



# AATHMA

# VRIDDHI

A spiritual e-magazine with a difference

## EDITORIAL

This is the second 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

THE ART OF LIVING FULL DAY IN AWARENESS - The beginning	
– By His Holiness Guruji Sundar .....	2
Intuition and Inner Fears – By Dr. T.S. Rathna Priya .....	4
LISTENING: An art of opening in to the unknown – By K.S.Rajagopalan .....	7
Kundalini Meditation & Chakras – By Srimadhan.....	12
Miracles Performed By Beloved His Holiness Guruji Sundar In My Life	
– By Sudharsun .....	16
Great Souls of India – Nachiketa – a negotiation with the God of Death	
– By Pooja Parashar .....	18

## **THE ART OF LIVING FULL DAY IN AWARENESS - The beginning – By His Holiness Guruji Sundar**

Dear yogis,

The moment you wake up from bed, your mind will be very fresh after a full night's rest and rejuvenation. Your mind will start from where you left before going to sleep.

If possible, try to create a distance between yourself and your mind and then try to be aware and start thinking in a very conscious way. Try and organize your thoughts. Do not let it roam freely.

If time permits, try to do exercise in a very conscious way. Usually, ordinary people do exercise in a very mechanical way and their mind will be roaming somewhere else. The next important task is when you go to the rest room, your mind will have total freedom. It will show many true aspects and faces of yourself. And this is the most important and sacred place in the whole world next to the holy places. This is the place where you can totally be yourself as you are. This is the place where you can experiment with your real "I".

"I" can't be touched by water. "I" can watch your body like an observer. This is the holy place where you can pray, meditate, chant slokas, chant kavasa or kaapu for yourself, your family and for the entire world.

By doing so, you can clean the space contaminated by the negative working of mind of other people who might have used your rest room. Try to cleanse all your chakras

which get affected by the thoughts of other people with whom we have to move with during your day-to-day activities.

During daytime, when you are travelling or whenever you get the chance to be alone, **be yourself and get firmly rooted in your “I”**. While moving with others, keep at least 30 to 40% of your awareness on yourself. Then we will have the freedom to control our emotions and interactions. We will never get disturbed by others if we do this.

While driving a car or two-wheeler, your built-in system memory will drive the vehicle and you can just relax and view everything around you like a movie. It will be a really great experience where you watch your body driving the vehicle and you will be more like an observer.

In this way, you can steal many minutes in a day to become aware of your ‘self’ while doing all the mundane activities.

**Dear yogis, let all this sink deeply in your heart so that you can follow it whenever possible.**

## **Intuition and Inner Fears– By Dr. T.S. Rathna Priya**

We often find ourselves at cross roads whether to believe it is our intuition that we should follow or is it just our inner fear that we should ignore! People who live only in the periphery of their minds cannot differentiate between these two and tend to make terrible decisions or in worst cases they cannot arrive at a decision at all and find the latter even more frustrating. In today's world most people face this situation in their lives.

It is important to understand what is an intuition and what is an inner fear.

Intuition is knowing! It comes directly from the being! This feeling of knowingness comes from within, and mind has no role to play in it. An intuition can never go wrong. Since the knowing comes from the being, it is very pure and cannot be polluted by the mind. A spiritual seeker will always operate on this knowing. A spiritual seeker will never be scared to face any hardships or to handle a difficult situation. He always follows his intuition and that knowing will never guide him in the wrong path. He can never be carried away by his fears or influenced by his mind's negative thoughts. An intuition does not come with reasoning and whatever comes with reasoning is not an intuition.

On the other hand, the inner fear is a weakness of the mind. When we operate fully on the mind, at a certain point in time, the fully occupied mind becomes rigid and unyielding. Normal people remain unaware of their mind's state and continue to rely on the mind. This is when the mind's counterattack strategy starts off. The mind's

reverse mechanism, called the 'fear' begins to invade our thoughts. These people will always be in a confused state and suffer alone without any peace. Their fears will be constantly encroaching them and will overshadow their ability to understand their intuition. They will feel that they are left all alone in this world. These fears will ultimately lead them to a depressed state.

So, how does one come out of these situations? How to overcome our inner fears? How to stabilise one's mind? How to become aware of the subtle intuitions? The only solution to all this is 'spirituality'. When we are spiritual and when we practice meditation, our mind becomes stronger. We become aware of the mind's positive and negative thoughts. We become aware of the pattern in which our mind works. We will have control over our mind and not the other way around.

More importantly, a spiritual seeker will not take control of anything in his life. He will leave everything to the existence and God, and he will just be a witness to the play of existence. A seeker, at no point in his life, will feel that he is responsible for his life and that he should make decisions that would shape up his life. He will live his life according to God's will. When you leave everything to God and allow Him to take the wheel of your life, you become free from your mind and more aware of your intuitions. When the existence wants you to make a certain move in your life, your intuitive thoughts will guide you towards that direction. Even if you tend to ignore it initially, your knowing becomes stronger, and the existence will push you harder till you make that move. Even when your mind says a hundred negative things about a situation or a person, when your intuition says it is right, you know it is right!

Even if the decision results in a lot of hardships and difficulties, a spiritual person will never suffer. He knows that even that situation is the will of the existence! He will remain detached from his difficulties. His mind will be very strong to handle any situation with ease.

A seeker has to deeply imbibe the fact that nothing can be chosen in this life. Whatever is destined for him will definitely reach him. Till then our only duty is to prepare and align our body, mind and soul for the play of existence.

Thank you Guruji for yet another life lesson!

## **LISTENING: An art of opening in to the unknown – By**

**K.S.Rajagopalan**

Further to my last week's write-up about listening, I wish to elaborate further on few aspects of listening which would help us evolve better. In this episode, I wish to cover the first 2 key aspects of listening to our body and listening to our mind.

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.

**Listen to your body:** We all have heard that “Body is the temple of God”. So let's pause for a moment and think a bit deeper about this statement. Our body is the temple where our very aathman resides.

So just think how much care we should take about it. It is very important that we listen to our body. Be it in pleasure or pain. Are we eating only when we feel hungry? Are we drinking water only when we feel thirsty? Are we providing enough rest when it demands. So, let's look few Golden rules to be followed when I mean listen to your body. Remember, our body has a beautiful self-healing mechanism

1. Eat when you are hungry. Eat only when you are hungry. Do not hurt your stomach and intestine.



2. Drink water when you are thirsty. Drink only when you feel thirsty. Also ensure to intake ample amount of water.
3. Sleep when your body gives signals such as Yawning. Do not drag further. Also do not sleep unnecessarily.
4. Treat your body with utmost respect. Maintain a healthy routine with walking, exercises, yoga, pranayama etc.,
5. Do not over feed your body.
6. Stop eating once you get the first Belch.
7. Improve the quality of sleeping by connecting to a Jeeva Samadhi or temple during sleeping. Before sleep spend at least few minutes in meditation to shred all happenings for that day.
8. Pain: Pain is an integral part of our life. We all have known and heard that Pleasure and Pain are integral part of our lives. It is very important to deal with pain carefully. Please remember that Pain is a symptom which indicates something is not right in the body or we have not paid attention to the body. We should try to get into the roots of the pain. As a meditator, we should close our eyes and pass energy to the pain point. This will help us relieve easier. Traumatic pain should be taken care with allopathic treatment but most of the pains can be self-managed. It is very difficult to get rooted in our self when we are in pain. So, we should Pray to the almighty existence, our beloved HH Guruji and all saints that we should not get pain in any form. At times due to our past karmas, we have to accept the pain that occurs to us but

nevertheless we can keep praying in order to reduce the effect. This is where taking care of our body becomes even more important.

9. Our beloved HH always comments on Kabir's beautiful poem wherein he says, this body is a cloth provided by the almighty. We should ensure to take care of this Sharir when we are alive and must ensure to return back in the same form and manner in which God gave us. This emphasizes how much importance we should provide to our body
10. Respect your body. Pay attention to its signs. Treat it with love. Listen to its language. There is no other beautiful gift which need to yearn for. Our body is the best gift from the almighty

### **Listen to your mind:**

Similar to listening to the body, we must give equal importance to our mind.

Our beloved HH as shared so much of wisdom with us with regard to our mind. He says, treat your mind as your friend which is a huge statement. No one can win over our mind but each one of us can definitely understand its nature. Let's look at some of the golden rules to listen to our mind

1. Allocate a specific time for the mind and select a particular place such as a temple or a Jeeva samadhi or even your home.
2. Settle down to the surroundings. It always starts with the body. So, ensure that you drink water, make yourselves comfortable
3. Lit up an Agarbathi or a Lamp.

4. Adopt the concentrated breathing technique given to us by our beloved HH.  
Focus on your breathing and the gaps in between cycles
5. Now tell the mind that I am ready to listen to you, my friend. This is your time. You can talk whatever you want. I won't interfere.
6. Mind will start to blabber or take you to different situations and scenes or scenarios registered. It will be CHATTER BOX out there. Listen to it patiently
7. When we are ready, the mind won't talk or reveal itself much. Please remember that it will start chattering during sleep. Do not worry about that. Sometimes it will be silent for weeks or months together but will suddenly start talking which will go on for 2 days nonstop. At these times we should be courageous and keep praying and visiting Jeeva Samadhi Shrines or temples
8. Love your mind. Never show any hatred towards it. It is going to be there with you throughout your life. So better befriend it.
9. Our beloved HH used to stay, in its purest form, without any vriddhi, mind and Godliness are synonyms.
10. Like 2 sides of a coin, our mind also has 2 polarities. We must understand its positive behavior as well as negative behavior. This is possible only by allocating time and listening to it.

11. We must never become Judgemental. One day it will say that you are a saint and the other days it will say you are a sinner. It applies to all those relationships around you. Do not pay too much of attention to this
12. Please remember, **meditation** is the key to befriend our mind. Without meditation one will only be a slave to the body and mind. Meditation gives you an awareness and a qualitative change to your lives
13. Similar to time allocated for eating, sleeping and exercising, we **must** allocate time for our mind. We can call it “Minding” with awareness.

I once again humbly wish to thank our beloved HH Guruji for providing this wisdom as well as opportunity to share about our body and mind.

More to follow about other aspects of listening in upcoming episodes.

## **Kundalini Meditation & Chakras – By Srimadhan**

There are 9 main chakras from the base of the spinal cord, across the spinal cord till the top of the head or crown. *The nine chakras in the human body have been illustrated in the diagram below.* They are

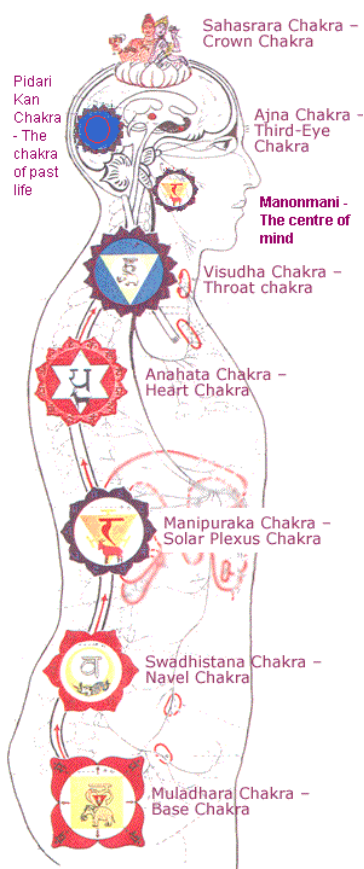
**Muladhara Chakra** – It is also known as the root chakra. It is located at the base of the spinal cord near the tail bone.

**Swadishtana Chakra** – It is located two inches below the navel and above the muladhara. This point is referred as Hara by the Japanese. It is the main center for secretion of sexual fluid.

**Manipooraka Chakra** – It is also called as the solar plexus chakra. It is exactly located at the navel.

**Anahata Chakra** – It is called as the heart chakra. It is located near the physical heart.

**Vishudhi Chakra** – It is called as throat chakra and located below the Adam’s apple.



**Ajna Chakra** – it is called as the third eye chakra or the forehead chakra or the brow center. It is located between the eyebrows and the tip of the nose.

**Thuriam or Sahasrara Chakra** – It is called as brahmarandra chakra or the crown chakra. It is located exactly at the crown of the head.

**Pidari Kan Chakra** – It is also called as the mane chakra. It is located at the back of the human head near the ganglion portion of the brain.

**Manonmaniam Chakra** – It is called as the chakra for the mind. It is approximately located at the center of Thuriam, Ajna, Pidari Kan and Vishudhi chakra. It is

physically located near the inner tongue, the place where you feel a sensation within while swallowing saliva.

### **Activation of Chakras**

Chakras are initially inactive in an aspirant. They are activated by the sight/touch/thought of an enlightened master or his close disciples. When initiated, the dormant energy in Muladhara Chakra is brought upwards to Ajna Chakra and becomes slowly awakened. At this moment, the aspirant will feel a touching sensation or pressure sensation in the forehead. The aspirant should do meditation by being attentive on the pressure sensation. If he/she does not feel anything during initiation, the aspirant should practice meditation just by being attentive on the forehead chakra. A person can become aware of the presence of the chakra only when he/she practices meditation regularly.

### **Dos**

1. Keep your body fit. Practice physical exercises or yoga regularly.
2. Listen to soft music as this will help you in meditation and will make you move more towards your heart.
3. Meditate in Muladhara Chakra while travelling.
4. You can do meditation anywhere and everywhere and at all times. Meditation during 4 – 6 AM and 6 – 8 PM bears maximum fruit.

5. Before sleeping, try to recap all the happenings of the day with your attention in Ajna Chakra.
6. When sleep is coming do so in Muladhara Chakra. The quality of sleep will be very different and you will be fresh in the next day morning.

### **Donts**

1. Avoid meditation in places like hospital and death ceremonies, cemeteries or places where you feel negative energy is present as you will tend to get drained faster.
2. Do not meditate in open places like roof top. It is always advised to practice meditation in a closed silent room.
3. Refrain from watching television for long hours as your energy levels will go down.
4. Meditators are advised to avoid smoking, drinking and pan chewings as this will hinder meditation. This is not a precondition. Once you start practicing meditation, these will automatically drop on its own accord.

### **Summary:**

Learning meditation is a gift unto itself. But, if you want the gift to be with you always, you need to practice it daily. Practice the art with love and trust and you will surely reap the benefits.

**By the grace of Existence, May you realize the truth!!**



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

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

#### **Chapter 2 : International Travel without visa and work permit**

It was during June 2009, when I went to the Netherlands for the third time. This time the bank's travel agent had made a big mistake, he had sent me and 4 other people with invalid business visa. To explain, the Business visa issued to us was valid for 90 days and a period of 180 days. However, after visiting 90 days earlier and returning a month back, he sent me again thinking that within 180 days we can travel any number of times and that a single visit cannot exceed 90 days. However, the fact was, the actual duration in 180 days should not exceed 90 days with any number of visits.

However, as per his instruction we had travelled to Netherlands.

As a result, 4 people were detained at Frankfurt, treated like convicts in airport room without even giving water and sent back the next flight with the customs stamping a seal on their passports. Their international career was sabotaged totally due to this blunder by the official.

However, existence played it different for me and I did not accompany the other 4 people. I was lucky as I went through Brussels and there the customs did not even look at the passport and work permit. They simply looked at my passport and business visa and sent me forward in the immigration counter.

Then I heard about this drama that happened in Frankfurt for the other four when I reached Amsterdam. The entire office in Chennai panicked and booked a return flight for me to come in 2 days. Actually, I was illegally staying in Netherlands without a valid visa/work permit despite being sent by my bank.

When I called His Holiness, He said I see no danger to you. You will come back safe and I could feel His Holiness was saying this with a big smile.

The counterparts in Amsterdam asked an official email from Chennai office about my case, however no one sent any email as no one back in Chennai office was ready to take responsibility for the blunder. As a result, I was left to the mercy of custom officials and apart from booking return ticket for me, the Chennai office did nothing to me.

But His Holiness stood like a beacon protecting me. As per the words of His Holiness, A god-send in the office said, here in Amsterdam, even if you do a crime but if you explain that to officials, they will help you and not punish you.

So, he said that he will come with me and talk to the airport officials.

So, I went to Amsterdam airport along with him and he explained customs in detail about what happened. They just looked at the passport and discussed amongst themselves. Then after 5 minutes of discussion miraculously, they let me exit the emigration desk and asked me to move further.

I travelled back to India without doing anything and my passport also was clean.

Miraculously, I came back unscathed by the blessings of His Holiness.

Yet another miracle by the grace of His Holiness.

## **Great Souls of India – Nachiketa – a negotiation with the God of Death – By Pooja Parashar**

The great Kathopanishad begins with a small yet unique child 'Nachiketa'. He was the son of Vajshravas of Gautama dynasty. Vajshravas was the son of Maharishi Aruni who was famously known as 'Uddalak Aruni'.

Uddalak Rishi once performed a yagya named Vishwajeet. Every possession is donated in this special Yagya. Hence Uddalak resolved to give all his wealth to Mahatmas and Brahmins as dakshina during the yagya. In ancient times, having possession of cow was considered to the greatest wealth and donation of cow (go daan) was considered as the greatest donation. So, as per the order of Uddalak, cows were being brought to the yagya for donation. At that time the child Nachiketa was watching all this. Many questions arose in his mind and he started to think. He went to his father and said - 'Father! What kind of cows are you giving as charity, which do not have the power to drink water and eat grass; whose milk has been milked; whose senses have ceased to function. The one who donates such dying cows goes to hell. What kind of happiness will the recipient get? What happiness will this donation bring! Donation should give happiness and benefits both to the donor and to the recipient.

Therefore, Nachiketa cautioned his father and said - 'I am also your wealth, to whom will you donate me? Father could not answer. Nachiketa again asks 'To whom will

you give me?' When he asked the same question for the third time, sage Uddalak became angry and said - 'I will give you to death.'

Nachiketa was a very obedient son. He considered as his ultimate duty to obey his father and fulfil his promise. He thought that if father said this, then surely the God of death must have some purpose for him.

After some time, Uddalak rishi started to regret, however it was too late. Nachiketa had already decided to fulfil his father's promise. Consoling his worried father, he said - 'Our forefathers never wavered from truth. I am also a descendent of them, hence I am being truthful. Why are you mourning for this transient life which ripens like a grain, decays, dies and is born again?'

You allow me to go to the God of death.

Uddalak was very sad but seeing his son's devotion to duty and truthfulness. allowed him to go towards death.

On reaching Yama's abode, Nachiketa came to know that he had gone out. He gave up food and water for three days and waited for Yamraj.

When Yamraj returned, his wife said that some ascetic Brahmin child who came as a guest is waiting for you and he has even sacrificed food and water.

"Athithi devo bhava".

First, wash his feet. Then serve him. He will be calm only when you serve him.

Yamraj's wife further said - ' O son of the sun! In whose house the guest Brahmin resides without food, that retarded person neither gets any kind of desired things nor has any hope of getting them; The fruits that are obtained from pious deeds also get destroyed.

After hearing the words of his wife, Yamraj immediately went to Nachiketa and started worshiping him and said - O Brahmin God, salutations to you! You have spent three nights at my residence without food. This is a big crime for me. To relieve me from this heinous sin, please ask for three boons as per your wish and it will be granted.

Nachiketa agreed and asked for the first of the three boons for his father. He asked to grant his father, the boon of eternal contentment, peace of mind, anger-free and sorrow-free life. As a second boon, he asked for the knowledge of Agni. Pleased to see Nachiketa's matchless abilities, Yamraj said - 'This Agni vidya (knowledge of Agni) will now be famous by your name.'

Nachiketa asked Yamraj for the third boon, the wisdom of 'The True Self'. On hearing this, Yamraj told Nachiketa to ask anything else. Ask for sons-grandsons, cows, elephants, useful animals, gold, horses, great empire, abundant wealth, whatever enjoyment a man can enjoy, in place of this boon. He tempts to give everything, but he remains firm on his words and says to Yamraj, O Yamraj who destroys all! All the things you glorified are transitory. It also weakens the sharpness of all the senses and the conscience of man.

Man can never be satisfied with money, whereas if he gets the darshan of his true self - the greatest wealth he will be satisfied. Hence 'Enlightenment is the only boon worth asking for me'.

Thus, despising worldly pleasures, determined, supreme recluse and fearless Nachiketa, received the teachings of Brahmavidya from Yamraj.

Nachiketa's question not only saved his father from infamy, but by attaining 'The enlightenment from Yamraj, freed the society and the future generations from the fear of death by providing the greatest gift to humanity - 'The immortal secret within us.

-----THE END-----