



# Spiritual News Bulletin

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## INSTITUTE OF UNIVERSAL SELFCONSCIOUSNESS MOVEMENT

THE OPERATIONAL WING OF SAHAJAMARGA RAJAYOGA  
DHYANA GRUHASTHA ASHRAM INCORPORATED  
(Vishva Sarvatma Bhava Chaitanya Prasara Nilayam)

Spiritual Patron Samartha SadGuru Sri Ramachandra Maharaj  
Spiritual Facilitator Prof. Satyanarayana Chillapa President IUSCM

Spiritual Doctrine, Conceptual Guidance -&- Motivators: Bhagavan Sri. Adi Sankara & Lord Sri. Krishna Paramatma (Gitacharya )

IUSCM & SMRYDGA Wishes The Readers a Happy and Most Prosperous NEW YEAR (2007)

### Message from the Master



Layavastha is a state of Ananda as described by Upanishad literature. This, in combination of Sat and Chit constitutes Reality in its manifestation. That is to be realised. Now, when we say Sahaja Marga Raja Yoga technique takes one beyond, the concept Sat -Chit - Ananda it does not mean and should not be construed that our ancient rishis have not conceptualised the Ultimate Reality and have not devised the methods and techniques to reach the Ultimate Reality. They were not arm-chair

philosophers. The thing is, Ananda state is that which is achieved when intellect is transcended and thoughts are completely eliminated. That is when subtle body (sukshma sareera) is transcended.

In our practice, negation of mind is first achieved. Mind, which was hither to struggling with thoughts in the meditation seat becomes quiet and placid. Then after some time it loses its self awareness and at this point gets absorbed, in the substratum called, Bhuma. This, getting absorbed in Bhuma was termed as layavastha . The same condition, was termed as Ananda, Sat and Chit by Upanishads. It is only after coming out of this condition, Bhuma,

that one remembers and likes to call it as Ananda or Layavastha What 'I want to be understood is that Layavastha , is absorption in Bhuma as Reality. If you say, that it is beyond Bhuma, it only means and amounts to say that Reality is beyond the Reality and hence becomes only 'verbalism.' (Vacha-rambana). The utter silence, (Turyatita) with dynamic consciousness is the expressed condition of Bhuma. Because, it is a state of sushupti in jagratavastha, that is, sleep in waking consciousness actions become automatic, without self

awareness before or after the action akin to Ishwara Sankalpa (Godly will). This other wise named as Ananda. At this stage it is the projection of Bhuma or Reality. And when absorbed in this utter silence, we are in Bhuma named as Layavastha.

An Astral Transmission Through Prof. Satyanarayana Chillapa, President Hyderabad—59 India

### EDITORIAL



We are passing through a critical period of spiritual renaissance in history of Mankind. Conception of Reality as creator God (Ishwara) is formalised in the form of huge complex multi dimensional religious institutions ,interlacing with indoctrination of human mind with various types and kinds of theological notions mainly related to heaven and hell leaving little or no scope for evolution to human thought on ladder of Consciousness. This sort of fossilization is seen characteristically in occidental and to some extent in oriental theological approach to conscious evolution to REALITY. The roots for this kind of theoretical base can be traced to middle level conception (Madhyandica Sidhanta) with notion of existence of a conscious material or anti material entity called spirit or soul. But, conceptually, for them spirit, taken as an individual person, is oriented to material layers or coverings as in-separable entity of existential life, here in this terrestrial

world or in astral worlds necessitating ignorantly by nature (swabhava) to be the beings of bio complex personality units of birth and death. The basic instinctive conceptual feeling of bio-material oriented spirit generates the notion that he is separate as subject from out side objective world. Hence the desire to possess and enjoy here in this world and in other worlds. The instinctive feeling, sanctified by religious and cultural norms entitles him as a right to consider other life fauna, animal and plant enjoy as his food. The instinctive idea of other-ness linked with sense of enjoyment involves sensual perverted indulgence with all degradation and downfall of dignity and values of human conscience. Apparently innocent and ignorant, contemporary cultural value system allows and permits to exploit holy divine cosmic creative plan in the name of right to expression may be art or literature or screen acting. I am remembered of lord Jesus Christ Words on Cross—'O Father for -give them , as they do not know what they are doing'. Well, man of

high tech age of today is not ignorant or innocent. He is well aware of what he is doing and what he wants. The paradox is he has scientific knowledge of human physical & psychological systems that tells him that his age, his weight, his existence, all is an effect of rotational movement(**brahmana**) of earth and other heavenly bodies including sub atomic particles, on his mind generating an illusionary

(**brahma**) experience feeling of real and true of the objective world. This type of creational phenomena in computer parlance is called as virtual and notional reality. **Unless one Realises intrinsic nature of Universal SELF Consciousness as his integral person, no fruitful purpose is gained in solving basic issues of human life by playing proverbial hide and seek game of ostrich head in sand. ..**

**Words from the Heart of an Abhyasi (Student) of the month**



Sri Madanaya one of the oldest abhyasi initiated by swamiji, from Chenoor distict Adilabad, Andhra Pradesh, India. He feels peace, settled, & sense of fulfilment( kruta krutya), but regrets that he is not able to sit at present for half an hour as instructed due to age & disabilities.

**Meditation/Spiritual Diaries**

Dated—30-7-2001

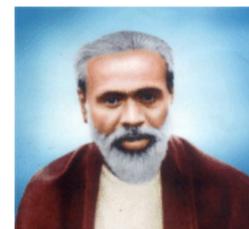
Dear Prof. G. K. Sangle Sahab –Ashirwad.

1. Your letter of 17-7-2001 is received, and also 'Dakshina', along with presented articles packet of 24<sup>th</sup>. and presented to my Master. My master says you are his dear child and the presentation is of an act of yagna (sacrifice) and tangible expression of your love to him.
2. It becomes necessary, occasionally to commit His children to an act of sacrifice through such means, to facilitate the removal of karmic sanskara (reactionary micro impression). His means of expressions are strange.
3. Sahaja Marga system of yoga is unique because of pranahuti, which starts acting from the centre –causal body to the periphery. So it takes time to

appreciate tangible signs of change affecting the mind. The nature and scope of pranahuti has been disclosed on pages 168 -179(date—6-8-82& date-8-3-84) of **Book Of Knowledge Divine**. I am praying to my Master to bestow needed visionary experience on you. One has to develop sensitivity to appreciate such intangible astral phenomena, being alert and unbiased what ever happens in the mind during yoga sadhana, has to be noted with simplicity and certainly **not with a structured thought** of a so called scientist.

4. Entire creational process is notional, virtual and illusionary from the point of Reality, the Transcendental Consciousness. So, be patient, have faith definitely you shall have experiences on the path of yoga sadhana. Experiences of two yogis may not be the same (Book of Knowledge Divine—p.10—11).
5. My Master indicated you shall have His darshan err- long. Apostle Paul, though was contemporary to Jesus Christ could not see Him personally in flesh and blood while He was alive. It was after the death of Christ that he became disciple (p.119 - 177 Book of Knowledge Divine).
6. You have quite rightly pointed Book of Knowledge Divine as a holy book. It is because it was dictated by Poojaya Babuji Maharaj my Master, in the twilight of savikalpa—nirvikalpa samadhi state.
7. You have already crossed the gravitational pulls of **sansara chekra** i.e. repetitive wheel of birth & death. You are eternally absorbed in That Mighty Ocean of Consciousness the Parabrahman. Discard your grief Convey my ashirwads to your Mrs. & other members in the family. You are welcome to this humble cottage of the divine Master along with bahenji.

Your Own Self



**ఆచార్యదేవుని ప్రవచన మూలా**

**Commandment 2:**

**Begin your puja with a prayer for spiritual elevation with a heart full of love and devotion.**

It is like the principle of telegraphy. When one end is connected to electricity, the message is immediately carried over to the other end. Similar is the case with the devotee, who makes himself, known to the Master by the current of his own power. Now by effect of devotion, that which is with the Master begins to flow towards the serf through the medium of the connecting link set up between the two. Gradually everything of the Master begins to flow into the serf (Truth Seeker).

**The highest point of human approach is where every kind of force, power, activity or even stimulus disappears and man enters a state of Complete Negation; Nothingness or Zero. That is the final goal of life."**

- PUJYA BABUJI MAHARAJ

Author would like to acknowledge that the above two items were read from [www.sriramchandra.org](http://www.sriramchandra.org) (Satyam)

## About Our Organisation Through Questions

- Q-How this yoga meditation contributes, to my overall social and economic prosperity and mental well being besides spiritual attainment?
- A—Regular practice of this system of meditation for about 15 to 20 minutes helps to open the gates to vast, limitless and functional **creative intelligence** that backs, supports, refreshes and nourishes limited human mental and intellectual capabilities. The **result is a higher level of performance of skills** in any professional field.
  - (1) **Thus it contributes directly to economic betterment** in this age of high professional competition.
  - (2) This yoga on daily practice for few minutes brings various layers of psycho-somatic personality to a neutral point. Then the personal interaction in intra and inter personal social relationships become harmonious, pleasant, smooth and cordial.
  - (3) This psychological gain indirectly keeps the person in best of the health, **radiating divine effulgence contributing to social health of the community.**
  - (4) Because of psycho somatic gain of yoga practice, **the person develops an intrinsic nature called swabhava that keeps him unattached to sorrows and miseries, like the lotus leaf in troubled waters of life . In short, it brings infallible success in endeavors and actions. What else more you want?**
- Q—What is the essential purpose of yoga?
- A—**To evolve and dive deep in Creative Consciousness** so that you, (ego the finite) become sublimated, trans-mutated and transcended to THAT (the INFINITE).
- Q—What is basic cause and reason for miseries, sorrows, disappointments that cause mental strain and stress in daily life?
- A—**IT is the ignorance of one's divine and spiritual intrinsic nature of personality.** The remedy is already indicated.
- Q--Are there any impositions of "dos" & "do not's" i.e. impositions and restrictions on day to day life of the individual?
- A--There are no such restrictions. What is required is sincere and honest desire to go beyond the limitations imposed by mind the ego self, **identifying himself with Universal Self.** For this, he must consider himself as trustee of the family on behalf of God the creator of universe and manage family affairs with that notion. God will provide the material means according to the destiny (prarabdha karma) of the members of the family. This bhavana (attitude) keeps the mind free of reactionary micro impressions (sanskara).And sets him free of bondage of mental identification which is the root cause of worldly miseries and sorrows. As

yoga progresses his relationships with others in the society becomes more harmonious and cordial. This is all what is required. Universal Self Consciousness is Godly consciousness.

- Q---For giving training in this method of meditation what are the institutional arrangements made?
  - (1) Whom to consult?
  - (2) How long it will take to learn this method of meditation?
  - (3) Will the guides or preceptors be available during training?
  - (4) If so where to & whom to contact?
- A---1-Yes; institutional arrangements have been made for conducting training and guiding during the learning period.
- 2—The addresses of ashram branches are given in this bulletin and regularly in all monthly news bulletins; our information material hand outs also indicates the ashram addresses.
- 3---Regarding time required to learn and stabilize in this yoga, **it depends upon the earnestness of the individual seeker.** The **time taken for lightening to spark in dark clouds, the time taken for darkness to disappear on lighting the room, fraction of that time is more than sufficient to realise the Ultimate Truth** which is the goal of yoga meditation. Time is needed and required to prepare the astral psych system the operating mechanism,∞ of ego self creation (jeeva srushti) and tune it to astral cosmic mechanism of Godly creation (Ishvara srushti).**It should be clarified that no yogi can ever dismantle or displace or disrupt Godly creation. The ultimate purpose of yoga is to replace mans ego self creation that is parochial , in terms of time-space-causation causing sorrows and miseries due to limitations hence, imperfect with that of God's creation which transcends time-space-causation, context and hence is Perfect.**

Prof. Satyanaravana Chillapa President IUSCM Hyderabad—59 India

## New Activities:

Mr.Govinda Sami President IUSCM (Asia Pacific and Oceania) attended and inaugurated the satsang organized by Er.Mohan Uppalapati at 22 Bow avenue, Parklea, Sydney, on 6<sup>th</sup> December 2006, his residence indebted to conduct the formal monthly satsang activity schedules. Mr.Mohan has taken master's wish and organized the material needed for setting up the branch. After the meditation Mr.Mohan explained the Sahaja Marga System of meditation and his experiences. Mr.Govinda Sami answered the questions raised by some of the new abhyasis mentioning how the sanskaras can be removed by sitting in front of an experienced preceptor. One of the abhyasis has mentioned he has considerable experience in yoga practice and also a member of Ramakrishna Mission (India). He has opined few yoga postures like Surya Namaskara are very useful. Mr.Ashish Menon (IUSCM Member) mentioned that he is practicing Hata yoga also he has experienced that

Sahaja Marga system is much more comfortable in handling removal of sanskaras when compared to hata yoga.



From Left : Srinivas's in-laws, Hari Chillappa, Govinda sami, Mrs. Arvind Verma, Ashish Menon, Mrs Govinda Sami, Arvind Verma, Mr.Mohan Vuppalapati.

From Left: Mohan Vuppalapati, Satyanarayana (Session Preceptor), Abhyasyis listening to Mohan's explanations about the Sahaja Marga System of practice and his experiences



## Emergence of Universal Consciousness (USC) Theoretical Elucidation

( Vishwa Sarvatma Bhava Chaitanya Sidhi )

Postulation  $\longrightarrow$   $I i ?$

$$I_{x_1}, I_{x_2}, I_{x_3}, \dots, I_{x_\infty} = I^\infty$$

$x$  = name & form (nama - roopa) = Individuality=Ego= Mr. so & so.

$i$  = Body-Mind- Intellect = Ego = Subject- Object- Predicate = Thriputi.

$I$  =Parabrahman = Absolute Consciousness= Akhanda Bodha = REALITY = Sat

$I^\infty$  = Parabrahman + (0 x i = 0) = Atman = Absolute Awareness = Knowledge Less-Ness.

Individuality is a combination of Infinity (  $I^\infty$  ) & finite (  $i$  ), Anantha-Alpa, or, Absolute and Relational.

Meditation on Heart by Sahaja Marga Raja Yoga method helps to orient individual conscience to Universal SELF (  $I^\infty$  ) Parabrahman , an evolutionary process ,on the Time Space Causation continuum of Sat- Chit -Ananda (Existence -Consciousness- Bliss. REALITY, (Sat) is in the nature of Absolute Knowledge (Akhanda Bodha) or Knowledge Less ness.

Mind acts as an Inter positional reflective medium (IPRM) between Parabrahman and objective world.

Creation is only virtual, and notional (Mithya) due to IPRM effect and not a fact of REALITY. Earth and other heavenly bodies including galaxies, sub atomic particles in the cosmic creation scheme are having vibrations with rotation around their centre of axis. This type of phenomena is called **Bhramana** inducing illusionary effect (brahma) of **Satya** and **Nitya** ie. True and eternal of objective experiences on the mind. (Reference: doctrine of Super Imposition -' Viverta Vada of Bhagavan Sri Adi SANKARA & Theory of AJATA VADA -' Non Creation'' of MAHA Rishi Goude Pada.

Note:-  $I$  = Parabrahman = Infinity =  $\infty$

Professor Satyanarayana Chillapa (B.V.Sc, M.Sc (Ag) Ph.D)

**APPEAL**

IUSCM & SMRYDGA Appeals & Welcome Noble Philanthropic Souls to act as Sponsors to the Second Term Spiritual Merit Award 'For the Year 2007'. The Award is bestowed on those individuals or groups who have worked through sahaja marga raja yoga - meditation method contributing & leading to emergence of Universal Consciousness.

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