



# AATHMA

# VRIDDHI

A spiritual e-magazine with a difference

## EDITORIAL

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

## His Holiness Guruji Sundar

Re-incarnation of Lord Vishnu, who has taken human birth to protect all of us from the vicious cycle of maya

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## **Power – By His Holiness Guruji Sundar**

Power over other is not the real power.

The power over one's own mind is the real power.

Power over natural forces can't be bought or obtained. But it is blessings bestowed on us by the almighty existence.

The gift of power given to us by the existence should not be misused at any cost.

The power of love is immense. The power of love can make even the mighty

“Shiva” to work in our favor.

## **Kashi Trip Highlights– By His Holiness Guruji Sundar**

1. The one who recognized my previous birth of Kulandai Ananda Swamigal, Shri Krishnan Sir, who was 93 years old and sister's son of the great "Bharathiyar" passed away on July 15, one day prior to my mother's demise. We went to his home and were shaken to hear the news. Slowly his place is dying out without his presence.
2. We went to Tilbandeswarar temple, very ancient temple. It is a known fact that each year, shivalingam is said to grow one til (sesame) size. There we were able to perceive the presence of Shri Vibandaga Maharishi.
3. We visited chakreshwarar temple ,it is a samadhi mandir of chidambara natha thambiran. He was the Guru of Muthuswamy dikshidhar. There only I witnessed the process of Jala Samadhi. What I initially thought of Jala samadhi is Saints will drown themselves in water bodies and leave their bodies. But what I witnessed was the saint's body was completely absorbed by Ganga Mata and their being became integral part of Ganga mata, thereby enhancing her purity. It was so beautiful to watch Ganga Mata lovingly embracing the saint's physical body and absorbing Him in to Her.
4. The next day we visited Kasi Vishwanathar early in the morning. This time, I told my sisyas that we are not going to ask for anything from Kasi Viswanathar. Rather we are going to spread our spiritual power all over the temple so that in future the temple becomes life powerful magnetic force to

attract pilgrims from all over the world. This, we are going to do for our mother India.

5. We then went for a ride in the Ganges, all along I was soaking in the nectar of Ganga Mata.
6. We visited Golden Annapurna temple. I prayed to Anna poorani devi for her blessings.
7. We visited the samadhi mandir of Sri Veda Vyasa Maharishi. As soon as we entered the temple of Vedavyasa, the woman priestess entered the temple. We looked in to each other's eyes and we realized that we have already met. Some eight years ago at that time I came with TV crew and was very busy, but I noticed that one young woman holding her baby in the shadows, trying to say something to me with tears in her eyes. But I could not respond to her since I was very busy and also there was a language problem. So I bypassed her and left the temple after the camera shoot. But all along these years her face and eyes kept tormenting me. But to my surprise both of us remembered the situation very well. Even after 8 years of gap. Finally we came to know that she was fully taken over by the divine soul of Bamini devi who was the wife of Shri Badra narayana maharishi. He was the human reincarnation of Shri Vishnu. Now Bamini devi came to see me with love in her eyes. She reminded me that I am the human incarnation of Shri Badra Narayana Maharishi.
8. We visited Tulasi Das Mandir and Kuberar temple.

9. Evening we visited Vishalakshi mandir and meditated for half an hour. Then we went to Kal Bhairav temple.
10. Next day morning, again we visited Kasi Viswanathar temple, went for a ride in the Ganges. We sat down at Pancha Ganga Ghat and climbed up the staircase. Something took over me. I felt very dizzy. I was searching for an answer but suddenly we came across one temple of Shri Vallabhacharya vivah sthal. We were searching for the great saint for many years. Now suddenly, he is revealing himself. There in the temple, the pujari gave me very good respect and garlanded me with Swamiji's anga vastram. It was a recognition by a great saint for the great saint.
11. We went to Trilinga swami temple and somethings got transpired between us.

## **GREAT MASTERS' QUOTES ON SAMADHI – By Srimadhan**

In tough times, we get inspiration from the stories about God/Saints. When we walk the path, we get inspired by the quote from a Master/Saint/Rishi. As a seeker, whenever I felt demotivated or moving in a wrong direction, I seek the company of the books and quotes.

Listing a few quotes herewith which is a must read for every seeker!

Enjoy the bliss from the words!

### **ADI SHANKARA:**

Through Samadhi, the wise realize the infinite Brahman in the heart as something (inexplicable) of the essence of eternal Knowledge and complete Bliss, which is unparalleled, which is beyond all limitations, which is ever free, which has no activity, and which is indivisible and absolute like the limitless sky.

Through Samadhi, the wise realize the infinite Brahman in the heart, as devoid of cause and effect, as the Reality beyond all imagination, as homogenous, beyond all compares and proofs, established by the declarations of the scriptures as eternally self-established.

Through Samadhi, the wise realize the infinite Brahman in the heart as undecaying and immortal, as the positive Entity beyond all negations, like a calm ocean, which has no name, in which there are neither merits nor demerits, eternal, tranquil and One.

There is continuous consciousness of the unity of Atman and Brahman. There is no longer any identification of the Atman with its coverings. All sense of duality is obliterated. There is pure, unified consciousness. The man who is well established in this consciousness is said to be illuminated. This is Nirvikalpa Samadhi.

A man is said to be free even in this life when he is established in illuminated. His bliss is unending. He almost forgets this world of appearances. Even though his mind is dissolved in Brahman, he is fully awake, free from the ignorance of walking life. He is fully conscious, but free from any craving. Such a man is said to be free even in this life.

For him, sorrows of the world are over. Though he possesses a finite body, he remains united with the Infinite. His hearts knows no anxiety. Such a man is said to be free even in this life. The Nirvikalpa Samadhi is that in which the mind becomes completely steady like the light kept in a place free from wind and in which the aspirant becomes indifferent to both objects and words on account of his complete absorption in the bliss of the realization of the self. Remaining in this state of absolute identification is what is called SAMADHI or the Super-conscious state.

When the whole universe is negated as 'not this', 'not this', that Infinite Self which shines in the state of samadhi, which is beyond the three states of waking, dream and deep sleep, which is only one, and non-dual, that eternal supreme Brahman I am.



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

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

#### **Chapter 5: Valar Puranam**

It was during ending part of the year 2004 when His Holiness was taking me to Gudiyatham which is about 160 km from Chennai. His Holiness was going towards His native after a long time. It was His Holiness along with babu anna, madhan anna and me. We went to karupuleeswarar(bala sardula eswarar) first an ancient divine temple and the abode of Kaundinya rishi, then we went to the ancient perumal temple in Meenoor which was considered equal to tirumala balaji temple. There it was known that on the backside of the hill there is a village called moongapattu and there is an anjaneyar temple and a samadhi in it. So His Holiness entered the precincts of the temple, we could feel a deafening but extremely alive stillness. We entered the Anjaneya temple, there was a beautiful brindavanam inside the temple. Brindavanam is a samadhi temple where tulsi is kept on top of the sain's samadhi. Normally Shankaracharya Parampara or Madhvacharya Parampara saints take samadhi in this manner where tulsi brindavanam is kept on top of the samadhi. During that time, there were no camera mobiles with us at that time and only eyes were a witness to the astounding beauty and divinity of the samadhi temple. The depth and the divinity were so much infectious that we were completely caught in it. The temple hardly had 1 or 2 visitors. We had purchased about 4 yards of jasmine and kadambam (multiple flowers) mala which was adorned on the samadhi and which made it even beautiful.

His Holiness liked the place very much and asked us to enquire about the saint in samadhi. The local person said that it is unknown about the saint and many tried to find out without success. One local swamiji had said that His name starts with 'sa'. The local shared a name saadavadan for which His Holiness profusely refused.

Then He said 'it will not even take a minute. If you ask the saint He will instantly tell'. Saying this He closed His eyes. We also closed our eyes alongside and the depth of the samadhi was so so intense, that it appeared as though the saint will come out of His samadhi physically. In 5 minutes, His Holiness opened His eyes slowly and shared 2 things. His Holiness shared that I had enquired the saint and got a beautiful name "Saangithya Desigar". Then he said that Saangithya desigar had created a literary work called Valar Puranam. I was completely astonished as His Holiness had performed a miracle again this time along with saangithya desigar. Then His Holiness went inside the brindavanam and closed His eyes for a few minutes. Then we left and moved back to Gudiyatham to visit other temples. This type of miracle from His Holiness not was the first, but had left an indelible mark on me.

## **Great Souls of India - The great saint-poet Laleshwari -**

**By Pooja Parashar**

Laleshwari, the great saint poet of Kashmir, is believed to be born in 1320-1392. She is famous by the names Laldyad, Lal, Lalla, Laldevi, Laila etc. Her works hold an important place in Kashmiri literature and are also known as 'Lal Vakya'.

At the age of 12, child marriage and torture and abuse from her in-laws forced her to leave home. She gave up this worldly attachment and started walking on the path of God. Like Meera, leaving aside public shame, she became so engrossed in yoga, meditation and devotion that people of every sect and religion started worshipping her. While Hindus respected her by calling her Laleshwari, Muslims started worshipping her by the name Lalla arifa.

It is mentioned in Kashmiri literature that when the prominent Kashmiri Sufi saint Shekhnouruddin Wali (Nanda Rishi) was born, he did not breastfeed his mother for three days, only then Lalla breastfed him and since then she came to be known as the mother of Saint Shekhnour. . While Lalla made an unforgettable contribution to maintaining balance in the religious and social system through her own personality, her creations are still guiding the society even today.

Lal Ded's poetic style is called 'Vakh'. In Vaakho, there is mention of attaining God, ostentation, opposition to caste, etc. She says - 'Only good deeds help in crossing the ocean of existence.'

Her poems show that renunciation of ego and equanimity is the door to salvation.

Even today, almost every house in Kashmir praises their daughter by citing the example of Laleshwari.

Laleshwari's sense of equality is inspiring people even today, she says - 'We should not care at all about praise or criticism because both of them keep balancing each other, that is why we should look at everyone with equal vision and treat everyone equally and accept them with the same spirit.'

## **Guru Apar Guru Mahima Apar – By Satish Kumar**

### **Guru Mahima 3**

On 30<sup>th</sup> July evening, Sudharsun Sir was kind enough to come late in the evening to my hotel and we together went to Pudupet as per Guruji's advice. First, we went to Meenakshi temple. Unfortunately, it was closed. Sudharsun Sir tried to connect to the priest but was not successful. We then went to the nearby Mahadev temple. The place appeared to be very serene and divine. As per Sudharsun Sir, it is more than 800yrs old! It appeared to me as if both temples of Meenakshi and Mahadev were in the same premises. However, since there was no protecting boundary, people got settled between the temples and a road was also constructed.

Sat there inside the temple. It was so peaceful and joyful. We reached there quite late. However, it was open and the priest while wrapping up, didn't show any kind of hurriedness. It was all Guruji's grace playing.

Thereafter, when we came out, Sudharsun Sir suggested to visit Chakkarath Amma. It was night but the people inside the house co-operated. When I looked at the idol, I felt as if the eyes were live and moving. Her story is so inspiring and promising for any seeker!

After offering our prayers to her, we came out. Sudharsun Sir suggested to try luck by visiting the Meenakshi temple again. We went there. However, the gates were still locked. I stood there near the gate and closed my eyes. Offered my prayer to the Goddess. In a few seconds I saw a few sets of feet. One set in centre was a larger

compared to other sets (probably one set on each side). The feet were in stone colours and looked very graceful. I felt as if Maa Meenakshi came out of the temple so that I can see and offer my prayers! It was an overwhelming feeling and I knelt down on my knees and thanked her profusely!

Thank you Gurudeva for your kindness!!

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