



# AATHMA

# VRIDDHI

A spiritual e-magazine with a difference

## EDITORIAL

This is the first edition of the weekly E-magazine which is meant to enliven all the readers with the taste of divinity from His Holiness Himself.

## His Holiness Guruji Sundar

A self-realized eternal being, who has taken birth to awaken all of us from the vicious cycle of birth and death

## Contents

GURUJI SUNDAR’S OUTPOURINGS .....	2
Be aware of your Body – By Dr. T.S. Rathna Priya .....	4
LISTENING: A Key to Quality to realize one’s self – By K.S.Rajagopalan.....	7
Meditation – By Srimadhan.....	12
Miracles Performed By Beloved His Holiness Guruji Sundar In My Life – By Sudharsun .....	15
Great Souls of India - Maharani Tapaswini – The yogini with a mission – By Pooja Parashar.....	18

## **GURUJI SUNDAR'S OUTPOURINGS**

Dear Yogis,

I would like to share one of my greatest spiritual experiences with you.

Some 25 years ago, after visiting Gurulinga swamigal jeeva samadhi temple in the evening and meditating for a few minutes, I came back home. My mom gave me dinner. At that time, I was all alone as my wife and kids were staying in my father-in-law's house.

After finishing my dinner, I sat in meditation for half an hour and then went to sleep. When I was slowly drowning into a deep sleep, suddenly I felt some unknown presence coming near me. I feared that this unknown presence may overtake me in my sleep. So, with a jerk, I came out of my sleep.

After remaining awake for another half an hour, slowly with trepidation I went back to sleep. When I was going deep down, again this unknown presence loomed over me and again I came out of sleep with fear in my heart.

When I am awake and fully aware I can easily deal with any unknown intruders. But when I go deep down in my sleep, I am very much vulnerable to any attack from those unknown presences. So, I fought with my sleep up to 3AM. But then I became very tired and frustrated.

So, I made up my mind not to fight with my sleep anymore and whoever wanted to come to me, let them come and I won't resist anymore. I sternly made up my mind.

I laid on my mat, closed my eyes and invited Nithra Devi to engulf me. After half an hour, the sleep pattern slowly began to overtake me. I fully cooperated with it and went into deep sleep.

After some time, again the unknown presence came slowly near me. I sensed it in advance and waited for it to come over me and allowed it to cast its spell on me!

Then a miracle happened!

My whole physical body disintegrated into numerous atoms and every atom started vibrating with tremendous power. I existed as a pure presence only and “I” enjoyed immense orgasmic pleasure for a long time. I have never ever enjoyed anything like this in my whole life.

I was totally awestruck by the experience. I started saying sorry and said, “**forgive me my dear existence for keeping you waiting for a long time in the night to give one of the best spiritual euphoria to me**”. The existence was so compassionate to have waited so long for me to drop my foolish defenses. **THANK YOU, MY LOVE.**

## **Be aware of your Body – By Dr. T.S. Rathna Priya**

Body is the most precious possession for human beings, especially for spiritual people. Body is the temple where GOD resides, and it should be revered throughout life. Body is the bridge that paves the way for every seeker towards self-realization. Yet, people remain totally unaware of this fact and choose to ignore the body and totally live in the mind. The use of 'Mind over Matter' is more of a bane than a boon in the world of spirituality and divinity.

A spiritual seeker should always be aware of the body and listen to the body instead of mind. The body often has its own requirements and it tries to convey this in a very subtle manner. A seeker has to learn the art of listening to the body's subtle way of communication. The body's demands are always associated with one's own well-being whereas the mind's demands often revolve around desires, gratification and social well-being. Most of the times, knowingly and unknowingly we listen to the mind and ignore the body's needs and demands. Even though, this might seem insignificant, this will have a huge negative impact on the quality of life of a spiritual seeker in the long run.

I am very fortunate because my Guruji imparted this knowledge and taught me the art of listening to the body very early in my life. I am sharing some of those learnings which we can incorporate in our day-to-day life. The body's needs are very simple and focusses on the health of the individual.

Most of the times, when we eat, we give importance to the taste of the food. When we develop a liking towards a particular taste or food, we tend to include them in our diet regularly. This liking is often associated with the mind. When you observe a little more closely, the body also requires a particular taste or food at some point and conveys it subtly. Whenever the body realises that it lacks a particular component of food, it identifies the deficiency at a very early stage and signals us to include them in our diet. This is when the body subtly craves for a particular food, or the taste associated with it. When a person become aware of the body's needs and listen to the body, he will never develop a deficiency in his life.

Secondly, many a times when we eat, we are not aware of the process. We tend to think a lot and eating becomes more of an involuntary and unconscious activity. This leads to overeating or overstuffing of food. A spiritual seeker should always be aware while eating. At one particular point, when we reach the limit, our body sends a subtle signal to stop. Listening and responding to these signals will significantly improve our health and quality of life.

Also, in the present fast-paced world, we are constantly driven by our mind and we push ourselves to an extent more than what our body could take. At these times, the body demands rest to replenish itself. This is one of the common mistakes people do. They ignore the body's demands and continue to push themselves harder making the body weak. When you don't listen to the body even after multiple warnings, that is when the body's natural way of resistance and retaliation kicks in. These resistance mechanisms can range from a normal headache and fever to a severe disease or

disorder. This is body's forced way of resting. A spiritual seeker should never ignore body's demands and should never harm the body.

For every spiritual seeker, the body is a holy grail that should be revered and cherished till their time in this world. The more we are aware of the body, the closer it takes us to the truth. We should always be aware of the body and prioritize body over mind.

Thank you Guruji for imparting your wisdom to us!

## **LISTENING: A Key to Quality to realize one's self**

**- By K.S.Rajagopalan**

As a disciple, the first and foremost thing that fascinated me and has still been fascinating about our beloved HH Gururji is His LISTENING skills. I have lovingly told this him several times and started asking this question to myself? How can one be so calm and unperturbed by disturbances around him? Is this quality an in-built one or a cultivated one over a period of time through Sadhana. Let's dig a bit deeper into this.

Even since we were born, we have been groomed and trained by our parents, teachers and our society to Speak or Talk. Even when we grow up and work for a company there are lot of trainings available to make us a good speaker. When we uttered our first ever word, our parents' joy knew no bounds. They were so happy. When we started talking, even if it was a blabber they started enjoying it and encouraged us to talk more and more.

In Ancient times, Human beings started communicating using sign language and through different sounds. Later when we got civilized more, we started communicating through language or a combination of words. Our tongues were well trained to speak our language of affinity and neighbourhood. But wait, even before we started talking, was our mother not able to understand our hunger. By a mere cry of a baby and at times even without a cry, she was able to understand our hunger and She fed us. Whenever a baby gets hungry it expresses its hunger by a



mere cry. Similarly, when the baby is in pain it just cries to draw attention towards it. And after growing up, we have come across so many leaders and politicians around us who have cultivated the art of talking and grown to great heights.

But why am I even saying all these? Let me come to the point.

While we all know how to Talk, we have seldom learnt the Art of Listening. We have not been taught how to listen and whom to listen and when to listen.

Yes, we have occasionally heard the word, listen to me uttered by others but that too is just to draw our attention only. Now let's try to understand how listening is connected with spirituality. To dive a bit deeper let me elaborate what talking and listening is to us. I am not undermining speech by any means. All I want to indicate is the value of listening.

People want to be heard but in turn are they ready to listen is the key question. In fact, to add to my above example of a child, one must understand that only because it listened in the first place, it started talking and not the other way around.

Who can make you know the true meaning of listening: Only a Guru can cultivate the Art of listening on a disciple.

Talking belongs to the mind. Listening belongs to the heart.

Guru Nanak ji says, "THE LISTENER IN YOU IS GOD". This is a very deep statement.

Let's come back to what do we mean by listening. What are the types of listening and whom to listen to?

Listening is an art where a person's body, mind and soul are in total sync while receiving any information in any form. Listening is also opening up one's self to receive the mysteries of this existence. At a very high level we have Active listening and Passive listening as definitions. One more I would call is meditative listening.

I would like to elaborate on whom we all must listen to :

1. Listen to your body
2. Listen to your mind
3. Listen to your inner voice or inner self
4. Listen to the Nature surrounding us
5. Listen to this existence and the space
6. Listen to words of all enlightened souls and more so a living enlightened master of our times

Listening provides us an opportunity to correct our mistakes and course correct ourselves. If you talk well, you can become a very good Orator but if you listen well, you become a creator or an innovator. We will be in an utterly listening mode during some periods such as Coma, semi sleep and deep meditation. Listening to your heart makes you connected more towards you. True love blossoms only through listening and being receptive towards each other. Meditation is the key to cultivate the art of listening. While speaking well is a talent, listening well is an

ART. Speaking can be defined as a prose while listening can be called as a poetry. Speaking helps us connect with the mind and keep it active but listening helps us connect to the very core of our being and the ever-flowing consciousness. While we are sad, we listen the most. Listening makes you more aware of life. One can actually avoid a lot of diseases and stay healthy by just listening to the body.

Listening helps you direct your life properly and makes it beautiful.

If one has to become successful in spirituality, he/she must learn the art of listening. This is the first and foremost step. Just by listening to a Guru, a disciple can reach the heights of spirituality. Listening means being open and hearing what the other says without any judgemental quality. One can master their mind by training it to listen and by understanding its polarities. A person can get enlightened only through listening and not through talking.

We would have come across places wherein 2 lovers would just be standing still without talking anything to each other. They will be in a deep silence surrounding them. Unknowingly, their beings settle down to the core. What's happening to them. It's actually their body, mind and soul trying to listen to each other without uttering any word. For them when they are at this space, even uttering a word would be a huge obstacle. If one knows the language of heart, we do not need any other language to communicate but for us to learn the language of our heart, we must learn how to listen.

Listening is the need of the hour for humanity. More to follow in the next episode where we will walk through the above-mentioned listening walks such as body, mind, heart, nature, existence and gurus.

## **Meditation – By Srimadhan**

The word meditation comes from the Latin “Meditatio”, from the verb “meditari” which means “to think, contemplate, devise, ponder”. Meditation starts with the mind moves to the heart and peaks with the realization of self.

**It is the path for seekers of truth to find the Godliness within.**

Meditation is process of chiselling you to become a beautiful statue. In the process, it removes all the non-essentials and only the essentials remain. Meditation is not concentration. On the other hand, it is total relaxation, rejuvenation and developing a quality of awareness. Meditation gives you joy and bliss.

It is also the antidote for several poisons like anger, wrath, lust and jealousy. It is the medicine for stress, depression and strain.

Meditation is relaxation in entirety. Just relax and enjoy yourself.

### **Kundalini Meditation**

Kundalini meditation is a meditative practice by which the dormant life energy residing in the base of Spinal Cord called as “Kundalini Shakthi” is kindled and awakened. There are numerous energy points in our body called as chakras. The practice of being attentive to a chakra forms part of Kundalini meditation.

The chakras are the doors that lead to moksha or salvation. Though every chakra leads to the divine, each chakra has some unique qualities and benefits. From the time immemorial in India, so many great sages and saints out of their intense sadhana

have discovered these great doors and compassionately passed these secrets on to the coming generations.

There are 9 main chakras from the base of the spinal cord, across the spinal cord till the top of the head or crown. We will look at the chakras in detail in the next edition.

### **Simple Guidelines for Meditation**

#### **Before Meditation**

1. Light incense or lamp or fragrant candles or placing flowers in the meditation room. Good fragrance creates positive vibe. While meditating in office this step is not required.
2. Don't sit on plain ground. Put some blanket, mattress so that your positive energy during meditation does not get earthed.
3. Sit in any comfortable posture. Keep your back as straight as possible. Can lean the back against the wall however keep straight.
4. Keeps your hands in a locked posture in a relaxed manner.
5. Gently close your eyes
6. Visualize a blue light descending from the top spreading throughout the entire room and in to our body.
7. Slowly settle in to meditation.

#### **During Meditation**

1. Please note that meditation should always be done in a relaxed manner.
2. Love and Trust yourselves and in what you do.

3. Start by practicing your attention in Ajna Chakra gently.
4. Do not try to force anything.
5. Do not focus or concentrate. Focus or concentration is just a by-product of meditation.
6. If thoughts run, let it run, do not block any thought. Be a silent witness to whatever happens in Ajna Chakra.
7. Do Ajna Chakra meditation for 15 - 30 minutes. If not possible, at least meditate for 5 minutes every day.
8. In the interim, if you are feeling uncomfortable in the same posture, change your posture without disturbing your meditation.
9. It is generally recommended not to open your eyes for entire 15 – 30 minutes. If you are really uncomfortable you can open your eyes gently and close it gain.
10. Meditate in Muladhara Chakra for 15 min on Friday (Once a week). This will help your body from getting heated up excessively and also helps balance your energy levels.

### **After Meditation**

As the mind post meditation will be pure, positive and strong, pray for the entire welfare of humanity, for all your known circles starting from parents, friends, relatives and finally offer prayers for yourself.

## **Miracles Performed By Beloved His Holiness Guruji Sundar**

### **In My Life - By Sudharsun**

There are countless miracles performed by His Holiness in my life.

My river of life was destined to flow in a particular direction but by the grace of His Holiness Guruji Sundar, the flow had been altered many times. I seek the blessings of His Holiness and thank Him for giving me this divine opportunity whilst I intend to share a few miracles on this magazine. This is for everyone to know what kind of miracles His Holiness has played in my life.

#### **Chapter 1: Back from Netherlands.**

It was during April end 2007, when I had returned from Netherlands as a part of official trip when I was working with Abn-Amro. For all the years especially from 2003 till 2007 I had been very fortunate to be in close quarters with His Holiness. I was very fortunate to accompany Him to His Holiness first visit to Kashi and Ardha Kumba mela during January 2007.

From that peak I was asked to travel to The Netherlands for an official visit. This happened just a week after I came from Kashi trip. It was for 3 months. With a heavy heart I went to Amsterdam as I would not be able to see my Beloved His Holiness for 3 months. As a disciple of His Holiness, I was always longing for the darshan of His Holiness on a daily basis. Somehow, I whiled away the time in longing and came back eagerly to India. The touch of the motherly existence in India was ecstatic as I came back from Lufthansa flight to reach Chennai. My eyes



were filled when I saw His Holiness after 3 months and they were trying to grasp every detail as clear as a camera as it was completely bereft of the darshan and physical proximity of His Holiness. Then after 2 days I reported back to Chennai office.

My office had asked me to go to Delhi immediately for a month or two as a new team had migrated and I was required in office to stabilize. I had told this to His Holiness when flight tickets were booked by my office to Delhi on the very next day.

His Holiness, said 'No sudharsun don't go to Delhi. It is too hot at this time and you will become very dry'. When His Holiness told no, I somehow strongly felt that there is some hidden reason why His Holiness told no, I cannot break His direction. Even though it was difficult on my part, I was totally loyal to His Holiness and decided to obey Him come what may. So, at the last moment I told my office that I am having back pain and cannot go. My boss talked to my father and told that if I don't go, I will lose my job. The travel agent had come to my home as well to give me the ticket. But my father also supported me as for him his son was important and told him that sudharsun won't go.

Then my boss said that sudharsun has to face the consequences. Then I did not speak to anyone in the office and did not go to the office for 3 months till July without informing anyone in office. At this time, I was regularly meeting His Holiness and doing a lot of meditation and keeping my light of trust burning bright.

During July a miracle happened, I was handed over to different team. A new boss came, soon I joined duty. **By December same year, I got a promotion and 75 percent hike in salary and highest bonus, despite absconding my office for 3 months.**

All this happened because I did not apply the logic of the mind and listened to His Holiness. His Holiness had altered my life, got me a promotion, hike and bonus just by listening to his words.

**Epilogue:** Listen to His Holiness, even if it is against your mind. Don't apply your logic, use your heart always when with His Holiness. Be open to Him. Trust Him fully. Listen to Him even if he directs you to go to hell.

## **Great Souls of India - Maharani Tapaswini – The yogini with a mission – By Pooja Parashar**

**Bravehearts, when Mother India is a prisoner, you do not have the right to sleep peacefully. Get up youth, free the land of India from the foreigners.**

Communication of such powerful words, which filled the fervour of patriotism in every vein of Indians; Her words awaken the sleeping souls and transform the ordinary life to that of an ascetic, she was none other than Queen Tapaswini. Maharani Tapaswini Bai was the niece of Rani Lakshmibai of Jhansi and the daughter of one of her chieftains, Peshwa Narayan Rao. He played an important role in the revolution of 1857, especially in preparing the background for the people's revolution.

Maharani Tapaswini Bai was born in 1842 in Belur, Karnataka. She became a widow at very young age. His childhood name was Sunanda. From childhood, she was filled with the feeling of patriotism. Even though she was a widow, she did not lead a life full of despair. She was always engrossed in the worship of God and also used to practice weapons and scriptures. She was an epitome of patience and courage. Sunanda was a worshiper of Chandi Devi. Gradually, she started to become a powerful warrior. She was also skilled in horse riding. There was a yearning in his heart to make the country independent. Sunanda used to consider herself as a lioness and the government as an elephant. Just as a lion is not afraid of elephants, Sunanda

was also not afraid of the British. Sometime before the Great Indian freedom struggle of 1857, the ascetics of North India travelled from village to village and city to city and became inspired for the future revolution by taking 'Red Lotus'. Queen Tapaswini was the inspiration behind all this. She inspired the sadhus and fakirs to revolutionize against the Britishers who had corrupted the religion of the country and enslaved the Indians instead of worshiping them and held weapons in their hands.

The desire to uproot the British from the land of India had made her an expert in the science of arms. Father was also very happy with her resolution. After the death of her father, all the responsibilities also fell on her shoulders. She took a personal interest in recruiting and commanding new soldiers. She started preparations against the British. The British came to know about her activities and caught her and put her under house arrest in Trichanapalli fort for some few days. They just wanted to teach a lesson that in a few days the woman will come to her senses and she will sit quietly. But their thinking was proven wrong. As soon as she left the jail, the queen went to Naimisharanya pilgrimage near Sitapur in Uttar Pradesh. There she received spiritual Deeksha from Saint Gaurishankar. The British understood that the Rani had adopted quietness, so now there is no danger, but the Rani was steadfast and doing all this silently to reach her goal. She remained engrossed in the worship of Shiva and Shakti for a long time. The people around were filled with reverence and devotion towards her. It was here that she got the name of Mata Tapaswini. This name made her identity more secret. Along with giving spiritual knowledge to the

devotees who came for darshan, she used to fill them with the spirit of patriotism. Motivating them for the freedom of Mother India, she also communicated divine energy and strength in them. In this way, by giving red flowers, she also prepared a large group of sages and saints, who used to go around telling the message of revolution and while preparing the public, they would say – **“The British are not satisfied even after usurping your country. They want to corrupt your spiritual values also. Mother Goddess Ganga swears to you, Mother Tapaswini also swears, wake up and get ready to drive the British out of this country”**. Common people also used to take oath to support the patriots after listening to such provocative words. Mata Tapaswini started inspiring her devotees by visiting villages. Rich and landlords used to give money as a tribute to Mother Tapaswini and with this help weapons were made in every village. Mata Tapaswini herself and her devotee sadhu fakirs played a big role in spreading the message of people's revolution here and there, otherwise the revolutionary organization that was formed in North and Central India would not have been possible due to lack of means of communication. The red lotus was later distributed only to the soldiers; the chapatti passed from one hand to the other as a symbol for the mass message. Mata Tapaswini herself used to inspect the entire system by riding on a horse. She along with her guerrilla friends attacked several army bases. There were not only spiritual yogis in her group, but also patriots who sacrificed their lives armed with weapons also lived together with the yogis. Mother Tapaswini used to call upon the brave sons of Mother India to

protect her by telling the message of Geeta, giving the introduction of the mortal body and immortal soul. In front of the well-organized power of the British, the rebellion of the Guerrilla Sadhus was not successful. They were caught and hanged by the British. British spies also were following Rani Tapaswini. She was able to survive only because of the devotion of the villagers. She did not get into the hands of the enemy, so later she went towards Nepal with Nana Saheb. She did not remain calm even after reaching Nepal. His message to the people of India was always coming that they should not panic, **“The British rule will be destroyed like Mahishasura. The goddess of revolution will appear again.** She also built temples at many places in Nepal. Slowly temples became centres of revolution with discussion. She also started awakening the national sentiment against the British among the Nepalese. After that she reached Kolkata in 1890 via Darbhanga. In Calcutta he opened the 'Mahakali Pathshala' in 1893 and she started to meet her old contacts there. In May 1897, Swami Vivekananda visited the Mahakali Pathshala and appreciated her efforts to set a new path for the development of women's education. She met Bal Gangadhar Tilak in Kolkata in 1901 and they opened an arms factory in Nepal. There she again blew the conch shell of revolution and placed her elaborate plans in front of them. She also inspired Swami Vivekananda to make Nepal Rana his disciple and liberate India with his help. He again contacted Tilak ji and prepared a Maharashtrian youth Khadilkar and sent him to Nepal. Khadilkar met Nepal's commander Chandra Shamsheer Jung and opened a tile manufacturing factory with the help of a German firm Krupps, but

weapons were actually made there. Khadilkar lived there under the secret name of Krishnarao and with his good sense had also maintained good relations with the Nepalese high officials. But one day a colleague betrayed and in the greed of money gave this information to the British. The Nepali army surrounded the tile factory and recovered the weapons. Khadilkar was also handed over to the British. He was tortured a lot but till the end he did not even indicate the hand of Mata Tapaswini. Mata Tapaswini in this manner continued her freedom struggle. After few years, Mata Tapaswini had become very old. Her last revolution plan also could not succeed. She was deeply troubled by the fact that some traitors from among her own countrymen were thwarting all the plans and causing immense suffering to the revolutionary soldiers. She used to say – "This is the fate of India. God is punishing us Indians for this. Struggling throughout her life, fighting fearlessly like Durga, burning the flame of freedom, Maharani Tapaswini merged in God forever in 1907. Hundreds of pranams to such a saintly heroine.