all prisoners of our past, but the techniques taught by you would definitely help us break away from the shackles of our old habits and bring about a positive transformation.

Disha

Hari Om!

Awakening ESP to develop psychic ability led me to extraordinary healing levels. The memory exercises, neurobic exercises and activities planned by Sadguruji were fascinating and his style of teaching is awesome, thus it made learning journey enjoyable.

He made all scientific concepts related to human brain easier through demonstration. He made us understand the impact of happy hormones and 5 senses on thinking process. He showed us the relation of various scientific theories and its connection to Kriya Yoga. He also gave us an idea about how to plan our daily schedule and diet.

The two days' workshop was power packed with vast knowledge. If you love yourself, if you want to know more about yourself and achieve success in Life, it is a mandatory programme for each one.

Thank you so much Sadguruji, from bottom of my heart, for sharing this knowledge with us.

Urmila

Hari Om!

I am very grateful to Sadguruji for conducting such a divine session for upliftment of humanity. It was a session with perfect blend of spiritual and medical science.

Highlight of the session was sharing by Sadguruji about his own life and leading by example and teach all of us how the relationship should be completed.

Giving us direct tips how our day should be.

Always making us aware that we are a part of this universe and nothing is impossible.

It is we, who are limiting ourselves.

It is the interplay between our chemicals

Making Dopamine our friend was the key take away

Thank you Sadguruji, once again for making us aware of our higher Self and we all need to respect it.

Flame which you have ignited in us today will help us all to be united and help each other to conquer



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our Dopamine.

All the best Everyone!

Dr Amit

Hari Om!

First day of ESP....falling short of words, but the experience and learning was far higher than what I had imagined. Feel very privileged that we got to learn functioning of mind and brain. Sadguruji made the science of neurons so interesting and simple, and moreover such a spellbound learning of the conditioning of mind, towards our habits, lifestyle and more! Truly it was mind blowingso much to learn, practise and implement.

What Sadguruji always say is true that we are responsible either to construct or destroy our life. With all the practical techniques, unlearning our old patterns and reformatting of the brain is the biggest essence of this ESP. We were also extremely privileged and blessed to learn the divine and highly advanced technique of connecting with our Higher Self.

It was very interesting to learn how our brain responds to positive vs negative stimuli from us and the art of redirecting our neurotransmitters towards a self-disciplined path. We henceforth need to clean all the fungus accumulated inside our brain. Challenging our brain and competing with our own self has to be the goal.

Rightly said, the journey begins now for us to accept the challenge. We have to become the creator of our destiny and the rest can be History.

Deep Gratitude to Sadguruji for organising this session in Mumbai so that most of us could attend.

The next upcoming session, request all those who have not attended, to register and take great advantage of this rare gem of a Programme, it will be a game changer for life, provided we implement Sadguruji's teachings.

Jai Gurudeva!

Vinita Tampil

Hari Om!

Deepest gratitude Sadguruji, for conducting this ESP Seminar, as you keep on reinforcing that positivity matters and affirmations work. This seminar taught me the know-how of being positive, clearing the old junk from the brain, breaking old thought processes to make space for new learnings, and renewing brain connections. The various techniques and exercises taught will no doubt sharpen our intellect and memory. The session peppered with Sadguruji's own life lessons made them much more impactful. The real challenge starts now, how I use the techniques, practise his teachings and be the best version of what Sadguruji has moulded me to be. This line from the seminar stays with me, 'Nothing is impossible in the world, it just needs determination and consistency'. Bless us all, Sadguruji, to walk on Your path and live up to Your expectations, thereby becoming the best versions of ourselves. Koti koti Pranaam and utmost gratitude!

Sheela Ginwala

Hari Om!

The much awaited 'Awakening ESP To Develop Psychic Abilities' is indeed a unique programme developed by our revered Sadguruji! The session has got a tremendous response and it was houseful



**With Best
Compliments**

From,
Dean Noronha Rego

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

Message From
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**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**

PARANAMS GURUJI

Contact No.

9820048855, 9833235989, 9892477495

Shradhanjali to our Father



12th Oct. 1999

Late Prin. Vamanrao Mahadik

Shivsena Leader, Ex Mayor of Mumbai

1st MLA and 1st MP of Shivsena

From

Hemangi Mahadik

Preshit Chandrashekar Mahadik

& Family

**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
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within 48 hours since it was declared!

I was also curious to know what ESP means! And we all are getting answers to this question slowly – slowly! Sadguruji revealed many techniques from his deep knowledge reservoir which will help us awaken five senses which will ultimately lead to awakening of the sixth sense. For sure, one has to attend and learn the mantra from the Master himself. But the advantages are clearly visible in terms of increased focus, concentration, better time management, empowerment, optimum utilisation of our brain... and many more! We had practical demonstration of techniques and everything of course, is fully science oriented! Also, when Sadguruji shares his own experiences, the session goes on a much more divine level.

It will be right to say that the seminar has started individually for all participants. All sharings by other participants exactly depict the mood and learnings from this two day mind wobbling workshop. The participants were students, households, professionals and senior citizens. But everyone had a super takeaway from this special programme. अपने अंदर क्या क्या है और हम उसका सही इस्तेमाल कैसे कर सकते हैं, यह सद्गुरुजीने सिखाया! I questioned myself whether I am fully utilising my abilities, whether I am making full use of my brain...! I am sure many of my co-participants had similar questions. As rightly said by all **'He has provided us with new knowledge & techniques. Now it is up to us to practise the same & evolve as better, stronger personality... of course spiritually too!'** So all of us are indeed blessed to be with Sadguruji and as he says 'This is level 1'. So we can imagine what next levels will unfold!

The magic of Sadguruji's teachings has mesmerised the support staff at the Venue also. He must not have attended a session like this and he will be a beneficiary of this session! As always, it is a learning for all of us to see how Sadguruji connects to each and every person present in the session.

It is wonderful to meet many of our family members after a long gap! Thank You, Sadguruji, for this unique session. Gratitude to you!! You have put in a lot of efforts to create this programme in first place and You have also done a lot of hard work for arranging this session at a Superb and Cool venue. Kudos to Ramesh, Nilesh, Saraswatiji and all involved in making this session successful. Thank You, Sadguruji, for everything.

Hats off to Sadguruji yet again, as He rushed home immediately to conduct evening Yoga session. He has been talking continuously for past two days plus the Kriya Yoga Classes plus Meditation classes...! Gratitude Sadguruji!! Thank You for making us aware as to what we can do and instilling the thought of **Nothing Is Impossible** in all of us!

Hrishikesh Ambaye

Hari Om!

Thank You Sadguruji, for the wonderful, energetic two days ESP Seminar.

We were very fortunate to attend this unique ESP programme designed by Sadguruji. The programme is designed in such a manner that we get to know how hormones play an important role in our life, how our brain works, how our habits are formed, our neuro systems and mainly the programme is designed to challenge ourselves.

We have also learned how we can rewire our brain in order to change our habits and nature, how to improve our memory, meditation technique, diet to follow and exercises to sharpen our brain.

Thankful to Sadguruji for conducting this wonderful programme, requesting everyone to take



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advantage of this wonderful programme to boost our Kriya Yoga practice and connect with Higher Self.

Jai Gurudev.

Anil Raghava Varma

Hari Om!

Thank you Sadgurudevji, for giving us the gift of ESP seminar. It was joy to attend with my daughter Aditi. This programme gave me detailed introspection about the damage I have done to my brain, subconscious mind, physical and mental health. Now it was high time for me to correct behavioural disorders, old mental patterns of reacting, getting triggered by noise. Sadguruji has given so many solutions and so much learning. We all know that he is a treasure of vast, pure, original knowledge. He praised Mahima, Shubham and Varun Rawal for scoring high percentage. They are implementing effective study techniques taught by him. One can become mentally fit by learning ESP techniques. My biggest learning from this programme is not to defend oneself in front of Sadgurudevji. I am sorry Sadgurudevji. This programme has given me hope, motivation and freshness to live a best life. A father secures for child's future by investing money in bank. I have secured Aditi's future by making her attend ESP. Thank you Sadgurudevji for your time. I am also thankful to those who worked hard for this programme. Thank you for the delicious food.

Saroj

Hari Om!

ESP Seminar

This session is for everyone.

During the session I,

1. I learnt about my anatomy in the most simplest and practical manner. In a manner that it will stay with me forever.
2. I was exposed to Techniques that are simple, have a strong and positive impact on the functioning of the brain, important hormones, and metabolism among other factors of the body.
3. Understood my behavioural patterns and their triggers.
4. Found building blocks to create a customised path to my success.

The session finds its base in Sadguruji's years of research, some experiments and well analysed data.

This session is for:

1. Someone already on the path of, or is looking to explore, a new journey towards Self-Development, Self-Realisation & longevity.
2. Students who are looking to find a simple yet effective way to study and yet score through the roof
3. A fitness enthusiast who has tried all the trending diets with no results
4. A free soul looking to liberate self from worldly stress and attain spiritual bliss

Whatever we seek we find our answer in this session. As this session works on us as an individual in entirety and empowers us to take control through unlearning and new learnings. It is a session of



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deep learning.

To sum it up, it is a session of deep learning through fun filled activities, lots of laughter, positive vibes and a lot of takeaways.

Thank you, Sadguruji, for designing yet another impactful programme. For those of us who have done other sessions with you before now have a deeper insight on so many of the things. For me personally, it only makes me yearn for more learnings and amplify the intensity of my own daily practice!

Sneha Teckchandani

Hari Om!

Our Gratitude at your lotus feet for Blessing us with the ESP. You have in the simplest way introduced us to the ESP subject.

How it is part of our day to day life ...you taught us how to deal with our weaknesses... you explained us the scientific and technical points and took us through the Solution.

Now it is up to us to implement and walk on the path you have shown us and come out as winners by practising your teachings on a daily basis.

With a Houseful batch of more than 45 participants each one of us felt special, your attention and connection was with each one of us. I will always cherish your blessings that you have given me as Draupadi's Krishna Guruwachan!!!

Thank you for showering your love, blessings, protection and teachings forever on us!

Hemlata

Hari Om!

I have always been curious about how the brain works, how conscious and subconscious minds work.

So, participating in this programme was like getting all my answers but I never thought I would gain something beyond this. Never thought that we would be that lucky to learn it from Our Guru itself

Thank you Sadguruji, for arranging and designing this 2 days ESP programme in such a way that every minute of it, we were gaining knowledge and techniques. About how complicated we make life and how it is all in our hands to control our minds. Attending this ESP programme was a life-changing experience because after that I had been looking at everything around me from a different perspective which I never thought I would. Changing the old patterns, and saying NO to bad habits has been always difficult but not anymore, as we have learned that it's all in the mind and how we can take over them. Thank you, Sadguruji, for making it happen and teaching us how to live life stress-free and at the same time how to manage our thoughts 100%.

ESP programme is not only about learning Intuition, Telepathy but getting a tremendous amount of pure knowledge and examples from Sadguruji itself for which I am forever grateful.

Nivedita Ghosalkar



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Hari Om!

Extra Sensory Perception (ESP) - These words attracted me a lot and I was curious to know more about it. I was waiting for Sadguruji to conduct this programme in Mumbai. At last the day arrived.

Sadguruji taught us about our brain, its function and its hormones in a very simple and beautiful manner with presentation and demonstration so that the people present there were able to understand.

He explained how our own thoughts affect us negatively and we are responsible for the consequences of our thoughts and actions.

Sadguruji explained scientifically, combined with psychology and spirituality to rewire our own patterns in the brain and to give the brain 'shocks' to multiply the neurons inside. Few exercises were given which have to be practised regularly.

Thank You, Sadguruji, for taking out time in Your busy schedule to bring in sense and sensibility to move ahead in life.

Saraswati Vasudevan

Hari Om!

A brilliant 2 day workshop conceived, created and conducted by Sadguruji - Awakening ESP to develop psychic ability! He took us on this journey that will continue as long as we choose to grow and evolve.

Sadguruji introduced so many aspects of the mind, as He connected science with spirituality. He made sure we understood that the intention behind each thought has the power to transform our dreams to reality. He emphasised the significance of transforming ineffective and unproductive thoughts to healthy and effective ones.

Thank You, Sadguruji, for this beautifully curated workshop that not just helped us with enhancing memory, focus and telepathy, but also helped us to understand ourselves at a deeper level.

Gratitude to the entire team working behind the scenes!

Thank You once again, Sadguruji!

Preeti Vasudevan

Hari Om!

Thank you Sadguruji, for 2 days ESP (Extra Sensory Perception) programme which is successfully completed by me.

With a great emphasis on the topic of diet, Sadguruji taught us many powerful techniques and opened a big bag of secrets. Feeling very blessed to be a part of this wonderful session. I found the memory techniques very interesting and easy to learn and implement it in my studies. This was a confidence booster. Sadguruji inspired us to accept challenges.

Thank you, Sadguruji, for designing such a wonderful session.

Aarya Kore



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Hari Om!

Thank you, Sadguruji, for a wonderful two day session on ESP. I am still imbibing all the knowledge that you so generously shared with us. Not one moment was boring and we learnt so much in a fun filled, positive and energetic way. Understanding our own brain, what drives our reactions and most importantly, the techniques and tips that help us manage the same is what we learnt over two days, many simple techniques which Sadguruji himself has developed. Needless to say, everything has a spiritual base and is designed in a way to help with our spiritual practice. Sadguruji has given us many challenges all for our own betterment and it is now up to us to understand and implement all of these. Thank You for the immense efforts that you are putting in for our development.

Looking forward to ESP Level 2 already.

Aparna Nirgude

Hari Om!

My humble pranams and gratitude to Sadguru Yogiraj Dr. Mangeshda for allowing me to attend the extraordinary ESP session (Extra Sensory Perception).

During the regular yoga sessions, Sadguruji always quotes about the focusing part (reverse counting). A question always in my mind was, what is reverse counting and why it is required? During the session, I found the answer. Two days' ESP programme was power-packed with vast spiritual knowledge.

Initially I thought it would be like SRD programme, but it was entirely different and a highly spiritual programme. Those who are already in the spiritual path and looking towards more, it is a journey towards higher self. Sadguruji taught so many aspects of anatomy of mind, memory and its functions, especially neurons and always connected spirituality with science. Major take away from the programme is how to develop happy hormones like dopamine and serotonin. Sadguruji also explained the importance of food habits in developing dopamine in our body. Sadguruji taught so many techniques to activate the frontal Lobe and improve in the psychic level as a memory booster. The techniques are very simple but are very effective and had strong impact on the functioning of brain, senses and hormones.

First time Sadguruji explained about the trigger points (Marma bindu) in our body. Sadguruji also explained how to overcome grudge and to liberate self from worldly stress and attain bliss, with examples. Sadguruji explained us how to improve memory and concentration levels. During the session Sadguruji explained to us that we are responsible for our own negative thoughts and actions and hence taught us the method of reverse mechanism for formatting our thoughts. In total, this session is very useful to each one of us and thank you Sadguruji for a wonderful 2 days ESP programme designed, created and successfully executed.

Looking forward for ESP Level-2.

Jai Gurudeva

Satish Kumar Addanki

Hari Om!

This two-day workshop on ESP has been beautifully planned, carefully designed and skillfully conducted by Sadguruji.

He explains about our brain which is a very powerful and amazing organ that governs our mood,



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thoughts, behaviour and actions.

Sadguruji took us through various exercises and activities to identify and understand our nature and weaknesses and then how to delete them from our brain. This is an important and difficult task. It is just like a sculptor chiselling out pieces from the rock and making a beautiful idol.

In our personality, these unwanted pieces are our wrong attitudes, undesirable values and unhealthy belief system. These are getting accumulated in us like a garbage. We have to remove it and ensure that fresh garbage does not enter.

I have committed to myself to continue doing it in future without any break. With Sadguruji's blessings and my commitment, I intend to make this lovely journey successful.

Thank You Sadguruji, for Your valuable teachings.

Vasudevan

Hari Om!

Thank you very much Sadguruji, for sharing the wonderful moments and valuable teachings with us. The two days ESP session was out of the world. It is mainly to deal with Chemical imbalance in our brain and to develop mind & brain, as imbalance between both affects our breath. Tips on diet, eating habits, memory techniques, the art of study & many others were bonus.

The key take away of the workshop:

- 1) Take challenges in life.
- 2) Be a good critic of self.
- 3) Cultivate good habits.
- 4) Try to change the pattern of thought process.
- 5) Nothing is impossible in the world.
- 6) The art of saying 'No'.
- 7) The most important, 'Knowing is not enough, we must apply and implement. Willing is not enough we must do'.

Nilesh Ambre

Hari Om!

What I hoped for, from the ESP workshop was to learn some basic ESP development techniques. What I actually received was life-changing. This workshop will literally 'stun' you into re-evaluating your life choices... where do you currently stand and how you can achieve much much beyond what you think you are capable of doing.

This workshop straightaway gets down to the point - Why you need to change yourself, what happens behind the scenes and HOW you go about changing yourself.

This workshop is literally an accelerator, to help you achieve all your life goals and achieve things much beyond what you can even think of.

Highly recommend everyone to attend this workshop.

My gratitude to Sadguru Dr. Mangeshda for launching this programme.

Sunil Pai



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Hari Om!

The 2 days ESP programme was very informative. The complex mysteries and science of human brain were explained in a very simplified manner. The interrelation between Spirituality and Science could not have been explained any better.

This programme has given new insights for our development. The takeaways are immense and now it is up to us to take advantage of the teachings and techniques taught by Sadguruji during 2 days.

A big shout-out to Kavita for beginning the session, to Kavita and Sneha for clicking photographs, to Nilesh for the arrangements and to Ramesh for the set up and to everyone else who have worked behind the scenes for this session.

And finally, Thank You so much, Sadguruji, for conducting this wonderful programme.

Pranams,

Pradip N

Hari Om!

The ESP programme was very wonderful and neatly planned. I have learnt the importance of a good schedule, time management and diet. Sadguruji gave us good tips about how to study, how to read fast. I have started following them. I have learnt about brain, neurotransmitters and importance of positive affirmations. Kudos to you, for arranging such a wonderful programme.

Thank you, Sadguruji, for your valuable time. Thank you for the delicious food.

Aditi Narvane

Hari Om!

Thank you, Sadguruji, for the unique ESP programme, held for the first time in Mumbai.

The workshop started with some basic questions; as to why a person repeatedly behaves in a particular way, why does he keep repeating certain actions, etc.

The fact is that our brains are wired in such a way that our actions become a pattern, which compel us to act in a particular way again and again.

The habits get so deeply rooted that we are unable to go beyond or unable to adopt the right behaviour. The programme is a complete eye opener and gives a profound insight, as to why this happens.

Sadguruji, with his simple but scientific methods explains how to break free from these mental shackles. He beautifully explains how a negative thought gives rise to a multitude of wrong thoughts.

While the entire transmission is done through neurons, the hormones play a critical role.

In these two days we learned to trick the triggers and capture the middle man... i. e. The Hormones.

We realised that this is our fight against our own selves and our Guruji helping us in our journey from bondages to liberation.

The Workshop is an ideal example of how we can turn the tables... Making use of anatomy and physiology of brain.



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Though we doctors knew this concept since ages, but, it takes A Master To Crack The Nut.

Dr. Kirti Khopkar

Hari Om!

I wish to thank Sadguruji for the ESP programme. I am finding phenomenal changes in my work.

The images that I have recently started taking, they look as perfect as textbook images. My speed, accuracy both have gone up. Difficult cases I solve easily, and the best part is that it just comes naturally, without any struggle.

Thank you so much, Sadguruji.

It is a 'one of its kind' workshop.

I would recommend each and every one to attend the workshop and see yourself stand out in the crowd.

Dr. Kirti Khopkar Parikh

Hari Om!

I would like to thank Sadguruji for wonderful ESP awakening workshop. This Workshop may be considered as a Lifeshop. I got immense good things from the workshop. I am writing after my practically experiencing the benefits. Due to the exercises, I am feeling calm and composed throughout day. I am able to manage my sleep in a better way. I was not able to get up in night but now I can disconnect and connect well. Even my boss asked me how I am so cheerful. I am able to see new dimensions of life. It is like I am singing good life music all the time. I am taking responsibilities more carefully and able to practise more connecting to 'here and now'. I am taking this tonic given by Sadguruji twice. I am so thankful to Sadguru Yogiraj Dr. Mangeshda for designing this best course for all. Most important thing that Sadguruji did is that I am clear about my actions. Thank you, Sadguruji!

Jitendra Kore, Khopoli

Hari Om!

It is written in Gyaneshwari, 'Ek Tari Ovi Anubhavavi', means, experience at least one line in Book Gyaneshwari. Similar to this, ESP programme has so many dimensions, we need to open and get some experience in our life. Tremendous joy and happiness after practice. Sadguruji has designed flow in such a way that the entire session is like a big book we are going through. The narration and examples from Sadguruji are so nice, it will take topic close to heart. ESP and Kriya practice is like a perfect blend which improved overall stamina of brain. My personal responses in public life are changed and I am more alert naturally. Now I can feel my two brains and their united power, this is possible only due to ESP session. I am lacking in some of the practices, but enjoying my shortcomings too. **I am getting lot of answers to my own questions.** Hidden power and strength is awakened by Sadguruji's teachings in ESP session. To be present and to be awakened!

Thank you Sadguru Yogiraj Dr. Mangeshda for your blessings in the form of teachings.

Jitendra Kore, Raigad



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❖ **8th to 9th October Session**

Hari Om!

I was not sure of attending the ESP programme which was to be conducted on 10th and 11th September, as I was not well the previous few days. The feeling and opportunity to be just there with Sadguruji the whole of two days was so awesome that I decided not to miss this opportunity. Attending this programme helped me not only to be in the midst of Sadguruji's company but also overcome my situation. It was such a boon and as if it was meant for me to overcome my fear and reformat my brain in such a way that my perspective towards the problem changed.

This programme basically helps us to rewire our neurotransmitters and send positive signals to our neurons.

Apart from this it also helps to work on our memory with the exercises provided.

Every programme conducted by Sadguruji has takeaways but this ESP programme is such a unique one, which everyone should attend to reap the benefits.

Gratitude to you, Sadguruji, for always working for our betterment.

Koti koti pranaams at your Lotus feet

Usha Ajit

Hari Om!

Thank you Sadguruji, for introducing us to this awesome subject of Awakening ESP. You really have a knack of making any subject so interesting by your encyclopaedic knowledge, humour and one liners. You have so much to give and by the end of first day, we realised that two days are not enough to even cover 0.01 percent of ESP knowledge that you have. Thank you for showing us where we stand and where we are capable of reaching and the keys to remove the obstacles (self created). Eagerly looking forward to the second day of the session tomorrow. Thank you for your valuable time and guidance to us participants.

Jai Gurudev.

Prakash Irde

Hari Om!

What we gathered in these two days of ESP programme is something that just cannot be missed. An in-depth information, understanding and knowledge of human evolution explained in very simple and easy to grasp concepts. Sadguruji explains every single concept through anecdotes and instances that we, as mere human beings, are able to grasp readily. As I shared even at the session, the world is devoid of this knowledge in every field, be it education or medicine. Even if 5% of this knowledge is utilised and applied in any of these fields, things would become so easy and simple. Moreover, such easy solutions to family life, survival issues, relationships could be applied, one never knew. Two days seem to be just not enough since this is just the tip of the ice berg and Sadguruji has merely touched upon the topics. One can imagine that each topic could be converted into a week-long workshop of its own. Thank you, Sadguruji, for opening up aspects of this unique knowledge and we look forward to the advanced levels too, now.

Dr. Sharada Sharma



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Hari Om!

Just finished attending ESP workshop. One word to describe it is 'Unique'! One more gift from Sadguruji to bring us onto the spiritual plane. We consider ourselves lucky participants who have received this knowledge, energy and tools to understand our brain and challenge the habits and customised neural patterns. It is Sadguruji's grace and benevolence that he could relate to a cross spectrum of participants, ranging from young and old. Journey has just begun, but I am sure the path will lead us from ordinary to extraordinary. Thank you, Sadguruji, for your untiring efforts for our betterment.

Venu Madhav

Hari Om!

I completed the ESP programme. What an eye opener!

Sadguruji conducted a very intense and lively session.

Effective techniques of memory booster, challenging the brain and increasing our receptivity were taught by Sadguruji. A classic combination of stress management, holistic healing and scientific approach to live life to the fullest!

Being with our Foundation members is always joyful.

Thank you, Sadguruji, for making me feel confident, mindful and alert about life.

Rinita Raval

Hari Om!

Thank you, Sadguruji for the wonderful two days session of Extra Sensory Perception.

It is about our health-mental, physical, emotional.

This programme is for everyone, from children to seniors.

Everything is explained scientifically and in a very simple way, with humour and laughter in between.

Sadguruji taught how to improve our memory and how to reduce our stress!!

We should implement and practise the techniques for our betterment.

Gratitude, Sadguruji.

Roopa Teckchandani

Hari Om!

Thank you, Sadguruji, for superb ESP session.

Lot of things you taught us for making our brain powerful. It is really different and superb. I experienced that compared to yesterday, today I can easily recollect information; I feel that memory became strong.

Telepathy session was too good. I experienced and learnt about thought reading and activating the third eye chakra sensation.

Those who have not attended ESP programme, I strongly recommend it to them. Lot of techniques and exercises Sadguruji teaches will help to make brain strong and activate sixth sense.



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Thank you Sadguruji, for designing such type of special programme an as also for your love and blessings.

Pradeep Shetve

Hari Om!

Koti koti pranams to you, Sadguruji!

We all feel truly blessed and count us as those fortunate ones to have been able to attend your Unique ESP programme on auspicious occasion of Sharad poornima.

My takeaways:

1.Challenging our Brain to bring about the Change within in our behavioural pattern.

The pattern which has been moving in a wrong direction and deep rooted within over all these years!!

Sadguruji made us realise that it is only WE who are truly responsible for our actions and it is only in our hands to bring about the positive change within us.

We are yet to climb this ladder towards success led by Sadguruji and barely been able to climb one step.

Self Contemplation : The fact is that our brains are designed in such a way that our actions have become like a repetitive pattern. These habits get so deeply rooted that we are unable to break our so called Self-Created Barriers to go beyond or unable to adopt the right behaviour.

Focus doing one thing at a time. My mind was very wavery a couple of years back but after having attended pranayam and meditation classes regularly, these techniques have been a great help but ESP workshop was like a Cherry on the top, which will definitely help me to work on my self-improvement further.

ESP workshop will help in our daily Kriya practice too. Sadguruji has beautifully explained the most complex of the complex subjects through his simple way of teaching with an essence of humour!

Hormonal imbalance: How our hormones play an important and critical role and are solely responsible and affecting our behavioural, physiological and psychological pattern changes resulting in Stress and all health ailments.

I have to go a long way, but yes, will work towards completing the 28 day challenge and taking those baby steps, one at a time.

Cannot thank enough but we shall forever remain indebted to you, Sadguruji!

Gratitude!

Archana Mangalore

Hari Om!

Gratitude to Sadguruji for the wonderful 2 days ESP workshop. Really enjoyed the session. It was really interesting to learn from Sadguruji different topics like how our brain works, science of neurons, reversing thinking pattern, role of happy hormones, how to increase the memory and different techniques to sharpen and charge the brain. Sadguruji had made the topics very simple and everything was explained so beautifully that I wished the session still continued. Feeling truly blessed to have attended this unique programme. Thank you, Sadguruji, from the bottom of my



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heart for giving me an opportunity to attend this programme.

Anuradha

Hari Om!

A few months ago, I started this book 'The power of your subconscious mind'. But I was a little sceptical - would I get the concepts and would I be able to implement them because the way they explain is too theoretical. So, eventually I stopped reading it. Later a few days, I got a call from my sister who has already attended the ESP programme and she asked, "Do you want a life-changing experience?" After listening to her experience, I enrolled in the ESP programme and it was my bestest decision.

How to set up a routine and how to use time appropriately, how powerful is our mind and how to use it for our benefit and much more life lessons were taught by Sadguruji. I got answers to all the questions I had, without even asking for them.

Thank you, Sadguruji, for this life-changing experience.

Nehal Ghosalkar

Hari Om!

I attended the programme of 'Awakening ESP' conducted by Sadguruji. It was truly a life changing experience... got to learn a lot about how our brain functions... and how we need to give importance to our little brain which takes care of our entire system.

Thank you so much Sadguruji, for this wonderful session. It truly was a life changing experience!

Kishori Morarjee

Hari Om!

I lost my younger brother 3 months ago, so I was in a disturbed state of mind. Because of this, all the health issues started to arise. I have been facing a sleeping disorder and vertigo and I had lost the spark of living. Both of my daughters forced me to join this ESP programme. After attending it, I regained my confidence and my spirit to live life fully. The lessons that Sadguruji taught have brought a tremendous amount of change in my thought process. I have been sleeping peacefully since then. I was somewhere to tell Sadguruji about my health issues but I got the answers to each one of them in those 2 days.

Thank you, Sadguruji!

Namrata Ghosalkar

Hari Om!

Enjoyed the two days of ESP programme thoroughly. It is like a holiday trip to Mumbai for me and my daughter because of Sadguruji's humour which is enjoyable and relaxing. He covered many topics with lot of information. So we brought back home the gift of learning. I am trying to put into practice all that was being taught. With mindfulness, the number of unwanted thoughts reduced.

Thank you, Sadguruji, for designing such an excellent programme benefitting all age groups.

Lata J



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Once In A Lifetime Experience

Spellbound... mesmerised...awestruck... overwhelmed! So many emotions play on my mind when I remember 1st March 2022 – auspicious day of Mahashivaratri! What a day... what an experience!

Mahashivaratri is very special for all of us, Kriyabans! It is the day when our Sadguruji – H. H. Sadguru Yogiraj Dr. Mangeshda met His Sadguru! Again, it was on Mahashivaratri day, when our Sadguruji returned to the worldly life and started spreading Kriya Yoga for the betterment of mankind. Every year we celebrate Mahashivaratri in a unique way. Even in the pandemic time, Sadguruji did not stop and guided us with His wisdom through virtual media. And this year's celebrations were again on a very different plateau!

It was a historic day for revered Sadguruji and all the family members of SMKYF (Sadguru Mangeshda Kriya Yoga Foundation), as Sadguruji bestowed the Fourth Level Kriya Diksha on a few selected lucky Kriyabans. It was perhaps the first of its kind in the world and the lucky 56 sadhaks were blessed with this special gift on this pious day! Our deepest gratitude to Sadguruji for this lifetime & precious gift and for making this special day even more special.

Sadguruji also remembered the very first Kriya Diksha (for level one) which was given by him in 2001 ... again to 56 people!

Kriya Diksha Havan and Diksha Vidhi was to take place in our Spiritual Village in Khopoli. As per the planning, one team had already reached the Spiritual Village for preparations and rest of the people reached there on Mahashivaratri day. Other devoted family members had visited Spiritual Village earlier and made sure that the historic event goes on well. Heartfelt Appreciation to all the volunteers!

Revered Gurumauli was welcomed in the Village with traditional Arati... The recreation hall of our Village carried a divine and special look as it was to witness a historic moment! And yes, the much awaited moment ... was witnessed by all... as envisaged by Sadguruji. On that pious day of

Lord Shiva, He elevated 56 lucky Kriyabans to the 4th level of Kriya Diksha. The energy and vibrations in the hall were clearly visible. The special havan kund and Diksha arrangements were indeed blissful. I am sure all my fellow Kriyabans felt the same emotions.

Second half of the day witnessed a special Gurukul! Sadguruji taught some new sacred and secret techniques and blessed all the lucky Kriyabans with Shabari mantra! Such moments are beyond words and one has to experience them! From His deep reservoir of knowledge of Kriya Yoga, He taught us new techniques which empowered us all to conquer negativity and also to progress on spiritual path! The session was conducted in a new 'Classroom' ... where we all students were all ears to Him and the Master sharing His pearls of wisdom with us!

In the evening, we listened to Sadguruji's Amritvani... He wanted to place His thoughts with all likeminded people and blessed all, through a Facebook Live session! We love to hear him and He always amazes us with His Knowledge! Technology provides us with the opportunity to listen to Him again and again. Thank You, Dear Sadguruji, for the blissful evening!

It was a very special day for all of us, but Chandrakant and Bakhtu will remember it for lifetime as it was their birthday also...wonderful way to celebrate their birthday! Revered Sadguruji appreciated and felicitated Saraswati and Rameshraj Maddu for their immense contribution to the Foundation work.

Of course, Sadguruji and all of us felt the absence and missed our dear Haresh Teckchandani on this special day! It was the first Kriya Diksha havan ... without him!

Sadguruji has a unique way of giving Prasadam to the family members. He and Manali Didi presented all the Kriyabans with a divine Rudraksha A very special gesture! Receiving a Rudraksha on the Mahashivaratri day itself is our Soubhagya, and that too from Sadguruji... makes it even more special!



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Words fall short to express our sentiments! It was after almost 2 years, that we all had met! The mood in the Vaastu was clearly very happy and joyous. It is the Family knit by Sadguruji. Hence meeting Sadguruji and all family members was an icing on the cake. Gratitude to the Master ,... for giving us so much ... in one day! He planned, He thought of minutest details, He took care of the elderly, ...He did everything!

Gratitude to Revered Sadguruji!! We enjoyed the moments... our eyes were moist after seeing Him and other family members! He has again made us rich... now it is up to us to practise and reap benefits.

Har Har Mahadev! Om Namah Shivay!!

Hrishikesh Ambaye, Mumbai

Mahashivaratri 2022

Hari Om!

March 1st, 2022 is a red letter day in my journey on the pious path of Kriya Yoga, led by H H Sadguru Yogiraj Dr Mangeshda. On this auspicious day of Mahashivaratri, Sadguruji blessed me with the rare 4th degree Diksha of Kriya Yoga. It is a dream come true for me and I am sure for all of us 56 participants. All the more special, because Sadguruji performed the Havan after a long gap and that too, in the spiritual and 'pavitra' environs of our Spiritual Village. The atmosphere was fully charged with Divine vibrations and joy.

Immediately after bestowing the Diksha, Sadguruji started taking separate 4th level Kriya classes on Sundays which are very intense and at the same time enjoyable. He is opening His treasure trove of knowledge which was unknown to us so far. These are simple techniques but have an unfathomable power in them. Only our Sadguruji can teach them with so

much of patience, love and dedication. It is up to us to follow His teachings and benefit from them and attain the Ultimate Goal of life. In spite of my lack of dedication and rigorous practice, I am noticing positive changes in myself:

I have become more calm and feel peaceful within myself.

I am learning to accept people as they are.

I am able to face situations and events with a sense of detachment.

I am trying to control my emotions and am becoming more aware of my thoughts.

More than anything else, I have realised that it is the GURU who is leading us at every step and so, my duty is to implicitly follow HIM. Immensely grateful to you, Gurudeva. Pranams at Your Lotus Feet.

Usha Duvvuri, Hyderabad

Life's Most Invaluable Gift

Hari Om!

Post-pandemic, the fatigue and the burnout seemed real and had seeped into my bones and the deep corners of my mind. Every single day seemed to be filled with never-ending lists of things to do. Relationships seemed like work. Joy was hard to find in any activity or individual. I would be tired by 1:00 in the afternoon and would need a nap every single day. At the end of the day I was left with the feeling that I had scraped through, doing my duties as a mother and wife. I was deeply troubled by my non-existent professional life and my creative

abilities were dying a slow death without a creative outlet. My angst and exhaustion led me to seeking the help of a mental health expert who helped me address some of my behaviours. Yet, the fatigue remained. I was surprised since I was religiously practising yoga and eating healthy food. I was finally at the point where I was tired of being tired.

It is amazing how divine interventions can happen through people around us. My husband insisted that I start my Kriya practice. I was caught up in a vicious cycle of interrupted sleep thanks to the kids, followed by tiring days. I had



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thought it would be impossible to break this cycle and insert my Kriya practice into my day by waking up early when I was already tired due to poor sleep. I prayed to Sadguruji and asked for his help in facilitating my Kriya practice. This is the one time, that I have asked for something from Sadguruji without any reservation. I asked that Sadguruji gives my body and mind the power to wake up early. I also asked that once the practice commences, He will take care of any familial interruptions. Beloved Sadguruji answered my prayers. I started waking up miraculously between 4:30 and 4:45 AM and was able to do my Kriya practice. This might sound unreal and I am still in awe of what I witnessed. **My body and mind started brimming with peaceful energy once I started practising Kriya.** The day I re-started my Kriya practice, I sailed through the day without a nap. It felt like the Kriya practice was fuelling my body and I had the power to get through any number of activities in the day.

Not only was the physical effect of Kriya powerful, so also was the mental aspect. Sadguruji often talks about how we need to be alert and aware. I found doing Kriya greatly improved my alertness and sense perceptions. In my tired phase I would often feel groggy and sleepy throughout the day. By doing Kriya, it felt like a veil was lifted and the senses were perked up and ready to perceive every stimulus. Autumn season was right around the corner then. The red, brown, orange and yellow leaves on the trees seemed more vibrant than before. My mind was constantly perceiving and soaking in the beauty around me. Food tasted better and I wanted to listen to music and sing myself. **External situations remained unchanged but my internal set-up was changing.** The same set of situations, in an instant, had turned into the most pleasant experiences. The pleasantness that I experienced the moment I closed my eyes for pranayama and Kriya, might have permeated through my mind outward!

My husband remarked that I am a distinctly different person on the days I do Kriya compared to when I do not. I noticed that this pleasantness does wonders for my relationships.

I am more attuned to my children's needs and thoughts. I am able to respond to them from a fulfilled place, rather than a depleted one. When I was constantly tired, I would often feel emotionally, physically and mentally depleted. In such times, the demands of motherhood felt taxing and frustrating. But, with my regular Kriya practice I do not experience motherhood as a burden. I am able to see the joy in the journey very often now.

This feeling of pleasantness that Kriya gives, has also changed how I respond to situations and people. I have realised that I demand less from people now, be it emotionally or physically. I am less dependent on them for my fulfilment. And all of these responses to people and situations are not voluntary - meaning, I am making no effort to be a certain way. Just doing Kriya has brought about this change on its own, in the most easy and involuntary manner.

The realisation that **Kriya Yoga is a life- altering gift** that I have had for the last 12 years, and yet I did not make the most of it, filled me with guilt and sadness. But I have surrendered these feelings at the feet of Sadguruji since he knows what is best for me and is helping me chart my spiritual journey. The reason I am writing this article and sharing my experiences, is because there might be another Kriyaban out there like me - who feels shackled with familial and other responsibilities and cannot find the time or energy for Kriya. I am hoping that every one of us who has received this gift makes the most of it. It might have taken us many lifetimes to find such a Self-Realised Guru who has so generously bestowed upon us this invaluable gift of Kriya Yoga.

Now, charged with the fuel that is Kriya, I am ready to aim for the moon. And, why not? Sadguruji says each of his Kriyaban is equal to 1000 individuals. With the help of Sadguruji's teachings and the power of Kriya, I am determined to make the most of this lifetime, living every moment with enthusiasm and letting the wondrous child inside resurface, as I marvel at this world. I will live this life king-sized, laughing my biggest laughs and becoming a force



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to reckon with, professionally. And while I revel in the outward glories bestowed by the practice of Kriya, inward I will strive to perfectly practise Sadguruji's teachings of Kriya yoga. **And with every breath that I do all this, I shall be eternally grateful to Sadguruji and his life-**

changing gift of Kriya yoga.

**Asavari Thatte, PhD
Co-editor, Instructional resources,
the Art Education journal Founder,
Beej Learning LLC**

Sadguruji's Blessings

Hari Om!

I wish to share my experience here and express my deepest gratitude to dear Revered Sadguruji and all the family members for their support, during sickness of our son.

In the last week of February 2022, our son Aaryan was down with high fever and we were not able to understand the cause and correct symptoms. As fever was not reducing, we decided to take him to the consultant doctor. The doctor's appointment was received for the next day. Meanwhile at Spiritual Village, the preparations were on for the fourth level Kriya Diksha to be given by our Sadguruji on the pious Mahashivaratri day. Our Manali Didi told Sadguruji about Aaryan's health. On 2nd March, 2022, when Aaryan woke up, he was better! I knew this was due to Sadguruji's blessings. Still we made up our mind to admit him and get the infection cured completely. When doctor checked him, he was better and doctor gave home medication for 10 days minimum. Our Gurumauli personally called me and suggested to do Rudraksha treatment every day for 5 days.

Sadguruji told me to put Rudraksha on Aaryan Anahat Chakra for 3 minutes and chant Shabri Mantra continuously. Sadguruji said he would take care and Aaryan would be absolutely fine. From the second day itself of Rudraksha

treatment, there was no fever and very less cough. As assured by Sadguruji, on 5th day of treatment Aaryan was absolutely normal. Really, whatever Sadguruji Dr. Mangeshda says, it happens!

Our Sadguruji was taking no rest from 27th February to 1st March, 2022. He gave historical (never happened in world) 4th level Kriya Diksha to 56 participants on Mahashivaratri day and managed everything personally. Even with such great pressure, Sadguruji was thinking about me and my son- this is his care and love for us all! I was in lot of stress due to hectic schedules and no break in work. Sadguruji's blessings gave me tremendous relief and energy to do more things. I am fortunate to get Sadguruji, who has changed my life. I surrender to my Sadguruji, Sadguruji Dr Mangeshda and thank him for every best thing in my life.

I am touched by Sadguruji Mangeshda Kriya Yoga Family members, our Vasudhaiva Kutumbakam, for their support of Reiki and prayers, their concern for Aaryan's health and Love! Thank you Sadguruji, Manali Didi and all family members for great support and love.

Jai Gurudev!!!

**Jitendra & Sharayu Kore,
Khopoli Centre
SMKYF**

Beginning Of Our Journey Towards ESP

Hari Om!

I got to know about **Awakening ESP** workshop when I went home for my holidays and just by seeing the title, I was thrilled as I have always wanted to know about the metaphysical aspects of life, and getting this knowledge from my Guru, Sadguruji Dr Mangeshda, would be the

best and right way to go about it. Therefore, I did not have any second thought and signed up for the workshop. By Sadguruji's grace, I got the opportunity to attend it.

Sadguruji started the programme by making us question the very foundation of our



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understanding of the mind. It took only a few moments to make us realise that even the partial and incomplete knowledge that we had about our mind was either wrong or inaccurate. He further demonstrated that even the information that we acquired directly from our surroundings through the different senses, was very inaccurate and biased.

Sadguruji then connected this to Extra Sensory Perception and started building up the theoretical foundation. He first addressed the influence of the subconscious mind over our memory and the potential of our conscious mind. This was followed by detailed working of the neurons and the neuro-circuit. The importance of positive affirmations and rewiring our minds was discussed, along with the contribution of different hormones in the process. Everything was explained in a scientific manner and some activities were also performed to further hammer and make us aware of certain key topics. Later on, some very

interesting techniques and exercises were taught, to help us train and develop our minds, paving the way for ESP. Apart from the intense sessions, we also had an evening to explore Goa and visited some temples and Miramar Beach. It was a wonderful experience, spending time with Sadguruji and everyone in the group.

Overall the workshop was very insightful and it showed an entirely different perspective to understanding the mind. Sadguruji organised everything in a very understandable manner, building up the theoretical foundation first, followed by the practical implementation using techniques. Although the workshop came to an end, it was only the beginning of our journey towards ESP, towards improving our minds to live life to the fullest.

Thank you Sadguruji, for conducting such an amazing workshop and I will always be grateful to have been able to attend this.

Vinayak R

ESP Experience

When the first ESP workshop was announced, I was very intrigued and interested. I had always read that we use only about 5-7% of our brain power. To me, understanding ESP seemed like a good way to understand and realise the potential of my brain. However, I could not attend the first workshop in Goa, as I had another trip planned for the same weekend. Then the second ESP workshop was announced in September in Mumbai, and, with me being in Bangalore, it was difficult for me to attend. I kept waiting for the right opportunity.

Coincidentally, I had planned a visit to Mumbai in the 2nd week of October. And coincidentally – or was it ESP? –, Sadguruji was conducting the ESP workshop on Oct 9 and 10 in Mumbai! I was overjoyed and immediately registered for it. In the days leading up to the event, the curiosity and excitement only increased!

The day of the workshop arrived. Sadguruji appeared sharp at 9 am, dressed in unfamiliar attire. I do not know whether it was to break our subconscious pattern of seeing Sadguruji in His

regular attire – but it worked to increase my curiosity even further.

The first day was very interesting. To learn any topic, it is first necessary to understand the ‘what’ and the ‘why’. The first day covered this in great depth. How does our brain function? What are neurons and neurotransmitters? What crucial roles do they play in determining 90% of our daily behaviour? Why is it important to be aware of it and master it, so that we can be masters of our daily words, thoughts, and deeds. What factors limit our daily perception and how we may increase our daily perception and then go beyond it to develop extra sensory perception? It was fascinating to watch Sadguruji blend his practical experiences with science and humour to decipher this complex neuropsychology for us using very simple language that all of us could understand.

The second day was the day to tie all this understanding together with practical exercises. Sadguruji frequently says, “Come back to yourself,” and I often wondered, “But I don’t



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always remember to come back to myself, as we are lost in our daily actions.” When the exercises were introduced and when I began practising them, I understood how practising these exercises was an excellent way to bring us back to ourselves and focus on our mind instead of the outside world and outside noise. And when we begin to look at our own mind in this focused way, we begin to unravel its true potential.

With each day, I am seeing a definite change in my understanding and perception of daily situations. I can sense that my brain is getting sharper. I often remember the story about the two carpenters who were given time to cut some trees, and the wiser carpenter spent most of his time sharpening his axe instead of ‘mindlessly’ cutting the trees. Likewise, with

these exercises, Sadguruji was teaching us the wiser approach of first sharpening our brain and refining the neuronal connections and thought patterns. No wonder, any and every task we do using this most powerful tool becomes a task that is mindfully and skilfully executed.

I cannot express enough gratitude to Sadguruji for this most excellent workshop. It is the culmination of many years of Sadguruji’s own experiences and teaching. It has come at just the right time when we are getting out of our houses after the pandemic and resuming our work in the outside world. My sincere hope is that everyone takes full advantage of this workshop and develop the necessary tools to share their gifts with the world.

Prasad Hariharan, Bengaluru

Invaluable Transformation

Myself and my family members recently had the opportunity of attending the two days’ workshop ‘**Awakening ESP To Develop Psychic Ability**’ conducted by Sadguru Yogiraj Dr. Mangeshda. Simply put, it has been a life altering experience!

Sadguruji simplified and demystified so many aspects of the brain, nervous system etc. Because of that, it became easier to interpret my emotions, reactions and habits. Identifying patterns and being able to reset instructions to the brain, in order to break away from habits that pull us down and build better ones for our improvement, this has been the winning takeaway for me!

Sadguruji also tied these facts beautifully to what we learn in Kriya Yoga, taught exercises to activate Higher Self and tied it all to our spiritual growth and higher purpose. I find the brain activating exercises simple to follow and very effective. Within just 3 weeks, my overall energy levels and alertness of mind has improved considerably.

I would also like to share on behalf of my son Arnav. He is in class 10. Being at an age where he is mature enough to understand things but still going through the ‘teenager’ growth related

challenge, it has been fascinating to see the transformation this programme has brought in him. He set some health and study goals as part of the programme which he has been able to follow successfully with no excuses and most importantly with full enthusiasm. He practises the techniques diligently and more importantly he has understood what it means to discipline his mind and is enjoying the challenge. This is invaluable transformation that no one other than Sadguruji could have brought!

Last but not the least, Sadguruji took efforts to share numerous examples from his own life. As our Sadguruji and a spiritually enlightened person, we sometimes tend to think that things are easier for him to achieve. **It was extremely encouraging to see the amount of discipline and practice he has applied throughout his life to be able to transform it to the level that he is at now.** I take inspiration from what he said that we all can achieve it if we train ourselves and put our minds to it and choose to do it.

Thank you Sadguruji, for YOUR choices, sacrifices, determination, discipline and your extremely open heart because of which we are now able to learn and develop in half or less of the efforts that you have put. Thanks for everything.



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Request people who missed the opportunity; Do experience this one-of-a-kind session whenever you get a chance!

Hari Om!

Trupti Pai, Pune.

ESP - Enchanting... Sacred... Powerful!!

How do I narrate the experiences of my attending 'Awakening ESP to Develop Psychic Abilities' workshop held in September, 2022, by Sadguruji? If I have to express in one line, it would be - 'Just be there and enjoy the bliss!' But when I have to write my views on the same, it would be a small article!

This was indeed a unique programme developed by our revered Sadguruji Dr. Mangeshda! The session got a tremendous response as soon as it was declared and it was houseful within 18 hours of its announcement! The inaugural session was held in Goa and this was the second session - first one in Mumbai.

I was also curious to know what ESP means! And we all have started getting answers to this question slowly - gradually! As the session came to a pause, Sadguruji revealed many techniques from his deep reservoir of knowledge which will help us awaken five senses which will ultimately lead to awakening of the sixth sense. For sure, one has to attend and learn the Mantra from the Master himself. But the advantages are clearly visible in terms of increased focus, concentration, better time management, empowerment, better utilisation of our brain... and many more! We had practical demonstration of techniques and everything, of course, was fully science oriented! Also, when the Master shares his own experiences, the session goes on a much more divine level!

This was a session with perfect blend of spirituality and medical science. The highlight of the session was, sharing by Sadguruji about his own life and teaching all of us as to how the relationships should be completed. We received direct tips as to how our day should be. He was continuously making us aware that we are a part of this great universe and nothing is impossible. His words of wisdom suggested that it is we, who are limiting ourselves! It is the interplay between our chemicals and making dopamine

our friend, was the key take away! Thank you, Sadguruji, for making us aware of our Higher Self and the truth that we all need to respect it. I can go on and on with the key takeaways, but this is enough for giving some idea about this special programme.

When the second day of the session got over, I thought it was right to say that the seminar had actually started individually for all the participants. The participants were students, householders, professionals and senior citizens. But everyone had a super takeaway from this special programme. Sadguruji made us realise once again, what our capabilities are and how we can truly use them to our advantage! I questioned myself whether I am fully utilising my abilities, whether I am making full use of my brain...! I am sure many of my co-participants had similar questions. As rightly expressed by co-participants, He has provided us with new tools. Now it is up to us to practise the same and evolve as better, stronger personality...of course, spiritually too!

It was a wonderful coincidence that when He started new session of ESP in October (Third batch), our batch had completed 28days. On personal front, my practice has been regular including diary writing.

Doing the special homework is a great experience. That is again 'Me Time'! This session has helped me in giving positive affirmations to self and my brain, whenever I think negativity is trying to make inroads. Going through all the notes... once again makes me realise that Sadguruji has taught us so many things, including how to handle Mr. Dopamine! So, all of us are indeed blessed to be with Him and as He says This Is Level 1. So we can imagine what next levels will unfold!

Another observation during the session was that the magic of His teachings had mesmerised the support staff at the Venue also. The Support



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Staff must not have attended a session like this and he was a silent beneficiary of this session! As always, it is a learning for all of us to see how Sadguruji connects to each and every person present in the session.

It was also wonderful to meet many of our family members after a long gap! Gratitude to Sadguruji!!

He has put in a lot of efforts to create this

programme in first place and He has also done a lot of hard work for arranging this session at a superb and cool venue. Kudos to our volunteers for making this session successful. Finally as I sign-off, I will once again re-iterate, thanks to Him, 'Nothing Is Impossible' for all of us!

Hari Om!

Hrishikesh Ambaye, Mumbai

A Change of Mindset For Good

Awakening ESP - Developing Psychic ability - The name of the programme made me very curious and eager to attend. To add to this, it was a 3 day workshop being conducted at Goa in the Divine presence of Sadguruji.

The workshop emphasised on the power of the Mind and how we can reach heights of success in any sphere of life - spirituality, career, hobbies etc. While the theory explained virtually all the aspects of this powerful brain, the most important aspect was 'How to do it'! The biggest obstacles to our success is our Own Self and the tools made it easier to work on various challenging areas of our personality, or ability to recognise patterns of our failures, the know how to break free and introduce new patterns. The exercises themselves made us ready to face bitterness, disappointment, fear of failures and many areas of our life, which needed improvement. The science behind improving memory, regulating the chemical imbalances, the skill of developing intuitive ability... was explained in detail and therefore easier to follow through.

The workshop did not end on the 3rd day, but it was the beginning of a new start for all the participants to live life fully! There was a definite change I observed in myself, if I compare before

and after the session. A month after the programme, the moment of truth was experienced. I suffered an asthma attack and, as my skin condition is atopic, I had lots of cuts and wounds throughout the body. My usual reaction would be to call the doctor and take medicine, and, just lie down and be bogged down. But this time it was different. I started my day early as usual, had a bath (with cuts and wounds on the body, having a bath is painful), became comfortable with discomfort and continued my daily routine- a change for good in the mindset and hopefully it will remain till the end!

Coming back to the programme, the group discussions, the interactions and involvement of all the participants created a good atmosphere for learning. Sadguruji was, as always, at His humorous best and was conducting the session with high energy levels. Lot of research has gone behind this workshop and I am looking for the next. Am sure Sadguruji will give many opportunities for people to attend this unique workshop and empower people to move towards success. Thank You, Sadguruji, for your valuable time and infinite Knowledge which You shared with us!

Sandeep Yederi, Mumbai

My Baby Steps Towards Self-Improvement

Koti koti pranams to you, Sadguru Yogiraj Dr. Mangeshda!

We all feel truly blessed and count us as those fortunate ones to have been able to attend the Unique ESP programme on auspicious

occasion of Sharad poornima.

My takeaways:

1. Challenging our Brain to bring about the change within, in our behavioural pattern. The pattern which has been moving in a wrong



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direction and deep rooted within, over all these years!!

Sadguruji made us realise that it is only WE who are truly responsible for our actions and it is only in our hands to bring about the positive change within us. We are yet to climb this ladder towards success led by Sadguruji and barely been able to climb even one step.

2. Self-Contemplation: The fact is that our brains are designed in such a way that our actions have become like a repetitive pattern, These habits get so deeply rooted that we are unable to break our so called Self- Created Barriers to go beyond or unable to adopt the right behaviour.

3. Focus, doing one thing at a time: My mind was very wavery a couple of years back but attending Sadguruji's Pranayam and meditation classes regularly, has been of great help to me. But this ESP workshop was like a Cherry on the top, which will definitely help me to work for my

self-improvement.

4. ESP workshop will help in our daily Kriya practice too. Sadguruji has beautifully explained the most complex of the complex subjects through his simple way of teaching with an essence of humour!

Hormonal imbalance: How our hormones play an important and critical role and are solely responsible for affecting our behavioural, physiological and psychological pattern changes resulting in stress and all health ailments.

I have to go a long way, but yes, I will work towards completing the 28 day challenge, taking those baby steps, one at a time!

I shall forever remain indebted to you, Wish you a very Happy Birthday, Sadguruji!

Hari Om!

Archana Manglore, Mumbai

Are You A Warrior

Hari Om!

Most reverent pranams at the divine feet of my Sadguruji!

What picture does your mind project when you think of the word 'warrior'? Most people I know think of Arjuna, with his powerful bow and arrows or Lord Rama fighting the evil with his mighty, unfailing bow and arrows. **To me, all the Kriyabans in our global family are glorious warriors in their own individual and unique ways!**

What battles we fight, how powerful is our guide and what gratifying victories we experience under Sadguruji's guidance, wisdom and grace! We are bestowed with all the tools we need, to achieve, to face any challenge.

To me, my victories are etched vividly in my memory –starting with my victory over a life-threatening illness in the physical realm, overcoming mental laziness in the psychological realm and feeling at peace in the Spiritual realm.

I had the most testing moments of my life when I was seriously ill from an auto-immune disorder

in 2002. That was also the year that we were infinitely blessed to have met Sadguruji in July. My recovery was miraculous, starting with the 1st day meditation session, progressing to learning Reiki and being blessed with Kriya Yoga Diksha. With great reluctance to be away from Sadguruji, we came back to the USA. But the change in our lives was nothing short of drastic and glorious. From that beginner's journey, we have come quite a long way to being blessed again with the advanced 4th level Kriya Diksha in 2022, after 20 years, on the very pious Guru Purnima Day!

Physical laziness is easily recognised by almost everyone, but the subtle and not quite so obvious mental laziness is a sneaky villain that a lot of people do not even recognise! Our willingness to undertake a task, consistency in seeing it to completion and being done with it once for all, can easily be derailed if we are mentally lazy. A very enthusiastic start from a sudden inspiration suddenly hits the breaks and loses momentum when mental laziness makes its appearance. How do we fight this demon? **By**



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regular practice of Kriya, listening to Sadguruji emphasising being in the present and watching ourselves as an obedient watchman, we can easily arrest mental laziness and win over it.

The most subtle yet damaging enemy within ourselves is lack of awareness about our own innate spiritual side. The first step to overcome this, at least for me, is being aware of our lack of commitment, inconsistency and being in automatic mode, instead of being vigilant with our own thoughts. At the least suspecting moment, and totally out of the blue, we can slip into negative emotions like anger, fear or sadness, if we do not watch our reactions! But Sadguruji has provided enough lessons on how to be aware of our breath – which leads us to be aware of our thoughts – which in turn delays our knee-jerk response to challenging interactions and situations. Being in the moment, Unconditional Love and Unconditional

Forgiveness are the major weapons that we can use to win over this arch enemy within ourselves.

When we are constantly fighting such demons as these, in our everyday life, are we not the warriors? When the warrior is fighting – he/she has to be acutely aware of every moment. Even a small lapse in awareness can cost his life! The enemies are ruthless and are constantly trying to bring us down even if we show a little sign of weakness. We are not going to yield to them, are we?

We are much bigger than all the negativities that are trying to break us down. **So, let us be true warriors and win our 'little' and 'big' enemies, whatever they may try on us!**

Swanand Kriyaban
Connecticut, USA

Demystifying Life

In the annals of time, before Corona, after Corona and during Corona, have been three important phases of my life. Meeting Sadguruji before Corona, experiencing Sadguruji's teachings during Corona and leading a more Organised Life after Corona is my life experience in short.

Before Corona, I would take an opportunity to listen to Sadguruji and practise His teachings in a limited way with so many limitations of body, mind samskaras. Sadguruji took them all away during the pandemic and uplifted us. It has been an enriching experience for me these past few years - attending regular Kriya, Meditation, Pranayama and Yoga classes with Sadguruji. Through these classes, I have learned through Sadguruji's teachings to convert my personal problems to challenges and with His Grace, slowly, I am overcoming mini battles of life.

Sadguruji says, most battles are first fought in mind and then won in reality. This was truly my experience last year. All my life/lives I have lived with wrong goals, wrong impressions and wrong deeds; slowly with Guru's guidance and patient teachings, the impressions are clearing away for

more clarity and seeing things as they are. I have learned now that good health is much better than any amount of wealth, everyone who comes regularly to classes is adapting to their own battles and still dedicated to transform to the positive side and have inspiring life stories, good thoughts are better than hurtful memories, good company is better than a bad one, Dharma or way of life has to be disciplined with no shortcuts, simple conscious breathing is much better than unconscious worries in life, being like a stone is also a human experience where push-pull ceases, it is good to keep goals and work hard to achieve them and be realistic on the outcome and that the Universe is always with us in the journey. I have also learned that we are just playing a role in this Life and to keep the goal on Big Picture of Life, good wisdom through Good Company and Books is better than chasing the wrong path; by keeping simplicity in life – there are many hidden perks - less is sometimes more; positivity is a mandatory attribute and helps us to help others. Attending classes is important to self improve ourselves, the benefits go to our self, family members and society. One major take-away from Sanskar Sadhana is Agnihotra Pure Fire. I can vouch for



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the amazing peace and bliss that the Agnihotra gives to the home and family and the idea of sacrifice itself is very liberating!

I once saw a Youtube video of the life of monks in the Himalayas and how they mentioned that they never once feel like stepping outside their meditative bliss. On reflection I realised that we are lucky to have Sadguruji live amongst us and He is so committed to inspire us to become a better version of ourselves and demystify the Universe. It is our effort to convert every bit of this opportunity to interact with Him through classes and rewire our brains to learn better, experience reality, give and love unconditionally and live in Harmony with the amazing Universe.

I still remember seeing a poster when I first met Sadguruji- 'There are three negative emotions and only one positive emotion -i.e. Happiness'. Through the years this thought has evolved to newer meanings and realisations.

On reflection, I realise that every word Sadguruji speaks is so complete that it is true for years to come. It is always amazing to see how he adapts his Teachings to our small mini brain/patterns and uplifts us in every Sunday Kriya Class. We have to keep faith in his teachings. Keeping his divine voice and words closest to ears gives us solutions to all problems in life. All other zoom calls and interactions typically take something away from us/drain us, these classes are the only zoom call that energizes us, enriches us and makes us a better person!

During the pandemic, even in my darkest moments, I could feel Sadguruji's strong magical presence, and I am indebted to have Him in my Life - I now know that He can transform all my darkness through His Light and Unconditional Love. Deeply indebted to Sadguruji for His Unconditional Love to take classes to always observe that his disciples are always well taken care of. Through dedicated practice, from Sanskar Sadhana is Agnihotra Pure Fire. I can vouch for the amazing peace and bliss that the Agnihotra gives to the home and family and the idea of sacrifice itself is very liberating!

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I feel really lucky to have met my Sadguruji and I remember it every day on waking up and



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encourage others to shed their inhibitions to seek the vastness of his knowledge.

Preeti Hariharan, Bengaluru

Boon

Hari Om!

As a Kriyaban, receiving the teachings and guidance of Sadguru Yogiraj Dr Mangeshda is a real blessing for me. And lately, with the pandemic disrupting the whole world timetable, where travelling has been almost impossible during these past couple of years; it has been an amazing opportunity to be able to continue benefitting of, not only the sessions but, most of all, the presence of Sadgururji online.

He has a wonderful way of sharing the Yogic knowledge and techniques with the entire planet if need be. I truly appreciate the fact that

this Divine Love, Truth and Light is spreading all over the Globe, so we can become better beings and contribute to transform ourselves and the planet.

I currently live in France and it is of an extremely great support to know that I can attend all the classes online, if I could.

Koti Koti Pranaam at Your lotus feet, SadgurudevJi! And Thank you for your Eternal Blessings!

Jai GuruDev!

Maa Tejomayee Devi, France

My 2021-22 Balance Sheet

The financial Year 2021-22 brought a lot of hope, world started to recover from pandemic and life started to get back to Normal. Although we all faced a lot of challenges at physical as well as mental level, the year brought a lot of blessings to me and I would like to name a few:

1. Due to heavy workload and 'work from home' culture, I had developed severe backache. MRI reports reflected bulge disc and arthritis in the region of L3 to L5. It was a painful time for me and almost paralysed my whole life; but thanks to Yoga classes of Sadgururji, not only I recovered within weeks, but also I gained a lot of flexibility as well. Today I can do asanas that I never thought of doing. It is an amazing feeling and I love my body and its flexibility. I feel I am in my 20's!!!

2. Advance Pranayam taught by Sadgururji converted me into a fountain of energy and tranquillity. Will always be indebted to my dear Sadgururji for this gift.

3. Weekly Kriya Yoga classes are like the immunity boosters to me. Every week Sadgururji connects with us, corrects our mistakes, clarifies

our doubts and teaches new things. I call these classes, 'Immunity booster classes', as they protect me whole week from getting drifted from my commitment to the Goal of Self-Realisation.

4. I got initiated with Level 4 of Kriya Yoga Diksha in April 2022. It has been a game-changer for me. I have never felt so much happy, contented and peaceful within myself. It has helped me to gradually loosen the restraints of self-centredness and pushed me towards more subtle kind of awareness, an awareness that surrounds me whole day.

I am full of gratitude towards my dear Guru -Sadguru Yogiraj Dr. Mangeshda and thank him for all the blessings and teachings. I hope his teachings reach far and beyond so that more and more people can explore their hidden potential and experience uninterrupted bliss and happiness.

My salutation at your lotus feet, Dear Sadgururji!

Hari Om!

Sunil Hakhu, Melbourne, Australia

Acknowledge your roots, respect nature, learn to be courageous and love every living creature unconditionally.

H. H. Sadguru Yogiraj Dr. Mangeshda



My Odyssey As A Kriyaban

Hari Om!

I met Sadguru Yogiraj Dr Mangeshda in the year 2002, July 5th, in Chennai. I was blessed with the 4th level Kriya Diksha on July 13th, 2022 - a rare and pious lifetime opportunity! Heartfelt and eternal gratitude at thy Lotus feet Sadguruji, for your divine presence, blessings, knowledge and guidance!

It has been 20 years since I became a member in our Sadguru Mangeshda Kriya Yoga Foundation (SMKYF) family founded by our Sadguruji with the motto of Unconditional Love and Unconditional Forgiveness. I thank all my family members for their Unconditional Love and support they have given us.

My journey - physical, mental and Spiritual is phenomenal in these twenty years. I notice a 180 degrees shift in my life. **In these twenty years, our Sadguruji has elevated my spirit from an ordinary timid person to a confident healer.** As a Kriyaban, healer, teacher and a spiritual aspirant, I am growing every day.

Sadguruji always tells us to have a strong clear intention and vision and work with a positive attitude towards our mission. This is the mantra I follow till date. Though negativities in the form of fear and other emotions keep popping up from time to time, **connecting with Sadguruji and his teachings keeps me stay positive and focused.** Feel his presence and guidance in every breath and all the time.

With each programme designed by Sadguruji, I could see my different facets of personality come to light. In September 2002, Sadguruji took me into his fold, blessing me to be a Reiki practitioner and a Kriyaban. I was initiated into the first level of Kriya in Sept 2002 - a life changing moment. I learned the first three levels of Reiki in 2002.

After my first Kriya initiation in September 2002, opportunities kept coming my way to enhance my talents and discover my potential. My lifetime ambition to be a doctor - study medicine, was fulfilled - I studied Ayurveda

medicine and am successfully practising till date. Sadguruji blessed me with Reiki, Yoga and meditation teachership - Since then I have been teaching and offering healing services in USA and people seem to benefit and appreciate the uniqueness of the techniques.

Sadguruji cares for the all-round development of his disciples. With Sadguruji's encouragement, I started writing articles relating to Spirituality, medicine, healing, attitude, food and lifestyle.

It was a life changing moment in 2010 - Sadguruji blessed me and my husband with Spiritual names. I vividly remember Sadguruji, over the phone, doing my namakarana as Shambhavi Kriyaban and telling me that he named me the most powerful name, Shambhavi, and how to connect with it and empower. It is indeed a 'Name changing' moment - I feel more confident and zeal as Shambhavi.

In 2013, Sadguruji visited USA to spread his teachings and bestow Kriya Yoga initiation. It was a very 'Wonder'ful and pious opportunity for us to host and do seva to our Divine, in our home and also explore USA with him. We see places from a beautiful angle that we have not seen before, when we travel with Sadguruji. He brings Paradise to earth. I thank my Sadguruji for teaching me the skills of event management. In 2013, we bought our new home in the USA, and it was indeed our Sadguruji, who had predicted that we were going to buy the house we were renting.

2018 was the most memorable trip to Bali and participating in the **International Yoga Competition**. It was a great exposure on the International platform. It is yet another feather in the cap, with our Foundation winning most of the awards.

July 13th, 2022: Thank you, Sadguruji, for initiating us in the 4th level Kriya and reminding us to elevate ourselves from being a normal mundane being. Vibrations were very powerful during Diksha, learning and practising the techniques. After learning 4th level Kriyas, I notice less distractions and am going into **deeper**



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states much faster while practising Kriya. Also developed more tolerance towards people, attitudes and emotions.

I never miss an opportunity to enrich my spirit with Sadguruji's Divine teachings - be it pranayam classes, meditation classes or Yoga classes. Thanks to internet and online technology, it builds the bridge between the countries and continents, bringing everyone together. Being in the USA, I am truly blessed to be connecting live with Sadguruji, almost 5 days in a week and empowering myself with Divine Knowledge.

Through online sessions, Sadguruji teaches the depth of Kriya and advanced Kriyas explaining Kriya Yoga from a scientific angle. These sessions have tremendously intensified my Kriya practice, made me grasp the flow of Kriyas from one to another.

There are thousands of disciples learning from Sadguruji. Yet, Sadguruji gives unique attention to each one of us, making us feel special, addressing our issues, teaching to our individual needs. Humbled by his humility, which is the greatest lesson, as a disciple, I want to imbibe it soulfully. Sadguruji, from time to time, tells us to take vows and pledges which keep a check on my Ego.

Contemplating and introspecting, all these twenty years, these are my observations of my progress towards the goal: -

I am energetic, fully relaxed, developing alertness, physically fit, brain'fully' growing, making the connections, correcting myself, Awakening Self to a Selfless state through the path of Kriya Yoga.

Health-wise, following Sadguruji's disciplined lifestyle protocols and techniques is keeping me active and healthy with a strong immune system. Regular practice of pranayama techniques has kept Covid and cold away in spite of getting exposed once. Practising the pranayama techniques, haemorrhage in my left eye got cured.

On the materialistic side: We always feel

Sadguruji's ever embracing presence and guidance in all our activities and life events - be it healing from ailments to jobs to moving houses. We feel he is living with us and guiding us at every step of our life.

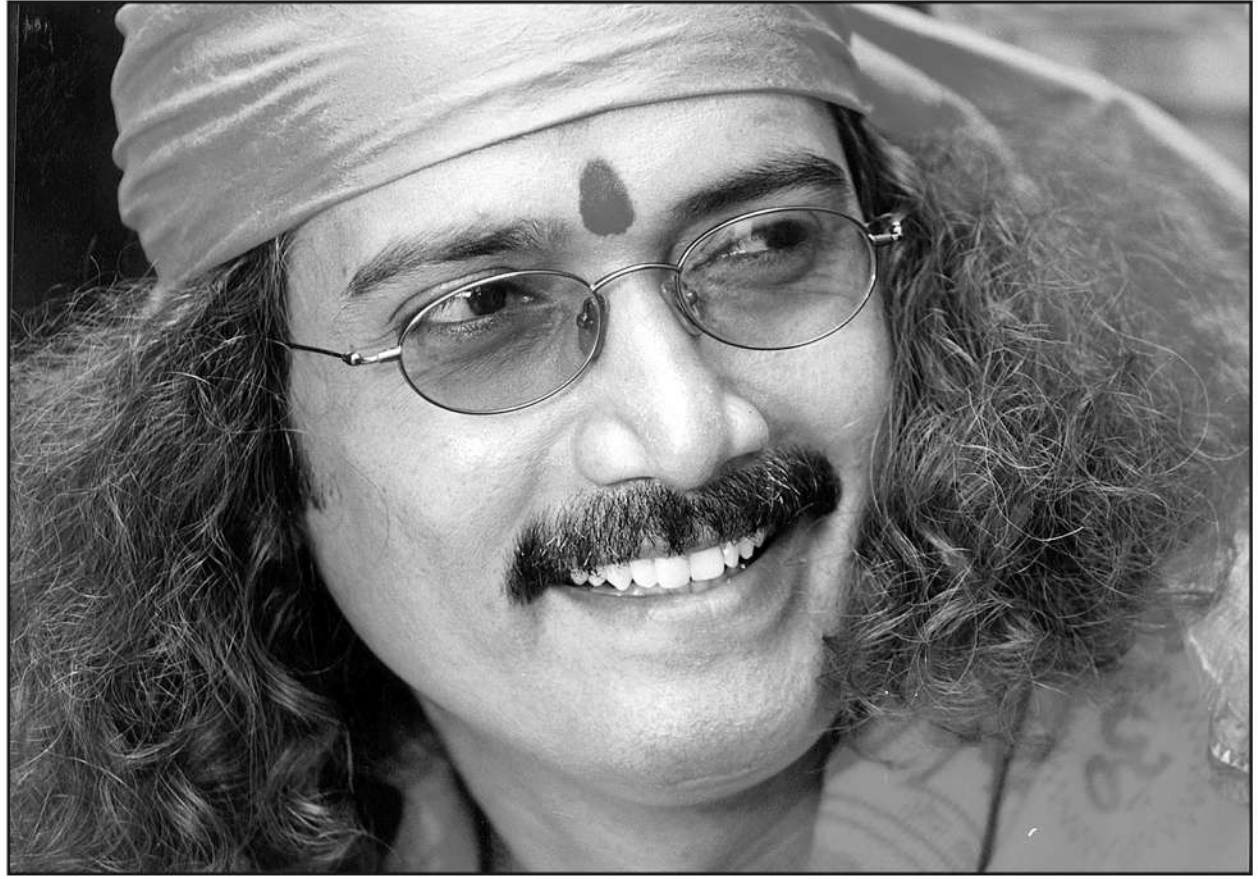
Recently, we sold our house and were looking for a new house to buy in a neighbouring state. But we could not find one... we had only twenty days and must vacate. People around us were very tensed and were curious where we were going to move. I told them, Divine will provide us a place and I am positive. Sadguruji always says, 'stay positive' and every Yoga session he would say, "Shambhavi, new home is waiting for you. Give a lot of love and positive vibrations to this house." Within 15 days, we found a house true to my imagination, the housing loan got sanctioned and we moved! I had to spend sleepless nights packing and moving. It is Sadguruji's Yoga classes that kept me energetic and going.

In 2022, for the first time, I physically attended Guru Poornima celebrations, being with my Sadguru.

I felt blessed and overflowing with emotions, performing his pada pooja on pious Guru Poornima Day.

Thank you Sadguruji, for transforming this timid larva into a beautiful butterfly! Thank you for making me understand what Bhakti, Faith and Patience is, and seek your blessings to continue practising.

Being in Divine Presence,
Worshipping Guru Tattva,
Learning and Practising Kriya,
Awe! What a blissful Experience!
Feeling Light,
Filled with Light,
Soul fully Lit,
Heart full of Delight,
Sadguru at thy Sight!
Overflowing Emotions,



**OUR HUMBLE PRANAMS AT THE
LOTUS FEET OF SADGURUJI**



A VERY HAPPY BIRTHDAY

Amarchand R. Agrawal

<i>Ashish</i>	<i>Adarsh</i>	<i>Sanjay</i>
<i>Sulekha</i>	<i>Zankhana</i>	<i>Shashi</i>
<i>Ishita</i>	<i>Hardik</i>	<i>Divij</i>



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



Heartiest congratulations **Sadguru Yogiraj Dr. Mangeshda**
for crossing **One Crore** milestone of
EYE PLEDGE WE PLEDGE AWARENESS CAMPAIGN.

Many Happy Returns of the
day **Sadguruji Dr. Mangeshda** and wishing everyone
'**A Very Happy Diwali and a Healthy, Prosperous New Year**'.

Jai Gurudev.

From: Ravi Chandavarkar and family, Goregaon East



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Sadguruji
with
Pranams at
Your
Lotus Feet**



MANGESHDA UPASANA CENTRE, ANDHERI

**A VERY HAPPY BIRTHDAY TO
PARAM PUJYA SADGURU YOGIRAJ DR. MANGESHDA
&
GOOD WISHES ON ANNUAL DAY
TO SADGURU MANGESHDA FAMILY**



**SEEKING OUR BELOVED SADGURUJI'S
BLESSINGS**



**ANDHERI UPASANA CENTRE
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Message From Mangeshda Upasana Centre, Bengaluru



"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

**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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परमपूज्य सद्गुरू योगीराज
डॉ. मंगेशदाजी को जन्मदिवस की
हार्दिक शुभकामनाएँ ।
“जिवेत शरदः शतम्”

चंद्रकांत बारस्कर

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



**MESSAGE FROM
MANGESHDA UPASANA CENTRE, CHEMBUR**



"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

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

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

Devotees

Contact No: +91 96194 81225



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

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



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

Tearing in Happiness,
Surrendering with Gratitude,
Sadguru at thy Divine feet!
Pranams!
Sadguruji says, 'a Kriyaban, a Yogi must be

always on the toes - active and alert. It is a Divine arrangement! All we need to do is, (to quote Sadguruji),

'Be in the flow and witness the miracle!'

Hari Om!

Shambhavi Kriyaban, Connecticut, USA.

My Self Realisation of Om

My Salutation to my Guru – Sadguru Yogiraj Dr Mangeshda!

What is self-realisation? Well, literally, I feel, it means that when one realises something by himself, it is self-realisation. We come across plenty of information on daily basis. When one starts to contemplate on the pieces of information gathered and understands its practical usage, that piece of information gets converted into knowledge. And when, one deeply contemplates/ meditates on the knowledge one has acquired, it gets converted into Wisdom.

Since, last decade or so, I am trying to walk on the spiritual path. I still remember the day after my 1st Level Initiation in Kriya Yoga, the very first time when I practised Omkar Kriya in front of my Guru – it was a surreal experience, which cannot be explained in words! After experiencing this 'Omkar', I started coming across theoretical information regarding OM. And today, after nearly a decade, I am attempting to put into words – My Self-Realisation of Om!

I feel, every person on this planet earth who is either practising Sanatan Dharma or not, who is practising or inclined towards spirituality or not, has uttered OM or the sounds which make OM and that also too many times in his /her life!

How? The sound - OM is made of three syllables. (man, english languages has some serious limitations, 'syllables' is actually not the right word but moving on...) 'Om' is made of: 'Akaar', 'Ukaar' & 'Makaar' i.e. sound - Aa, Uh and Mmm. Now, let us exaggerate these sounds and say them loudly. AAaaa! – which part of the body does our mind turn our attention to? – Gut/

Stomach region, right? Now say, Uohh! – this time our chest/heart, right? Now say Mmm? – our attention was towards our head/ inside our skull, right? So haven't we made these sounds in our life? That too, many times? After a good meal, suddenly on seeing or hearing something shocking, or on thinking something nice!

And now, when one combines these sounds and that too in a particular order – Aaa, Uohh and Mmmm.....One says AAUUMM...AUM....OM!!! So knowingly or unknowingly every person on this planet earth has said OM or at least the individual sounds which make OM in his or her life! But when one says these sounds in a particular order i.e OM and that too in the intended way as told in Vedic Sanatan Scriptures, one starts to reap the benefits it brings! With the sound of 'Aaa' (Akaar), one starts to stimulate his/her three Chakras situated in the gut/stomach region, starting from the base of the spine; namely Mooladhaar Chakra, then Swadhishtan Chakra and Manipur Chakra. With the sound of 'Ohh' (Ukaar), one concentrates his/her pranic energy on the Anahat Chakra situated near one's heart. And with the sound of 'Mmm'(Makaar), one starts to draw his/her attention towards the upper three chakras namely: Vishuddhi Chakra, Ajna chakra and Sahasrara chakra. And so, with every utterance of 'OM', one knowingly/unknowingly starts to stimulate his/her seven chakras and that too in a proper sequence! Hence, I feel OM is not just a Hindu sound/ or a sound which should be associated only with people practising Sanatan Dharma. It is truly a universal sound which, when said properly, gives benefits to any human being who says it.

Our ancestors who lived thousands of years ago



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in this Bharatvarsh had realised this first and started using it in Mantras – Mind Techniques, prayers etc., as it gave immense benefits to mind, body and soul of the person uttering it!

I dedicate this article to my Guru and to his

teachings because only and only because of him, I would attempt to connect the various information dots regarding the sound 'OM!!!

Hari Om!

Swapnil Dighe, Pune

Spiritual Serendipity

His drooping eyelids closed slowly, opening again and once again closing into a deep meditation. The gentle breeze against his cheeks proved that the weather was not only magnificent but the rustle of the leaves beneath the trees and the petrichor of the first water on the ground brought a pleasant smile on his face. Even with the eyes closed he could tell that the sky was bright with stars as their twinkling beams reached out to him just to tell him that he was being blessed. The reflection of the night sky in the water made it azure rather than blue. And now even the water creatures camouflaged themselves in the nodes of the rising waves.

Unsure of himself, he slowly stood up and started walking ahead only to find himself standing at the banks of the river. The glimmering beads on his face were either the effect of the warm air on the river bank or of the sweat beads on his forehead. A little droplet started moving down from the corner of his eye. One could not tell whether it was created with the unison of the sweat beads, the warm air around or the catharsis that was waiting to be released. Little had he moved ahead, than he saw the formations of light turning into asymmetrical limbs, elongated head and a flowing robe. A twisted stick in its hand looked more like a wand than a support stick. As he moved ahead, this structure seemed to be determined and resolute, not budging from its position and on the contrary trying to merge with his physical self. The elongated head now seemed to rest on his own shoulders with extended dimensions.

The candle and its ever-increasing flame that was left far behind, now seemed to come into sight once again-this time with luminous shades. The exothermic reactions initially projected an imminent danger through the Red hue.

However, within no time, he found himself in the celestial presence of White, moving ambitiously to Orange only to find himself communicating with another distorted structure, Purple in hue. As he approached Green, he felt a healing smoothness with a positive air around. The psychic protection as he entered its Black zone lasted for a fraction of a second before the Blue hue took over as his emotional wounds started getting dissolved. What was left to experience was only the colour of Pink which exuded beautiful rays of 'Unconditional Love and Unconditional Forgiveness'. This flame before flickering started getting taller and taller, sputtering some sort of communication that he thought he had with the light.

The musical instruments were clearly visible with an inceptive peal of bell resonating through the air. The clamour created with its vibrations flashed new beams of light. Delightful and dazzling, these magnificent rays led him to a temple like structure, where he was drawn into its mazed corridors. Throughout the temple journey, he could hear the corridor walls reverberate with tranquillizing songs and hymns, divinely appeasing. A few saintlike beings-some enigmatic, some mystifying, raised their hands as if in the form of blessings as he walked past them. Suddenly, a magnetic power pulled him and led him through these musical corridors making him smile wider in anticipation. As he walked faster, his footsteps moved with exceeding speed and now he found himself not only running but almost flying at the speed of light to connect with the Almighty and to finally meet Him today. The air around played 'slip and run' through different divine fragrances and leading him into an enchanted domain where he knew that he was not very far away from the glow of light....



As he continued on his journey, a loud sound of either a gong or bell penetrated his ears, just to tell him that it was 6 AM and the church bells were ringing. Stunned, he sat up on his bed with eyes wide open, trying to gather it all and run behind it to catch it to enter into that realm once again, only to find himself ebbing as the visual started fading steadfastly and was gone in a jiffy.

Completing his morning chores and laying out

the mat, he lit the morning lamp staring at the flame and finding a weird sense of familiarity with it. He gazed at it until it felt like eternity. Subsequently, with a cynical smile on his face he once again sat on the spiritual mat today to connect with the Divine.

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

An Experience of Many Lifetimes

On 12th June 2022, my Guru, H. H. Sadguru Yogiraj Dr. Mangeshda led a team of thirty Kriyabans on the 'Do Dham Yatra' to Badrinath-Kedarnath. This was His fifteenth visit to these sacred pilgrimage centres. The Kriyabans hailing from varied parts of India landed at Dehradun airport in the afternoon and proceeded to Haridwar for the Ganga Aarti in the evening at Hari ki Pauri ghat. They made their way through lakhs of spiritual enthusiasts thronging for this daily event and finally settled down at the ghat in anticipation of this daily evening ritual. At 7pm, the Aarti started with beautifully lit diyas and the whole atmosphere reverberating with the chanting of Om Jay Gange Mata. With mantras being chanted by the pundits, the environment was electric and everybody prayed for world peace and keeping the environment clean followed by a dip in the Holy Ganges. Once done, we proceeded to our accommodation for the night.

The morning of 13th June, we took an early start to Sonprayag after a wholesome breakfast on the way, visiting Devprayag. The Panch Prayag of Uttarakhand traces the route carved by Alaknanda River when it leaves its Himalayan abode from Satopanth glacier. Devprayag is the holiest of all the Panch Prayag and is situated at the confluence of Alaknanda and Bhagirathi rivers known as Sangam. It is believed that a dip at the confluence cleanses the heart, mind and soul of a person and inches him closer to liberation or 'Mukti'. Our next stop was at Rudraprayag which is the confluence between Alaknanda and Mandakini River. The famed town of Rudraprayag is named after the Rudra avatar of Lord Shiva. This heavenly town is

encircled by the emerald lakes, glaciers, foaming rivers and silver streams. It is perched at an average elevation of 2,936 feet above sea level.

Moving on to Sri Kashi Vishwanath temple, one of the oldest and most sacred of temples in Uttarkashi, situated on bank of river Bhagirathi. The temple offers the spectacular view of river Bhagirathi along with the surrounding mountains. The Kashi Vishwanath temple is dedicated to Lord Shiva and it is believed that he proposed to Goddess Parvati there. Within the courtyard of the Vishwanath temple and to the front of it is the Shakti Temple, dedicated to the Goddess of Strength. The massive brass trident projecting from this temple bears an inscription describing how the Vishwanath Temple was built. Sadguruji shared so many unknown facts and stories due to His extensive knowledge from His previous trips to this area. By His Grace, we Kriyabans took darshan, progressing on to the main mission of our expedition the next day.

The rising sun of 14th June, saw us trudging upto Gaurikund to start our upward journey to Kedarnath Temple. It is one of the sacred pilgrimage centres in Northern India, located on the banks of Mandakini River at an altitude of 3584 meters above sea level. Surrounded by beautiful snow-capped mountains, Shri Kedarnath temple is the eleventh Jyotirlinga of the twelve Jyotirlingas of India, was established by Aadi Guru Shankaracharya. The climb was arduous and challenging (almost a total of 21km) but the awe-inspiring mountains with the enchanting beauty of Mandakini River dancing through the ravines kept us going.

On successfully reaching the top, we took



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darshan of Lord Shiva and marvelled at the ancient temple and its exquisite architecture. As Sadguruji explained, this temple is built of extremely large but evenly shaped grey stone slabs. A conical rock formation inside the temple is worshipped as Lord Shiva in his 'Sadashiva' form. **The most thrilling part of the expedition followed when all of us led by Sadguruji performed yoga in front of Shri Kedarnath Temple, in front of Mahadev (the one who invented yoga-sutra) on the pious full moon day of 'Vata Poornima.'** This was on the occasion of International Day of Yoga. Then we checked into a guest house right next to the temple because it had started pouring by then. In the evening, we all gathered in the long balcony to celebrate the successful trek and darshan at Shri Kedarnath. Sadguruji conducted a transcendental meditation while it was still raining outside, it was the most divine and heavenly experience. This iconic day could not have ended on a better note!

After the moving darshan of Shri Kedar Baba, Sadguruji started the descent back to Sonprayag with all of us Kriyabans, early morning on 15th June after a hearty breakfast. Climbing down the steep slopes of the Garhwal Himalayan range, witnessing the beauty of snow peaked mountains and the Mandakini River gurgling down the rocky precipices was a treat to the senses. The team reached Sonprayag in the afternoon and immediately left for Birahi which is approximately 100km from Sonprayag where we would stay for the night.

On the way, Sadguruji explained the significance of Panch Kedar. Out of all the temples dedicated to Lord Shiva, the cluster of five shrines of Shiva is the most revered. They are known as Panch Kedar. According to Mahabharata, when Pandavas were searching for Lord Shiva, he turned himself into a bull to avoid detection. However, when Bheema tried to capture the bull, it disappeared and later reappeared in body parts at five locations, presently known as Panch Kedar.

The hump reappeared at Kedarnath, the arms appeared in Tungnath, the navel appeared in

MadMaheshwar, the face showed up at Rudranath and the head in Kalpeshwar. The Pandavas built Shiva temples at these five places. Apart from this well-known mythological tale, Sadguruji also explained in detail the spiritual significance of Panch Kedar related to the five basic elements - panchamahabhutas - the properties of earth (prithvi), water (jala), fire (agni), wind (vayu) and ether (akasha).

On 16th June, we left Birahi for Badrinath Temple. Badrinath is located at an elevation of around 3,200m, in the Garhwal Himalayas, on full moon day of 'Vata Poornima.' This was on the occasion of International Day of Yoga. Then we checked into a guest house right next to the temple because it had started pouring by then. In the evening, we all gathered in the long balcony to celebrate the successful trek and darshan at Shri Kedarnath. Sadguruji conducted a transcendental meditation while it was still raining outside, it was the most divine and heavenly experience. This iconic day could not have ended on a better note!

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On 16th June, we left Birahi for Badrinath Temple. Badrinath is located at an elevation of around 3,200 m, in the Garhwal Himalayas, on the banks of the Alaknanda River, this sacred town lies between Nar and Narayana mountain ranges. The temple is believed to have been established by sage Adi Shankaracharya in the 8th century. With Lord Vishnu as its presiding deity, the temple remains open for six months in a year.

Badrinath being one of the most legendary Temples, it has numerous mythical tales associated with it. One such tale is of the two sons of Dharma - Nar and Narayana who wished to setup their hermitage and expand their religious base amidst the pious Himalayas. Going by the legends, during their quest to find a suitable place for their hermitage they led to a chanced discovery of the four sites of Panch Badri - namely Dhyani Badri, Yog Badri, Bridha Badri and Bhavishya Badri. Finally they came across a spot which was blessed with two fascinating cold and hot springs behind river Alaknanda. They were extremely overjoyed on finding this place and thus they named this place as 'Badri Vishal', this is how Badrinath came into being.

After a soulful darshan of 'Badri Vishal', Sadguruji led all of us to the last Indian village Mana on the Tibet/China border at a height of 3219m. The moment we entered this quiet little gem, tucked in a corner of our country, what hit me was the mesmerising vistas - the deep blue cerulean sky with cotton candy clouds scattered all across, steep rocky mountain sides dotted with bright green shrubs while the Saraswati river swooshed and gushed down next to tiny

patches of houses where the locals lived. To get to the Ganesh Gufa and Vyas Gufa, we had to hike up the market place where local women were knitting fares to be sold to tourists; and amongst all this, the peace and quiet was the most prevalent feature that added to the mystic allure of this village. I could literally hear the wind whisper melodious hymns, it was so serene. Ganesh Gufa is where Lord Ganesha penned the Mahabharata as dictated by Maharshi Ved Vyas; Vyas Gufa where the majestic sage lived while composing the four Vedas. A distinct feature of this temple is the roof which resembles the pages of Ved Vyas collection of Holy books. Finally crossing the Bheem Pul to witness the magical and mystical River Saraswati Ugam. My most favourite spot in Mana and this whole trip was the 'Saraswati Ugam' - just standing on that Bhim Pul listening to the reverberating sound of this holy river explode out of a curious unknown place was an Enigma I had never experienced before!

We sat at this scenic location and enjoyed Chai at the last Indian Village while Sadguruji narrated His own experiences of staying in one of the mystical caves just above Saraswati Ugam for almost a decade under the tutelage of His Guru - Sri Sri Mahavatar Babaji. He disclosed secrets that are not generally known facts and personal stories while we listened with rapt attention. I had tears of joy and gratitude flowing down my cheeks while listening to Him - it is a special privilege that only a handful are blessed by their Guru in this manner. Once back to the hotel, He blessed us with His Aashirvachan followed by an evening of melodious Bhakti bhajans.

The next morning on 17th June, the team left for Rishikesh, best known as the 'Yoga Capital of India'. It would be a long journey of 300km/9hrs. En route we visited the holy sangams of Karnaprayag, Nandaprayag and Vishnuprayag. The Panch Prayag of Uttarakhand traces the route carved by Alaknanda River when it leaves its Himalayan Abode from Satopanth glacier. It is joined by Dhauliganga River at Joshimath. Nandaprayag is the second confluence in cascading sequence, where Alaknanda River is



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joined by Nandakini River. The third confluence of Alaknanda River is at Karnaprayag, where the tragic hero of Mahabharata, Karna, did penance to please Sun God. Here, Pindar River joins Alaknanda.

The next stop was the ancient Gopinath temple that is dedicated to Lord Shiva. Nestled between lofty and majestic mountain ranges and boasting scenic terrace farms and small waterbodies, serene Gopeshwar is one of the undiscovered tourist destinations in Uttarakhand. The Gopinath temple was erected by the affluent Katyuri Kings approximately around 9th & 11th century and the inscriptions present on the divine trident in the temple courtyard dates back to 12th century. Sadguruji told us that according to the legend, this trident belongs to Lord Shiva. Shiva hurled this trident in order to kill Kamadeva when the latter tried to disrupt his meditation. This divine trident got fixed in the spot and has been there ever since. **It is believed that this trident cannot be moved even with brute force but the slightest touch of a true devotee of Lord Shiva can shake it!**

After a beautiful darshan at Gopeshwar, we reached Rishikesh late at night; the next day we visited the Ram Jhoola and Laxman Jhoola. A few of us shopped for Rudraksha Malas, Shankh and antique pieces made of brass. Finally, on the last leg of this expedition with full hearts we then proceeded to Delhi by bus. Here we took a late flight back to our respective locations spread all across India.

Kudos to a successful Do-Dham Yatra which would not have been possible without the skilled leadership, sound acumen and spiritual guidance of our Sadguruji, Dr. Mangeshda, who Himself has visited these pious Panch Kedars, Panch Badri and Panch Prayags for 15 times, having stayed in these regions for almost a decade during his Kriya Yoga Sadhana.

Words do fall short as I try to express, I do want to say Thank You, For This Honour. Ananta Koti Pranaams at Your Lotus Feet, Deeply indebted to You, Sadguruji, for Your Grace and Blessings.

Jai Gurudev!

Kavita Iyer, Mumbai

— Surreal moments from the Badrinath Kedarnath Expedition —

I was one of the lucky travellers with Sadguruji on the Badri Kedar expedition. It was a journey that touched the heart and here are a few of my feelings that I penned down right after our return.

Our trip began at Haridwar, where we attended the holy Ganga Aarti which I had ever seen only in the videos and frankly had felt nothing about it. But in real life, experiencing it was majestic and beautiful. There, we could see around 1.5 lakhs of people gathered in the Ghats, plus the hundreds and thousands of them who were on video call. It was truly amazing and shocking to see so many people and their determination, strength and faith to have come from afar, to have gathered from different places, all to be a part of worshipping our holy majestic river Ganga, sitting for hours near the Ghats, some standing for hours even, sweating continuously due to the extreme heat; and yet, **when the Aarti started, we could feel the oneness, with**

everybody's eyes on the Diya, our precious fire element, a few recording on their phones and cameras, to document the moment for later!

The highlight of our journey - It was a totally surreal experience being so many thousands of feet above sea level, experiencing the altitude changes and imbibing the energy of the Kalash of the holy Kedarnath temple. We could see the glorious snow-capped peaks behind the temple, a perfect picturesque scenery, the peaks from which the holy river Mandakini begins its journey.

Climbing up the mountain, on the Khechar, was a 'once in a lifetime' feeling to experience the diversity of people and their faith in Shivji which kept them going, despite the fatigue. **The constant presence and guidance from Sadguruji and learning from him as to how to be alert and how to lead was the greatest experience of the journey.** The group of 31 people who felt like a



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family and meeting these genuine people after such a long-time also felt really refreshing.

The peace and tranquility felt at Mana village, where we all were sitting with Sadguruji, him telling us about his experiences in the same place and standing near the Saraswati river, feeling the splashes of water..., it truly was an unforgettable memory!

Looking back now, even the simplest thing like travelling in the bus seems so surreal and glamorous. I just put on some music and the thing I missed the most right now, is the view- the green mountains, the gushing rivers, the sky - all parts of nature put together so beautifully. I have looked at every detail of nature, have tried my best to not let my eyes wander to my phone, but it still does not seem enough; and that kind

of beauty does not just register in our mind once, it also stays with us long after we leave that place.

It stays in our memory so that on the days where life feels like too much, we can simply close our eyes and imagine that we are back there. It brings us a sense of calmness and whatever mess we were going through with life- it all clears up, feels insignificant and suddenly does not feel like a big deal anymore. It may not give the solution, but it definitely gives a new perspective and the strength to deal with things.

Thank you, Sadguruji, for including me in this wondrous journey!

Hari Om!

Asavari Nirgude, Mumbai

The Divine Badri Kedar Expedition

Hari Om!

The Ganga, Alaknanda, Badrinath, Kedarnath... for many years they were just dreams. I longed to visit these holy places. I would try to imagine how these places would be and wondered about the experience one would feel from visiting them. My dreams turned to reality when my Guru, Sadguru Yogiraj Dr Mangeshda announced the Badri Kedar expedition and blessed me by including my name in the list of 31 Yatris! Needless to say, I was excited and full of joy.

In the next few weeks following the announcement, there were multiple virtual meetings wherein Sadguruji, very patiently, explained the itinerary, shared innumerable tips on how to prepare for the journey, what to pack, the kind of bag to bring along, the kind of shoes to wear...the list seemed endless. He thought through every detail considering the health and need of every Kriyaban. After some last minute shopping and packing, the red letter day finally dawned. I travelled from Hyderabad to Dehradun with a fellow Kriyaban. My flight arrived earlier than Sadguruji's flight and I eagerly awaited the arrival of Sadguruji and my Kriyaban brothers and sisters who would be my co-yatris for the next one week. I vividly

remember the moment when I had His Darshan! It was wonderful meeting Him and my Kriyaban family members, all geared up for the expedition.

The Yatra began with the darshan of Ganga Aarti at Haridwar that evening. We waited patiently for two and a half hours amidst lakhs of people in the humid weather. At the end, it was worth the wait as we witnessed the dazzling spectacle in Sadguruji's presence!

The next day was a long 8-hour journey to Sonprayag, the 'base camp' for Kedarnath. The beautiful scenery with mountains and gurgling rivers and streams took our breath away. Along the way, we saw the prayags such as Devprayag and Rudraprayag. On our return journey, we would see the other prayags as well. Sadguruji patiently explained the significance of each prayag.

On the way to Sonprayag, we also visited the Vishwanath temple. It has great mythological and spiritual significance which was once again explained in great detail by Sadguruji. The day to visit Kedarnath arrived. All of us woke up early in the morning and walked a short distance to catch a jeep for Gaurikund. It was a long wait (more than an hour) to get a jeep. After a short trek to Gaurikund, all of us got on to our horses.



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Sadguruji decided the previous night that all of us would go to Kedarnath on horseback to save time. I suspect our average fitness also had a role to play in His decision! After a tough 2 to 3 hour journey, we reached Kedarnath at different times depending on the pace of each horse. As we climbed higher and higher, one could see snow-capped peaks in the distance which were simply breath-taking. But the high altitude meant decreased oxygen level which affected a few of my fellow Kriyabans. Sadguruji took great pains to look after them and nurture them back to good health. It started raining heavily when we reached our guest house in Kedarnath. Most of us escaped getting wet but Sadguruji, who stayed behind to look after and accompany the Kriyabans who took ill, got caught in the rain.

The weather cleared in the afternoon and we all had darshan of Sri Kedarnathji in the evening. **The highlight of the evening was, all of us performing yoga in the square in front of the Kedarnath temple with the snow-capped peaks as witness. It was an experience that cannot be described in words.**

After visiting the temple, Sadguruji took us to the Adi Shankaracharya samadhi which is just behind the temple, which was followed by a brief satsang by Him. After returning to our guesthouse, Sadguruji blessed us with a stirring satsang that left all of us spellbound. It was bitterly cold that evening but all of us went to bed full of joy and happiness.

The next day, the weather became warmer. After a quick visit to the temple square and imbibing the energy as taught by Sadguruji, we began our descent from Kedarnath to Gaurikund. My mind was free of all worries and I took in the beauty of nature that was all around me - blue skies, melting snow along the way, snow-capped peaks in the distance, burbling streams. It was bliss! After reaching our hotel in Sonprayag, we began our journey to the next destination - Badrinath.

After an overnight halt at a beautiful resort, we reached Badrinath in the morning. After waiting for more than an hour in the line next to the Alaknanda, we were blessed with the darshan of Sri Badrinathji in the divine presence of our

Guru. As always, Sadguruji explained many historical and spiritual facts about the temple. In the evening, Sadguruji took us to Mana which is the last Indian village along the Indo-Tibetan border. I was not prepared for what I experienced in the next one hour! Visiting the Vyas gufa (cave), Ganesh gufa and the source of the river Saraswati gave me goosebumps. Sadguruji pointed to the various caves in the mountains surrounding the area and mentioned how He spent some years in this area during His days of sadhana. It was thrilling to come close to the area where Sadguruji learnt and practised deep sadhana. I am sure all of us were inspired by the moment which we will cherish forever.

After returning to the hotel that evening, Sadguruji gave a soul-stirring satsang in which He revealed some astounding information on how He planned for this expedition and the challenges He faced. At the end of it, all of us were left emotional with a deep sense of gratitude and thankfulness after realising what Sadguruji did for us to bring us to these holy places.

The next day began our long journey back to the plains. We reached Rishikesh at night. We slept soundly that night after a sumptuous dinner in the beautiful hotel booked by Sadguruji. After a filling breakfast the next day, we spent some time celebrating our successful yatra and gave thanks to Sadguruji for His Blessings and Guidance throughout the journey. After a quick visit to the river Ganga, we boarded our buses for our long journey to Delhi. On reaching Delhi airport, it was with a heavy heart that my fellow Kriyaban and I bid goodbye to Sadguruji and our Kriyaban family and proceeded to another terminal to catch our flight back to Hyderabad. We were reaching our homes late in the night, but Sadguruji made it clear that He wanted each and every one of us to attend the Sunday Kriya class the next day!

My learnings and takeaways from the one-week expedition were as below:

Sadguruji's love and concern for each and every Kriyaban is limitless. His instructions are based on the needs and requirements of every



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Kriyaban. We just need to place ourselves in His instructions and we will be carried along safely and securely.

Time management is critical in our lives and Sadguruji showed it to us at every step in the journey. His meticulous planning was well implemented, thanks to His superb time management skills and driving all of us to manage time and stick to the schedule.

Body language is important. One should show urgency and eagerness to achieve a goal or

reach a destination. Sloppiness does not help.

Every detail needs to be planned for a journey to be successful and enjoyable.

The seva to the Guru that was rendered by my fellow Kriyabans was inspirational and a lesson to me.

My deepest gratitude and Pranams at Sadguruji's Holy Feet for allowing me to be a part of His divine plan and expedition!

Vikram Duvvuri, Hyderabad

Devbhoomi with Sadguru

Devbhoomi - holiest land in the Himalayas, blessed with abundant flora and fauna, positive vibes, spiritual places and friendly people is a dream destination for every spiritual seeker and for a travel freak. And we are lucky enough and overwhelmed to live that dream from 12th June to 18th June, 2022. For me, Pradeep and Vaibhav it was a wild card entry, we got to know we were 'In' for the Do Dham yatra before 2 days i.e., 10th June, 2022 and this opportunity was possible only because of grace of Sadguru Yogiraj Dr. Mangeshda.

The journey was not just religious tour but a complete package of various sanskaras. The itinerary was well planned by Sadguruji, the food was delicious and healthy, the lodging facilities were lavish and transport facility was comfortable. He made sure that each and every person is comfortable and if any Kriyaban was ill, his special care was taken by Sadguruji and other Kriyabans.

It was a good learning experience for us as the Kafilas were under the guidance of our Sadguruji. The best management lessons were learnt in those few days which even an academic course fails to teach. His management skills were takeaway for us, to name a few - Will power, proper body language, strategic planning, alternative plans, alertness, discipline, time management, patience, presence of mind, human dignity, how to maintain public relations, positive attitude towards life, dealing fairly with problems, positive thinking pattern, how to

manage ourselves while trekking, riding horse, interacting with locals ...and so on. Lot of incidents projected these skills.

We visited Badrinath - temple of Lord Vishnu and Kedarnath - Lord Shiva shrines. Performing mediation and yoga at Kedarnath was an awesome experience. Various other temples were also visited by us like Haridwar - Ganga ghat, Guptakashi- temple which is water source of river Ganga and Yamuna and also a place where Lord Shiva proposed Parvati Mata for marriage, Gopeshwar- Lord Shiva temple in which unique attraction was Trident of lord Parshuram and its stone architecture, Pancha Prayag, Rishi Vyas cave, Lord Ganesha cave - a place where Mahabharata was narrated by Ved Vyasji and lord Ganesha wrote the same, Saraswati river source, Maana -the last village of India and Rishikesh. Historical and spiritual importance was narrated by Sadguruji for all these places and temples.

Travelling with Sadguruji at Devbhoomi was indeed a divine experience which I would cherish for my lifetime. In all, it was a religious as well as spiritual tour and personality development treat for us. I further desire for such spiritual tours in future, as I consider it as a golden chance to be in the divine presence of Sadguruji and for our spiritual upliftment.

Thank you so much Sadguruji for everything!

Dr. Urmila Pradeep Shetve, Mumbai



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Following Dev Charan To Dev Bhoomi

Hari Om!

I had no expectations for the year 2022, other than focusing on work and being accustomed to staying at home. Another year of coughing discreetly and a schedule packed with zoom calls. At the beginning of the year itself, unexpectedly, Sadguruji Dr Mangeshda announced the expedition to Kedarnath and Badrinath. To my surprise, my husband and I were selected to be a part of the group that would be a part of this journey. I had very little idea about these places of snow-laden mountains, once admired only through movies. Nevertheless, I was elated since this trip would be led by Sadguruji himself. In the following weeks, he meticulously trained us to deal with the harsh weather with the help of exercises and breathing techniques; guided us about the appropriate clothing and food. There was heavy importance of mental fortitude to survive any unforeseen events.

On 12th June, 2022, we started our journey to Uttarakhand, also known as Dev Bhoomi, under the guidance of our Sadguruji. My mind was filled with mixed emotions of excitement and anxiety but all this was calmed down by faith and devotion in our beloved Sadguruji. I knew I just had to follow his Dev Charan to Dev Bhoomi.

Our first darshan was the Ganga Aarti at Hari ki Paudi. Initially, it was difficult to feel the oneness as I was amongst a plethora of devotees. Later on, the clutter in my mind settled down and I could experience peace. The beautiful Ganga aarti scene reminded me of the combination of fire and water elements like the one we have in our bodies. While passing through the banks of the Ganga River, I was thinking about how Ganga has a very huge heart and she unconditionally accepts everyone, never discriminates and helps to cleanse every one. She showers her blessings on all. But in return, we do not even respect her enough to keep her clean and devoid of our waste.

On 14th June, 2022, we started our journey to

Kedarnath. Sadguruji decided that we go on horseback to the Kedarnath shrine. Initially, I was a bit nervous, but Sadguruji shared with us in detail how to sit on the horse and manoeuvre it. Initially, I was uncomfortable and several thoughts were running through my mind. I gathered myself, took some deep breaths and started chanting Gurumantra and thanked the horse for accepting me. Slowly I started enjoying my journey and was not bothered about the destination. When my mind was at peace, I started observing the beautiful nature around me. I saw some people saying "Om Namah Shivay", or playing some devotional songs in praise of Shivji, as this gives positive energy to scale up the trek.

My horse had bells tied around its neck and there was a beautiful tinkling sound that was generated from it. Gradually, I could hear 'Vitthal, Vitthal, Vitthal.....' exactly like the warkaris chanting on their way to Pandharpur. Initially, I thought that someone around was playing this music, so I looked around but to no avail. I then realised that we were going to Shivji's temple, why would anyone play Vithal songs? I was surprised by this as I could very distinctly hear the chanting of Vithal along with bells in the background. My logical mind was trying to find the technical reason for this sound and the other part of my brain was telling me to stop thinking and just get immersed in this bliss. The noise within me shut and I enjoyed the divine chanting for some time. Later on, the voice diminished. While returning from

Kedarnath shrine, we were again on horseback and I was craving for this voice to start, but it did not happen. I do not know what this mystery of divine Vithal chanting was, but it was a lifetime experience and I owe it to my Sadguruji for his grace and for helping me to experience this.

After this, we had to walk around 2-3 kms towards the Kedarnath shrine. In the pre-expedition meetings, Sadguruji had mentioned that the last leg of the yatra would be tough due to altitude sickness as the oxygen level is low.



For me, this was the toughest part. I started feeling breathless and walking at a very slow pace. It was the endurance of my physical as well as mental strength. With the grace of Sadguruji, I recovered and had the darshan of the Kedarnath shrine surrounded by majestic mountains. **The icing on the cake was performing Yoga at the feet of Lord Shiva under the guidance of Sadguruji.** It was truly a magical moment and words fall short to explain this feeling. Eternal gratitude to Sadguruji for taking us along to experience this divine bliss. On the other hand, my husband had health issues but was managing well. All credit goes to his sincere practice of yoga, pranayama and Kriya yoga under Sadguruji's guidance.

We visited the Badrinath temple on 16th June after which we moved to Mana village, around 3kms away. It is an excellent tourist destination and many people visit these places. We all started slowly moving upwards as per our capacity. This upward climb was challenging. My husband, Satish and I were moving up and I realised that he was gasping for breath. We were taking a halt and climbing up. Looking at our situation, two men came up to us and suggested that we sniff some camphor to help

with the breathlessness. I had carried camphor in my handbag, but at that moment I was unable to find it. They had a packet full of camphor and ajwain and they gave us quite a bit. Satish used the corner of his handkerchief and tied a knot to it. We thanked both the gentlemen for their timely help. Both of them smiled and waved to us and started walking up to Vyas Gufa. We too were going in the same direction.

Once we reached Vyas Gufa, we met all others and were engrossed in talking to one another and then listened to Sadguruji's detailed explanation about the place. We then moved to different places around in the same vicinity and there were many yatis like us hopping from one place to another and we would also bump into them at one place or another. While travelling back, Satish and I realised that we did not meet those two gentlemen again, not even at Vyas Gufa. I believe they were like guardian angels, they came, helped us and disappeared!

We just followed Dev Charan that is our Sadguruji to Dev Bhoomi and had lifetime experience. Eternal gratitude to Sadguruji for this blissful expedition!

Sujata Bangera, Mumbai

Badri Kedar expedition – a lifetime experience

From 37 degrees to 0 degrees, from sweltering heat to shivering cold, from an aircraft to a mule back, from the mundane to the sublime! The Doham yatra with Sadguruji, from 12th to 18th June 2022, was all this and much more!

At the very outset, He made it clear that this journey is not about finding God inside a temple. He also prepared us to face the elements saying that Nature is unpredictable and we may not get darshan at all due to the changing weather conditions. **As any Kriyaban will understand, journey with Sadguruji itself is a divine experience.** And for a disciple, what can be more precious than a journey with her Sadguruji to the place where his own journey started. That itself is the Ultimate of all pilgrimages! Truly, we were blessed for this journey with Sadguruji to the land where He himself spent those special years of his life under the guidance of

Paramguruji; the locale of all the stories that Sadguruji shares and inspires us with. Just the thought fills me with joy even today and I will treasure this journey all my life!

The excitement started at Mumbai airport itself, as most of us were travelling from Mumbai. Our unity was visible in the form of our red T-shirts and it was amusing to discover that many of us had exactly the same pair of shoes as well! Thanks to Deepanshu, we all had Badri Kedar bag tags and beautiful little diaries to pen our experiences. Sadguruji briefed us in the aircraft itself, preparing us for the huge crowds at Haridwar – Har-ki-pauri, which was to be our first destination that evening.

That 12th evening was memorable in many ways. The banks of the river Ganga were jam-packed and we had to literally squeeze our way through.



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It was hot, around 37 degrees and we had to wait for more than one hour for the Ganga aarti to begin. Sadguruji's preparatory words, 'be prepared to face any circumstances' played out in my mind during the wait. The fact that we were at this pious destination, with Sadguruji, outweighed any small discomfort and it was the first test of this trip. The Ganga aarti was a beautiful spectacle and we bowed in respect to Mother Ganga. Har har Gange, Jai Ma Gange!!

Getting back to the bus was another experience and thanks to our red T-shirts, again Sadguruji's master idea, we all could find each other and stay together in the humongous crowds. Sadguruji's training started there itself, as he told us that walking in the crowd is also a technique which we have to follow. Another thing that I realised and was to realise several times throughout this journey, was that no matter how fast we seemed to walk, he was always far ahead!

'Body language' in this context, meaning 'show your enthusiasm, your quickness' and 'Bhan rakho' meaning 'be alert to your surroundings', were two instructions that we were to hear throughout the trip and this is now something ingrained in me. I now tend to notice the body language of others as well and am more conscious of mine, though personally, I have to improve a lot to meet His standards.

The next day was a full day journey by bus in sweltering heat as the bus drivers had instructions to keep the aircon switched off outside the cities in hilly areas. The camaraderie with our group, the jokes and the feeling of travelling together as a family, looking out for each other and the sheer beauty of the surroundings – kept us going. En route, we halted at Dev Prayag and Rudra Prayag, the confluence of the Bhagirathi and the Alaknanda and Mandakini and Alaknanda respectively. We also visited the temple of Kashi Vishwanath at Guptkashi.

At every halt, Sadguruji explained the background of the place and spiritual significance. Along with us, other travellers also listened enthralled and it was a matter of pride

for us to witness Sadguruji's knowledge and influence on others. Evening halt was at Sonprayag, where we had an important meeting late night where again he prepared us for the big day ahead.

At 5 am, we started out and stood in line for jeep which was to take us up to Gauri Kund. The excitement was palpable and we could not wait to be on our way to Kedarnath. But again – patience. After the wait for the jeep and the short ride up to Gaurikund, was a short but steep climb up to the mule station. We split into small groups of 5 – 6 people travelling together and finally the ascent started. The jingle jangle of the bells around the mule necks and the beautiful scenery were our companions for the next 5 hours or so.

The landscape changed as we ascended. The Mandakini, at our level when we started, became more and more distant and the snow clad mountains came closer. Sadguruji had given us certain instructions and I followed them to the best of my ability. And finally we were at Kedarnath. The final trek of 3 km was tough as we could feel the sudden change in altitude. **Sadguruji had taught us breathing techniques for this and as I ascended slowly, I kept practising these.** The temple came into sight surrounded by snow clad peaks. Some of our fellow Kriyabans showed symptoms of altitude sickness and Sadguruji lovingly took care of each family member.

After a short rest in the rooms, we were at the temple. It was as if an unexpressed wish, lying somewhere deep in subconscious mind was fulfilled, as we went round the pious place with Sadguruji. **Sadguruji organised for us to perform yoga asans with the temple as the backdrop.** All the warm clothing, scarves, caps, shoes were off in a trice. None of us felt cold, it was only later, when friends incredulously questioned me, I realised, **we performed asans barefoot on the cold stone at close to zero degrees, at an altitude of 12000 feet.** It was a joyous, exhilarating and a fitting tribute to Lord Adinath Himself. Sadguruji led us from the front and we followed. Kudos also to our volunteers, Satish



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and Rupesh, who stood guard for us taking care of our wallets, phones and woollens as we performed asans.

Subsequently, we saw the great 'Shila' that had protected the temple in the floods of 2013 and Adi Shankaracharya's samadhi. Then it was time for a short satsang in the temple premises, before heading back to the rooms. As if on cue, it started raining once our itinerary for the day was complete.

It was Vat Pornima and Sadguruji continued with the satsang indoors. It was wonderful listening to Him, surrounded by family and friends. It reminded me of how, earlier, rishis used to conduct satsangs, surrounded by disciples, in ashrams in the mountains.

Early next morning, we were greeted by snow clad peaks shining in the sunlight. Once again outside the temple, Sadguruji addressed us and **He taught us how to imbibe the energy at such pious places irrespective of how crowded the place was.**

The mule ride downhill made us aware of every bone in our body and we joked about it long afterwards. Shubham had some bright ideas on how the journey could be made more comfortable with hi-tech appliances and we had a good laugh listening to his innovative ideas. After a good night's sleep at Tapovan, we were eagerly anticipating the next day's journey to Badrinath.

Again, the views were magnificent, this time, the Alaknanda was our constant companion. En route, we passed by Joshimath, Vishnu Prayag and saw several yatris on the way to Hemkund Sahib. It was a short walk from the bus parking to Badrinath temple and as we stood in line, the Alaknanda kept us company. While the line was long, we managed to get darshan before the temple doors shut, which was again quite miraculous. In the temple premises, Sadguruji asked us to meditate for a short while and it was serene, peaceful and energetic, all at the same time.

After lunch, as we set out to Mana village, our bus broke down. Sadguruji in the other bus,

instructed us to start walking, so we had another impromptu trek of about 2-3 km. On the way, was a beautiful waterfall. En route to Kedarnath, two days back, we had passed by some waterfalls and I was very tempted to get off from my mule and drink the pure mountain water. But I refrained due to time constraint. Here, I felt as if I had the opportunity to fulfil my heart's desire to drink from a waterfall. A kind person there lent me his steel cup to fill water and I drank to my heart's content and splashed water on my face. The water was cold and very refreshing, fresh from its long journey down the mountain. I gave mental thanks to Sadguruji and quickly continued on the trek.

Mana village was blissful, divine and peaceful - words fall short. Ganesh temple, Vyas gufa, Ma Saraswati origin - all of these were special spots and energy level was very high. Most special, were Sadguruji's stories of his time here with Paramguruji and it was divine, sitting at his feet and imbibing everything that he was relating. **It was very kind of Sadguruji to share these special places and special moments with us.** One can only presume the depth of feelings that he would have had, while sharing these moments with us.

In the evening, we all gathered for a Satsang in one of the rooms. The atmosphere was charged and all of us were emotional after the successful darshan at both Kedarnath and Badrinath, all due to Sadguruji's grace. Bhakti bhav was overflowing and the memory of that evening, **at the feet of Sadguruji, with so much Love energy flowing from him, will be one of my best memories.** Cozy, calm, contented, happy - at that moment, there was no other place I would rather be at.

The next day was a long bus journey of 300 km from Badrinath to beautiful Rishikesh. Sadguruji, despite an upset stomach the previous night, inspired us as usual, with his energy, positive attitude and care for all of us.

En route, we stopped at the temple of Gopinath in serene Gopeshwar. Here, one can see the age-old trishul that Lord Shankar threw at Kamadeva. Again, though the temple doors were



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shut, miraculously, the pujari opened them for us, allowing us to take darshan here.

Our journey concluded at Rishikesh, where we had a sharing session in the hotel and special memories were re-lived. A brief rainy walk in Rishikesh and all too soon, it was time to leave for Delhi and our flight home.

For us, Sadguruji's disciples, the journey was much, much more than to external pious destinations. **It was a Journey Within, a journey into exploring our strength at the physical and mental level. It was about experiencing spirituality at each stage, not just inside the temple.** Sadguruji had told us that darshan of the deity would be only for a few seconds and he had also prepared us for the eventuality of not getting darshan at all, due to crowd, weather or whatever reason. A journey with Sadguruji is in itself a pilgrimage, no matter what the destination is. **His blessings, his knowledge flows through to each of us and it is our individual capacity, how much we are able to grasp.**

Being with Nature and experiencing, understanding Her, experiencing the connectivity with the wind, the water, the mountains, trees, was at a different level here. At some level, it was as if some thirst has been quenched, some long existing desire has been fulfilled, something which really is very hard to express. In our mythology, every element of Nature has his/her own character. Here too, every element had her own character.

The Mandakini was our constant companion in the Kedarnath valley, green, mostly calm and very soothing deep down in the valley, as we ascended towards the peak. The Alaknanda at Badrinath was bubbly, energetic, our companion in the valley, as we stood in the line outside

Badrinath temple. She was laughing, chattering and keeping us company, as if she too is waiting for darshan with us. Ma Saraswati, was energetic and noisy and I could immediately relate to the story of Ganesh-ji getting disturbed while writing the epic Mahabharat. The Ganga at Haridwar, as Sadguruji said, acquires a different character, mature and soothing. The mountain peaks were our constant companions, from Rishikesh onwards. The beautiful colours and changing landscape as we ascend into the mountains left us spell-bound.

I felt that all the places that we visited were special, in a way; that is difficult to put into words. To me, it seemed as if all of Nature and the Elements were rejoicing at Sadguruji's journey here with his disciples. The rain Gods were patient, giving us enough time to have darshan at Kedarnath, complete our yoga asans and have a short satsang outside the temple. Again, the rain Gods were benign at Badrinath, giving us enough time to complete our trek to and from Mana village, whereas all the locals had warned us that we were late and bound to face heavy rainfall.

Coincidentally, I was planning for Do Dham Yatra with family for mid-June when Sadguruji announced this expedition. My joy knew no bounds when our names were selected. I shall be eternally grateful to Sadguruji for allowing me on this journey, along-with Rupesh and Asavari. I pray that my capacity increases so that I may understand, grasp and imbibe every learning and every pearl that he passes on, directly and indirectly, to us.

I look forward to many more such experiences and travels with beloved Sadguruji.

Hari Om!

Aparna Nirgude, Mumbai

Gratitude

Hari Om!

By the infinite grace of Sadguruji, we were blessed with the Advanced, very rare, 4th level Kriya Diksha on the pious Gudhi Padva day, on

2nd April, 2022. It was one of the most precious gifts which will be cherished for a lifetime. It will also give an explosive impetus to our Kriya Yoga journey. Thank You Sadguruji, for giving us this opportunity!



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We were also very fortunate to attend the unique ESP programme designed by Sadgururji. Here, we got to know how hormones play an important role in our life, how our brain works, how our habits are formed, all about our neuro systems; and mainly, the programme is designed to challenge ourselves. We also learned how we can rewire our brain in order to change our habits and nature, how to improve our memory, meditation techniques, proper diet to follow and exercises to sharpen our brain. Our gratitude to Sadgururji for conducting this wonderful

programme, requesting everyone to take advantage of this to boost our Kriya Yoga practice and connect with the Higher Self.

Regular yoga classes which are being conducted by Revered Sadgururji are very refreshing as well as rejuvenating, working in so many ways on our body, mind and soul. Sincere Gratitude to Sadgururji for His holy dedication to humanity to spread Kriya Yoga and all the Yogic Practices. Jai Gurudev!

Anil R Varma, Mumbai

Awakening

Hari Om!

Have we ever wondered why our International Magazine is named as 'The Awakening!?' Well, just before penning down this article it came to my understanding that years ago, Sadgururji so aptly thought and named this International Magazine, as 'The Awakening', since His sole purpose and mission was and will always be to Awaken each soul that meets him. Kriya Yoga, Meditation, Yoga and the latest hit sessions of ESP, each and every session is beautifully woven around one basic thread, that is to Awaken!

Yoga classes, our best and most loved sessions that Sadgururji conducts, work like magical elixirs. Constant yoga practice under Sadgururji's grace and guidance has benefitted me tremendously. Health issues, inherited genetically, were ample in store for me like a free package. Vertigo, sinusitis, migraine, acidity, blood pressure and a few years ago, I was diagnosed with slip disc too. As my yoga practice became more and more regular and consistent with Sadgururji, some of these uninvited visitors fled while some do exist but, in less intensity and frequency.

Though we may be aware of only external changes, but internally every atom, neuron and molecule experiences transformation. There are tremendous health benefits and my personal observation is, even if we fall ill, recovery and healing is quite fast and miraculous.

One of the most recent transformations I would

like to share, about the changes that I observed in my body. A few weeks ago, my folks asked me to accompany them for their brisk walk. I decided to join them, though being hesitant and reluctant initially, to match up with their speed and distance. However, I was taken by utmost surprise that I could manage to walk more than 7/8 kms with ease, though it was at my pace. I managed to do so not once or twice but every time I went walking. Once we went for a walk on Yeoor hills, a tough steep road up the hills, even there I managed to walk up till the end point slowly and steadily. Earlier, on the same hill, I would feel extremely tired and exhausted. Felt quite a lot of difference in my stamina and breathing and fatigue was not that high. Earlier, even a 2 or 3 km walk would make me feel extremely tired and post walk also, I would feel lethargic and famished. That is the time I actually realised how Yoga is slowly and surely transforming me, internally as well externally, building up muscle strength, increasing the stamina and rejuvenating all organs. If I miss even one yoga turn, I feel a void.

Everyday routine and super hectic life bogs us down with lot of undue pressure and stress. These yoga classes are brilliant stress busters and help us to rewind and rejuvenate instantly. Energy levels are amplified, enabling us to complete more work in less time and remain fresh throughout the day. All positive intentions are fulfilled; even if there are hindrances or blockages, we manage to sail through them. I therefore would recommend to all Kriyabans to



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make the best use of Yoga classes, as Sadguruji himself pours his Heart and Soul to teach us Yoga. No Master in the World can teach Yoga the way He does.

Every Session conducted by our Sadguruji is nothing less than Super Hit. The latest one being ESP, developing our Extra Sensory Perception. This seminar was indeed a game changer for me. For 28 days, we were supposed to practise some techniques, in which I was quite sincere till the last few days. I still try my best to practise the exercises which were taught to activate our right brain. There was abundance of learning in this seminar. The mind as a machine, carries tremendous power and significance. Our thinking patterns, like an electrical wiring can be interchanged to give best results, as thoughts are the greatest contributors to how we live our life to the best of our capability.

The significance of dopamine hormone, was indeed a superb learning and a fantastic eye opener. At every step, giving in to our temptations, would mean feeding dopamine in a wrong manner. One of my childhood weaknesses of oversleeping or feeling lazy to wake up in the mornings has now considerably disappeared and I have almost been able to overcome this wrong feed to my dopamine. Practising some exercises sincerely to activate right brain has made my observations and memory indeed sharper. At my work place, I need to remember many names and faces, my memory for the same has enhanced. Now I can manage to recollect and recall more details when I contemplate at the end of the day. ESP is like setting up a new wiring of the connectors inside our brain, for our own house, that is our body. Faulty wiring can lead to multiple short circuits, similarly, we give birth to diseases and

mental breakdowns due to our own wrong pattern of thoughts.

Connecting to our own Higher Self and practical, simple & scientific exercises and tips to reconvert all the faulty connections and renew our wiring, hence charging our brain, were the best take aways of the session. ESP cannot be missed!!! A 'must attend seminar' for all age groups!

Last but not the least, was receiving the gem of Kriya Yoga 4th level Diksha. No words can describe this experience, as it was very Divine. A few months ago, due to extreme homebound environment, anxieties had crept in with unwanted negative thoughts. Due to that, my BP would go very high every time I went to the doctor to get it checked. By practising 4th level Kriya Pranayam and simple breathing tips and techniques, pulse rate, breathing, BP ... all have come under control.

Thank you is a very small word, hence deep Gratitude to our Revered Sadguruji for all His Blessings and Unconditional Love that He eternally showers upon us, by investing His precious time and energy for the benefit of all and conducting multiple back-to-back sessions / seminars, for the well-being of all of us.

Sadguruji, we seek your Blessings eternally to practise, pursue, commit and be consistent to experience the transformational Awakening that You have envisioned for us. Anant Koti Pranaams at Your Divine Lotus Feet on this Auspicious Day. **Wishing You a Very Happy Birthday!**

Jai Gurudeva!

Vinita, Mumbai

Spark of Joy

Last two months I have been living in London with my son and his family. After demise of my wife last year, I was experiencing a sort of loneliness in my life. My son was insisting that I visit them so that there will be change of environment and my agony may be reduced to some extent. Though I came to see them here, it

was the same scenario, with both of them going to office early in the morning after dropping kids in nursery /school. For initial three weeks, my elder grandson was with me to play with me since he had school vacation. After his school reopened in September first week, it became difficult for me to pass the time. My son



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suggested that I should start taking walk every morning and evening in nearby parks. I was shown the venue of parks and how to reach there. In unknown country it becomes easier to remember the exact paths leading to particular spots when you walk through the small lanes remembering the landmarks around. I started going to the nearby parks every day, which had a walking track beside children playing area. It was spread in 8 acres of land with exquisitely maintained grass land surrounded by old trees, may be a century old. It had entry gates from two sides.

One day, when I was entering the garden from the gate, I saw a handicapped lady riding on a wheelchair with her dog chained with a strap trying to open the gate behind me. She may be in her twenties. I turned back and opened the gate for her so that she can pass through it smoothly. She thanked me and proceeded with her dog towards the walking track. I saw that the dog was guiding her and following her instructions. She might have taken 3 rounds of the ground. I did not wait to see her leave. It so happened that next three days whenever I went for a walk, she was there at the gate, same time. Every time I opened the gate for her, she thanked me profusely. The fourth time I opened the gate, she stopped abruptly and asked me whether I was following her. I was taken aback. I said it was not so, it must be the coincidence. Then she asked me whether I was showing sympathy towards her condition. I said no, it is not the case. It is just the humanitarian gesture. She was curious and enquired whether I am an Indian. I said yes. In the conversation, she told me that in U.K., people shun sympathy. They preserve their privacy and are not open to interference in their lives even if they are incapacitated. I thought it better not to say anything. I was a little bit nervous. I changed my timing of stroll so that I may not get to meet her.

After a gap of a few days I saw her strolling with her dog in the park giving instructions to march the dog in a particular way. I slowed my pace to avoid her. But she kept on following me. "Hey, gentleman, where were you? For last few days you were not to be seen." She asked me. I was

hesitant to reply. "Can we talk", she insisted. I said "okay". "You must have felt offended with my outburst that day, but it was my spontaneous reaction. By the way, I am Jane, what's your name?" When I told her my name, she was not able to get it properly. I smiled and told her that she may call me Chandra for brevity sake. "What is the meaning of it?" Her immediate question! When I told her that it means the Moon, she smiled broadly.

I asked her what happened to her legs? Then she started telling her life story. She was in relationship with a guy. She had met with an accident while riding on a motor bike with him and was paralyzed waist down. She has been using wheel chair for moving out with the help of dog. Her boyfriend deserted her and that she was living with her parents. I felt sorry for her and said so. "Don't you be sorry, I hate this word, I have come out of it, you know- survivorship is an evolution. It teaches you to face life boldly. I have gone through the enormity of happenings which impacted my thinking and outlook towards the world around. I have accepted my illness but do not want to make show off and nobody should feel pity

about it." I was speechless. Was I showing my gracious side in her condition? I brushed aside this thought and said that I respect her feelings.

As we often met next few days, she wanted to know more about Indian culture, its heritage and ancient scripts. I thought she must have read or heard many good things about India, not the much hyped old concepts of serpent charmers and beggars. In the course of conversation she asked me whether I have read J. Krishnamurthy. Though I had heard about the scholarly discourses of J. Krishnamurthy, I did not have a chance to hear him or read his books. I said that I do not read much of spiritual books barring Ramayana and Mahabharata stories and some religious books. The way she was talking, I realised that she must be reading a lot about different cultures and customs associated with them.

One day, I was showing my grandson, a yoga asana in that garden. She was taking rounds with



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her dog and on the way she stopped to observe us. "Who is that kid and what exercise are you showing him?" she asked. I said, "it is a sort of physical exercise we call yoga asana back home. He is my grandson and he wants to learn from me the asana to keep himself fit". "Oh, is it a fitness regime for kids?" She asked me. "No, no, anybody can practise it". I said. "So I can also do it?" She asked. I explained to her about many types of body postures or asanas prescribed for different body parts for strength, flexibility and endurance. "So, this is Yoga, I have seen it on TV channels sometime back." She said. I explained to her that Yoga is a comprehensive term and it contains so many things. Rather, it is a way of life for practitioners, comprising of physical exercises, breathing techniques, meditation etc. and one has to do it practically to experience its efficacy. Though there are many books on it, they are not so effective unless you practically follow them. On her insistence, I showed her simple postures which can be performed even sitting in chair. She was impressed. In subsequent interactions I showed her some techniques of pranayama and meditation. She seemed to be a good student. She told me that it had a calming effect on her thoughts. She was feeling much peaceful and relaxed when she met me again. I felt elated that she had put herself in practice and was feeling better. These foreigners are really sincere students if they want to grasp new things if they find them scientifically appealing. I told her that our ancient Rishis have practised these techniques by studying the structure of human body, cells, muscles, endocrine system, respiratory system, nervous system etc. and Yoga has evolved after deep study and realisation of its effect on body, mind and soul. It enriches your whole approach to make you a good human being. I do not know how much she understood all those things but her persistent inquiries were a proof enough that she had started practising some of the things which I had taught her. I was anxious to

know whether she was feeling better than before. She told me that she has become mentally strong enough to face any eventuality. Her contention was that the physical damage cannot be restored and she had taken it in her stride and wants to move on and enjoy life as it is. This philosophy of hers, looking at life with open mind was most heartening. Very rarely we meet such people in real life.

Towards the end of the month of September, the weather in London became more erratic. The temperature dropped substantially and there was intermittent raining making my moving out of house difficult. Even after wearing jacket, I was feeling cold making my face and hands shudder outside the house. We started using heaters to keep ourselves warm. I had a bout of cold and fever. The old backache problem erupted. My movements became restricted. I started drinking warm water, tea and coffee frequently to ward off shivering. My family told me not to venture out as I was not accustomed to such severe atmospheric conditions. I decided to come back home as soon as possible. Unfortunately I had not taken contact details of my new friend. One last time I tried to see her in that garden but she too had remained indoors in such harsh conditions. I wished I could have had more interactions with her, to be of some help to uplift her spirit to face life with new-found vigour and vitality. I may get to go there again and may have a chance to see a new person in her. It is just a wishful thinking. Our Sadguruji always talks about Universal Love and how we should be the torch-bearer of that concept, wherever we go, whomsoever we meet! I tried to be a messenger of that Love and was able to succeed to some extent in lighting the spark of joy in some body's eyes unknown to me. May God bless her with abundant joy and happiness!

Hari Om!

Chandrakant Baraskar, Mumbai

Clear your mind of all the internal turbulence and have purity of thought to lead a harmonious and peaceful life.

H. H. Sadguru Yogiraj Dr. Mangeshda



Heartiest congratulations revered **Sadguru Yogiraj Dr. Mangeshda** for crossing **One Crore** milestone of **EYE PLEDGE WE PLEDGE AWARENESS CAMPAIGN**, one of the noble causes and social activities of **SMKYF**.

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



HAPPY
Diwali

**Our Sashtang Pranams at
Your Lotus feet.**

**Hariharan
Lakshmi**

**Prasad
Panna**

**Ram
Preeti**



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



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



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

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

Panavi





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The Tangle of 'Mind' And 'Body'

The best thing Kriya Yoga teaches us is, how mind and body coordination can be attained for 'peace' and 'patience' to achieve our goals, at the right time with right manner. Through Kriya Yoga, the disciple discovers that the only way to facilitate true, long lasting and permanent change is to work with both the mind and the body. Our body will act as what the mind instructs it to do. What is often forgotten is, our body will reiterate what our mind, often unconsciously, has conditioned it to do and our habits are formed in this manner. Therefore, changing our thinking patterns can alter our body and vice versa. But normally, it is the mind that gives more problems and changing the neural pathways (habits and reaction patterns) that have been formed in our mind during years of repetitive behaviour and conditioning it can be a challenging process.

Last two to three years have been very different for all of us with Covid, work from home and many challenges for many of us. But I have been the one fortunate that I received my best support and guidance from my Sadguruji. Sadguruji continued the Kriya yoga, meditation and Yoga sessions through online mode, then very special, best and unique 4th level Kriya Diksha bestowed by Sadguruji, then Badri Kedar Yatra with Sadguruji, and then participating in the ESP (Extra Sensory Perception) at our Goa centre are through and through special events that helped me to unlearn and transform.

Let me start reverse with ESP, which was a marvellous experience to understand the complex structure of our conscious and subconscious mind... Sadguruji made this complex topic simpler by using real life examples, which could be related to our day-to-day experiences. We want to do something but unable to do, we give a lot of excuses and blame others and circumstances. Our habits and lifestyle are due to subconscious mind that has captured information from conscious mind. This subconscious mind awakens when conscious mind is sleeping and it keeps on troubling us in our daily life in the form of emotions. These

emotions keep us within our comfort zone, restricting our actions. To break our habits, it is important to increase our consciousness and redraw those neural circuits which are our habits with positivity. The programme taught us some simple but powerful methods to redraw or realign our thinking patterns and thus achieving what looks impossible.

Now let me share my experience of positivity and negativity and how the above stated theory was experienced during Badri Kedar Yatra. The climb to Kedarnath is difficult, especially with my weight and the operated knee. Still Sadguruji included me into this journey. The journey to the top of mountain where the Lord Kedar is seated, is not easy. The acclimatization to such a height of about 1200 feet takes time and body does not support. At these times it is important to have faith in one's mind and Sadguruji, who was leading from the front. The night at this pious place was tough for myself... at midnight I started feeling breathless and a sort of disoriented. I was trying my best to deep breathe and use other techniques but I was struggling by myself. I tried chanting Maha Mritunjaya Mantra but to my surprise I could not chant it properly. This struggle continued for nearly four hours. But I was determined that I will heal myself and will be ready to complete the pilgrimage on my own without any issues. I could feel the war of negativity and positivity within me. I was praying to Sadguruji to make me stronger so that I can overcome this challenge all by myself. With constant positive auto suggestions and multiple attempts till morning around 5 am, I started feeling better and could breathe properly. I realised that it is our mind and trust on Sadguruji's teachings that one can overcome any challenge. Mind plays a big role in overcoming any blocks and we have power to achieve whatever we want.

I continued my positivity throughout this tour. I ensured that I completed all my tasks effectively, not allowing any negativity to weaken me. My body was giving in a few times but with strong mind and intention I could encourage my body to support me. On many occasions though I was



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last to reach, I completed all peaks and places we wanted to visit. I experienced what is 'living in presence' means and how to bring our alertness forward. But this was before I undertook ESP programme at Goa and ESP programme further enforced my belief that making our consciousness prominent is required to overcome unwanted emotions like fear and frustrations. Taking small steps with cultured mind, we can overcome any negativities.

And that links to the special and most unique event of my life... Kriya 4th level Diksha. I really thank and salute my dearest Sadguruji to select me to receive this special Diksha. I firmly believe that this is the most unique feat ever and nobody on this earth has this special privilege to receive. The powerful techniques learnt now have taken us to a different level spiritually. It is thoroughly divine.

This 4th level Diksha is about bringing all the previous Kriya level learnings together to quickly alight on a path of spirituality. The techniques help us appreciate the flow of breath to generate and direct the flow of energy to the right place within. I could relate the experience of Badri Kedar yatra and ESP with 4th level Diksha. This Diksha and its related techniques are making us to -

realise the importance of breath and how the breathing is connected to our mind, 'pranamaya kosha' (subtle energy body) and other 'koshas';

increase consciousness so that we can rewire our brain and thoughts to improve our neural responses;

be more patient to understand the cycle of 'cause and effect', be more responsive rather than reactive;

understand that breathing will bring one back to the Present, heal and help reach to Ultimate Consciousness;

realise relationship between breathing and emotions;

and many more.

While there are so many learnings, I feel the start of real transformation has just begun for myself... to be a better and powerful human being. It is just a start and miles to go, but with confidence. I have technique and wish...hope I can increase my will power further to reach my goals. I know my Sadguruji is taking me towards that direction and I can achieve it.

Hari om!

Rajeev Raval, Mumbai

Happy Birthday Sadguruji!

Divine is your Charisma,
In removing our Stigma!

First lesson you Taught,
Is to open my Heart!
Possess NOT what you See,
Possess what you Don't See,
Unconditionally Loving, forgiving and accepting!

Developed Nine Holes,
Mastering the Senses,
Mastering over Nine Holes,
Disconnecting from the Senses,
For one door to Open,
To make the Connection!
Divine is your Plot,
How you unveil the Knot!

Growing I am,
Absorbing the Rays,
Learning I am,
Studying Myself!
Flowing I am,
Connecting with the Music,
Practising I am
Awakening to New beginnings...
In Light I am,
To dissolve 'I am'!
With My Master My Divine
Journey is Divine!
With Soulful Gratitude,
Seeking your Blessings,
For Eternally Glowing!
Salutations At Thy Lotus Feet!

**Shambhavi Kriyaban
Connecticut, USA**





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UNCONDITIONAL FORGIVENESS ALL OVER THE WORLD.

Nothing Matters

I am a beautiful cup,
Feeling hollow and empty,
I ask myself "What is up?,
When will I feel plenty?"

Laughing at me,
The brimming one next,
Told me with Love,
"Being hollow is fine,

Hollow is how
You gather substance!
If you were full,
Do you have any chance?

Empty is good,

As it does show,
That you are indeed willing,
And able to grow!"

What if I were empty,
What if I were hollow,
Nature will fill the vacuum,
And it will surely show!

If you be nothing,
Then you have everything,
But if you have everything,
You surely be nothing!

Swanand Kriyaban
Connecticut, USA

Women to Human to Humane Empowerment

Womb to Womb,
Vicious is the Cycle!
I birthed from Womb,
To solve the Puzzle!

Breaking the Circle,
Back to the Womb,
A Beautiful Miracle,
Mortal to Immortal!

Spiritual is the Journey,
In Divine Harmony,
Learning to Liberate,
Being Immaculate,
To Experience the State,
Of being in the Womb...

Vibing with the Reverb,

In Silence I Absorb,
Wisdom I Imbibe!
Oh my Creator! You are Superb!
My Master, My Divine,
Thank you for Empowering us,
From Women,
To Human,
To Humane!
Soulfully Surrendering
Sadguru my Divine
At thy Lotus feet

Expressing my Heartfelt Gratitude
Seek your blessings Sadguruji
Pranams

Shambhavi Kriyaban
Connecticut, USA

Shed your fear and chase your dreams. Dare to make them possible through perseverance and determination with constant exercises and meditative practices.

During meditation, your mind is focused since the flood of thoughts is momentarily paused. Use this energy to bring about your spiritual growth.

H. H. Sadguru Yogiraj Dr. Mangeshda



आत्मतत्त्व से ब्रह्मतत्त्व तक

भारत के स्वतंत्रता को 75 साल पूरे हुए। स्वतंत्रता शब्द में ही 'स्व' की महानता दृगोचर होती है। अंग्रेजी हुकुमत से आजाद होने की शुरुआत 1857 के विद्रोह से हुई और 1947 को भारत के स्वतंत्र सार्वभौम राष्ट्र का निर्माण हुआ। गत 75 सालों में हमने कई घटनाक्रम और कार्यक्रमों का अनुभव किया। अपने अस्तित्व का परिचय विश्व में साबित करते वक्त अनेक क्रांतिकारी घटनाओंका सामना हमें करना पड़ा। सामाजिक तथा राजकीय बदलाओं की प्रतिक्रिया इस कार्यकाल में देश तथा विदेश में होना स्वाभाविक था। इस संघर्ष काल में देश की सीमाओंका रक्षण और विकास के क्षेत्र में जो आत्मनिर्भरता का रास्ता हमने अपनाया वह काबिल-ए-तारीफ था! आज विश्व के 195 देशों में भारत की जो प्रतिमा है उसका कारण है - हमने 75 सालों में आर्थिक, सामाजिक, शैक्षणिक, कला, क्रीडा, विज्ञान के क्षेत्र में जो प्रगतीका चढता आलेख कायम किया है! अन्य देशों के मुकाबले हम किसी भी क्षेत्र में कम नहीं या पीछे नहीं।

'आत्मनिर्भर भारत' यह माननीय पंतप्रधान श्री नरेंद्र मोदीजी की संकल्पना है और इस में योगसाधना भी एक महत्वपूर्ण घटक है। भारतवर्ष का अतिप्राचीन शास्त्र योग - शरीर, मन तथा आत्मा इन तीनों स्तरोंपर मानवी जीवन में अमूलाग्र बदलाव लाता है। योग को संपूर्ण विश्व में प्रचलित करने में तथा अंतरराष्ट्रीय योग दिन मनाने में माननीय श्री. नरेंद्र मोदीजी का योगदान है। योग के विषय ने सारे विश्व को आकर्षित किया है। योग का अर्थ है जोडना। केवल देश ही नहीं बल्कि सारे विश्व को जोडनेवाले योग का मूलस्रोत 'क्रियायोग' है। भगवद्गीता के बोधप्रद 18 अध्याय है क्रियायोग - जो अंधश्रद्धा से परे रहकर खुद ही करने की साधना है, जो अपने मनोविकारों पर विजय पाकर मुक्ति देकर सर्वोच्च अनुभूति प्रदान करती है। पूज्य पतंजलि ऋषिने 196 सूत्रों में बांधकर योगसाधना के अष्टांगयोग का

अविष्कार किया। क्रियायोग में तप, स्वाध्याय तथा ईश्वरप्रणिधान - यह तीन नियमों का पालन अभिभूत है। अविद्या, अस्मिता, कोप, द्वेष और अभिनिवेश यह पांच क्लेश हैं जो क्रियायोग साधना से नष्ट होते हैं। "ततः क्लेश कर्मनिवृत्तिः"।

योगाभ्यास की निरंतर साधना से जो आंतरबाह्य बदलाव साधक पाता है वह उसे स्व-अनुभूति की ओर ले जाता है। पतंजलि ऋषी कहते हैं -

**"योगाड.गानुष्ठानाद्शुद्धिक्षये
ज्ञानदीप्तिराविवेकख्याते" ॥2.28॥**

अर्थ : योग के आठ अंगों की साधना करने से ही चित्त की अशुद्धी का नाश होता है और ज्ञान की ज्योती प्रकाशमान होती है जिससे जीवात्मा का विवेक उजागर हो जाता है।

क्रियायोग केवल कसरत या आसनसंहिता नहीं, वह एक आध्यात्मिक अनुशासन है। भावनिक एकात्मता और गुढ घटकों से भरा उन्नत मार्ग है। 5000 साल पुराने इतिहास का साक्षी यह योगशास्त्र शारिरिक आसन, प्राणायाम, ध्यानधारणा, शुद्धीक्रिया और सबसे महत्वपूर्ण घटक अर्थात् उच्च जीवनशैली का निचोड है। क्रियायोग पांच भागों में बाटा गया है -

क्रिया हटयोग : इसमें 18 आसन, शुद्धीक्रिया, मुद्रा तथा बंधों को समाविष्ट किया गया है।

क्रिया कुंडलिनी प्राणायाम : साधक इस में विविध प्राणायाम के द्वारा सांसो पर नियंत्रण पाकर अतिंद्रिय शक्ति का अनुभव करता है।

क्रिया ध्यान योग : यह ध्यानधारणा का सर्वोत्तम विधी है जिस के माध्यम से साधक अपने मन को काबू में करके आंतरिक मनःशांति पाता है और आध्यात्मिक रहस्यों के शिखरों को पार कर जाता है।

क्रिया मंत्र योग : मंत्रों के द्वारा मनःशक्ति को बढ़ावा देकर उसकी तीव्रता को और उजागर किया जाता है।



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क्रिया भक्ती योग : भक्ती योग से सात्विक विचारों का उन्नयन हो जाता है और आंतर-बाह्य शुद्धता का भाव विकसित होकर आत्मसाक्षात्कार का परिचय आना शुरू हो जाता है।

ऋषि पतंजली ने 2200 साल पहले इस क्रियायोग को अष्टांगयोग नामसे परिचित किया तब यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान और समाधी इन आठ सीढीयोंद्वारा साधक में क्रमशः अमूलाग्र बदलाव कैसे ला सकते हैं इसका विवरण सबके सामने रखा। इसलिए मैं उनको एक आधुनिक शास्त्रज्ञ की उपाधी देना चाहता हूँ।

“इस जगत में लेन-देन की प्रक्रिया सदा चलती रहती है। हमने इस जगत से भौतिक संपन्नता तो ले ली, अब हम उसे बदले में क्या दे सकते हैं? हम उनको यही कह सकते हैं की हम तुम्हें अच्छा इन्सान बना देंगे। अब तक आप प्रगत पाशवी भाव से भरपूर इन्सान रहे हो। लेकिन अब हम हमारी संस्कृति के भंडार तुम्हारे लिए खुले कर रहे हैं ताकि तुम अच्छे इन्सान बन सको। तुम्हें श्रेष्ठ राष्ट्रीय चारित्र्य की मात्रा लेकर अपना जीवन तेजोमय करना होगा। अब आधुनिक भौतिक प्रगति के साथ साथ भारतीय संस्कृति के संस्करण का दर्शन सारे जहां को दिखाकर पशुत्व की भावना को नष्ट करके मनुष्यत्व की आस लगाकर ईश्वरत्व का भाव जागृत करनेवाला अभ्युदयी मानव समाज हमें निर्माण करना होगा।”

परमपूज्य गोळवलकर गुरुजी को अभिप्रेत सुधास्नान पुरे विश्व को दिखाने से पहले; हम भारतीय समाज ने इसे अपना अति आवश्यक है। अपने शरीर, मन को स्वच्छ और पवित्र करके खुद की असली पहचान करवाने का यह अत्युत्तम मार्ग है - योगशास्त्र का यथावत अभ्यास तथा अनुष्ठान की भावना !

**“तपस्विभ्योऽधिको योगी
ज्ञानिभ्योऽपि मतोऽधिकः।
कर्मिभ्यश्चाधिको योगी**

तस्माद्योगीभवार्युन॥” (गीता 6.41)

भगवान श्रीकृष्ण ने अर्जुन को कहा की तपस्वी, ज्ञानी और कर्मीयो से योगी अधिक श्रेष्ठ है और इसलिए “तू योगी बन” यह उपदेश किया। योग में अध्यहृत मानसशास्त्र का संबंध हर व्यक्ति के साथ है। हर व्यक्ति समाज का अविभाज्य अंग होने के कारण व्यक्ति के साथ जुड़े हर चीज की तरफ ध्यान देते समय समाज को दुर्लक्षित कर नहीं सकते। योगशास्त्र कार्यकारण भाव पर अधिष्ठित है। मनःस्वास्थ्य, आरोग्यदायी जीवन और आत्मसाक्षात्कार का परिचय देनेवाला एक शास्त्र है।

स्वतंत्रता पूर्व काल का प्रभाव भारतीय समाज पर बहुत समय तक रहा और कुछ हद तक आज भी है। देश, विदेश में क्रियायोग का प्रचार करते समय मुझे एक सुखद भावना का अनुभव हुआ - वह थी योग और भारतीय संस्कृति के बारे में अपार आदर की भावना! “स्व” के निर्मिती की शुरुआत खुद से शुरू होकर समाज और देश तक पहुंच जाती है! योग के माध्यम से सामाजिक संबंधों का व्रत तथा अंतर्गत व्यक्तिगत जीवन में अनुशासन, पंचप्राणों का नियमन, इन्द्रियोन्मुखता, चित्त की एकात्मता और शुद्धी यह सब आंतरबाह्य परिवर्तन लाने की अवस्थाए हैं।

स्वातंत्र्योत्तर काल में तथा उसके पूर्व कई योगपुरुष भारतवर्ष में होकर गये; जिनमें पद्मविभूषण श्री. बी. के. अय्यंगरजी का परदेशों में योग को प्रसारीत करने में बड़ा योगदान रहा। उन्होंने भी यही कहा था की शरीर, इंद्रिय, प्राण, मन, बुद्धी, चित्त और आत्मा यह सात सिद्धियों द्वारा एकत्व पाना संभव है! योगसाधना की निरंतर अभ्यास से सर्वांगीण विकास होते होते साधक जो ऊर्जा संपादित करता है उसका दायरा केवल खुद तक सीमित न रहते हुए पुरे समाज तक पहुंच जाता है।

ऐसे योगसाधकों की एक दुसरे से जुड़ी श्रंखला का तेजोवलय पुरे राष्ट्र में ही नहीं बल्कि वैश्विक परिवर्तन लाने की क्षमता रखता है। चित्तवृत्ती के निरोध हेतु



THE AWAKENING!

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सच्ची लगन होना अत्यावश्यक है। इसिलिये स्वतंत्रता शब्द की व्याख्या केवल व्यक्तिसापेक्ष न रहते हरेक व्यक्ति के सर्वांगीण विकास में सहायक होना अभिप्रेत है। क्रियायोग के अभ्यास से मानसिक, शारिरिक तथा आध्यात्मिक उत्कर्ष के साथ साथ सामाजिक अभिसरण की भावना का उद्दीपन होना अत्याधिक आवश्यक है।

अष्टांगयोगद्वारा महर्षि पतंजलि ने दिये हुए यम-नियम बढिया जीवनशैली से भरपूर है। साधक के विचार करने की प्रक्रिया पर नियंत्रण रखकर विचारों का नियमन कैसे किया जाता है यह महर्षि पतंजलिने विदित किया है। बाह्यांग और अंतरंग की साधना ही "स्व" की पहचान देकर मनुष्य को उत्कर्ष की ओर ले जाती है। एक बात ध्यान में रखे की योग कोई भी कर सकता है। क्रियायोग साधना से साधक अपनी शरीर-रचना, शारीरिक कार्यकलापों पर नियंत्रण पाकर उन्हे सही तरीके से आत्मसात करने में कामयाब होता है। शरीर और प्राणशक्ति के साथ-साथ चित्त, बुद्धी, अहंकार और मन की गती का ज्ञान उसे होते जाता है और ततपश्चात आत्मशक्ति के प्रभाव से साधक अधिकाधिक शक्तिशाली, होशियार और प्रतिभा संपन्न होते जाता है! कार्यशक्ति को इच्छाशक्ति का बल मिलने से अतुलनीय कार्य सुलभता से पार करने की अदम्य क्षमता साधक प्राप्त करता है।

कोविड महामारी के दौरान हरेक व्यक्ति को अपने फेफड़ों और श्वसनसंस्था का महत्व ध्यान में आया। मेरा यह निरीक्षण है इसके बाद हजारो लोग प्राणायाम तथा रोग प्रतिबंधात्मक उपाय खोजने लगे। योगाभ्यास के प्रति उनकी रुचि बढ गयी। यह स्थिती निर्माण होने का कारण था मनुष्य का भौतिक जगत में मशगुल होकर अपने शरीर, मन और भावनाओं की जरूरतों को

नजर अन्दाज करना। अपने जीवन में आहार, विहार, आरोग्य और नितीमत्ता का समन्वय रखना कितना महत्वपूर्ण है यही वह भूल गया था।

योगाभ्यास साधना "आत्मतत्व" की खोज को "ब्रह्मतत्व" के साक्षात्कार तक ले जाती है। इसलिए संपूर्ण परिवर्तन करनेवाला योग हरेक व्यक्ति ने अपनाने की जरूरत है। स्वतंत्रता के बाद गत 75 वर्ष हमने कई बदलावों का अनुभव किया। संयुक्त राष्ट्रों के महासभा में 27 सितंबर 2014 को माननीय पंतप्रधान श्री. नरेन्द्र मोदीजी ने 21 जून अंतरराष्ट्रीय योग दिन मनाने के लिए सब सदस्य राष्ट्रों की अनुमती ली। आज करोडो लोग योग अपनी जीवनशैली का अविभाज्य अंग मानते हैं। यह भारत के लिए गौरव की बात है।

योग प्रसार और योग प्रचार करने वाली अनेक भारतीय संस्थाओं में योग-संशोधन और योगोपचार के विभाग कार्यरत हो गये हैं। मैं खुद गत 56 सालों से योगसाधना और संशोधन में काम कर रहा हूँ और पुरे विश्व में उसका प्रचार करता हूँ। मैं बड़ी फक्र से कह सकता हूँ कि पूर्व - पश्चिम जगत को जोड़ने का कार्य योग कर रहा है। दोनों संस्कृतियों ने उसे अपनाया है। योग भारतवर्ष की गौरवशाली विरासत है।

विज्ञान की कसौटी पर परखा हुआ भारतीय वंश का यह योग 'स्व' से शुरू होकर सबको 'अपने' में समाने की क्षमता जरूर रखता है। माननीय पंतप्रधान श्री. नरेन्द्र मोदीजी के आत्मनिर्भर भारत का 'योग' एक अमूल्य खजाना/देन है। इसलिए चलिये - हम योगाभ्यास द्वारा अपने-आप में स्थित दोष, क्लेश को नष्ट करें एवं खुद स्वयंप्रकाशित बनकर संपूर्ण राष्ट्र और विश्व के उत्कर्ष में सहायक बनें।

सद्गुरु योगीराज डॉ. मंगेशदा

(यह लेख हिंदी विवेक मासिक में प्रकाशित हुआ था।)

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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दीक्षा - स्तर 4 और मैं

ट्रिंग ट्रिंग - फोन की घंटी बजती रही। मैं जब तक फोन लेने पहुंचता घंटी बंद हो चुकी थी। मिस कॉल में देखा तो सरस्वतीजी का नाम पाया। मैंने पुनश्च उन्हें कॉल किया - "हरि ओम सरस्वतीजी! आपने फोन किया था, कोई खास काम था मेरे पास?"

"नहीं! लेकिन आपको एक खुशखबर देनी थी।" - इति सरस्वतीजी।

मैंने पुछा, "क्या खुशखबर?"

सरस्वतीजी : "अरे भाई, खुशखबर ये है की आपको सद्गुरुजीने चौथी दीक्षा के लिए चुना है और एक मार्च को महाशिवरात्री के मुहूरत पर दीक्षा देने जा रहे है सद्गुरुजी! अपने क्रिया विला में है यह हवन।"

यह सुनते ही मैं सातवे आसमाँ पर! एक मार्च - महाशिवरात्री क्या संजोग है, एक मार्च मेरा जन्मदिन - महाशिवरात्री - चौथी दीक्षा - मानो जन्मदिन की अनोखी भेंट! दुग्धशर्करा योग। गत दो वर्षों से सद्गुरुजी हमें सुचित कर रहे थे की चौथी दीक्षा देने का समय आ गया है और उसकी तयारी करने हेतु क्रिया क्लास में उसकी कुछ क्रिया सिखाना उन्होंने आरंभ भी किया था ताकि हम सब साधक मानसिक तौर पर उसके लिए परिपक्व हो जाएं। इस शुभ अवसर का हमें बेसब्री से इंतजार था क्यों की करीब सोलह साल के बाद यह सुवर्णक्षण आ रहा था।

आखिर वह दिन आ ही गया। हमें एक मार्च सुबह 6 बजे अंधेरी पहुंचना था जहां से आरक्षित बसद्वारा हमें अपने आध्यात्मिक ग्राम (क्रिया विला) - खोपोली में जाने वाले थे। साथ में दीक्षा विधी के लिए क्या क्या लाना है इसकी सूची हमें पहले से ही विदीत कर दी गयी थी! मैंने रात के समय सोने का प्रयास किया पर मन उत्साह एवं आनंद से इतना भावविभोर हो गया था की नींद आंखोंसे गायब हो चुकी थी। करवटे बदलते बदलते आंख लगने को थी की अलार्म बजने लगा। मुझे आशंका थी की कई नींद पुरी न होने से सरदर्द ना हो

जाए। सब तैय्यारी करके अंधेरी पहुंचा! बस शुरू होते ही सहयोगी साथियों ने भजन शुरू किये तो सारी थकान, सुस्ती गायब हो गयी और नयी ताजगी से मन प्रफुल्लित हो उठा!

गुरुजीने दीक्षाविधी के पूर्वतैय्यारी करने हेतु एक अग्रिम टीम को पहले दिन ही आध्यात्मिक ग्राम में भेजा था। हम वहा पहुंचे तो देखा, हवन की पूर्वतैय्यारी हो चुकी है, सभी शिष्यों को परीघ से गोलाकार बिठाया गया! थोड़ी देर बाद गुरुजी का आगमन हुआ। पहली आहुती के बाद गुरुमंत्र का अखंड जाप शुरू हुआ तो पुरे माहौल में अभूतपूर्व गंभीरता और प्रसन्नता छा गयी।

मुझे याद है कुछ साल पहले सद्गुरुजीने इस जगह का भूमिपूजन किया था तब यह जगह बिलकूल विरान जैसी थी, लेकिन उनकी दूरदृष्टी और अथक परिश्रम से इस जगह में ऐसा परिवर्तन आया है कि विश्वासही नहीं होता की ऐसा आश्रम इस परिसर में शायद ही कही हो। मैं तो कई कार्यक्रमों का हिस्सा बनकर यहा आता रहा हूं और हर बार मुझे इसका नया रूप दीखाई देता है। इस जगह पैर रखते ही मानो पवित्रता और भक्तिभाव जागृत होकर एक नयी चेतना मिलती है। यह बारबार लगता है की गुरुजी के पावन पदस्पर्श से धरा ने एक नया रूप धारण किया है जो हमारे मनोव्यापार को आगोश में लेता है, भाता है... यह सब वर्णनातीत है।

गुरुजी के हवन पूरा करने के बाद पहले 10-12 क्रियाबानों को दीक्षागृह में बुलवाया गया। भाग्य से मेरा सहभाग इस पहली टुकडी में था। अंदर आसनस्थ होते ही गुरुजीने पूरी प्रक्रिया को सभी लोगों को समझाया ताकि कोई गलती न हो सके! दीक्षा के बाद शाबरी मंत्र कैसे पठन करना है इसकी जानकारी दी गयी। शाबरी मंत्र प्रदान करने की एक पवित्र विधी है, जो गुरु अपने शिष्यों को मौखिक रूप से देते है। इसका सही तरह से पालन करना शिष्योंका कर्तव्य है। शाबरी मंत्र मुख्यतः विवक्षित अक्षरों से बनाया हुआ बहुतही असरदार मंत्र



होता है, जो शिष्य की आंतरिक और आध्यात्मिक प्रगती में सहाय्यकारी होता है। प्राचीन मान्यताओं के अनुसार ऋषीमुनियों को ध्यान और चिंतन की अवस्था में अंतरिक्ष से सुनी ध्वनिलहरों से जो अद्भुत ज्ञान का आकलन हुआ उन्हें छंदबद्ध रूपसे उन्होंने मंत्रों में बांधकर सामान्य मनुष्य के लिए विकसित किया! इन शाबरी मंत्रों का प्रचार प्रसार प्रायः नाथ संप्रदाय के साधुओं ने भारत वर्ष में सब जगह पहुंचाया!

जैसा की मैंने पहले लिखा है, तिसरी दीक्षा के बाद करीब देढ़ दशक के बाद यह चौथी दीक्षा पाने का योग आया। तिसरी दीक्षा के बाद जो नित्य क्रिया उपासना हम लोगोंने की वह एक नीव की ईंट जैसी थी; चौथी दीक्षा के अंतर्गत जो क्रियाएं सद्गुरुजी हमें सीखा रहे हैं, उन्हें समझने में और आत्मसात करने में अब हम जरूर आसानी महसूस करते हैं। करीब 6 महिने की शिक्षा के बाद ये क्रियाएं हमारी नित्यसाधना में कितनी कारगर साबित हो रही हैं, इसका अहसास अब हो रहा है। हम अपने आप को बड़े भाग्यशाली समझते हैं कि गुरुजी ने हमें इसके लिए पात्र समझा।

दीक्षा विधी के बाद शाम को जब सत्संग का कार्यक्रम था तब सभी दीक्षा लेने वाले शिष्यों को गुरुजीद्वारा एक

अमूल्य भेट दी गयी - रुद्राक्ष। महाशिवरात्री के दिन सद्गुरुजी से भेट स्वरूप रुद्राक्ष पाना कितना महत्वपूर्ण है यह कहने की जरूरत नहीं। उसका नित्यपूजन करने से घर में सुखशांति और भाग्योदय होना तय है और इसका प्रत्यय मुझे कुछ ही हफ्तों में आता गया! मैं इसके लिए सद्गुरुजी का आभारी हूँ।

इसी कार्यक्रम के दौरान मुझे और एक भेट अकस्मात् रूप से मिली। सब के सामने शाल और श्रीफल देकर सद्गुरुजीने मेरा सत्कार किया और मेरे फाऊंडेशन के प्रति जो आस्था है इसकी सराहना की। मेरे लिए यह बहुतही आनंददायी क्षण था - मैं समझता हूँ कि यह मेरे जन्मदिन की अनोखी भेट थी। मेरे आंखों में उस वक्त आसू थे और दिल में कृतज्ञता की भावना। शायद ही कोई गुरु अपने शिष्य का ख्याल इतनी बारीकाई से रखता होगा ! मेरी तो यही कामना है की मैं मेरे सद्गुरुजी की छत्र-छाया में सदा रहूँ और उनकी कृपा दृष्टी मुझ पर बनी रहे।

हरि ओम!

चंद्रकांत बारस्कर,
मुंबई

गुरु को पूर्ण ब्रह्म

सनातन काल से ही हमारी संस्कृति ने गुरु को पूर्ण ब्रह्म माना है और यह सच भी है। कोई दुःख या तकलीफ हो, माता- पिता के बाद केवल गुरु याद आते हैं। ९ मई २००९ शनिवार गुरु पूर्णिमा को पहली बार गुरुजी से दीक्षा लेकर मैं कृतार्थ हुई। डॉ शारदा शर्मा जी मेरी स्वर्णिम यात्रा की पथ प्रदर्शक रही।

अपने गुरु रूप में सद्गुरु योगीराज डॉ. मंगेशदा को पाकर मुझे लगा की मेरा जीवन धन्य हो गया। बहुत सारी नकारात्मक बातें जिंदगी के इर्द -गिर्द घूम रही थी। बहुत कुछ जीवन में अस्त - व्यस्त था , पर दीक्षा के कुछ ही सप्ताह बाद ऐसा लगा की मेरे कष्टों की नदी

को पार कर मैं सुख के सागर पर हिलोरे लेने लगी हूँ। यह ऐसा सत्य है जिसे मैं शब्दों में अभिव्यक्त नहीं कर सकती हूँ। पहली सुखद घटना यह हुई की हम कई दिनों से पैतृक घर के आलावा अपना खुद का घर लेना चाहते थे और योग - संयोग से सन २०१० में हम इसमें सफल हो गए। ऐसा कोई दिन नहीं होता जब गुरुजी के दर्शन किये बिना मैं घर से निकलती, यह आस्था थी कि वे हर क्षण मेरे साथ हैं। मैंने महसूस भी किया कि मेरे हर विपदा काल में मैं उनका नाम लेकर विपत्ति से बाहर आ जाती।

मेरे पुत्र राहुल की तबियत २०११ में इतनी खराब हो

गुरु म्हणजे ज्ञानाचा उगम आणि अखंड वाहणारा झरा,
आधी गुरुसी वंदावे, मग साधन साधावे,
गुरु म्हणजे माय बाप,
गुरु जगाची माऊली, सुखाची सावली !

Happy Birthday
H.H. Sadguru Yogiraj Dr. Mangeshda!



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**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

**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

Wishing Sadguruji a very
Happy Birthday

**and our Humble Pranams
at your Lotus Feet**



Seek your blessings



**Arun
Varsha
Neeta Prabhu**





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📖 SPIRIT OF ENQUIRY:

We develop spirit of enquiry in students by creative teaching & developing skills of asking 'Wh' Type questions.

📖 KNOWLEDGE IS POWER:

Knowledge is power and wisdom is applying it to use. This is achieved by developing logical, analytical reasoning and interpreting skills.

📖 IN PURSUIT OF EXCELLENCE:

In our tutorials, every Teacher is a Student as Learning is never ending process. We are in pursuit of excellence in teaching and bringing best in every student.

📖 QUALITY CONTROL: Every year

- 1) Notes are revised
- 2) New test papers are set for test series
- 3) Teachers are updated with latest changes in ICSE curriculum, pattern of writing answers and making scheme.
- 4) We improvise our methods of teaching & administration working.

📖 TEST:

We do not conduct test to judge a student but it helps us to know how well students have understood the concept.

📖 NOTES:

Our notes are at par with ICSE curriculum and board pattern for writing Apt answers (Key Words) in ICSE BOARD EXAMINATION.

📖 TEST PAPERS:

The test papers of our tutorials are known for :
The nature of questionnaire.
The level of difficulty of questions.
Conceptual-application based.
The question paper layout as per ICSE BOARD PATTERN.

📖 DOUBT SOLVING SESSIONS:

Students are always encouraged to ask as many QUERIES as they can because we believe when students ask queries they are 'STUDYING'.

If it's ICSE, it's SACHINS

OUR STD10 ICSE BOARD TOPPERS, 2022

STUDENT NAME	SCHOOL NAME	%	STUDENT NAME	SCHOOL NAME	%	STUDENT NAME	SCHOOL NAME	%
Rahul Zagade	GHS	98.60	Om Padalkar	LHS	94.00	Dwij Vyas	LHS	87.40
Shreya Arora	Ryan	97.80	Harshi Chavan	RYAN	93.40	Shravan Chikane	GHS	87.20
Abhishree Rai	Ryan	97.80	Sahil Nanaware	RYAN	93.00	Anshul Manekar	LHS	86.80
Anuja Rao	LHS	97.60	Tanya Lakhiani	GHS	92.80	Divjot Singh	LHS	86.60
Arul Bahety	GHS	97.60	Saloni Mulik	LHS	92.60	Prasenjeet Mhaske	LHS	86.60
Apoorva Telang	LHS	97.60	Priyankur Nath	Ryan	92.60	Aastha Bhatia	LHS	86.60
Aditya Vakadia	Ryan	97.60	Aiyana Jose	Ryan	92.60	Bhuvi Parab	LHS	86.40
Saanvi Sharma	LHS	97.20	Saeesha Wade	LHS	92.60	Dhruv Desai	GHS	85.80
Tanishq Shelar	GHS	97.20	Aditya Maheshwari	LHS	92.40	Atharv Parkar	LHS	85.80
Bhumika Kriplani	RYAN	97.20	Shubh Wade	LHS	92.20	Pratham Choudhary	LHS	85.40
Anushka Bhattacharya	Ryan	97.00	Trisha Shetty	LHS	92.20	Aditi Pandey	LHS	85.20
Koshin Hali	Vibgyor	97.00	Krrish Kadam	Ryan	91.60	Smaiksha Dave	Ryan	85.00
Rhea Tauro	LHS	96.80	Soham Kadam	GHS	91.40	Arya Padgaonkar	GHS	85.00
Arko Das	GHS	96.80	Arpita Mhatre	Ryan	91.40	Vanshika Daga	GHS	84.80
Harinipriya Karthikeyan	LHS	96.60	Saiyashvata Salian	GHS	91.20	Bhumika Gothankar	LHS	84.80
Sanskruiti Aher	LHS	96.00	Aditi Jadia	GHS	91.20	Subithi Guha	RYAN	84.60
Madhuri Shringarpure	LHS	96.00	Vihaan Kulkarni	LHS	91.00	Devanshi Kambli	LHS	84.60
Shreya Singh	GHS	96.00	Ved Manve	LHS	91.00	Siddhi Mane	LHS	84.40
Tarun Vijan	GHS	95.80	Shashank Modi	GHS	90.80	Ananya Patil	LHS	84.20
Rishit Lahoti	GHS	95.60	Rosita Gupta	LHS	90.80	Hiya Chavan	RYAN	84.00
Nehal Thavi	LHS	95.40	Tanmay Pant	Ryan	90.80	Sanika Gujar	GHS	84.00
Faizal Baig	Ryan	95.40	Anshul Pal	Ryan	90.40	Shaarav Shetty	GHS	83.40
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Dhruv Mundra	GHS	95.40	Trisha Goyal	LHS	90.20	Arjun Jha	LHS	83.00
Dhara Bhatia	LHS	95.20	Anisha Mishra	RYAN	90.20	Joanna Mathew	LHS	82.80
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Ryan Neshar	RYAN	94.20	Saumya Sawant	LHS	89.00	Aarnav Taakale	LHS	80.00
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Dev Waskar	LHS	94.00	Hariprasad Koroth	LHS	88.80	Nidhi Ganguli	RYAN	79.80
Kshiti Soni	GHS	94.00	Sanal Menon	GHS	88.80	Harini Venkateshbalaji	LHS	79.60
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- Mahatma Night Junior College - Chembur
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 - M.SC. INFORMATION TECHNOLOGY
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- PH.D. IN COMMERCE
 - ACCOUNTANCY
 - BUSINESS ECONOMICS
 - BUSINESS POLICY AND ADMINISTRATION
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 - B. M. S
 - B. Sc. (L. T)
 - B. Sc. (Computer Science)
 - B. Sc. (Data Science).
 - B. Com. (Accounting & Finance)
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 - B. Sc. (Maths, Chemistry, Biology & Physics)
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 - M. Tech in Computer Engineering
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गयी की डाक्टर बोले इनकी तबियत बहुत क्रिटिकल है। इसका एपन्डिक्स पेट में फट गया है, खतरा है। घर के सभी लोग डर गए थे। पर मुझे अपने सद्गुरुजी पर विश्वास था कि मेरे बेटे को कुछ नहीं होगा। मैंने अस्पताल में उसके सिरहाने गुरुजी की फोटो रख दी थी। मेरी आशा, आस्था और उम्मीद वही थी। रात भर वह दर्द से कराह रहा था। नर्स ने उसे पेन किलर दिया और चली गयी। उसका दर्द देख कर आँख नम हो जाती थी। पर मुझे अपने गुरु के आशीर्वाद पर विश्वास था। चमत्कार तब हुआ जब उसके सारे रिपोर्ट नार्मल आये। डाक्टर भी हैरान थे।

राहुल ने कहा, "माँ, सद्गुरुजी आये थे सुबह, मेरे सर पर हाथ फेर रहे थे। वो बोले, तू जल्दी ठीक हो जायेगा।" उनका आशीर्वाद बना रहे यही कामना है। आज उनके आशीर्वाद से राहुल लंदन में एक बैंक में कार्यरत है। मेरे गुरु मेरा मान - सम्मान और अभिमान है। व्यस्तताके कारण मैं हर कार्यक्रम का हिस्सा नहीं बन पाती, पर मैं तन-मन-धन से क्रियावान हूँ, थी और हमेशा रहूंगी। मेरे गुरु का आशीर्वाद सदा बना रहे यही सदिच्छा है।
जय गुरुदेव।

मनिषा उपाध्याय,
मुंबई

गुरु और आधुनिक शिष्य

अगर पूछा जाये की गुरु कौन हो सकता है, तो सबसे पहले हमारे मन में गुरु पर लिखा सुंदर मंत्र याद आएगा और थोडा और सोचे तो हम कहेंगे की गुरु ज्ञान में, गुरु ध्यान में, हमारे कर्म - उसके फल में हैं और अगर फल अपनी इच्छानुसार न मिले तो? पूरा जीवन अन्धकारमय - हम उसे जीवन की असफलता का शीर्षक दे देते है। यहाँ अन्धकारमय जीवन की सबकी अपनी अपनी परिभाषाएं हो सकती है, पर मेरे ख्याल से अपने मन के विरुद्ध होने वाली हर घटना हमें दुःखी, निराशा, हताशा अपेक्षाओं से घिरा असमर्थ इन्सान बना देती है। इस परिस्थिति में इन्सान जाएं तो जाएं कहाँ, तब सहश्रधेय हमें गुरु की याद आती है और आनी भी चाहिये। क्यूंकि कहते है न "सुख के साथी हज़ार, दुःख में गुरु बिन ना कोय" क्यूंकी उनके आशीर्वाद ही आपको आपकी समस्याओ से समाधान दिला सकता है।

क्या हो अगर आपको पता चले की आप जिस समस्या से झूँज रहे है वो दरहसल समस्या है ही नहीं। क्या हो जब आपको शून्य और शून्यता का फर्क समझ आ जाएँ या आप अपने गुरु को सिर्फ समाधानकर्ता के रूप में न याद कर के निस्वार्थ भाव से गुरु शरण

गच्छामि के भाव से याद करें और वो भी गुरु के आशीर्वाद से ही, तब आपको आपकी 100 प्रतिशत समस्याओ का हल मिल सकता है और कुछ ऐसा ही हुआ मेरे साथ। सद्गुरुजी ने मेरी अस्थायी समस्याओ का जिनमे हम उलझ कर रह जाते है का स्थायी समाधान **Extra-Sensory Perception (ESP) Seminar** के द्वारा दिया।

इस सेमिनार में जाने से पहले में सोच रही थी की यह शायद साइंस(science) रिलेटेड होगा, मुझे क्या ये समझ में आएगा या यूँ कहूँ तो सन्देह के साथ attend करने गई। पर इस दो दिनों के सेमिनार ने मेरे जीवन के आने वाले हर क्षण को बदल दिया। इस सेमिनार में साइंस तो था पर वो जो हमें जीवन का सही महत्व और उससे भी ज्यादा जीवन जीने की कला को सिखाया गया। किसी काम को करते वक्त मन वचन और कर्म का Perfect Combination क्या होना उससे भी ज्यादा जरूरी क्यूँ होना चाहिए का महत्व पता चला। हमारी हर एक छोटी से छोटी आदतों का हमारे जीवन पर कितना सकारात्मक या नकारात्मक प्रभाव पड सकता है उसका हमें अन्दाजा भी नहीं होता, जैसे इस प्रोग्राम में एक टास्क के दौरान आपको



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आत्मनिरिक्षण करके आपको आपके नकारात्मक गुणों के बारे में जानना था जो आपको सब से ज्यादा परेशान करते हो - उस वक्त से पहले मेरी समस्या थी के मैं बहोत ज्यादा विचारो के माया जाल में बंधी रहती थी... कभी कभी ये इतना बढ़ जाता था की मैं चाह कर ही उन्हें नियंत्रित नहीं कर पाती थी। जिसकी वजह से मेरा काम करते वक्त फोकस, परफेक्शन और रिजल्ट सब कुछ गड़बड़ हो जाता था। और रिजल्ट गलत यानि सब गलत। मैं मानती हूँ की आप गलत रिजल्ट या अपेक्षानुसार न मिला रिजल्ट की गंभीरता समझते ही होंगे। पर सद्गुरुजी ने इसे switch on-switch off technique से दूर कर दिया और सिर्फ यह एक प्रॉब्लम का हल था और ऐसी कितनी ही बातें थी जो मुझे प्रॉब्लेम लगती थी जिनका हल मुझे उन दो दिनों

में मिला, जिसे करना आसान था।

मैंने शुरू में ही आपको कहाँ था, क्या हो अगर आपको आपकी समस्या, समस्या न लगे या उसका समाधान आप खुद कर सके। यकिन मानिये फिर जीवन जीने का अलग ही मजा है, और ऐसी कई मैजिक ट्रिक्स मैंने ESP Seminar में सीखी जो मुझे Happy life से Happiest life दे सके।

और इन सब बातों का श्रेय सद्गुरुजी सिर्फ आप ही को जाता है।

और अंत में मैं यहीं कामना करती हूँ की हम सब आपके आशीर्वाद रुपी छत्र छाया में यूँ ही रहे।

धन्यवाद। कोटि कोटि प्रणाम सद्गुरुजी।

कोमल चंद्रगिरी,
मुंबई

जन्मदिन

क्या भेंट दू अपने गुरुदेव को, मन मैं यह विचार हैं आया,
जन्मदिन का यह पावन पर्व कैसे हमने हैं मनाया।

सुबह सवेरे गुरु चरणन मैं हमने हैं शीश झुकाया,
जिनकी अनुपम कृपा से हमने हैं सबकुछ पाया।।

क्या - क्या करू मैं बयान, समंदर जितना गहराया,
हर ताल, झील और नदिया उसी मैं सबकुछ
समाया।

सबका हाथ पकड़ कर सत्य का मार्ग हैं दिखलाया,
बिना शरत के प्रेम एवं बिना शरत की क्षमा करना
हमको हैं सिखाया।।

आप हमेशा स्वस्थ रहे, ऐसे ही हसते रहे ,

भास्कर चन्द्रम जैसा तीज सदैव आपसे बरसता
रहे।

अपने ऊंची विचार धारा से प्रेम गंगा बरसाते रहे।

मानवता और भाईचारे का सबको पाठ पढ़ाते रहे।।

अभिनन्दन! अभिनन्दन जन्मदिन पर आपको,

आप में प्रभु की छवि को हैं पाया,

तेजोमय, निर्मल, शालीन, अद्भुत रूप समाया,

शिष्यो की भूल चूक को नज़रअंदाज कराया।।

अर्चना हसु
मेलबोर्न

No one can hide the brightness of Sun for long. To explore the Best in you, try to understand what change or correction you need to bring about.

Spirituality reflects your standard of living, self-dignity and your behaviour in deciphering the condition of others and reaching out to help.

H. H. Sadguru Yogiraj Dr. Mangeshda



परमपूज्य सद्गुरूजींचे बोधामृत

हरि ओम!

कोविडशी अटीतटीचा सामना देत 2022ची सुरुवात एका नव्या मोकळ्या श्वासाने झाली. नाकावरील मास्क उतरविला गेला. हजारोंच्या संख्येने बळींचा टप्पा ओलांडलेल्या महामारीने थोडीशी विश्रांती घेतली असली तरी 'गुड बाय' मात्र केलेला नाही. इंग्रजच्या देशात अजूनही वेगळ्या नावाने, वेरीयंटने चुळबूळ चालवलीच आहे. तरीही अडीच वर्षांच्या कालावधीत झालेली आर्थिक तंगी, घुसमट, लॉकडाऊनचा कोंडमारा... ह्यातून सर्वांनी स्वातंत्र्याचा आनंद उपभोगायला सुरुवात केली. सणवार धूमधडाक्यात साजरे होऊ लागले. खरेदीसाठी लोकांची झुंबड सुरू झाली. लोकांच्या गाठीभेटी वाढल्या. ह्या सर्वांत एक गोष्ट नक्की झाली व ती म्हणजे **लोकांना जीवनाचे मूल्य कळले**.

सतत व्यस्त असणाऱ्या लोकांनी स्वास्थ्याच्या उपक्रमासाठी त्यांचा 'मौल्यवान' वेळ द्यायला सुरुवात केली. योगासनं, प्राणायाम, ध्यानधारणा, हेल्थ सेंटर्स, इत्यादी प्रकारांत लोकांची उपस्थिती वाढली. जीवनशैलीमध्ये अमुलाग्र बदल सुरू होऊ लागले. लोकांना एकमेकांचं महत्व कळलं. तसं पाहीलं तर जीवनात प्रत्येकाला एकमेकाची गरज आहे. वस्तुविक्रेत्याला ग्राहकाची, ग्राहकाला विक्रेत्याची, उत्पादक-खरेदीदार, कार्यालय-कर्मचारी, इत्यादी सर्व एकमेकांवर अवलंबून आहेत. परंतु मूळात स्वतःचे अस्तित्व असेल तरच ह्या सर्व गोष्टींचे महत्व! म्हणूनच स्वतःच्या अस्तित्वाचाच प्रश्न जेव्हा निर्माण होतो तेव्हा प्रत्येक जण खडबडून जागा होतो. जीवन-मरणाच्या संघर्षात ज्यांनी तग धरली आणि स्वतःचे जीवन जगवलं त्यापैकी बहुतांश लोकांनी ते जागवायला सुरुवात केली.

'जीवनाचं व्यवस्थापन' नीट असेल तर सर्व गोष्टी सुरळीत होतात. जीवन जगणं आणि जीवनाचं

मूल्यमापन करून त्याची विभागणी केली तर जीवन जगण्याचा आनंद द्विगुणित होतो. शिवाय त्याचे पैलूही आपले रंग दाखवायला सुरुवात करतात. आपल्या 'स्व'ला जोडलेले कित्येक घटक ... मग त्यात जवळचे कुटूंबिय, समाज, सामाजिक मुल्ये इत्यादी घटकांचा समावेश होतो. ज्या व्यक्तीचे आध्यात्मिक आचरण, संस्कार आणि अभ्यास उच्च दर्जाचे असतील त्याला हे जीवनाचे व्यवस्थापन उत्तम रीतीने जमतं, असा माझा ठाम विश्वास आहे. दिवसाच्या व्यवस्थापनाने ह्याची सुरुवात होते. मात्र कित्येक लोकं जेव्हा ह्या 'स्व'ने जोडलेल्या जीवनात स्वतःचेच अस्तित्व गमावून बसतात तेव्हा आनंद, परमानंद, सद्चिदानंद आदी गोष्टी पुस्तकातच राहतात. म्हणूनच ह्या स्वतःला शोधण्याचा राजमार्ग म्हणजे 'क्रियायोग'!

ह्या वर्षी मी जेव्हा 'अवेकनिंग ऑफ इ.एस.पी.' हा दोन दिवसांचा कार्यक्रम लोकांसमोर आणला तेव्हा माझी खात्री होती की हा कार्यक्रम सर्वांना आवडेल; परंतु सारे कार्यक्रम जेव्हा 'हाऊसफुल्ल' झाले तेव्हा ह्या कार्यक्रमाच्या स्वनिर्मितीचा आनंद तर मला मिळालाच पण सहभागी लोकांना त्यांच्या 'स्व'पर्यंत नेण्याची तृप्ती जास्त मिळाली. माणसाचे नकारात्मक विचार त्यावर सतत चिंता करून तयार झालेलं ताणतणावाचं एक जाळं आणि त्यात गुरफूटून विविध आजारांची तयार झालेली शृंखला, त्याचा प्रवास व तो खंडीत करून पुन्हा नवीन विचारांचा, ह्या रोगट स्थिती विरुद्धचा प्रवास सोप्या शब्दांत समजविण्याचा मी ह्या दोन दिवसात प्रयत्न केला. आध्यात्मिक उत्कर्षाकडे प्रभावी पद्धतीने घेऊन जाणारा, हा माझा प्रामाणिक प्रयत्न! ह्या कार्यक्रमाच्या यशाने माझ्या कित्येक दशकांच्या साधनेचे - संशोधनाचे धोडे फार चीज झाले, असे मला वाटते. ह्या प्रवासात सहभागी झालेल्या सर्वांना माझ्या मनःपूर्वक शुभेच्छा! आपली साधना नियमितपणे, एकाग्रतेने करा. यश हमखास मिळेल.



THE AWAKENING!

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

हा दीपावलीचा सण साजरा करताना सर्व स्तरांवरील लोकांना माझे एकच सांगणे! दिवस येतील दिवस जातील. जसा वाढदिवस येतो आणि वय वाढवून जातो तसाच काळ पुढे जात राहिल. सर्वांनी आपले 'ऑडीट' करून घेऊया! भांडवल किती होतं? गुंतवणूक कुठली आणि कशी केली? व्याज किती मिळालं? आणि ह्या सर्वापेक्षा ह्या वर्षात जे गमावलं ते गेलं! त्यातून शिकवणूक काय मिळाली? जे जीवनमूल्य कमावलं ते पुढील येणाऱ्या दिवसात आणखी समृद्ध कसं करता येईल? आध्यात्मिक पातळीवर स्वतःमध्ये घडलेले सकारात्मक बदल ह्यावर चिंतन करूया. जगात कठीण काहीच नाही, फक्त करून दाखवायची धमक आणि

आत्मविश्वास हवा. प्रत्येकवेळी काहीतरी सबब देण्याचा आजार जेव्हा बळावतो (EXCU-DISEASE), तेव्हा जगातील कुठलाही डॉक्टर अशा रूग्णाला बरा करूच शकत नाही.

तेव्हा सगळी मरगळ झटकून टाकूया! खंबीर आत्मविश्वासाने येणाऱ्या नवीन आव्हानांना सामोरं जाऊया! येणाऱ्या काळात साकारायच्या सर्व सकारात्मक योजनांना वचनबद्ध राहूया! सर्वांना माझ्या मनःपूर्वक शुभेच्छा! शुभाशिर्वाद!

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आनंदाचे डोही

माझ्या मुलाच्या आग्रहाखातर मी नुकताच लंडनला जाऊन आलो. त्याच्या दोन्ही मुलांच्या जन्माच्या वेळी मला या ना त्या कारणाने तेथे जाता आले नव्हते. त्यानाही त्यांच्या कामाच्या व्यापामुळे आम्हाला भेटण्यास येता आले नाही. तसा विडियो कॉलद्वारे त्यांच्याशी संपर्क होता.

हिथ्रो विमानतळावरून सर्व तपासण्या करून बाहेर पडलो तर माझा मोठा नातू त्याच्या बाबांबरोबर मला घेण्यासाठी आलेला दिसला. मला पाहताच धावत येऊन मला बिलगला. मला म्हणतो, "आबा, मी तुमच्यासाठी आईसक्रिमचा कोन आणलाय. आपण दोघांनी मिळून खाऊया!" मी म्हटले, "बाळा, मला नको, माझ्या वाटणीचाही तूच खा." मला म्हणतो, "आपण दोघांनी मिळून खायचा आहे, नाही तर मलाही नको."

हे सर्व संभाषण इंग्रजीमध्ये चालले होते; तेही इतक्या जलद लयीत चालले होते की मला काही शब्द अजिबात समजत नव्हते. पण मी सगळं काही समजतय असा अविर्भाव करत होतो. टॅक्सीतून निघाल्यावर त्याची अखंड बडबड सुरू झाली. आपण कुठल्या भागातून जात आहोत, किती वेळात

पोहोचणार, इथून कुठल्या बसेस आपल्या घरापर्यंत जातात ह्याची इत्थंभूत माहिती मला देत होता. शाळेमधील शिक्षकांची नावं मला माहित आहेत काय असे त्याने मला विचारले. मला कशी माहित असणार? मिसेस बटलरला कसे माझे अद्वैत हे नाव उच्चारता येत नाही हे सांगून हसत होता. घरी गेल्यावर त्याची अनाउन्समेंट, "मम्मी, आबांना घेऊन आलोय! Give him tea!" मला मात्र हसू आवरत नव्हते.

हल्लीची मुले किती हुशार आणि स्मार्ट आहेत हे आपणास सगळ्यांना चांगलेच माहित आहे. निरनिराळे इलेक्ट्रॉनिक गॅजेट्स सहजगत्या हाताळण्यात अगदी पटाईत असतात.

लंडनचे वातावरण तसे आपल्या मानाने थंडच! मला तर स्वेटर घातल्याशिवाय बाहेर वावरणे जमायचेच नाही! हे महाशय घरात उघडेच फिरत असायचे. मी विचारले की थंडी वाजत नाही काय... तर म्हणायचा, "I am feeling hot!" जेवायला बसल्यावर जराही तिखट लागले की ओरडायचा, "Too much spicy! Give me water!" मी सुनेला म्हटले, "तुमचे नेहमीसारखेच जेवण बनवा, माझ्यासाठी तिखट जेवण बनवायची



गरज नाही, तुम्हाला सवय नाही, मला मिळमिळीतही चालेल!"

सुरूवातीचे तीन आठवडे त्याला उन्हाळ्याची सुट्टी असल्याने तो माझ्यासमवेत फिरण्यात, बागडण्यात रमल्याने माझाही वेळ कसा गेला हे समजलेच नाही! संध्याकाळ झाली की सरळ सायकल काढायचा आणि मला घेऊन बागेत फिरायला चला असा हट्ट धरायचा. मग त्याच्या सायकलच्या वेगाबरोबर स्पर्धा करून धावण्याशिवाय माझ्याकडे पर्याय काय! रस्त्यांच्या जंक्शनवर 'वेट' बटन दाबून सिग्नल हिरवा होईपर्यंत थांबले पाहिजे हे त्याने मला शिकविले. मी एकदा म्हटले, "अरे, गाड्या फार लांब आहेत. तो पर्यंत आपण रस्ता क्रॉस करून जाऊ की!" तर म्हणतो, "नाही, You must follow discipline." मी मनात म्हटलं, "व्वा! आजोबाला नातू शिस्तीचे धडे देतोय!"

मी सकाळी उठून योगासनं करत होतो. तो थोडा वेळ ते पहात होता. "तुम्ही exercise करताय का?" त्याचा प्रश्न. "नाही, ह्याला योगा म्हणतात." माझे उत्तर! "You are not doing properly, I will show you." असे म्हणून त्याने लगेच संतुलनासन, वृक्षासन, भुजंगासन, वगैरे आसनं फटाफट करून दाखविली! मी म्हटलं, "How you know it?" मग मला त्याने सांगितले, "शाळेच्या नियमित वेळेनंतर दर सोमवारी एक तास योगवर्ग घेतला जातो." आता आश्चर्यचकित व्हायची वेळ माझी होती. योगशिक्षण हा त्यांच्या शाळेतील अविभाज्य भाग आहे, हे ऐकून समाधान वाटले. सातासमुद्रापलीकडे योग पोहोचला ही मोठीच उपलब्धी म्हणायची! मी त्याला म्हटले, "आपण बागेत फिरायला जातो, तिथे आपण ही आसनं करूया का?" तो लगेच तयार झाला. आपले कसब दाखवण्याची मोठी नामी संधी मिळते आहे म्हणून स्वारी एकदम खूष! मग आमची योगासनांची प्रात्यक्षिक थॉर्नबरी गार्डनमध्ये सुरू झाली. हळूहळू गार्डनमध्ये खेळायला येणारी मुलं त्यात नव्या नवलाईने सामील होऊ

लागली. हा एक नवाच अनुभव!

छोट्या दीड वर्षांच्या नातवाची तन्हाच वेगळी! पहिले दोन दिवस दूरवरून न्याहाळत राहिला. तिसऱ्या दिवसापासून एकदम फिट्ट दोस्ती झाली. माझ्या नाकावरील चष्मा ओढून त्याची काडी मोडून आमच्या दोस्तीचे उद्घाटन झाले. माझा मोबाईल ही त्याची प्रॉपर्टी झाली! दुसऱ्या कोणी त्याला हात लावला वा काढून घेतला तर किंचाळ्या मारून धिंगाणा घालणे, रुसून बसणे नित्याचे झाले. कोनाड्यात ठेवलेले बूट शोधून जबरदस्तीने मला घालायला लावून बाहेर फिरायला जाण्यास भाग पाडणे, हा नवीन उद्योग सुरू झाला. तिथे जाण्याआधी 3-4 महिने मी पाठदुखीने बेजार होतो. आमच्या सुनबाईंना ते माहीत होते, त्यामुळे त्याने उचलून घेण्यास सांगितल्यावर ती रागवायची! पण तो कसला बधतो. मी म्हणायचो, "जाऊ दे ग, लहान आहे तो आणि मला काही त्रास होणार नाही! उलट मला आनंदच वाटतोय त्याला अंगाखांद्यावर खेळवायला. उगाच माझा तो आनंद हिरावून घ्यायचा प्रयत्न करू नकोस." बालपण हे असेच निरागस असते. त्याला काळ-वेळ, बरे-वाईट ह्याचे सोयर-सुतक नसते. आजोबाच्या मांडीवर बसून नातवंडांनी शी-सू करणे म्हणजे एक अनोखे सुख असते. उगाच त्याचा बाऊ न करता आपल्या बालपणाचा पुनःप्रत्यय घेणे एक अवर्णनीय आनंद पर्वणी आहे. आजोबाच्या मांडीवर बसून त्याने भरविल्याशिवाय न खाण्याचा हट्ट पुरवणे म्हणजे वात्सल्याचा झरा अखंड अनुभवणे. ह्या भावना व्यक्त करण्या पलिकडच्या आहेत. ती एक आनंदाची मंगलमय अनुभूति आहे.

आपण जेव्हा आपल्या चिरपरिचित वातावरणापासून दूर जातो तेव्हा त्याची ओढ प्रकर्षाने जाणवते - मी पाहिले की परदेशी राहणारी भारतीय माणसं आपली संस्कृती आणि वारसा जपण्याचा अतोनात प्रयत्न करतात. आम्ही राहत होतो त्या हॉन्सलो परगण्यात भारतीय वंशाची खूप लोकं राहतात आणि तिथे



गणेशोत्सव मोठ्या धूमधडाक्यात साजरा केला जातो. पहिल्या दिवशी दर्शनाला गेलो तर खूप लांबलचक रांग होती. त्यामुळे दुसऱ्या दिवशी विसर्जनाच्या वेळी गेलो. सगळे लोक साग्रसंगीत आरत्या म्हणताना पाहून बरे वाटले. विसर्जन मिरवणुकीत ढोल ताशांच्या गजरात नटून थटून निघालेले लोक पाहिले तेव्हा ऊर आनंदाने भरून आला. नऊवारी नेसलेल्या, अंबाडा बांधलेल्या मुली-महिला लेझीमच्या ठेक्यावर फेर धरून नाचताना पाहून आश्चर्य वाटले. माझ्या नातवालाही मध्ये घुसून लेझीम घेऊन नाचायचे होते; त्याला आवरताना नाकी नऊ आले.

मनुष्य नेहमी सुखाच्या शोधात असतो. इथे आलेली व स्थिरावलेली ही भारतीय माणसं मिळालेल्या संधीचं सोनं करण्याचा प्रयत्न करताना दिसतात. परदेशात असली तरी आपली खोलवर रुजलेली भारतीय संस्कृती आणि परंपरा ह्यांचे जतन करताना दिसतात, एकमेकांना धरून राहतात. आपली मुळं विसरत नाहीत. त्यामुळे मानसिक दृष्ट्या जास्त सक्षम आणि कणखर बनतात.

मी ज्या-ज्या लोकांना इथे भेटलो त्यांचे मायदेशाबद्दलचे प्रेम प्रकर्षाने दृष्टोत्पत्तीस आले.

सगळ्या जाती-धर्माची माणसं भारतीयत्वाच्या धाग्याने जोडली गेलेली आहेत.

आपण योगसाधक नेहमी म्हणतो की सर्वांप्रति समभाव असावा! इथे तो प्रकर्षाने पाळला जातो. सगळ्या देशातील माणसं इथे गुण्यागोविंदाने नांदताना दिसतात. वसुधैव कुटुंबकम ही भारतीय संकल्पना इथे प्रत्यक्षात आचरणात आणली जातेय हे जाणवते. भारतीय वंशाचा पंतप्रधान होण्याची संधी आली तेव्हा प्रत्येक भारतीय किती उत्साहित होता हे त्यांच्या बोलण्यातून लक्षात यायचे.

असो! परतीच्या प्रवासाचे काऊंटडाऊन सुरू झाले तेव्हा मन थोडे खट्टू झाले. पण मनास समजावले की मोहमायेच्या पाशात अडकून पडायचे नाही. विमानतळावर सोडण्यास आले तेव्हा नातवंडं अंगावर झेपावत होती. पण निग्रहाने डोळ्यातून ओघळणारे अश्रू आवरून शेवटचा टाटा केला आणि परतीच्या प्रवासात आठवणींचे गाठोडे घेऊन विमान आकाशात झेपावताच डोळे मिटून जे सुख दोन महिन्यात मिळाले त्याची उजळणी सुरू केली.

चंद्रकांत बारस्कर,
मुंबई

पहाटेची वेळ...

पहाटेची वेळ

देव आला स्वप्नात

म्हणाला मला

"काळजी करू नकोस गुंड्या

ती आहे आता माझ्या ताब्यात!"

मी म्हटलं

'काळजी नाही रे

हुरहुर मात्र वाटते

इतकी वर्षं हसत-खेळत असलेली ती

आयुष्याच्या संधीकाली निःशब्द का होते !!

तो हसला

आणि वदला

"कुणाच्या भाग्यात काय

हे तर मला देखील नाही ठाऊक

नियतीच्या मनातल्या विचारांचं प्रयोजन तिलाच

माहित!"

मी विचारले

'कशी आहे रे ती

कसं तिचं चाललय'

वदला तो... "आईच ती

वरून संपूर्ण लक्ष तुमच्यावरच केंद्रित!!"

मी ही हसलो खूप झालो



'अजून काय सांगशील देवा
तिच्या नव्या इनिंगबद्दल'
देव म्हणाला "अरे सुखावलोय आम्ही
तिच्या येण्याने, तिच्या गाण्याने, तिच्या उत्साहाने!
खूप मारतेय गप्पा तिच्या माईशी, तिच्या ताईशी
तिच्या कुमार दादाशी आणि दाजींशी!"

अचानक जाणवलं मला
मी तिला अजूनही बांधून ठेवतोय का?
बंधनमुक्त झाल्यावरही जखडून ठेवतोय का??
देवाने जाणलं माझं अंतर्मन, म्हणाला
"असा विचार करू नकोस, तू तुझ्या ठिकाणी योग्य
आहेस आणि ती तिच्या 'ठिकाणी'!"
पुढे वदला "तु स्वीकारलं आहेस ना

ती आता माझ्या सोबत आहे ते!
मग चिंता करू नकोस गुंड्याभाऊ
आम्ही इथे मस्तच राहू!!
बघ एक वर्ष झालं आज तिला इथे येऊन,
जातो मी आता... आम्हाला करायचय celebration!"
तशी खाडकन मला आली जाग
जाणवलं की
आज ती नाही आमच्यासोबत देहरूपाने
पण चंदनासारखा सुगंध ठेऊन गेली आहे
आठवणींचा
कधीच न विरणारा....!

ऋषिकेश आंबये,
मुंबई

आत्मतत्त्व ते ब्रह्मतत्त्व

स्वातंत्र्य मिळून भारताला 75 वर्ष पूर्ण झाली. 'स्वातंत्र्य' शब्दातच मुळी 'स्व' आहे. इंग्रजी राजवटीतून बाहेर पडण्याची सुरुवात 1857च्या बंडापासून झाली आणि 1947 पासून भारताने स्वतंत्र राजवटीची सुरुवात केली. ह्या पंचाहत्तर वर्षांत अनेक घटना, उलाढाली घडल्या. जगाला स्वतःचे अस्तित्व दाखविताना कित्येक क्रांतिकारी घटना भारताने अनुभवल्या. राजकिय-सामाजिक बदलाचे पडसाद विविध स्तरांवर देश-विदेशात उमटू लागले.

संघर्षाच्या ह्या काळात देशांच्या सीमांचे रक्षण करण्यापासून 'स्व'बळावर विकासाच्या दृष्टीने भारताची हळूहळू वाटचाल सुरू झाली. जगातील 195 देशांनी आज भारताची दखल घेण्यामागचे मुख्य कारण म्हणजे प्रत्येक विषयात भारताचा आलेख हा उच्च दर्जाचा दिसतोय. अनेक प्रगतिदर्शक घटना ह्या 75 वर्षांत भारताने अनुभवल्या. आर्थिक, सामाजिक, शैक्षणिक, कला, क्रीडा, विज्ञान इत्यादी कित्येक क्षेत्रं गाजवत भारताने जगाला दाखवून दिलं की कुठल्याही क्षेत्रात भारत कुठेही कमी नाही.

'आत्मनिर्भर भारत' ह्या माननीय पंतप्रधान श्री. नरेंद्र मोदींच्या संकल्पनेत योगसाधनेचा महत्वाचा वाटा आहे. योग हा भारताचा अतिप्राचीन प्रकार शरीर, मन, आत्मा ह्या तिन्ही स्तरांवर मानवात अमूलाग्र बदल घडवून आणतो. ह्या योगाला संपूर्ण जगात लोकप्रिय करण्यात आणि 'आंतरराष्ट्रीय' योगदिन म्हणून मान्यता मिळविण्यात मा. नरेंद्र मोदींचे फार मोठे योगदान आहे. 'योग' ह्या विषयाने आज संपूर्ण जगाला आकर्षित केले आहे. योग शब्दाचा अर्थच मुळी 'जोडणे' आहे.

देशालाच नाही तर संपूर्ण जगाला जोडणाऱ्या ह्या योगाचे मूळ 'क्रिया योग' आहे. भगवद्गीतेचे बोधप्रत 18 अध्याय म्हणजे 'क्रिया योग'! अंधश्रद्धेपासून दूर राहून स्वतः करण्याची साधना जी सर्व मनोविकारांपासून मानवाला मुक्त करून स्वतःतील सर्वोत्तम अनुभूति देते. पुढे पतंजलि ऋषिंनी 196 सूत्रांमध्ये योगसाधनेचा 'अष्टांग योग' जगाला दाखविला. क्रिया योग म्हणजे तप, स्वाध्याय व ईश्वर प्रणिधान ह्या तीन नियमांचे पालन करणे. अविद्या, अस्मिता, राग, द्वेष आणि अभिनिवेश हे पाच क्लेष



आहेत, जे क्रियायोगाच्या साधनेने नष्ट होतात. ततः
क्लेश कर्मनिवृत्तीः॥

योगाभ्यासाच्या निरंतर अभ्यासाने होणारा अंतर्बाह्य
बदल हा साधकाला 'स्व'अनुभूतिकडे नेतो. पतंजलि
ऋषि म्हणतात -

योगाड.गानुष्ठानादशुद्धिक्षये ज्ञानदीप्तिराविवेकख्याते ॥2.28॥

अर्थ: योगाच्या आठ अंगांची साधना केल्यामुळे
चित्ताची अशुद्धी नाहीशी होते आणि ज्ञानाची ज्योती
प्रकाशित होते. त्यातून जीवाची विवेक ख्यातीपर्यंत
मजल जाते.

क्रिया योग म्हणजे केवळ व्यायाम आणि आसनं
नाहीत, तर एक आध्यात्मिक शिस्त आहे. भावनिक
एकात्मता आणि गूढ घटकांचा एक आध्यात्मिक
उन्नयन आहे. सुमारे 5000 वर्षांचा इतिहास असणारे
योगशास्त्र, शारिरीक आसनं, प्राणायाम, ध्यानधारणा,
शुद्धी क्रिया आणि सर्वात महत्वाचे म्हणजे
जीवनशैलीचे संपूर्ण सार आहे.

क्रिया योगाचे पाच विभाग आहेत.

1) क्रिया हठयोग : ह्यात 18 आसनं, शुद्धीच्या क्रिया,
मुद्रा, बंध इत्यादींचा समावेश आहे.

2) क्रिया कुंडलिनी प्राणायाम : ह्या प्रकारांत विविध
प्राणायामांद्वारे श्वासावर संपूर्ण नियंत्रण ठेवून एका
अतिंद्रिय शक्तीचा अनुभव साधक घेतो.

3) क्रिया ध्यान योग : हा ध्यानधारणेचा अप्रतिम मार्ग
असून ह्याद्वारे साधक आपल्या मनावर पूर्ण ताबा
मिळवून एका आंतरीक मनःशांती बरोबरच
आध्यात्मिक गूढ अनुभवांच्या शिखरांवर पोहोचतो.

4) क्रिया मंत्र योग : ह्या विभागात मंत्रांच्या सहाय्यतेने
मनावर ताबा ठेवून त्याची तीव्रता वाढवली जाते.

5) क्रिया भक्ती योग : सात्विक विचारांचा भक्तीरस
ह्या मार्गाने चोखाळला जातो. साधकात अंतर्बाह्य
बदल होऊन शुद्ध भावाने स्वतःचा परिचय होतो.

ह्यालाच आपण 'आत्मसाक्षात्कार' म्हणू.

पतंजली ऋषींनी जेव्हा ह्याच क्रियायोगाला अष्टांगयोग
म्हणून सुमारे 2200 वर्षापूर्वी समाजासमोर आणले,
तेव्हा यम-नियम-आसन-प्राणायाम-प्रत्याहार-धारणा-
ध्यान-समाधी ह्या आठ पायऱ्यांद्वारे क्रमशः
माणसामध्ये टप्प्या-टप्प्याने अमुलाग्र बदल योगाद्वारे
कसे घडतील हे उत्कृष्ट पद्धतीने समोर ठेवले. एक
आधुनिक शास्त्रज्ञ म्हणून मी ऋषी पतंजलींकडे पाहतो.

"जगात देण्याघेण्याचा व्यवहार सतत चालू असतो.
जगाकडून आपण भौतिक संपन्नता मागितली तर
जगाला आपण काय देणार? आपण जगाला हेच सांगू
शकतो की आम्ही तुम्हाला माणसे बनवू, तुम्ही
आत्तापर्यंत सुधारलेल्या पशुंचा उत्कृष्ट नमुना होतात.
आता आम्ही तुमच्या करीता आमच्या संस्कृतीचे भांडार
उघडून तुम्हाला खरी खुरी माणसे बनवू. श्रेष्ठ राष्ट्रीय
चारित्र्याच्या आधारे जीवन तेजस्वी करावे लागेल. सारी
आधुनिक भौतिक प्रगती आत्मसात करूनही भारतीय
संस्कृतीचे सुधास्नान जगाला घडवून पशुत्वाकडून
मनुष्याकडे आणि मनुष्याकडून ईश्वराकडे नेणारा
अभ्युदय आणि निःश्रेयस साधणारा शांतीपूर्ण
मानवसमाज ह्या जगात आपणांस उत्पन्न करावा
लागेल."

परमपूज्य गोळवणकर गुरुजींना अभिप्रेत असलेली ही
सुधास्नान जगाला घडवून आणण्याची सदिच्छा पूर्ण
होण्यासाठी भारतीय समाजाने प्रथम त्या सुधेत स्वतःच
स्नान करायला पाहिजे. आपली शरीरं, मनं स्वच्छ व
पवित्र करून स्वतःची खरी ओळख करून घेण्याचा
सर्वोत्कृष्ट मार्ग म्हणजे योगशास्त्राचा यथाशक्ती
अभ्यास व अनुष्ठान करणे हा होय!

**तपस्विभ्योऽधिको योगी,
ज्ञानिभ्योऽपिमतोऽधिकः।
कर्मिभ्यश्चाधिको योगी,
तस्माद्योगी भवार्जुन॥ (गीता 6.46)**

श्रीकृष्णांनी अर्जुनाला 'तपस्वी, ज्ञानी आणि कर्मी



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ह्यापेक्षा योगी अधिक श्रेष्ठ असल्याने तू योगी हो' असा उपदेश केला आहे. योगांतर्गत मानसशास्त्राचा संबंध प्रत्येक व्यक्तीशी आहे. व्यक्ती समाजाचा घटक असल्यामुळे व्यक्तिकडे लक्ष देताना समाजाच्या उत्कर्षाकडे दुर्लक्ष करता येत नाही. योगशास्त्र कार्यकारणभावावर अधिष्ठीत आहे; मनःस्वास्थ्य, आरोग्य आणि आत्मसाक्षात्कार ह्यांचा लाभ करून देणारे हे एक शास्त्र आहे.

स्वातंत्र्यपूर्व काळातील कित्येक गोष्टींचा प्रभाव भारतीयांवर कित्येक वर्षे होता व काही प्रमाणात आजही आहे. जगातील कित्येक देशांत क्रिया योगाचा प्रचार करताना मला प्रकर्षाने जाणवलेली गोष्ट म्हणजे योगाविषयी व भारतीय संस्कृतीविषयीचा अपार आदर! 'स्व'निर्मितीची सुरुवातच स्वतःपासून सुरू होऊन समाज व देशापर्यंत पोहोचते. योगाद्वारे सामाजिक संबंधांचे व्रत, अंतर्गत व्यक्तिगत जीवनाबाबत अनुशासन, पंचप्राणांचे नियमन, इंद्रियांची अंतर्मुखता, चित्ताची एकाग्रता व शुद्धी ह्या बाबी अंतर्बाह्य परिवर्तनाच्या अवस्था आहेत.

स्वातंत्र्योत्तर काळात व पूर्वीही कित्येक योगीपुरुष भारतात होऊन गेले; त्यात पद्मविभूषण बी.के.एस. अय्यंगार गुरूजींचा योगाभ्यासाला सर्वप्रथम परदेशांत नेऊन प्रचार करण्यात मोठा वाटा आहे. त्यांनीही शरीर, इंद्रिये, प्राण, मन, बुद्धी, चित्त आणि आत्मा अशा सात पायऱ्यांनी एकत्व साधता येत असे सांगितले आहे. योगसाधनेच्या निरंतर अभ्यासाने सर्वांगीण उत्कर्ष होत साधक जी ऊर्जा संपादीत करतो त्याची व्याप्ती ही स्वतःपूरती मर्यादित न राहता संपूर्ण समाजापर्यंत पोहोचते.

अशा योगसाधकांची शृंखला एकदुसऱ्यात गुंफून त्याचे तेजोवलय संपूर्ण राष्ट्रालाच नव्हे तर जगात परिवर्तन आणू शकते. चित्त, वृत्ती निरोधासाठी योगाची सचोटी हवी. म्हणूनच स्वातंत्र्य शब्दाची व्याख्या मर्यादित न राहता प्रत्येक व्यक्तीचा सर्वांगीण विकास घडविणाऱ्या

योगाभ्यासापर्यंत जाते. क्रियायोगाच्या अभ्यासाने मानसिक, शारिरीक व आध्यात्मिक उत्कर्षाबरोबरच एक सामाजिक बांधिलकी जोपासली जाते. आज त्याची अत्यंत निकड आहे.

अष्टांगयोगाद्वारे महर्षि पतंजली ऋषींनी दिलेले यम-नियम उत्कृष्ट जीवनशैलीचाच भाग आहे. साधकाच्या 'विचार प्रक्रियेवर' नियंत्रण साधून विचारांचे नियमन करण्याच्या तंत्राचा महर्षि पतंजलींनी अवलंब केला आहे. बहीरंग आणि अंतरंग साधना ही 'स्व'ला ओळखून त्याचा उत्कर्ष करण्याकडे घेऊन जाते. महत्वाचं म्हणजे 'योग' हा कुणीही करू शकतो. क्रिया योगाच्या अभ्यासाने साधक आपली शरीर रचना, शरीराची कार्ये, त्यांची नियंत्रणे व उपयोग आत्मसात करतो. शरीर व प्राणाव्यतिरिक्त चित्त, बुद्धी, अहंकार व मनाच्या गतीचे उचित ज्ञान प्राप्त करून साधक त्याद्वारे आत्मशक्तीच्या एकत्रीकरणामुळे अधिक शक्तीशाली, गुणी व प्रतिभासंपन्न बनतो. कार्यशक्तीला इच्छाशक्तीची उत्तम जोड मिळाल्यामुळे अतुलनीय कामगिरीही सहज पार पाडण्याची दुर्दम्य क्षमता साधकात निर्माण होते.

कोविडच्या महामारीत जगात प्रत्येकाला आपल्या फुफ्फुसाचे आणि श्वसनाचे महत्व समजले. माझ्या स्वतःच्या निरीक्षणानुसार हजारोंच्या संख्येने लोक प्राणायाम आणि रोगप्रतिबंधक उपायांवर चौकशी करू लागले. योगाभ्यासाचे महत्व त्यांना पटले. परंतु ही वेळ अशासाठी आली कारण भौतिक जगतात माणूस इतका गुंतत गेला की त्याला आपल्याला एक शरीर आहे, मन आणि भावना आहेत ह्यांचा विसर पडला. आयुष्य जगताना ठेवायचे तारतम्य ज्यात आहार, विहार, आरोग्य आणि नितीमत्ता ह्यांचा विसर पडतो.

योगाभ्यासाचे पर्यवसन 'आत्मतत्वाच्या द्वारा' ब्रह्मतत्वाच्या साक्षात्कारांत होत असते. म्हणूनच संपूर्ण अमुलाग्र बदल घडविण्याऱ्या योगाला प्रत्येकाने स्वीकारावे. स्वातंत्र्याच्या नंतरची 75 वर्षे कित्येक बदल



THE AWAKENING!

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सर्वानी पाहिले व अनुभवले. संयुक्त राष्ट्र महासभेत 27 सप्टेंबर 2014 रोजी माननीय पंतप्रधान नरेंद्र मोदीजींनी 21 जून हा दिवस आंतरराष्ट्रीय योग दिन म्हणून मान्य करून घेतला. आज करोडो लोक योग ही जीवनशैली म्हणून स्वीकारत आहेत आणि भारतासाठी ही गौरवशाली बाब आहे.

योगाचा प्रसार व प्रचार करणाऱ्या अनेक भारतीय संस्थांमध्ये योगसंशोधन व योगोपचार हे विभाग आढळतात. मी स्वतः गेली 56 वर्षे योगसाधना व संशोधन करून जगभर त्याचा प्रचार करीत आहे. आज मी खात्रीने सांगू शकतो की पूर्व आणि पश्चिमेच्या जगाला जोडणारा पक्का दुवा 'योग' आहे. दोन्ही

संस्कृतींनी तो स्वीकारला आहे. योग हा भारताचा अभिमानास्पद वारसा आहे.

वैज्ञानिक निष्कर्षाने सिद्ध झालेला भारतीय वंशाचा हा योगमार्ग 'स्वतः पासून सुरू होऊन सर्वाना स्वतःत सामावून घेण्यास सक्षम आहे. म्हणूनच मा. पंतप्रधान मोदीजींच्या आत्मनिर्भर भारताचा 'योग' हा महत्वाचा ठेवा आहे. योगाभ्यासाद्वारे स्वतःतील दोष क्लेश नष्ट करून स्वयंप्रकाशित बनूया. संपूर्ण राष्ट्राचा - जगाचा उत्कर्ष करूया !

सद्गुरू योगीराज डॉ. मंगेशदा

(वरील लेख हिंदी विवेक मासिकात प्रकाशित झाला होता.)

इनडोअर प्लान्ट

सातवी अ चा वर्ग

घरातली छोटी कुंडी मी शाळेत आणली होती प्रयोगासाठी. वर्गात गेल्यावर माझ्या हातातली प्लॅस्टिक पिशवी बघून मुलांनी एकच गलका केला. "टिचर, टिचर, काय आहे त्याच्यात?" जो तो उत्सुकतेने पहात होता. मी हळूच कुंडी बाहेर काढली आणि वर्गातल्या खिडकीजवळ गेले. खिडकीबाहेरील ग्रीलमध्ये कुंडी ठेवली. संपूर्ण ग्रील सतरंजी लावून पॅकबंद केलं. एका सतरंजीला मध्यम आकाराचं भोक होतं. कुंडीतील रोपटं भोकाच्या विरुद्ध दिशेला येईल असं ठेवलं. खिडकीच्या काचांवरही काळे कागद चिकटवून टाकले. आता बॉक्स ग्रीलमध्ये पूर्ण काळोख झाला होता. फक्त त्या भोकातूनच काय तो प्रकाश आत येत होता.

"टिचर, हे तुम्ही काय करताय?"

"समजेल तुम्हाला. पण आठ दहा दिवसांनी. आता फक्त त्या रोपाची दिशा बघून ठेवा. बघा ते रोपटं आतल्या दिशेला वळलंय. आपल्या वर्गाच्या दिशेनं. आता आठ दिवसांनी बघायचं."

"काय होईल आठ दिवसांनी?"

"ते तेव्हाच कळेल. पण तोपर्यंत कोणीही खिडकीला हात लावायचा.."

"नाही..." सारे एकसुरात ओरडले.

"पण टिचर झाडाला रोज पाणी तर घालावं लागेलच ना?" वर्गातल्या अतिशय हुशार आणि चिकित्सक अशा निनादचा प्रश्न.

"हो ना. पण ते पाणी मी घालणार रोज. कारण पाणी घालून लगेच खिडकी बंद करावी लागणार. पूर्ण काळोख असायला हवा आत आठ दिवस. तुमच्यावर पाण्याची जबाबदारी टाकली तर तुम्ही खिडकी उघडी टाकाल. मग आपला प्रयोग फसेल. हो की नाही?"

"हो..." पुन्हा एकसूर.

आईचं घर

"प्रज्ञा, आभाशी बोललीस?"

"नाही ग आई" माझा त्रासलेला स्वर.

"माझ्यावर का कावतेस? तुझ्या चांगल्यासाठीच सांगतेय ना?"

"हो गं कळतंय मला ते"

"मग कधी बोलशील? डेट परवावर आलीय."

"खरं तर बोलायची काय गरज आहे आई? आभा तिच्या



वडिलांना कधीच क्लोज नव्हती. माझे आणि तिचे संबंध कसे आहेत माहीत आहे ना तुला? आई-मुली पेक्षा मैत्रिणीचं नातं आहे आमचं. कोर्टात ती माझ्या बाजूनेच उभी राहणार. तिची कस्टडी मलाच मिळणार."

"असेल. तरीही एकदा बोलायला काय हरकत आहे? तुमच्या या घटस्फोटाच्या निर्णयाने कोमेजलीय अगदी."

"पण ह्यात माझा काय दोष आहे आई? तो निर्णय माझा नव्हता. तुला माहीत आहे सारं. चांगला सुखाचा संसार होता आमचा. ती महामाया ह्याच्या आयुष्यात आली आणि माझ्या हातातून सारं निसटलं."

"जाऊ दे. तेच तेच परत उगाळून काय उपयोग? आता पुढचं पाहायला हवं. म्हणूनच म्हणते मुलीला आपल्या बाजूने ओढून घे. निदान त्या बाबतीत तरी जय होऊ देत आपला. ह्या शशांकला सुद्धा एवढं कळत नाही? तुला दुसरं लग्न करायचंय तर कर त्या सटवीबरोबर. पण आमची मुलगी तरी आम्हाला दे. सर्व ठिकाणाहून कोंडी केली आहे त्याने आपली."

"जाऊ दे ग आई. तो कितीका उड्या मारेना. आभाला कोर्ट विचारेल तेव्हा ती मलाच निवडेल बघ."

"तसं झालं तर देवच पावला बघ. मला फक्त एकच काळजी. तुमचा म्हणजे त्याचा एवढा तीन बेडरूमचा फ्लॅट सोडून ती आपल्या ह्या वनरूम किचनमध्ये अँडजस्ट होईल? तिचा बाप खोऱ्याने पैसा ओढतोय तर तुझ्या एकटीच्या पगारात काटकसरीने रहायला जमेल तिला?"

"परिस्थिती प्रमाणे माणूस बदलतो. तीही बदलेल. जड जाईल जरा. पण करेल ती अँडजस्ट. माझा स्वतःवर नसेल एवढा आभावर विश्वास आहे आई."

फॅमिली कोर्टाचं आवार

आई वकिलाशी बोलून येईपर्यंत मी बाहेर कॉरीडोरमध्ये उभी होते. उध्वस्त.. हताश... विमनस्क.. तेवढ्यात ती तिघं बाहेर पडताना दिसली. आभा त्या

दोघांच्यामध्ये. आभाने तिच्या डॅडचा हात धरलेला. त्या महामायेचा हात आभाच्या खांद्यावर. हृदयात खोलवर एक कळ उमटली. त्या 'वो'चा प्रवास पत्नीपदाच्या दिशेने आणि ही पत्नी आज 'थर्ड पर्सन' झालेली. त्याचं दुःख एवढं नव्हतं कारण ते होणारच होतं. मनाची तयारी त्या दिशेने झालेली. पण आभाची प्रतिक्रिया मात्र अनपेक्षित. तिनं घेतलेला निर्णय जीवघेणा. तिच्या नजरेतील माझ्याबद्दलची कणव मला असह्य होत होती. आभा का केलंस असं? आणि करूच कसं शकलीस? वडिलांशी तुझी एवढी जवळीक नव्हतीच. त्याचं हे प्रकरण कळल्यापासून तर नाराज होतीस त्याच्यावर, त्या महामायेवर आगपाखड करताना पाहिलंय मी तुला. आणि डॅडला 'आईला सोडू नकोस.' असं विनवतानाही ऐकलंय मी तुला. जेव्हा सर्वच मार्ग खुंटले तेव्हा अगदी गप्प झालीस. तो विषयच वर्ज्य केलास.

तू पूर्ण माझ्या बाजूने होतीस माहीत होतं मला. तुझ्या माझ्यातलं नातंच तसं होतं. न सांगता सारं काही समजणारं. त्या नात्याचा गर्व होता मला. ह्या वयात कुणीही आपल्या आईला सांगत नसेल ती सिक्रेट्सही सांगायचीस तू मला. माझ्याशी मनसोक्त गप्पा झाल्या नाहीत असा एकही दिवस गेला नाही तुझा. डॅड तुला फक्त कामापुरता हवा असायचा. म्हणजे हवा तो मोबाईल मागायला. आयपॉड घ्यायला. पिइझा हटमधून पिइझा आणायला. थोडक्यात म्हणजे सगळ्या महागड्या हट्टांसाठी. बाकी सर्व गोष्टींना आईच हवी असायची तुला.

आज मात्र तुझा त्याच्याबरोबर राहण्याचा निर्णय ऐकला आणि पायाखालची जमीन सरकली माझ्या. तू उत्तम खेळी खेळलीस. गरीब आईच्या प्रेमापेक्षा बापाचा पैसा महत्वाचा वाटला तुला. स्वार्थाच्या झगमगाटापुढे प्रेम निष्प्रभ ठरलं. तुझ्यातल्या इंटलिजंट कोशंटने ईमोशनल कोशंटवर मात केली.

वा! आभा, वा! आज माझ्यातल्या मातृत्वाचा तू पराभव



केलास.

सातवी अ चा वर्ग

"तर मुलांनो आज आपल्या प्रयोगाचा शेवटचा दिवस. साऱ्यांनी दहाच्या ग्रुपने खिडकीपाशी यायचं." मी खिडकी उघडली. रोपट्याने दिशा बदलली होती. वर्गाच्या दिशेने असणारं रोपटं आता सतरंजीच्या भोकाच्या दिशेने गेलं होतं. त्याच्या अन्नाच्या आशेने... प्रकाशाच्या दिशेने..

"पाहिलंत मुलांनो. रोपट्याने दिशा बदलली. कारण त्याला त्या दिशेने सूर्यप्रकाश मिळत होता."

तेवढ्यात निनादचा हात वर गेला. "पण टिचर एक शंका आहे. तुम्हीही रोज खिडकीतून पाणी घालतच होता ना? मग ते तुमच्या दिशेने का नाही राहिलं?"

का नाही राहिलं?.. प्रश्न अनुत्तरीतच. काय उत्तर देणार होते मी?... मलाही हाच प्रश्न छळत होता... अगदी त्या दिवसापासून.

सातवी अ च्या वर्गाबाहेरील कॉरीडॉर

महिना झाला त्या गोष्टीला. अजून विश्वास बसत

नाहीये. संपलं सारं. पुढचं सारं आयुष्य आभाशिवाय? कल्पना करवत नाही. पण पर्याय कुठाय माझ्याकडे? विचारांच्या तंद्रीत माझं सातवीच्या वर्गाकडे गमन. एवढ्यात निनाद पुढ्यात येतो. हातात अगदी छोटी कुंडी घेऊन. त्यात कॅक्टसच्या जातीचं छोटसं प्लांट.

"टिचर, आपण केलेला प्रयोग मी घरी या प्लांटवर केला. पण हे कललं नाही प्रकाशाच्या दिशेने. अगदी थोडंसुद्धा. मग मी अजून एक प्रयोग केला. त्याला काही दिवस पाणी घातलं नाही. तेव्हा मात्र ते कोमेजून गेलं. असं का?"

"अरे निनाद. हे इनडोअर प्लांट. ह्याला प्रकाश नसला तरी चालतो पण पाणी हवंच. कळलं?"

तेवढ्यात माझ्या सेलवर मेसेजचा टोन. मेसेज उघडला. आभाचा होता. "मम्मा, मला माफ कर. मी परत येतेय." डोळ्यातील अश्रूंना कसंबसं थोपवत मी म्हटलं. "माझं इनडोअर प्लांट.."

राजश्री बर्वे

मुंबई

(राजश्री बर्वे ह्या ख्यातनाम लेखिका आहेत.)

आधी आणि नंतर (before and after)

एप्रिल 2022! मी 15 एप्रिलला मेडीकल चेक-अपसाठी जातो काय आणि सुरुवातीलाच डॉक्टर सांगतात की बाबा तुझा रक्तदाब वाढलेला आहे. ह्या निदानामुळे आलेल्या अस्वस्थतेच पुढील सगळ्या चाचण्या पार पडतात, दुपार होते. सगळे रिपोर्ट्स दोन-तीन दिवसात मिळतील असं सांगण्यात येतं आणि मी घरी येतो.

दोन तीन दिवसांनी सगळे वैद्यकिय अहवाल मिळतात! स्वभाव गोड असला तरी शरीराच्या आत तो शिरता कामा नये - ह्या नियमाला भेदून गोडपणा शरीरात शिरलेला असतो, कॉलेस्ट्रॉल वाढलेलं असतं! अजून काही parameters हललेली असतात! थोडक्यात काय तर आतमध्ये सगळा केमिकल लोचा झालेला

असतो.

हे जरी विनोदी भाषेत लिहिलेलं असलं तरी त्या वेळी आलेलं टेन्शन खास होतं! बाहेरून सगळं ठीकठाक वाटत असताना, फिटनेसकडे बऱ्यापैकी लक्ष असूनसुद्धा, नियमित चालणे-धावणे होत असतानासुद्धा "ये क्या हुवा, कैसे हुवा" अशी मनोवस्था झाली होती! स्पोर्ट्समन असल्यामुळे, भरपूर शारीरिक हालचाल होत असताना देखील माझ्या अंतर्देहात एवढे दागिने कसे घातले गेले, ह्याने मी देखील चकीत होतो.

लगेचच फॅमिली डॉक्टर आणि स्पेशलिस्ट डॉक्टरांची भेट झाली! त्यांनी गोळ्या लिहून दिल्या, DOs आणि DONTs सांगितले, आमच्या Dietician ची भेट घ्या असा सल्ला देखील दिला. हे सगळं as a process



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

ठीकच होतं! मला देखील टेन्शन आलंच होतं! शेवटी मी गुरुमाऊलींकडे धाव घेतली! आपल्या सगळ्यांना ते अंतर्बाह्य जाणतात! कशामुळे काय होतंय आणि काय करायला हवंय, हे त्यांच्यापेक्षा अधिक उत्कृष्ट रीतीने कोण सांगणार? आधी सगळे रिपोर्ट्स त्यांना पाठवले व नंतर तुमच्याशी थोडंसं बोलायचं आहे, अशी विनंती केली!

सद्गुरूजींनी ते रिपोर्ट्स पाहून लगेच स्वतःहून मला फोन केला व त्यातील गांभीर्य सांगितलं! अनेक बाबींवर आपल्याला काळजी घ्यायची आहे व काम करायचे आहे असं सांगितलं! त्यांनी with immediate effect काय काय करायचे, काय खायचे, काय नाही खायचे, दैनंदिनी कशी असावी ह्याचे पूर्ण विवरण दिले. योग आणि ठराविक वेळेचा व गतीचा walk घ्यायलाच पाहिजे, हे नमूद केले. काही बदल हे कायमचे करावे लागतील, हे देखील आवर्जून सांगितले! "घाबरू नकोस, मी तुझ्यासोबत आहे. तु फक्त मी सांगितलेल्या गोष्टी follow कर!", हे नमूद केले.

त्यांच्याशी बोलण्यानेच मला हुरूप आला व त्यांनी सांगितलेली दिनचर्या आणि DIET मी तंतोतंत पाळायला सुरुवात केली! सुरुवातीला दोन - तीन दिवस मला आव्हानात्मक गेले. एखादं ठरलेलं रुटीन सोडून आपण काही वेगळं करतो तेव्हा हा बदल त्रास देतोच. पण त्यातून काहीतरी उत्तमच घडतं! हळू-हळू ह्या बदललेल्या दिनचर्येची, आहाराची मला सवय झाली! आहारावर नियंत्रण आले. सोबत योग वर्ग सुरू केला होताच. सद्गुरूजींनी मधुमेहावर मात करण्यासाठी काही विशेष आसनं सांगितली, त्याचा अभ्यास केला! त्यांचा प्रत्येक योगवर्ग, त्यांची प्रत्येक सूचना मला मदतच करत होती. माझं वजन 105 किलोंवर जाऊन पोहोचलं होतं! आयुष्यात मारलेली ही पहिलीच सॅच्युरी! पण लवकरच मी चेतन चौहानच्या स्कोअरवर आलो! आजतागायत मी परत तीन आकडी

वजनात गेलेलो नाही, जाणारही नाही! मी 105 वरून 93 वर पोहोचलो होतो, सापशिडीच्या खेळात आपल्याला सापाची भिती वाटते, पण इथे मात्र मी 105 वरून 93 आलो तेव्हा हा साप हवाहवासा वाटला!

सद्गुरूजींनी सांगितलं होतं की दर महिन्या-दोन महिन्यांनी काही चाचण्या परत करायच्या! तसं मी केलं आणि अहो आश्चर्यम - माझ्या शरीरातील गोडपणा कमी झाला होता, मी मधुमेहमूक्त झालो होतो, कोलेस्ट्रॉलने माझ्याशी फारकत घेतली होती! हे सगळं घडलं होतं ते सद्गुरूजींच्या आशीर्वादामुळे! ह्या सर्व विषयांतील त्यांचा अभ्यास इतका दांडगा आहे की विचारू नका! त्यांचा 56 वर्षांचा योग व पर्यायी उपचार पद्धतीतील अनुभव, त्यांची शास्त्रीय विचारसारणी, मानवी शरीररचनेचे संपूर्ण ज्ञान - हे सगळं एकदम अचंबित करणारं आहे. काय केल्याने काय साधते, हे त्यांना पक्के ठाऊक असते. दुसऱ्याचा अनुभव ऐकणे आणि आपण स्वतः एखादी गोष्ट अनुभवणे, ह्यात खूप फरक असतो. मला नेमका हीच वेगळी अनुभूति आली आणि ती शब्दातीत आहे!

सद्गुरूजींचे योग वर्ग देखील विशेष असतात! त्यांचं प्रत्येक विद्यार्थ्यांवर लक्ष असतं! कोणी काय केलं पाहिजे हे जसं ते सांगतात तसंच कोणी काय नाही केलं पाहिजे हे देखील ते आवर्जून सांगतात! एखाद्याला एक विशिष्ट आसन जमत नसेल तर त्याचं पर्यायी आसन सांगतात! त्यांची शिकवण्याची, संवाद साधण्याची पद्धत अनोखी आहे. म्हणूनच त्यांच्या योगवर्गात आबालवृद्ध विद्यार्थी हजर असतात! योगवर्ग झाल्यानंतरचे आलेले अनुभव लोकं शेअर करतात व ते वाचण्याजोगे असतात! ह्या सगळ्या प्रोसेसचा मी भाग असल्यामुळे मी ते अनुभवले आहे व त्याचे फायदे अनुभवले आहेत. माझ्या शरीराची लवचिकता वाढली आहे. अजून सुधारणेला खूप वाव आहे. पण टिक्वीवरील जाहिरातीनुसार आधीचा ते नंतरचा (before and after) हा प्रवास सुरू झाला आहे.



THE AWAKENING!

OUR MOTTO IS TO SPREAD UNCONDITIONAL LOVE &
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स्तब्ध झालेल्या पाण्यात एखादा दगड पडतो आणि त्याच्यामुळे लहरी निर्माण होतात! एखादी घटना वादळ निर्माण करू शकते. माझ्या बाबतीत तसंच काहीसं ह्या वैद्यकिय तपासणीच्या निमित्ताने झालं! एका नकारात्मक निकालामुळे एक लढाई सुरू झाली. ह्या लढाईत सद्गुरूजींची मोलाची साथ मला लाभली! त्यांच्यामुळे ही आगळीवेगळी लढाई लढण्याची प्रेरणा मला मिळाली! मी स्वतःकडे जास्त लक्ष द्यायला लागलो. कमी झालेल्या वजनाचा फायदा असा झाला की ऑगस्ट महिन्यात मी नेव्ही मॅरेथॉनमध्ये भाग घेतला होता, त्यात आजपर्यंतची सर्वोत्तम वेळ मी नोंदवू

शकलो आणि त्यामुळे 2023 मध्ये होणाऱ्या टाटा मुंबई मॅरेथॉन करिता मी पात्र ठरलो. सद्गुरूजींनी दिलेली दिनचर्या मी अजूनही पाळत आहे. अजूनही सर्वोत्तम फिटनेस गाठायचा आहे! पण त्यांच्या आशीर्वादाने तो सोनेरी क्षण येईल ह्याची मला खात्री वाटते!

Transformation किंवा बदल काय असतो, ते मी अनुभवत आहे व ह्यासाठी सद्गुरूजींचे आभार मानावे तितके कमी आहेत, त्यांच्या ऋणातून मूक्त होणं कठीण आहे! जय गुरूदेव!

ऋषिकेश आंबये,
मुंबई

साद अंतरीची

धिम्या गतीने रात्र पुढे सरत होती. काही केल्या दीपालीला झोप येत नव्हती. सारखं ह्या कुशीवरून त्या कुशीवर वळणं चालू होतं. पंख्याची घरघर, बाहेरील पावसाचा उदास करणारा आवाज आणि शांतपणे झोपलेल्या प्रमोदच्या घोरण्याचा आवाज ह्या सर्व आवाजांमुळे तिला आपल्या अंतर्मनाशी संवाद साधणं कठीण जात होतं. तिला कोड्यात टाकून प्रमोद मात्र शांत मनाने निद्रेच्या कुशीत शिरला होता.

प्रमोदसारख्या सरळमार्गी, प्रामाणिक माणसानंही शेवटी परिस्थितीपुढे नमावं? नियतीच्या हातातील खेळणं बनून जावं? जीवनातील अशा नागमोडी वाटांना सामोरं जावं की आपल्याला स्वतःलाच ओळखता येऊ नये?

विचारांच्या आवर्तनांना बाजूला सारून दीपाली उठली. आत गेली पाण्याचा एक ग्लास पोटात गेला आणि तिला बरं वाटलं ती तशीच बेडरूमच्या गॅलरीत जाऊन उभी राहिली. बाहेर वॉचमेन रेनकोट चढवून गस्त घालीत होता. ती त्याच्याबद्दल विचार करू लागली. किती पगार असेल ह्याला? दहा हजार? पंधरा हजार? कसं चालवत असेल हा आपलं घर? याचा विचार करता करता तिला स्वतःच चाळीतलं घर आठवलं.

घरातील दारिद्र्य आठवलं. तिचं पूर्वायुष्य तिच्याभोवती गिरक्या घेत फिरू लागलं. खरंच आयुष्याने आपल्याला कोणत्या वळणावर आणून सोडलय? काही केल्या हा तिढा सुटत नाही आहे. नवऱ्याचा सल्ला पटत नाहीये पण दुसरा काही मार्गही दिसत नाही आहे. एखाद्या मैत्रिणीशी बोलायला हवं. कुणाशी बरं बोलावं? कुणाकडे मन मोकळं करावं?

विचार करता करता तिला पेंग येऊ लागली. आत येऊन तिने बिछान्यावर अंग टाकलं. निद्रा आणि जागृतावस्थेच्या सीमारेषेवर झोके घेणं चालू होतं तिचं. अनेक शब्द, शब्दांमागून वाक्य फेर धरू लागली. त्यातूनच तिच्यासमोर एक पत्र आकाराला आलं. मैत्रिणीला लिहिलेलं,

प्रिय मैत्रिणीस,
स.न.

आजचा दिवस माझ्या आयुष्यात एक भलेमोठे प्रश्नचिन्ह घेऊन आला आहे. त्या प्रश्नचिन्हाच्या त्या गोलगरगरीत विळख्यात मी अशी काही सापडले आहे की काही विचारू नकोस हा प्रश्न मी आज तुझ्यासमोर मांडते आहे.

आज माझ्यासमोर माझं पूर्ण आयुष्य दिसत आहे.

MESSAGE FROM MANGESHDA UPASANA CENTRE, SINGAPORE



**Wish you a very
Happy Birthday Sadguruji!**

Thank you for your grace, guidance and blessings at all time!

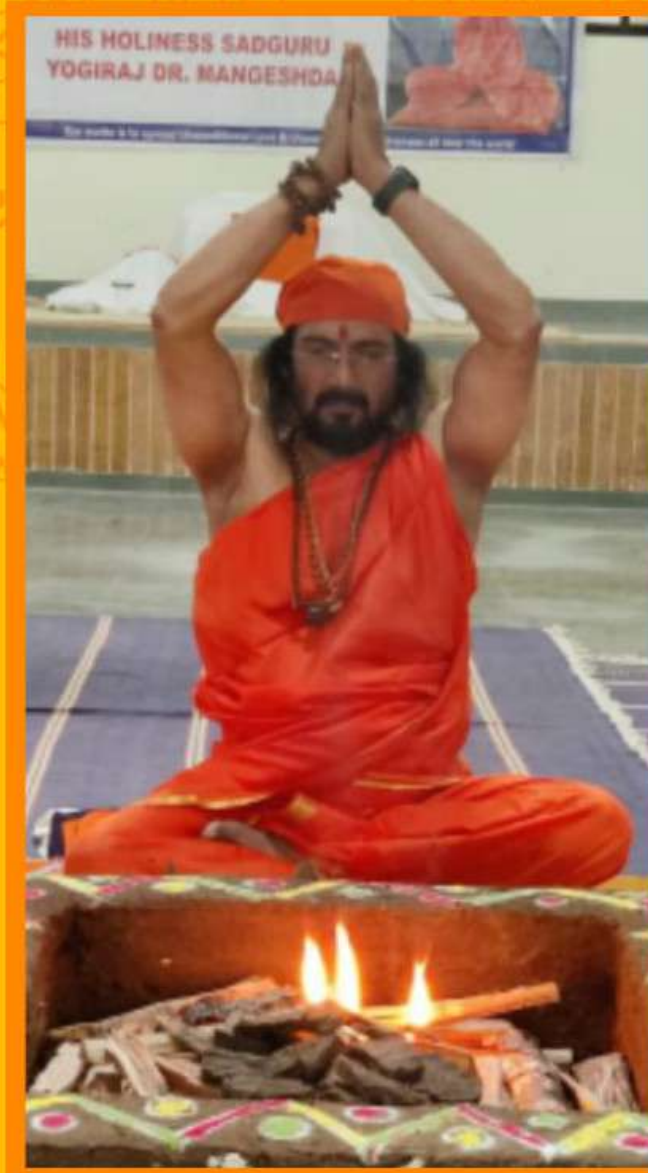
Our humble salutations at your lotus feet 🙏

Contact:

+65 8321 4210 (Ravindra Pathak)



**WISHING SADGURJI AND ALL FAMILY
MEMBERS A HAPPY FOUNDATION
AND HAPPY BIRTHDAY**



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**Wishing Sadguruji a very Happy Birthday
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Contact No: 9447094953, 9892371274



WISHING SADGURUJI A VERY HAPPY BIRTHDAY

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बालपणीचे ते दारिद्र्याचे दिवस आठवले तरी अंगावर शहारा येतो. माझे वडील शाळेत शिक्षक होते. घरात कमावणारे ते एकटेच नि खाणारी तोंड मात्र अनेक कसेबसे दिवस ढकलले. आम्ही दोन्ही भावंडं परिस्थिती समजून वागलो, शिकलो आणि मार्गाला लागलो. भावाने आपला निराळाच मार्ग निवडला आणि आम्हाला पार मागे सोडून, वळूनही न पाहता परदेशात निघून गेला. तेथेच स्थायिक झाला पूर्ण भूतकाळावर पडदा टाकून. आता आईवडिलांची जबाबदारीही माझ्यावरच आहे.

मी इन्कमटॅक्समध्ये नोकरीला लागले. पटापट वरच्या परिक्षा देऊन प्रमोशनच्या शिड्याही चढले. ऑफिसर झाले प्रमोदसारख्या सुशिक्षित, देखण्या मुलाबरोबर संसार थाटला. तो सॉफ्टवेअर इंजिनियर असल्याने त्याला अमेरिकेत जायची संधी मिळाली. आता कुठे थोडाफार पैसा मला दिसू लागला होता.

ह्या संधीचा फायदा घेत आम्ही बांद्र्याला चार रुमचा फ्लॅट लोन काढून घेतला. सातआठ वर्षांत अर्धअधिक लोनही फिटलं. एव्हाना माझा संसार युवराज स्वरराजसारख्या गोड मुलांनी फळला होता, फुलला होता. सुख सुख म्हणजे अजून काय असतं गं? सारं काही दृष्ट लोचल असं घडत होतं. देव माझ्या कुटुंबावर खूप खुश होता पण अचानक दैव मात्र नाराज झालं होतं. त्याच्या एकाच तडाख्यात होत्याच नव्हतं झालं.

अमेरिकेत मंदीची जोरदार लाट आली आणि प्रमोदला भारतात परतावं लागलं. भारतात आला पण इथेही तीच परिस्थिती. मनासारखी नोकरी मिळेना. हळूहळू सहनशक्ती संपू लागली. आता त्याने मिळेल ती नोकरी, मग पगार किती का कमी असेना स्वीकारायचं ठरवलं तोच...

तोच त्याला अर्धागवायूचा जोरदार अॅटॅक आला. त्या ट्रिटमेंटमध्ये थोडीथोडकी नाही चांगली दोन वर्ष गेली. ह्यातून बराच सावरला तो पण त्याच्या वाचेवर परिणाम झाला. आता त्याचे हातपाय ठीक आहेत. मेंदूही चांगला

चालतोय पण अडखळत बोलण्याने इंटरव्ह्यूला मार खातोय.

एखाद्या सुशिक्षित नवऱ्याला बायकोवर अवलंबून रहावे लागत असेल तर त्याची काय अवस्था होत असेल हे तू जाणू शकतेस.

हे सर्व कमी म्हणून की काय चार महिन्यापूर्वी स्वरराजचा अॅक्सिडेंट झाला. त्याच्या कमरेचं हाड मोडलं. त्याचं ऑपरेशन झालं ते ऑपरेशन अयशस्वी झालं. मग दुसरं ऑपरेशन देव तर माझी परिक्षा घेतोय. एका संकटातून पुरती बाहेर येत नाही तोवर पुढ्यात दुसरं संकट येऊन उभं रहातं.

तरीही हिम्मत हारले नाही, सारं जग मला जिगरबाज म्हणून कुर्निसात करतय. संकटावर मात करणारी झाशीची राणी म्हणून शाबासकी मिळतेय. नवऱ्याचं मन जपतेय, मुलांची तबबेत जपतेय, घरातलं पाहून ऑफिस सांभाळायची तारेवरची कसरत चालू आहे.

मुलांना मात्र सांगून ठेवलंय. खूप शिकायचं मोठ व्हायचं, शिक्षणाची खूप आवड मला. खरं तर मला सीए व्हायचं होत पण परिस्थितीमुळे नाही जमलं. लवकरात लवकर नोकरी धरून बाबांना मदत करणं आवश्यक होतं. आताही प्रत्येक वर्षी दहावीबारावीच्या निकालानंतर गरीब मुलांच्या यशाच्या बातम्या पेपरमध्ये झळकतात ते वाचताना डोळे तुडुंब भरतात. दोन्ही मुलांना त्या बातम्या वाचायला लावते. "तुमच्या शिक्षणासाठी मी वाटेल तो खर्च करेन पण खूप शिका." ही शिकवण मी लहानपणापासूनच देत आलेय त्यांना. पण आता परिस्थिती बदलली आहे. प्रमोद आणि स्वरराजच्या दुखण्यात पाण्यासारखा पैसा खर्च झाला. पैसा येतोय फक्त एकाच मार्गाने. माझ्या कष्टाच्या. पण जायला मात्र अनेक वाटा मिळताहेत त्याला. मानसिक बळ बरेच जण देतात पण आर्थिक बळ ज्याचं त्यालाच मिळवावं लागतं ना?

त्यातच युवराज आता बारावी झालाय. अतिशय गुणी



THE AWAKENING!

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मुलगा, एवढ्या संकटांनी घरावर दहशतवादी हल्ला केला पण ह्या समजूतदार मुलाने आपला अभ्यास कधीच चुकवला नाही. इंजिनियरिंग आणि पुढे एमबीए करायची इच्छा आहे त्याची. माझी तर स्वप्नं धुळीला मिळाली आणि आता मुलांच्याही स्वप्नांचा चुराडा करायचा का?

सर्व सोंग आणता येतात पण पैशाचं सोंग नाही आणता येत. त्याने बीएससीला जाणं प्रमोदला तर मुळीच मान्य नाही. 'मुलाची कुवत असताना त्याने उच्च शिक्षण का घ्यायचं नाही?' असं त्याचं मत आहे.

कधी नव्हे तो आज आम्हा नवराबायकोचा मोठा वाद झाला. जे मला कधीच शक्य होणार नाही तेच प्रमोदनं सुचवलय. वरकमाई करायला. टेबलाखालून पैसे घ्यायला. प्रमोदचे हे मत ऐकून मी स्तंभित झालेय... सैरभैर झालेय.

ऑफिसमध्येही वेड्यात काढतात मला. फक्त सिनियर्सच नाही तर ज्यूनियर्सही. माझ्या मागाहून येऊनही बरीच माया जमवली आहे त्यांनी. तो वर्गिस तर मला कधीचचं सांगतोय, 'मॅडम, वेडेपणा करताय तुम्ही. आमच्यात सामील व्हा. सुखी व्हाल. ही तत्व, ही मूल्यं सारं काही बकवास आहे. ह्या जगात चलती आहे फक्त पैशाची."

सर्व बाजूंनी माझ्यावर दबाव येतोय. चांगला काय वाईट काय काहीच समजत नाहीये. एकेकदा वाटतं आपण आयुष्यभर प्रामाणिकपणे वागलो, कष्ट केले. काय मिळालं आपल्याला? वाट्याला फक्त दुःखच आली. काय उपयोग आहे ह्या प्रामाणिकपणाचा? पैसे खाऊन इमले बांधणारे मात्र मजेत आहेत. मग आपणही तेच करावं का?

परत वाटतं, नको, हा चुकीचा मार्ग आहे. आपल्यावर आपल्या आईवडिलांनी असे संस्कार कधीच केले नाहीत. शाळेतून ट्यूशनस घ्यायला परवानगी नव्हती तर वडिलांनी कुवत असूनही घेतल्या नाहीत. पोटाला

चिमटे काढून राहिलो पण अयोग्य मार्गाच्या पैशाला घरात प्रवेश नव्हता.

माझ्या अत्यंत आवडीच्या शिक्षिका होत्या परांजपेबाई. शिकवून झालं की रोज एक तरी छोटी गोष्ट सांगायच्या. त्यांच्या ह्या मौल्यवान गोष्टींतून बरंच काही शिकले. आयुष्याचं गणित योग्य पद्धतीने सोडवायला त्यांनीच शिकवलं. कर्माचा सिद्धांत त्यांच्याकडूनच कळला. संस्कारांची बीज मनात पेरायचं काम आई, वडिल आणि परांजपेबाईंनी अगदी चोख केलं. असं सर्व असतानाही केवळ मोठ्या स्वप्नपूर्तीसाठी आपण संस्कारांची पाटी करत कोरी करायची?

पण मग परत युवराज आठवतो. त्याच्या डोळ्यातील बुद्धीमत्तेची चमक, खूप शिकण्याचा त्याचा निर्धार, असहाय्य प्रमोदची नजर हे सर्व आठवतं आणि मन परत डळमळीत होतं.

आज माझ्या आयुष्याचा आलेखच तुझ्यासमोर मांडला आहे. प्रमोद म्हणतोय त्या वाटेने जाऊ? माझ्या नवऱ्याच्या नि मुलांच्या स्वप्नांना जपू की माझ्या जीवनमूल्यांना गोंजारू?

ह्या दोन्ही गोष्टी एकत्र करता येणं शक्य आहे? तुझं मत माझ्या निर्णयासाठी फार महत्त्वाचं आहे. वृत्रपा करून योग्य मार्ग दाखव वाट पहाते.

तुझी
दीपाली

स्वप्नातील पत्र पूर्ण झालं. अर्धवट झोपलेल्या दीपालीच्या चेहऱ्यावर संमिश्र भावनांचं जाळं पसरलं. कुणाकडे तरी मन मोकळं केल्याचं समाधान त्यात होतं. तसंच उत्तराच्या अपेक्षेच प्रश्नचिन्हही. आपल्या भावनांना समजून घेईल ती? पत्राचं उत्तर पाठवेल? काय असेल त्यात? आणि पहाता पहाता तिच्या डोळ्यांसमोर अजून एक पत्र साकारलं.

प्रिय दीपालीस,



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तुझ्या पत्रातून तुझी द्विधा मनस्थिती समजली. फार अभिमान वाटला तुझा. पण खरं सांगू? थोडीशी कीवही आली. इतक्या उदात्त विचारांच्या सरळमार्गी, संस्कारित स्त्रीचं कुठल्यातरी स्वार्थी स्त्री मध्ये रुपांतर होतय की काय या शंकेनं मन व्याकुळ झालं आहे.

तुझ्या मुलाच्या प्रती तुझ्या भावना मी समजू शकते. गरीबीमुळे शिक्षणाला लगाम घालाव्या लागणाऱ्या बुद्धिमान मुलीचं अंतःकरणही समजू शकते. स्वप्न पहाणं, महात्वाकांक्षा असणं आणि त्यांची पूर्तता होणं हे अभिमानास्पद बट ऍट व्हॉट कॉस्ट?

ज्या स्वप्नपूर्तीसाठी तू उंच गगनात भरान्या मारू इच्छितेस तेथे पोहोचता पोहोचता तुझा एखादा पंख तर तुटणार नाही ना? पंख तुटला तरी चालेल पण आकाशात विहरण्याचा तुझा आत्मविश्वासच डळमळीत होणार नाही ना? ज्या मूल्यांवर, ज्या तत्वावर तुझी जीवनप्रणाली आधारलेली आहे त्यांना तिलांजली देऊन तू स्वतः सुखी होशील का?

कणा नसलेल्या माणसाप्रमाणे तुझी अवस्था होईल. आपल्या कृतीच्या तुला ज्या वेदना होतील त्या मुलांच्या उच्च शिक्षणाच्या, सुखाच्या आनंदावर विरजण घालतील. भविष्यात परत मागे वळून पाहशील तर अतीव दुःखाने विव्दळशील.

तुझ्या पत्रात तुझ्या वांद्र्याच्या चार रूमच्या रहात्या फ्लॅटचा उल्लेख आला आहे. मुलांना शिकवायचं आहे ना? मग विक तो फ्लॅट. बोरीवलीला तीन रूमचा फ्लॅट घे. दोन्ही मुलांची शिक्षण उरलेल्या पैश्यात होतील.

आणि हो प्रमोदला नोकरी मिळत नाही ना? मग ठीक आहे. नोकरी हा एकच उपजिविकेचा मार्ग आहे का? अशा लोकांना कामं मिळवून देण्यासाठी मदत करणाऱ्या अनेक संस्था असतात. त्याच कशाला? अगदी तुझ्या ओळखीने सुद्धा त्याला घरी बसून प्रोग्रॅमिंगची, वेबडिझायनिंग वा इतर कॉम्प्युटर संबंधित काम करता येतील.

पहा, थोडे पैसे मिळाले तरी त्याचा आत्मविश्वास बहरून येईल. त्याला स्वतःच्या पाठीवर घेऊन भरान्या मारू नकोस तर त्याच्या पंखात बळ येईल असं पहा. त्याच्या स्वतःच्या उडण्याचा लांबून आनंद घे.

तू माझ्यावर एवढा विश्वास दाखवलास म्हणूनच सांगते लाच घेण्याचाच नाही तर त्याबद्दल विचार करण्याचाही गुन्हा करू नकोस. ताठ मानेने जग. ताठ कण्याने जग.

तुझी

स्वरूपाली परांजपे

अर्धवट झोपलेल्या दीपालीला पत्रातील शब्दांनी पूर्ण जागे केले. बाहेर झुंजुमुंजु होत होतं. कोण ही स्वरूपाली? ह्या नावाच्या कुणालाच तर आपण ओळखत नाही. आणि तिचं मत आपल्याला स्वप्रात एवढं महत्त्वाचं का बरं वाटत होतं? स्वरूपाली... स्वरूपाली... परत परत ते नाव उच्चारूनही दीपालीला ती कोण ते आठवत नव्हतं.

बरं आडनाव परांजपे. हे तर आपल्या आदर्श व्यक्ती परांजपेबाईचं आडनाव पण त्यांचं नाव तर कुसुम होतं. मग ही स्वरूपाली कोण? जी कोणी असेल ती. पण तिने किती छान उपाय सुचवला आहे. आजच ही जागा विकण्यासाठी जाहिरात घायला हवी. आणि हो. 'पाठिंबा' ह्या स्वयंसेवी संस्थेतही प्रमोदसाठी चौकशी करायला हवी. दीपालीला आता अगदी हुरूप आला होता. मनावरचं एक भलं मोठं ओझं उतरलं. आता फक्त एकच प्रश्न राहिला होता ही स्वरूपाली कोण? विचार करत करत तो अंथरूणावर उठून बसली. समोर लक्ष गेलं तर समोरच्या आरशात तिला स्वतःच प्रतिबिंब दिसलं. हसत्या चेहऱ्यांनी ते तिला विचारत होतं, "मला ओळखलं नाहीस?"

आता दीपालीच्या डोक्यात प्रकाश पडला. अगदी लखवणे...

स्वरूपाली म्हणजे आपलं स्वतःचच रुप. तिने दिलेलं



उत्तर म्हणजे आपल्याच अंतरीची साद. दीपाली गॅलरीत मनातलंही.
आली. पाऊस पूर्ण थांबला होता. स्वच्छ सूर्यप्रकाश
पडला होता. आभाळ निरभ्र झालं होतं. बाहेरचं आणि

राजश्री बर्वे,
मुंबई

लाख चुका असतील केल्या... पण ठायी 'गुरुभक्तीच'

चुकांवर चुका... चुकांवर चुका... निरंतर श्रृंखला! चूक ही
नैसर्गिक बाब असली तरीही तिला सीमा असलीच
पाहिजे हा बोध जरी अंगी रुजला तरीही अवलंब
करताना तारांबळ उडते आणि ह्याचं जिवंत उदाहरण
म्हणजे 'मी'!

एकवीस वर्षांपूर्वी सद्गुरू योगीराज डॉ. मंगेशदा
ह्यांच्याकडून क्रियायोगाची दीक्षा घेण्याचे भाग्य मला
लाभले आणि त्या दिवसापासून माझ्या सद्गुरूजींनी
माझ्या चूका सुधारण्याची मला अनेकदा संधी दिली,
वेळोवेळी मार्गदर्शन केले. सद्गुरूजी कधी गोड तरी
कधी स्पष्ट शब्दांत माझ्या वैगुण्यांची जाणीव करून
देऊ लागले आणि ह्या मागील उद्दिष्ट केवळ माझी
उन्नती हेच होय. हळूहळू माझ्यात बदल होऊ लागले.
पण त्या चुका इतक्या निर्बुद्ध की सारख्या लुडबूड
करण्यास जणू सज्जच! अशा स्थितीत माझे गुरुदेव
संयमाने माझे निरीक्षण करीत, पुन्हा नव्याने मार्गदर्शन
देत असत. सद्गुरूजी म्हणजे शिष्यास चुकांसकट,
दोषांसकट स्वीकारणारी जणू पवित्र गंगा नदीच!

माझ्या गुरुमाऊलींनी माझ्यात दडलेल्या कलागुणांना
चालना दिली. जसे आई बोट पकडून चालायला
शिकवते तसंच माझ्या सद्गुरूजींनी वैयक्तिक
मार्गदर्शन करून गायन - लेखन - वक्तृत्व ही भव्य
व्यासपीठं मला उपलब्ध करून दिली. माझ्या
गुरुदेवांच्या अनंत उपकारांचे ऋण मी कधीच फेडू
शकणार नाही! कृतज्ञता मनाशी बद्ध आहे, परंतु
अजूनही चूका अनपेक्षितपणे डोकावतात आणि डाग
लावून जातात.

महिन्याभरापूर्वी असंच काहीसं घडलं. माझ्यातील
उतावीळपणाने उसंडी मारली आणि अनावधानाने

सद्गुरूजींच्या आदेशाचे उल्लंघन करण्याची घोडचूक
माझ्याकडून घडली! 'थांब' म्हटल्यावर थांबण्याची
परीपक्वता माझ्यात एकवीस वर्षांनी सुद्धा मुरली नाही,
हे सिद्ध झाले. चूक व्हायची होती, ती झालीच. दूध उतू
गेल्यावर दूध वाया गेल्याचं आणि तत्परता कमी
पडल्याचं दूःख होतं. नंतर काही तरी शुभ घडणार आहे
ह्या पुरातन श्रद्धाभावाने मनाचं सांत्वन केलं जातं, तसंच
काहीसं माझंही झालं. ह्या घटनेनंतर माझ्या
उतावीळपणाचा मला राग आला, अजूनही बुद्धी
परिपक्व नाही ह्याची प्रकर्षाने जाणीव झाली. माझ्या
गुरुमाऊलीला माझ्यामुळे त्रास झाल्याने मन खूप
दुःखी झाले. तीन दिवस उदास मनोवस्थेत काढले
कारण एकवीस वर्ष अभ्यास करूनही मी परिक्षेत
अनुत्तीर्ण झाले होते. आत्मपरिक्षण केले, अभ्यास
करण्यात कुठे कमी पडले ह्याचा सखोल विचार केला.
ह्या घटनेमुळे माझ्यात नक्कीच परिवर्तन होणार ह्या
विश्वासाने माझे सांत्वन केले. आता मात्र बुद्धीने
प्रगल्भतेशी घट्ट गाठ बांधण्याचं ठरवलं आहे. माझ्या
गुरुदेवांचा मनोभाव शब्दांशिवाय समजून, माझ्याकडून
असलेली अपेक्षा पूर्ण करण्याचा संकल्प मी सोडलाय.
चुकांची समाप्ती होणं अत्यंत कठीण किंबहुना
अशक्यच आहे. परंतु चुकांची मात्रा नगण्य होणं शक्य
आहे. पण जेव्हा कळत-नकळत चूक घडेल तेव्हा
अपेक्षित असेल, माझ्या सद्गुरूजींचा ओरडा! जर
माझ्या गुरुदेवांनी माझ्यावर रागावणं बंद केलं तर
माझ्यावरील माया कमी तर झाली नाही ना, ही शंका
मनामध्ये डोकावणारच!

तेव्हा मन वदेल,

लाख चुका असतील केल्या... पण ठायी 'गुरुभक्तीच'



ताफा मज चुकांचा
चाफा सद्गुरू मायेचा
वर्षानुवर्षांचा प्रवाह चुकांचा
बांध तटस्थ गुरुमार्गदर्शनाचा
मजकडून अपेक्षित काय गुरुमाऊलींस
आजवर न उमगले मंदबुद्धीस
घडली घोडचूक नव्याने हल्लीच
उतावीळपणास रोखू शकले नाहीच
अनावधानाने नाही पाळला मी शब्द गुरुदेवांचा
मग आला पूर पश्चातापरूपी अश्रूंचा

झाले पुनर्वसन मनाचे, अन घडले परिवर्तन
सोडला संकल्प, भान ठेवूनी करीन वर्तन
सदैव राहो मजवर, गुरुदेवांचा धाक
कळत-नकळत घडली जर चूक, तीज मिळो चपराक
तेवतो सदा अंतरी दीप कृतज्ञतेचाच
लाख चुका असतील केल्या... पण ठायी 'गुरुभक्तीच'
जय गुरुदेव!

हेमांगी महाडिक
ठाणे

अविस्मरणीय यात्रा

!!श्री गुरुदेव दत्त!!

गुरुस्मरण करून आलेला अनुभव गुरुचरणावर अर्पण करतो.

आयुष्यात प्रत्येकाला वाटतं की आध्यात्मिक वाटेमध्ये गुरूंची साथ असेल तर त्या वाटेमध्ये येणारे संकट कितीही मोठे असले तरी ते सहन करण्याची शक्तीदेखील गुरुकृपेने मिळते. प्रत्येकाला वाटतं की आध्यात्मिक स्थानामध्ये आपण गुरूंबरोबर असावे आणि त्यांच्याकडून सकारात्मक लहरी तसेच आध्यात्मिक अनुभव मिळावेत.

मी असा बरेच वर्ष विचार करत होतो. केदारनाथ, बद्रीनाथ किंवा इतर आध्यात्मिक स्थानंही गुरूंबरोबर व्हावी म्हणजे मग आयुष्यात अजून काय हवं? बरेच दिवसांनी माझा मित्र मला भेटला. केदारनाथबद्दल बोलत होता. मी फक्त ऐकत होतो आणि त्याचे अनुभव ऐकून मनात खूप वाटत होतं की आत्ताच आपण जावून यावं केदारनाथला! पण पुन्हा विचार केला आणि मनातच म्हणालो, नाही! यात्रेला जाईन तर गुरुसोबतच! पुन्हा काही महिन्यांनी अजून एक मित्र म्हणाला, "अरे, आपण केदारनाथला जाऊया!" मी पुन्हा उत्साही झालो. पण पुन्हा मनात तोच विचार होता - जायचं तर गुरूंबरोबरच, नाही तर नाही. पुढचा एक महिना असाच गेला. अशाच एका रात्री वैभवचा कॉल

आला. जवळ जवळ १०.३० ला... म्हणाला, "प्रदीप, सद्गुरूंसोबत जायचा योग आहे, जाऊया का? तीन जणं जाऊ शकतात." मी काहीच विचार न करता हो म्हटलं आणि सांगितलं की उमा आणि मी आम्ही दोघेही येतो. पण पैशाची सोय कशी करायची हा प्रश्न होता. तो देखील गुरुकृपेने उत्तम पार पडला. खरं पाहता उमाच बोलली, "अरे कालच माझ्या अकाउंटमध्ये काही कॅश आली आहे." मी म्हटलं, "हा खरंच योगायोग आहे. चला पैशाची अडचण देखील गेली." खरंच त्या दिवशी गुरुच बोलवत होते, माध्यम फक्त वैभव होता. त्या दिवशी खूप आनंद झाला, तो ही गगनामध्ये मावत नव्हता. त्या दिवशी खरंच सद्गुरूंशी बोलणं देखील झालं! कसं यायचं आणि काय करायचं, ते सगळं लक्षात असून विसरल्या सारखं झालं! वैभवने त्या दिवशी तिकीट काढण्यासाठी खूप मदत देखील केली आणि बघता-बघता रात्रीचे ३ वाजत आले. तिकीट वगैरे सगळं व्यवस्थित झालं. खरं पाहता आम्ही तिकीट उशीराने बुक करून देखील आम्हांला गुरुजींच्याच फ्लाइंटमध्ये जागा मिळाली. मुंबई ते डेहराडून आणि दिल्ली ते मुंबई हा दोन्ही वेळचा प्रवास गुरूंबरोबर होणार... हा योगायोग नसून गुरूंनी केलेली कृपा समजावी लागेल आणि त्यासाठी वैभवने देखील प्रयत्न केले ! त्याचे देखील आभार! सगळी तयारी झाली!



THE AWAKENING!

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आता फक्त एक दिवस होता हातात तयारी साठी! एका दिवसात हवी नको ती सगळी खरेदी केली आणि तो दिवस आला ज्या दिवशी आम्हाला जायचे होते. एक आठवडा सद्गुरूंसोबत असणं म्हणजे भाग्यच म्हणावं लागेल.

पहिल्या दिवसाला सुरुवात झाली ती मुंबई विमानतळाहून! आम्ही डेहराडूनला उतरलो व लगेच एका छान हॉटेलमध्ये जेवण केलं आणि त्या दिवशी सद्गुरूंबरोबर गंगोत्री ह्या ठिकाणी आलो. आरती केली आणि छानशा हॉटेलमध्ये आराम केला. राहण्याची सोय खूप छान होती.

दुसरा दिवस (१३ जून २०२२) उजाडला! त्या दिवशी देवप्रयाग ह्या ठिकाणी म्हणजेच जिथे अलकनंदा आणि मंदाकिनी ह्या नद्यांचा संगम होतो त्याचं छान दर्शन झालं. रुद्रप्रयाग संगमाचं दर्शन घेतलं आणि आम्ही गुप्तकाशी येथे काशी-विश्वनाथ मंदिर ह्या पवित्र ठिकाणी जिथे भगवान शंकरांचं स्थान आहे त्या ठिकाणी गुरूंसोबत गेलो. ह्या स्थानाला खूप महत्त्व आहे. ह्या ठिकाणी दर्शन घेण्याचा खूप छान आणि वेगळा अनुभव होता. त्या दिवशी केदारनाथच्या पायथ्याशी आम्ही राहिलो. पुढील दिवस केदारनाथ यात्रेचा होता.

१४ जून २०२२ ... तिसरा दिवस उजाडला! केदारनाथ म्हणजेच साक्षात भोलेनाथ ह्यांचं दर्शन घेण्याचा योग आणि ते ही आपल्या गुरूमाऊलीसोबत! आमचा प्रवास जवळ-जवळ सकाळी ५.३० ला सुरू झाला! हॉटेल मधून निघाल्यावर आम्ही सगळे कमीत कमी २ किलोमीटर चालत गेलो आणि तिथून ९ सीटर गाडीने आम्ही केदारनाथ पायथ्याशी उतरलो. सुरुवातीचा काळ फार कठीण वाटला. पायथ्यापासून केदारनाथ मंदीर हे जवळजवळ १८ किलोमीटर आहे. जायचे होते तेही घोड्यावरून! भीती तर खूप वाटत होती. पण थोडा वेळ झाल्यावर घोड्यावरून जाण्यात फार मजा येऊ लागली होती. पण पायथ्यापासून सुरुवात करून

केदारनाथ मंदिराजवळ पोहोचण्याचा प्रवास घोड्यावरून करण्यासाठी सुद्धा ४ तासांपेक्षा जास्त कालावधी लागला. वरती थोडा वेळ चालावे लागले. ऑक्सिजनच्या कमतरतेमुळे त्याच वेळेस आमच्यातील काही क्रियाबान सदस्यांची तब्येत बिघडत होती आणि गुरूजी सतत त्यांच्यावर नजर ठेऊन होते आणि त्यांची जातीने काळजी सुद्धा घेत होते. खरंच गुरू असावे तर असे! आपल्या समुहातील एकाही व्यक्तीला काहीही झाले नाही! तिथे खूप लोकांचा मृत्युदेखील झाला होता. आणि आम्ही सगळे सुखरूप केदारनाथ मंदिराजवळ होतो. गुरूजींचं एक स्वप्न होतं ते म्हणजे केदारनाथ मंदीरासमोर योगासनं करून घेणं कारण आंतरराष्ट्रीय योग दिन जवळ आला होता! इतक्या पवित्र ठिकाणी व समुद्रसपाटीपासून इतक्या उंचीवर क्वचितच कुणीतरी योगासनं केली असतील! ते देखील त्यांनी आमच्याकडून करून घेतलं. योग झाल्यानंतर हॉटेल मध्ये गुरूजींचा छान सत्संग देखील झाला! छान जेवण करून आम्ही त्या दिवसाला पूर्ण विराम दिला. खरं पाहता त्या दिवशीचं तापमान -१८ होतं. झोप खूप येत होती पण झोपावेसे वाटत नव्हते. ह्या वातावरणात देखील कोणालाही कसलाच त्रास झाला नाही. खरंच ही सद्गुरूजींचीच कृपा असू शकते. त्याशिवाय ह्या शरीराला न सोसणाऱ्या वातावरणात आम्ही राहू शकलोच नसतो.

पुढील दिवस १५ जून २०२२... हा खूप छान व उत्साही दिवस होता. केदारनाथ मंदिरामध्ये जाऊन दर्शन घेतले आणि पुन्हा आम्ही हॉटेलकडे प्रस्थान केलं. त्या दिवशी पुन्हा घोड्यावरून परतीचा प्रवास सुरू झाला. परत पुढे जायचे होते... ते बद्रीनाथला! त्या दिवशी तपोवन ह्या छान हॉटेलमध्ये राहून दिवस आनंदात घालवला.

१६ जून २०२२ रोजी बद्रीविशाल ह्यांचं दर्शन घेण्यास निघालो. आम्ही सगळे दर्शन घेण्यासाठी मंदिरामध्ये गेलो आणि आमच्या सद्गुरूंसोबत बद्रीनाथ समोर होतो. साक्षात दोन शक्तींचा मिलाप हा एका ठिकाणी



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अनुभवास आला.

१७ जून २०२२ रोजी बट्टीविशाल येथून पुढे माना विलेज ह्या ठिकाणी आलो. गणेश गुंफा, श्री वेदव्यास गुंफा, सरस्वती उगम अशा पवित्र ठिकाणी दर्शन घेऊन पुन्हा हॉटेल वर आलो. त्या दिवशी तापमानात खूप बदल झाला! बरीच थंडी होती आणि बऱ्याच लोकांची तब्येत बिघडली होती! कोणाचं पोट बिघडले तर कोणाला ताप आला! कुणाला इतर काही आजारांनी ग्रासलं! पण गुरुजींचे आपल्या क्रियाबान शिष्यांवर लक्ष होते त्यामुळे पाहता पाहता सगळे बरे झाले. खरंच गुरु आपल्या भक्तांचे संकट नेहमी स्वतःवर घेतात. त्या दिवशी गुरुजींच्या सत्संगात सहभागी व्हायची संधी मिळाली आणि सगळ्यांचे डोळे पाणावले होते! भक्ती योग हा सगळ्यांच्या डोळ्यात दिसत होता. त्या दिवशी खरंच वाटत होते की गुरुशिवाय गति नाही, मोक्ष नाही आणि खरंच मार्गसुद्धा नाही.

पुढील दिवशी गोपेश्वर मंदिरामध्ये आलो. ह्या मंदिरात परशुराम ह्यांचं भलं मोठं त्रिशूळ आहे. त्या दिवशी मंदिर बंद झाले होते. आम्हाला यायला किंचित उशीर झाला

होतो. पण मंदिराच्या दरवाज्यासमोर पोहोचलो आणि अचानक एक गृहस्थ आले आणि त्यांनी येऊन दरवाजा उघडला. त्यामुळे आम्हाला अत्यंत सुंदर असे दर्शन झाले. खरंच हे सगळं सद्गुरुजींमुळेच शक्य झाले. दर्शन घेऊन आम्ही पुन्हा ऋषिकेशला जायला निघालो. त्या दिवशी रात्री एका छान हॉटेल मध्ये राहिलो आणि १८ जून २०२२ च्या सकाळी छान सत्संग करून ऋषिकेश मध्ये मस्त फिरून आलो. त्या दिवशी गुरुजींच्या मार्गदर्शनाखाली आठवण म्हणून एक शंख घेतला आणि पुन्हा आम्ही परतीच्या प्रवासात दिल्ली मार्गे मुंबईला सुरक्षित यात्रा करून पोहोचलो.

खरंच दोन धामांची ही यात्रा सदैव लक्षात राहिल. ह्या यात्रेदरम्यान आलेले अनुभव शब्दातीत आहेत. गुरुंबरोबर यात्रा करण्याचं माझं स्वप्न पूर्ण झालं, ह्याचा मला विशेष आनंद आहे. सद्गुरुजी, तुम्ही दिलेल्या प्रेमासाठी आणि आशीर्वादासाठी कोटी कोटी प्रणाम!

प्रदीप शेट्टे
डोंबिवली

ESP शल मनोगत

हरि ॐ!

ऑक्टोबर २०२२ मधील सद्गुरुजींच्या 'ESP कार्यशाळेमध्ये' सहभागी होण्याचा योग जुळून आला. दोन दिवसांच्या ह्या भरणच सत्रात अनेक नवीन गोष्टी, ज्ञान, खेळ, प्रयोग शिकायला मिळाले.

सद्गुरुंची ओघवती वाणी, अभ्यासपूर्ण व नियोजनबद्ध अशी कार्यक्रमाची आखणी, विविध वयोगटातील - विविध क्षेत्रांतील देशभरातील सदस्यांचा सहभाग, विद्यार्थ्यांपासून गृहिणीपर्यंत कोणालाही उपयोगी पडतील अशा बहुमुल्य परंतु सोप्या सरावपद्धती ... ह्या सर्व गोष्टींमुळे ही 'ESP कार्यशाळा' खूपच यशस्वी ठरत आहे.

स्मरणशक्ती तल्लख असण्याची आवश्यकता प्रत्येक वयात असतेच. चाळीशीनंतर बहुधा स्मरणशक्तीचा

ह्रास सुरू होतो. त्याचे गंभीर परिणाम वेगवेगळ्या आजारांच्या रूपात भोगावे लागतात. संप्रेरकांच्या असंतुलनामुळेही (HORMONAL IMBALANCE) अनेक समस्यांना तोंड द्यावे लागते. सद्गुरुजींनी ह्या मागचे विज्ञान आणि छोट्या सोप्या कृतींमधून करायचे उपाय खूपच छान शिकविले.

स्मरणशक्ती किंवा संप्रेरक असंतुलन हे ह्या दोन दिवसांच्या कार्यशाळेतील अनेक विषयांपैकी दोन विषय होते. आपण आपल्या मेंदूचा किती कमी वापर करतो, जलदगतीने वाचन कसे करावे, नियमित डायरी लिहिण्याचे फायदे काय, प्राणायाम-योग का करावा तसेच पंचेंद्रियांकडे लक्ष देऊन sixth sense कसा जागृत करावा हे समाजावून सांगितले. सगळ्याच गोष्टी मी इथे लिहू शकत नाही! त्या ही कार्यशाळा



THE AWAKENING!

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करूनच आत्मसात कराव्या लागतील!

वैयक्तिकरीत्या मला ही कार्यशाळा अजून भावण्याचं कारण म्हणजे सद्गुरूंच्या सान्निध्यात पूर्ण दोन दिवस घालविता आले. कोरोना काळात आपल्या फाऊंडेशनचे सगळेच क्रियाकलाप online पद्धतीने चालू होते. ह्या दोन दिवसात गुरूजींना आणि इतर सदस्यांना प्रत्यक्ष भेटता आलं! त्याचप्रमाणे मी आणि ज्ञानेश - आम्ही दोघेही ह्या कार्यशाळेला येऊ शकलो, हे पण माझ्यासाठी खूपच महत्वाचं होतं!

'ESP कार्यशाळेची' संकल्पना अनोखी आहे. त्यात हसतखेळत शिकत बरेच अनुभव गाठीशी बांधता येतात. मला हे खूपच आवडलं. किंबहुना अधिकाधिक व्यक्तींनी ह्या 'ESP कार्यशाळेचा' लाभ घेऊन आपल्या रोजच्या जीवनात त्याचा भरपूर उपयोग करावा, अशी सदिच्छा मी व्यक्त करते.

शिल्पा ज्ञानेश लाड
मुंबई

ओंजळ

सद्गुरूंच्या आशीर्वादाचा झरा वाहत असतो. आपण ओंजळ करून तो प्राप्त करत असतो. असे क्षण आपण अनेकदा अनुभवत असतो. मग ते कोरोना काळातील किंवा इतरही काळातील असतात.

मी स्वतःला भाग्यवान समजते की त्यांनी मला क्रियायोगातील तिसऱ्या दीक्षेसाठी निवडले. सुरुवातीला क्रिया थोड्या कठीण वाटल्या! पण माझ्या शंकांचे त्यांनी निरसन केले, योग्य ते मार्गदर्शन केले! क्रियायोगाचे दर रविवारी होणारे वर्ग म्हणजे एक विलक्षण अनुभव आहे. इतर कुठेही असे वर्ग होतात, असा मला प्रश्न पडतो. त्यामुळे स्वतःला मी खूप भाग्यशाली मानते. धन्यवाद सद्गुरूजी!

आमच्या मुलाचे लग्न लॉकडाऊनच्या कालावधीत ह्युस्टनमध्ये झालं पण आम्ही जाऊ शकलो नाही! मुंबईमधला समारंभ ओमायक्रॉनमुळे पुढे ढकलावा लागला. परंतु मे मध्ये सर्व समारंभ थोडक्यात पार पडले. सद्गुरूजींच्या आशीर्वादामुळे सर्व घडून आले.

काही महिन्यांपूर्वी सद्गुरूजींनी प्राणायामाचे वर्ग घेतले होते. अत्यंत वेगळं आणि प्रभावकारी अशी ही

कार्यशाळा झाली होती. त्यांनी विविध प्रकारचे प्राणायाम शिकविले होते. त्याचे फायदे समजावले होते, एखादा प्राणायाम कधी करू नये हे सांगितलं होतं! कोरोना काळात तर ही कार्यशाळा म्हणजे कोरोनाशी लढण्यासाठी ढाल-तलवारच होती. आम्हा दोघांनाही कोरोना झाला होता. तेव्हा ह्या प्राणायाम कार्यशाळेत घेतलेल्या ज्ञानाचा आम्हाला खूपच फायदा झाला व आम्ही ह्या रोगातून लवकर बरे झालो. ह्या साठी सद्गुरूंचे मानावे तेव्हा आभार कमीच आहेत!

कोरोनाचे काळे ढग हळू-हळू दूर सरताना दिसत आहेत. ह्यावर्षी आपला वार्षिक दिनदेखील गुरूजींसोबत साजरा करता येणार आहे, त्यामुळे ह्या वेळेची दीपावली खास आहे हे नक्की!

सद्गुरू योगीराज डॉ. मंगेशदांना वाढदिवसाच्या अनेकानेक शुभेच्छा! कोटी कोटी प्रणाम! सर्वांना दीपावलीच्या हार्दिक शुभेच्छा!

अरुणा प्र. साखळकर
मुंबई

Every other human being is your tutor. What you imbibe from each other and how you implement this learning, will determine your level of spirituality.

H. H. Sadguru Yogiraj Dr. Mangeshda



पंढरीची वारी

परमपूज्य सद्गुरु योगीराज डॉ. मंगेशदांना माझा सादर प्रणाम!

सद्गुरु माझी प्रेमळ माऊली।

कृपेची साऊली वर्णू काय।।

सद्गुरुजी, लेख लिहायला सुरुवात कशी करावी हे समजत नाही. तरी पण आपले स्मरण करून, लेखणी घेऊन माझे थोडेसे मनोगत मांडण्याचे धैर्य करते.

सद्गुरुजींची कृपा असेल तर कसलीच भीती नाही. लहानपणापासूनच भक्तीमार्गाचे बाळकडू मिळाले होते. आमच्याकडे सतत भजनं होत असत. त्यामुळे आध्यात्मिक रूची आधीपासूनच होती. सद्गुरुंना शरण गेले पाहिजे हा विश्वास दृढ होता. पूर्वी आम्ही सद्गुरुंसोबत आमच्या आध्यात्मिक ग्रामाला जायचो. हा प्रवास बसने व्हायचा! अंधेरीच्या शॉपर्स-स्टॉपला बसेस थांबायच्या! सद्गुरुजी आमच्या सोबत बसने यायचे! जाता येता बसच्या प्रवासात आम्ही भरपूर भजनं म्हणायचो. सद्गुरुजींना एक भजन खूप आवडायचे/आवडते -

पांडुरंग विठ्ठला हरी नारायण। हरी नारायण भज नारायण।

पुरंदर विठ्ठला हरी नारायण। हरी नारायण भज नारायण।

ह्या भजनावर आम्ही सर्व शिष्यगण टाळ्यांचा ताल धरून सहभागी होत असू आणि त्या भजनात रममाण होत असू.

आमच्या आध्यात्मिक ग्रामाची निर्मिती व रचना परमपूज्य सद्गुरुजीनीच केली. जणू काही ॐ पासून व्योम पर्यंतची निर्मिती! आध्यात्मिक ग्रामात गेलं की खूपच छान वाटतं! सगळं कसं शिस्तबद्ध असतं. वेळेचं महत्व आणि नियोजन आपल्याला पदोपदी अनुभवायला मिळतं. सद्गुरुजींचं प्रवचन त्या पवित्र वास्तूत ऐकायला अजूनच सुंदर वाटतं. निःस्वार्थ प्रेम व निःस्वार्थ क्षमाशीलता अनुभवत एकमेकाला मदत

करत सगळे तिथे वावरतात. निसर्गरम्य वातावरणात मन रमतं, मनाची एकाग्रता वाढते !

परमपूज्य सद्गुरुजींकडून एवढे शिकायला मिळते की त्याला तोड नाही. सद्गुरुजी, मला काही ओळी लिहाव्या असे वाटते.

पाय चेपितो माय-पित्यांचे। करू द्या ही चाकरी ॥

विठ्ठला उभा रहा तू वरी॥

असा कसा बा अवचित आला। लाजविता का ह्या भक्ताला॥

सोडू कसे पण ह्या सेवेला। वीट फेकितो येथूनच मी॥

आणि तुम्ही त्या वरी॥

विठ्ठला उभा रहा तू वरी॥

असा हा विठ्ठल अठ्ठावीस युगे विटेवर उभा राहून सर्वांना दर्शन देतो. परमपूज्य सद्गुरुजींनी अत्यंत लहान वयात पंढरीची वारी केली होती. त्याबद्दल अनेकदा ते क्रिया क्लासमध्ये भरभरून बोलतात. आपल्या संत-परंपरेत संत ज्ञानेश्वर व त्यांच्या भावंडांचे (निवृत्ती, सोपान, मुक्ताबाई) मोलाचे योगदान आहे. आपण एकदा का निवृत्त झालो की आपणास श्री गुरुचरणी जावे लागते. आपल्यामध्ये सात चक्रांचा अंतर्भाव असतो - मूलाधार, स्वाधिष्ठान, मणिपूर, अनाहत, विशुद्धी, अज्ञ आणि सहस्रारा! सोपान म्हणजे अशा सात चक्रांच्या सात पायऱ्या चढून नंतर आपल्याला मुक्ताबाई म्हणजे मोक्ष मिळतो, असे मला वाटते. प्रत्येक आषाढी आणि कार्तिकी एकादशीला पंढरपूरला यात्रा भरते. खूप गर्दी असते तिथे! श्री विठ्ठल पिवळे पितांबर नेसून गळ्यात तुळशीहार, मस्तकावर मुकूट धारण करून आणि कपाळावर कस्तुरीचा टिळा लेऊन, विटेवर उभा राहून आपल्याला दर्शन देत असतो आणि मोहीत करत असतो.

ठिकठिकाणी सर्वांची रहाण्याची, पाणी प्यायची सोय केलेली असते. देहू आणि आळंदीवरून पालख्या पंढरपूरपर्यंत येतात. सर्वजण लोटांगण घालतात, काही



स्त्रिया फुगड्या घालतात, टाळ-मृदुंगाच्या गजरात
विठ्ठल-विठ्ठल असा जयजयकार करत, एक पाय पुढे -
एक पाय मागे करत सर्व वारकरी आनंदाने नाचत
नाचत येतात. ती वारी पहायला खूप आनंद वाटतो.
कित्येक बायका डोक्यावर तूळशीचे रोपटे देखील
घेऊन येतात.

गुरूभजनाचा महिमा नकळे आगमा-निगमासी

अनुभव ते जाणती जे गुरूपदाचे रहीवासी
प्रदक्षिणा करोनी देह भावे वाहिला
श्रीरंगात्मज विठ्ठल पुढे उभा राहिला
वरील ओळी म्हणत विठ्ठलरूपी परमपूज्य सद्गुरूजींना
मी माझा हा लेख समर्पित करते.

सुनंदा बलवल्ली
मुंबई

गोकुळाष्टमी अशीही.....

गेल्या कित्येक वर्षांचा ठरलेला कार्यक्रम...
गोकुळाष्टमीची संध्याकाळ... वागळे आजींची पुजेची
साग्रसंगीत तयारी.. तुळशीची जमवाजमव, त्या पानांची
साफसफाई... शुभ्रधवल वस्त्र... त्याला मध्ये-मध्ये
लाल रंगाचं (कुंकवाचं) लेपन... नैवेद्यामध्ये खीर-पुरी-
पेढे व पाल्याची ठरलेली भाजी... कडू-गोड पदार्थांचं
सुरेख मिश्रण... रात्रौ ८.३०-९.०० च्या सुमारास शूचिर्भूत
होऊन मुरलीधराची साग्रसंगीत व भक्तिभावाने केलेली
सेवा... आणि त्यातच संपूर्णपणे रममाण व्हायची ती
माऊली! ह्या दिवशी तिच्या सगळ्या आवडत्या
मालिका, क्रिकेट मॅचेस बाजूला... केवळ आणि केवळ
श्रीकृष्णं शरणम् मम, श्रीकृष्णं शरणम् मम!

आज वास्तू तीच, दिवसही तोच... नंदकिशोराच्या
सान्निध्यात त्या कृष्णतत्वाशी एकरूप व्हायची वेळ
जवळ आलेली... बाहेर श्रावणसरी बरसत होत्या...
मुरारी देखील आपल्या लाडक्या भक्ताकडून सेवा
करून घेण्यास उत्सूक! पण सदैव चैतन्यमय
असलेल्या वागळे आजी आज निश्चल होत्या. गेले
अनेक महिने त्या व्याधीग्रस्त झाल्यामुळे अंथरूणाला
खिळून होत्या. कदाचित तिचा संवाद चालू होता त्या
मेघश्यामाशी... "आता थोडी दमले आहे रे... मला जमत
नाहीये! इच्छा आहे रे ... पण शक्ती नाही. आज मी
मानसपूजा करते तुझी, नित्यानंदा! बाकी सेवा माझ्या
परिवाराकडून करून घे! सगळं गोड मानून घे! रागावू
नकोस!"

साकेतच्या, तिच्या लाडक्या नातवाच्या, लक्षात आलं

होतं सगळं! गेले कित्येक वर्ष तो आजी कशी मनोभावे
पूजा करते ... ते बघायचा! तो आज्जीचा हात हातात
घेऊन आर्जवाने म्हणाला, "आज्जी, काळजी करू
नकोस. आम्ही आमच्या परीने पूजा करतो. तू फक्त
आमच्यावर लक्ष ठेव!" तिने काय ऐकलं, तिला काय
समजलं ते माहित नाही, पण तिने डोळ्याच्या
पापण्यांची उघडझाप केली.. कदाचित तिचा तो
होकारात्मक संकेत होता...

साकेतच्या आई-बाबांनी व बहिणीने (सारिका) पूजेची
थोडी पूर्वतयारी केली होती! जवळच राहणाऱ्या
साकेतच्या आत्येने पण त्यात हातभार लावला होता!
आपल्या परीने, योग्य ती काळजी घेत... अत्यंत
मनस्वीपणाने सगळ्यांनी मिळून माधवाची सेवा केली.
कदाचित गेल्यावर्षी प्रमाणे उठावदार व रेखीव पूजा
नव्हती झाली पण सेवाभावात कुठेही कमतरता
नव्हती!

आपल्या जागेवरून वागळे आजी सगळं बघत होत्या,
अनुभवत होत्या! त्यांच्या चेहऱ्यावर एक अनोखा
समाधानी व आनंदी भाव होता. देवकीनंदनासमोर
ठेवलेल्या निरंजनाचा उजेड त्यांच्या चेहऱ्यावर पडला
होता... जणू काही हेच त्यांचं व त्या अद्वैताचं कनेक्शन...
निस्सीम व तरल!

बालमुकुंदाची पूजा साकेतनेच केली... मनोभावे! फक्त
डोळ्यात व मनात एकाच वेळी कान्हाची व आजीची
छबी असल्यामुळे... तो पूर्णपणे सद्गदित झाला होता!
तो पूजा तर करत होता... पण समोरचं सगळं दृष्य



धूसर झालं होतं! क्षणभर त्याने डोळे बंद केले... श्रीहरीशी संवाद साधला... "देवा, आमची सेवा तुझ्यापाशी मान्य करून घे! काही चूक झाल्यास आम्हाला माफ कर... पण माझ्या लाडक्या आज्जीला लवकर बरं कर! गेले कित्येक दिवस तिचा चैतन्यमय वावर आम्हाला अनुभवायला मिळत नाहीये! मी मस्ती करतो तिच्याशी, सारिका किती हाक मारते तिला... पण ती आम्हाला दोघानाही अजिबात दाद देत नाहीये! आई-बाबा-आतू-काका तिची विनवणी करून थकले आहेत रे! तुझ्या अनेक लीला ऐकल्या आहेत, पाहिल्या आहेत. त्यामुळे मन तुझ्यापाशी आर्जव करतय... तु सगळं जाणतोस... योग्य तो मार्ग दाखव! तुला काही अशक्य नाही!" नुकताच वयाने मेजर झालेला साकेत आपल्या लाडक्या आज्जीसाठी दयाघनाकडे विनवणी करत होता...

साकेतचे आई-बाबा व बहीण हे सगळं बघत होते... निःशब्दपणे! त्यांच्या भावना काही वेगळ्या नव्हत्या!

आंतरीक संवादातून ते राधाकृष्णाला तेच सांगत होते...!

पूजेची सांगता झाली... सगळ्यांनी भगवंताला नमस्कार केला... वागळे आर्जींच्या तब्येतीसोबतच सध्या वातावरणात असलेल्या कोरोनारुपी कंसाचा नायनाट करण्याची प्रार्थना पण त्या पार्थसारथीला केली! सहज सगळ्यांनी वागळे आर्जींकडे पाहिलं... त्यांचा डोळा लागला होता... त्यांच्या चेहऱ्यावर मस्त उजेड पडला होता... लहान मुलं झोपेत हसतात तशा त्या मंद हसत होत्या... चेहऱ्यावर एक अनोख तेज आलं होतं ... त्यांचं व श्यामसुंदराचं कनेक्शन बहुधा सेट झालं होतं! त्यांची सालाबादप्रमाणे ठरलेली सेवा गिरिधारी मान्य करून घेत होता! त्यात खंड पडला नव्हता...

श्रीकृष्णं शरणम् मम... श्रीकृष्णं शरणम् मम!

ऋषिकेश आंबये

मुंबई

Through this Kriya Yoga, a scientific technique, one can increase not only the life span but also reach 100% to the Enlightenment, if practised religiously under a Realised Guru Kriya Yoga is the quickest means of success but it is not a shortcut. The material body consciousness, in mathematical way changes to Cosmic Consciousness i.e. one year's correct Kriya practice brings the evolutions of ten years' practice of other yogas. This transformation will not come in a day or a few months because already the toxin things are filled to such an extent that it opposes the positive energy flow. The disciple should have firm commitment, dedication and 100% faith on the Guru.

In the fivefold Kriya process the common platform is Karma Yoga. Putting ourselves into the action of what Guru teaches and not become weak, expecting that Guru or God will solve all the problems. Here, the disciple takes a positive step to understand for himself. It is the essence of all the religions. The secret scientific techniques of Kriya Yoga give constant Divine Perception. The speciality of Kriya Yoga techniques is that they simultaneously develop body, mind and soul in the shortest possible time.

H. H. Sadguru Yogiraj Dr Mangeshda



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Good News!

This year, Sadgururji introduced 'Awakening ESP to develop Psychic ability', a new course designed by him based on his decades of research. It has become an instant hit. He introduces us to a new subject, avoiding difficult technical terminologies as far as possible, in simple words which can be understood from young school going children to the elderly. The emphasis is on practising simple, easy to follow techniques to work over our short-comings and our subconscious mind; so that we are able to focus more, improve our memory, achieve our goals and with introspection, improve our own self. In view of overwhelming response, the fourth session is scheduled for 12th and 13th November, 2022, at Mumbai. Those interested may contact Saraswati - 9820424965.

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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!**

Seeking His Blessings

From

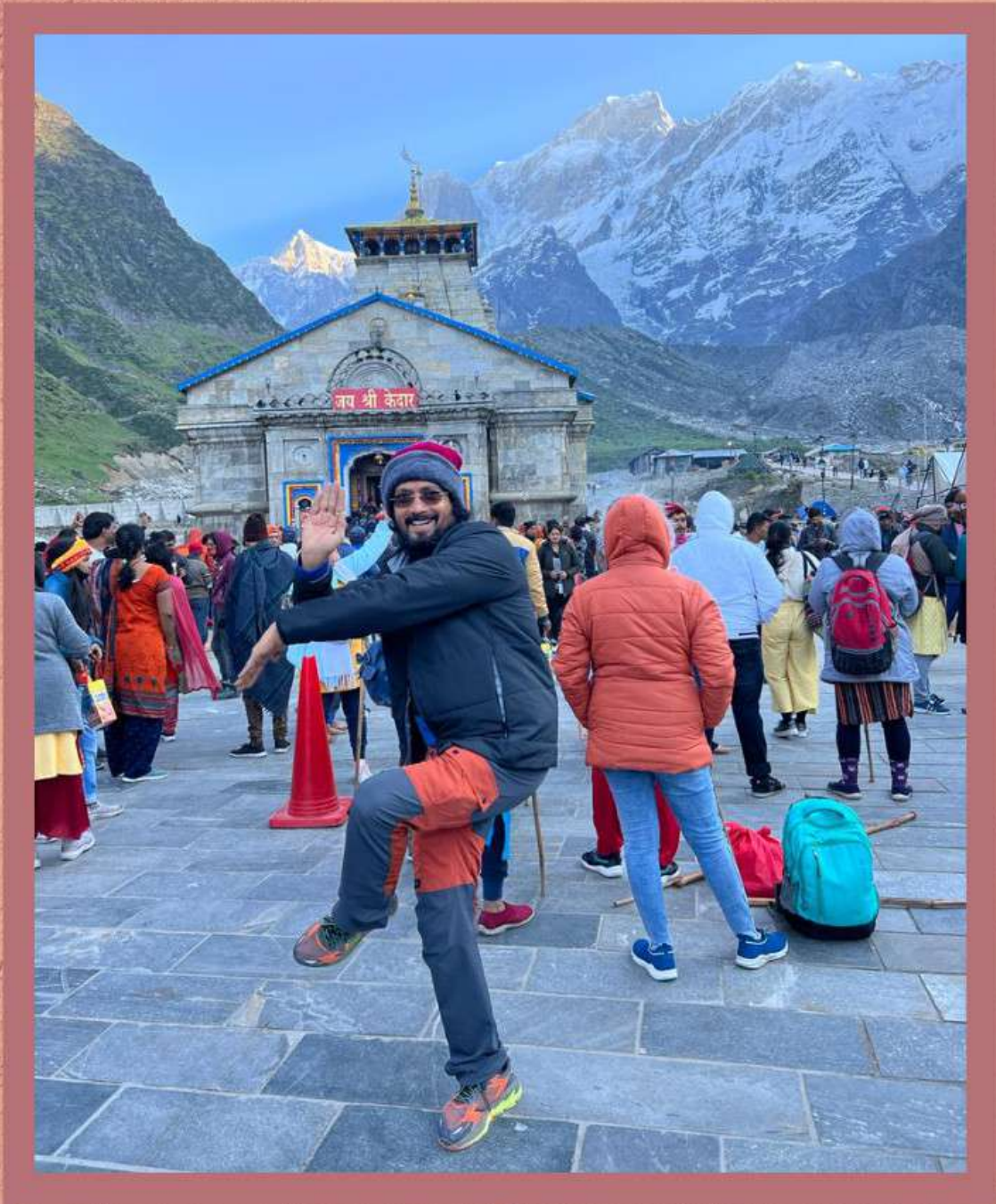
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Wishing Sadguruji a very
Happy Birthday

and our Humble Pranams
at your Lotus Feet



From:

Meetali DasGupta and Sudeep DasGupta



From:
Sunil
Archana
Muskaan
Vinayak
Melbourne, Australia

Message From Mangeshda Upasana Centre, Thane

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



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

- H.H. Sadguru Yogiraj Dr. Mangeshda

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

Contact No. 9833541282 / 9867330450



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Wishing Sadguruji a Very
HAPPY BIRTHDAY



From
Kishori, Tanya, Sunit & Sabar Morarjee