



The Awakening!



**H. H. Sadguru Yogiraj
Dr. Mangeshda**

22nd
Anniversary Issue
24th October, 2020

Message from Dr. Mangeshda



Hari Om!

Years may come and years may go. But last year's change brought an altogether different experience. Nobody would have expected that the New Year arriving after 2019 would bring separation for all, from one another. Separation from each other of all the people from the Entire World...country, state, village...with faces covered with masks... this experience turned out to be most traumatic. The impact of Covid 19 will be remembered by people for several centuries. The dread amongst the billions of people in the world, death of millions at a time, the war against Covid by doctors, nurses, scientists and law enforcing agencies like police force not bothering for their own life! Everything came to a standstill! Schools, colleges, offices, all types of traffic, day today transactions... everything 'closed'!!

Our initial expectation that this horrible situation would continue for a month or two and then everything would become normal, proved wrong. Playgrounds, gardens, tourist spots, hostels, restaurants, roads, airports... were abandoned. 'Lockdown' locked every household. 'Lockdown' became the order of the day. Innocent children, usually rejoicing on School holidays started praying, 'God, when will our school reopen and when we will be able to meet our friends and teachers?' Just as the people, frightened due to ignorance about Covid were learning to cope, the Rain God started pouring in full force and our farmers had to face the brunt the most. Just when the outcry of farmers' plight was going on, an actor from the glamorous world committed suicide raising uproar of a new issue.

In place of deserted cinema houses, household TVs were on for hours together. That was the only time-pass. The news about suicide led to drug scandal. May be as a result of the additional effect of Covid or their basic nature, the political leaders and TV channels came closer. The glamour of Bollywood...as the conflict increased it was an enjoyment for media. The same people would appear on TV channels to debate for their existence, allegations and counter allegations, initially with a mask and later completely uncovering their faces would shout at the top of their voice.

People objecting to Digital India earlier, started coming in front of society through this same medium. Without meeting personally, 'online classes' established themselves in every household. **Geographical partition of the World disappeared** and without any vehicle people started 'virtual travel' into each other's houses. Really, within about eight months there was a complete change in the lifestyle.

Basically human nature is a big puzzle. History is a witness to many calamities from eruption of volcanoes, earthquakes, deluge, tsunami, cyclone to numerous wars. The cause of Man's destruction is not restricted to only wars from Mahabharat to 2nd World War but is also due to pandemics of different diseases. It is said that we can learn from history. One of these days, definitely, we will get a medicine for Covid!

The question is of Safety, Eternal Peace of Mind! From physical to chemical and biological warfare, ultimately what remains is only the destruction! Separating us from each other!

I consider Kriya Yoga as my breath. Basically, Yog means Uniting. Yog is uniting not only our body, mind



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and soul but also each individual, each religion, and each country! Yoga explained by Shri Krishna to Arjuna; Yoga brought to man by Rishi Patanjali, or 'Dnyaneshwar' a Upadesh Roopi Yog for common man are full of Love - Motherly love. These Yogas have Sanskaras for our purification inside-out. Even in the face of destruction seen in the history of Mankind, man has remained optimistic. Always his Inner Voice has been looking for 'hum honge kamayab' - 'we will be successful'. It is not difficult to look for the Sun. Sun has his **'own existence'**. Darkness does not have its own existence and that is why it has to run away all the time.

Eclipses come but they never remain forever. Similarly, difficulties come but they do not last forever. If we remain away from the hidden enemies of criticism, politics, unhealthy competition and jealousy, then who will fight with whom? Clash between two or a few persons is a street fight; clash between two groups is a riot; clash between two or more political parties is a 'Power struggle' of political greed! When two countries fight against each other, it is a boundary war and many countries making two groups, fight with each other, it is a world war. Everywhere there is Destruction!

This fight gets ignited with a spark of criticism. Everybody may not agree with the views of everybody. That is why, let us unite with one Objective. We will call it Humanity. Let us consider it as our child and as a parent, let us nurture it. Now one Humanity and various parents, means fights again.

Thousands of years ago same thing happened. We prayed to the Almighty. He too agreed. Everybody wanted Him. Then he converted Himself into Selfless Unconditional Love and small portions of it He distributed to each and every living being, even to each and every small particle and kept a small portion to Himself. He told everybody, **'Take good care of me. Whenever you invoke this love, I will awaken in you. Only condition is, do not invoke me for selfish reasons; otherwise I will remain aloof even if I am there within you.'**

Thousands of years have passed. Generation after generation moved on. This God's story was also passed on traditionally from one person to another. My Sadguru narrated it to me. I was convinced, I experienced it and that is why I have been telling it to others for all these years. Difficulties came and went away. Remaining true to myself, I took other travellers in the 'Boat of Truth' but kept the sail with me. Since the boat is gifted by my Sadguru I have not kept any restriction on the number of travellers. Because, according to my Sadguru's teachings, persons who have boarded the boat with selfishness or untruthfulness will never remain in boat for a long time. This boat will never capsize. It will never develop a crack. Irrespective of how many storms come, the protective sheath will remain forever. Those without faith will not last here, they will drown in search of various boats. Those who remain here will definitely reach their destination of Liberation!

While churning the Ocean, both poison as well nectar came up. With positive feelings let us form the 'Yog of Unity'. **Let us invoke God in the form of Selfless Love.** Nothing is difficult. The Churning has again started. Let us keep faith in the thousand- year- old story. 'He' is there.



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'He' is watching. This also is His Divine Play – Leela. **Taking Him along in our boat, we will achieve 'Yog of Tasting Nectar'- Amritpan.** He is neither a guest nor a stranger. He is with us since our birth. He is also eager to meet us. Only, He dislikes falsehood and selfishness. **He wants only Selfless Devotion – Shraddha, Saburi and Samarpan!**

Love and Blessings!

H. H. Sadguru Yogiraj Dr. Mangeshda

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Editorial



Hari Om!

It is the time again, to bring out this 22nd Anniversary Issue of our popular International magazine 'The Awakening!', on 24th October, 2020, as we celebrate the auspicious

occasions of our revered Sadguruji's Birthday and our Foundation's 27th Annual Day. We are in the pious mood of Navaratri. Our Divine Mother has arrived in her full Magnificent Glory to protect and strengthen us to fight the negativity around us. Like our Sadguruji, She too, is encouraging us to be strong, powerful and positive to face any difficult situation.

This 2020, has been such a unique year. Who would have ever imagined that suddenly the Life around, running at such a mad rush to achieve, could have come to a standstill? But this pandemic did it! The 'rat race' just came to a grinding halt!!! An atmosphere of uncertainty and panic as to how to face the unknown virus spread across the world! Some lost their means of livelihood causing

innumerable miseries to many, particularly poorer sections of the society. Our Government took appropriate steps, initially in smaller measures and later, on slightly a bigger scale, to contain the adverse effects of the pandemic. Otherwise, in a thickly populated country like ours, it would have been a stupendous catastrophe! Though the number of affected persons appears big, the recovery rate is extraordinarily high!

Another positive side is, we can say, we got such a relief from our routine struggle for life; an opportunity to spend quality time with our own family; a time to pursue hobbies which we had neglected in our pursuit of goals in day-today life; a time to objectively introspect on our life, acquire new knowledge and skills for deriving happiness of creativity...!

In general, Modern Technology with facilities such as Mobile phones, Internet, Social Media etc. helped us immensely, to keep in touch with each other, for work from home facility to continue our earnings, online classes for continuation of our studies or for acquiring new skills, watching online videos for



entertainment or for knowledge on various subjects.

Many say, it is the Nature's way of breaking selfish ego of human race! A unique equaliser too, which confined everybody - rich and poor, young and old - all of us, to our respective places wherever we were, irrespective of how many different houses, properties one may have owned the world over, or none!

We could also get a glimpse of plight of caged animals. Our condition is of course much better than them because we are mostly confined to our own places with our own people and with the facilities of smart phones, internet, social media and online shopping... making our life very much bearable and comparatively comfortable. While leading life in future, we would be considerate and kind to other animals who are sharing this planet earth with us.

On our home front, under the guidance of our dynamic Sadguruji, our Foundation's activities continued online. Our Annual day programme too, will be online, when we will publish this Anniversary issue in e-format!

With his regular online classes of Yoga, Meditation and Kriya, Sadguruji taught us special pranayams and exercises to increase our lung capacity, immunity, healing power, energy boosters etc. and meditations to increase our mental strength and balance. **Thus, he kept us under his constant Grace and Guidance, closely knit and strong, both mentally and physically, while walking on the Spiritual Path shown by him.** On this sacred day, let us bow at his lotus feet and express our utmost gratitude for guiding and

leading us on the pious path of Kriya Yoga, with such a constant love and care that we are leading a strong, happy and purposeful life!

Apart from regular Kriya, Meditation and Yoga sessions, in mid-July, Sadguruji introduced a new programme, '**Kriya Sanskar Sadhana**', based on his over **4 decades' research on ethos of Indian Culture**. In the process, Sadguruji had collected extensive material covering a large range of subjects and was eager to pass it on to as many people as possible, so that they too, could be benefitted by it.

In the present-day society, it is often observed that most of us, because of educational system, impact of cultures of other countries etc, are not aware of the scientific basis of our own Indian Culture. Our values have changed. Similarly, the information available to youth in quest of knowledge in Social media etc. is, most of the times not based on facts or is distorted. Consequently, youth in the society is drifting away from our culture and values. In the long run, this can be very harmful to them, ruining their life. Many a time, their parents, busy in their own pursuits or may be even due to their own ignorance, are not able to guide their children. In such circumstances, there is an acute need to educate them with correct knowledge about Indian culture, values and the scientific basis therefore.

Sadguruji had been pondering over for the last almost 12 years, as to how and when to pass on the valuable and effective information of his research to the society, in a form and method in which any person could understand and accept it; devise different levels of a course suitable for different age



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groups etc. Originally, while planning the workshop, the idea was to imbibe good values from childhood itself and the elders in the house too can participate into 'experiential' activities, enjoy and learn too. It would be an ideal 'family activity'!

However, the Corona struck the world so suddenly, nobody was prepared. Looking at the disturbed mental condition of people in the society during pandemic and consequent lock down, Sadguruji decided to introduce his '**Kriya Sanskar Sadhana**' in mid-July, as a 12 session '**experiential workshop**', which would amplify the bio-magnetic energy of an individual. He introduced two separate workshops, one for children below 10 years and another for all the persons above 10 years of age. Just as the course started on 18th July 2020 was in progress, there was so much demand for the course, that Sadguruji agreed to take time out from his busy schedule and start one more workshop session from 30th August 2020! The public response and demand is just phenomenal! More and more courses would have to be started!

In fact, at the beginning of this month, the first batch even completed their 12 weekly sessions. The participants are so much impressed by the course contents, the simple methods and lucid explanations with which Sadguruji makes us understand the scientific basis and ultimately, by the immense benefit they derive after practising the techniques, in improving their concentration, health, mental strength and balance. No wonder the response to these workshops has been tremendous. Now, the first batch which completed 12 sessions is eagerly waiting for

the next advance sessions. Parents of children who attended the '**Kriya Sanskar Sadhana**' are very much pleased with the changes in attitude and values in their children. They too are looking forward to children's next advanced sessions!

During the current year, one more feather was added to our Foundation's cap. In the **International Yoga Competition held at Bali, on 9th November, 2019**, our Foundation members participated and **won 8 Gold, 4 Silver and 4 Bronze Medals, creating a history** by making our Foundation '**the only Yoga Institute to win the highest number of medals**' in different categories in a **Yoga Competition!**

This **amazing feat** was possible only because of Sadguruji's herculean efforts to train, encourage, guide and polish the yoga enthusiasts of our Foundation. They were attending his yoga sessions regularly, to be fit and healthy. **Within a very short time, bringing them to the level capable of participating and winning in International Yoga competition, is really something they themselves had not imagined or foreseen!** **Jai Ho Sadguruji!**

We are happy and proud to share with you that on the 7th October, 2020, our Sadguruji was honoured with **TIME2LEAP Lifetime Achievement Award** for his contribution in the field of **Yoga** for more than **50 years**.

So, for us, life has been full of activity even during these pandemic days of confinement at home! From waking up in the morning to sleeping at night, Sadguruji has taught us, through his different online sessions, so many techniques, to do intermingling perfectly with our daily chores that there is no space for negativity of any kind to enter our life. **We all**



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stand strong and united to face any
eventuality and Sadguruji is holding us all,
in his Divine Protective Huge Hug!
Sadguruji, we do miss meeting you in
person! We Love you, Sadguruji!






On the occasion of 27th Annual Day,
Greetings and Hearty Good Wishes to all
our family members!

Wish you all a very Happy Dussera!

Madhumalati Talgeri

Let us wish him 'A Very Happy Birthday!'

Obituary

	<p>On 22nd October, 2019, our Kriyaban Dinoo Hiranek, (Mother of Kriyaban Jimmy, Mother-in law of Kriyaban Sharmin Hiranek), passed away. Our heartfelt condolences to Hiranek family and pray that God may give them strength to bear the loss with fortitude and courage.</p>
	<p>On 12th December, 2019, our Kriyaban Bharati Kore, (mother of Kriyaban Jitendra Kore), passed away. Our heartfelt condolences to her near and dear ones and pray that God may give them strength to bear the loss with fortitude and courage.</p>
	<p>On 12th April, 2020, our Kriyaban T. K. Sundaram (father of Kriyaban Usha Kumar) passed away. Our heartfelt condolences to his near and dear once and pray that God may give them strength to bear the loss with fortitude and courage.</p>
	<p>On 4th June, 2020,our Kriyaban Eddie Kotwal passed away. Our heartfelt condolences to his near and dear ones and pray that God may give them strength to bear the loss with fortitude and courage.</p>
	<p>On 19th September, 2020, our Kriyaban Ravindra Duvvuri, (husband of Kriyaban Usha and father of Kriyabans Murali and Vikram), passed away. Our heartfelt condolences to Duvvuri family and pray that God may give them strength to bear the loss with fortitude and courage.</p>

Foundation's Activities

On 24th October, 2019, our Foundation celebrated Sadguruji's Birthday and Foundation's Annual Day at a well organised function at P. L. Deshpande Maharashtra Kala Academy, Ravindra Natya Mandir, Sayani Road, Prabhadevi, Mumbai. It was a grand celebration well attended by Sadguruji's disciples from various parts of the World.

Our honoured Guest, Renowned Surgeon Dr. V. N. Shrikhande, graced the function and

spoke about the importance of health in his humorous inimitable style.

Sadguruji presented '**Kriya Shiromani Awards**' for their indomitable spirit to Smt. Chandrika Chauhan for Social work and Ms. Yogita Tambe for Music; for their unassuming, selfless service to Shri. Amol Namdev Pednekar for Journalism and Smt. Kumud Joshi for Naturopathy. It was very inspiring to hear how they surmounted their innumerable



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difficulties. Each one of them had an inspiring story of their life and struggle, to tell.

Sadguruji, in his speech, stressed the importance of consistency in taking care of health and fitness and making it a priority, how a disciplined life leads one to a high level of success and how a healthy life is a key to success! Our 21st Anniversary Issue was released on the occasion.

The function ended with a soulful musical programme, 'Sur Sagar' by Manas Kumar, Tanay Rege and Abhay Nayampally. It was a brilliant celebration.

On 9th November, 2019, our Foundation, in association with International Sports & Yoga Federation organised the **first International Yoga competition at Bali, Indonesia**. With a view to promoting Yoga and Health globally, Sadguruji, as President of International Sports & Yoga Federation (ISYF) took lead in organising this mega International event. During his speech on this occasion, Sadguruji emphasised that **'Yoga is a unique art which can unite the Universe irrespective of any religion or culture. If Yoga is absorbed in the daily routine, the whole mankind will experience Peace and Oneness.'**

A large number of yoga enthusiasts from countries like England, America, Dubai, Singapore, Malaysia and India participated. **Our Foundation members too participated and created a history in making our Foundation 'the only Yoga Institute to win the highest number of medals' in different categories in the Yoga Competition! They won 8 Gold, 4 Silver and 4 Bronze!**

We are happy and proud to mention the names of winners:

Gold Medallists : 1. Shubham Vadhavkar (6 to 10 years Boys), 2. Vaidehi Solanki (16 to 22 years Ladies), 3. Disha Pathak (23 to 28 years Ladies), 4. Pradeep Shetve (29 to 35 years Gents), 5. Renu Khanchandani (29 to 35 years Ladies), 6. Ravindra Pathak (36 to 45 years Gents), 7. Bakhtawar Merchant (61 years and above Ladies), 8. Haresh Teckchandani (61 years and above Gents).

Silver: 1. Swati Pathak (29 to 35 years Ladies), 2. Mansi Sabhrawal (36 to 45 years Ladies), 3. Ashisa Gandham (36 to 45 years Gents), 4. Roopa Teckchandani (61 years and above)

Bronze: 1. Nivedita Ghoshalkar (16 to 22 years Girls), 2. Rupesh Kalan (36 to 45 years Gents), 3. Sphurthi Gadamshetty (36 to 45 years Ladies), 4. Sujata Bangera (46 to 60 years Ladies).

Hearty Congratulations to all!

The entire experience was fantastic! Our Kriyabans from Singapore, particularly Murali Duvvuri and Ravi Pathak had made excellent arrangements for our contingent. We appreciate their efforts!

Congratulations to all the participants! And Special appreciation for all the Medal winners!!! Special gratitude to Sadguruji for teaching and refining their performances within such a short time!

On **15th to 17th November, 2019**, Sadguruji conducted a **Residential Advanced Kriya Yoga Camp** at our Spiritual Village. In this camp, Sadguruji taught many techniques to increase energy levels, intensity, how to take advantage of chakra system etc. The whole Kriya camp was designed in such a way that the weakness in each person was personally addressed and remedial techniques were taught. Participants learnt the science of



Kriyas, understanding one's basics, mathematics and geometry of body, along with many other advanced techniques. The participants felt very refreshed after the camp and the energy levels were very high. Overall, it was a great intense learning experience for all the participants.

From **6th to 8th December, 2019**, Sadguruji conducted sessions at **Singapore**.

On **6th December**, he took a Kriya Yoga Session as a revision.

On **7th December**, he conducted a Yoga Session. Our Organiser Murali Duvvuri has reported -

'The **'Yoga for Health'** session at Singapore this morning was a wonderfully enjoyable event. The session was conducted in a studio by the sea which created a wonderful setting for what was to follow.

The workshop began with Sadguruji explaining the essence of 'yoga' or union in all its various perspectives from the mundane aspects of daily life to the spiritual.

This was followed by important information about human physiology (supported by a presentation) and the role played by yoga in maintaining good health. Sadguruji taught the enthusiastic participants nearly 30 different asanas and 8 pranayams in 4 hours which was an amazing feat in itself.

The participants were very receptive and flexible which led the Master to share more variations of every posture. As always, it was amazing to watch him connect with the participants so quickly. They were keen to learn more and continue interacting with Sadguruji in the future.

Thank you, Sadguruji, for a wonderful session

and for the trip made to Singapore at such a short notice!'

On **8th December**, Sadguruji conducted Advanced Yoga session for Kriyabans. It was a great energy booster to them.

Special appreciation to Ravi and Swati for selecting the perfect venue for such a kind of sessions. Kudos to team Singapore for organising the Sessions excellently at such a short notice!

On **25th December, 2019**, Sadguruji initiated a few selected aspirants into Kriya Yoga at our Juhu centre. After Diksha, there was a Kriya Camp for the newly initiated, for teaching the sacred Kriya Yoga techniques.

On **12th January, 2020**, on the occasion of 150th Birth Anniversary of Swami Vivekananda, Dr. Rajesh Sarwadnya, Founder of Vivekananda Youth Connect, organised **Vivekanand Peace Marathon** at Juhu. Our Foundation was the co-organiser. Our members wholeheartedly participated for the noble cause of **'Clean Beaches and Oceans'** and **'No to Single Use Plastic'**.

It was a great hit with a huge number of participants from many organisations and housing societies around Juhu, lining up for the 21, 15, 10, 5 km run and 2 km walkathon. It was great to see at 5 am, our disciplined family members even coming from as far from Khopoli, Dombivli, Thane, Mulund, Grant Road gather at Juhu. Sadguruji flagged off the marathon and wished each participant.

The Honourable Governor of Maharashtra Shri B.S. Koshiyari, Member of Parliament Shri Gajanan Kirtikar, Maharashtra Cabinet Minister Shri Anil Parab and Mrs Amruta Fadnavis graced the Marathon amongst many



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other dignitaries. **Sadguruji was felicitated on this occasion for His contribution to Yoga and Fitness.**

On **15th January, 2020**, on the auspicious occasion of **Makar Sankranti**, Sadguruji gave advance Kriya Diksha at our Juhu centre to a few selected disciples. It was followed by Celebrations of Makar Sankranti with distribution of Haldi-Kumkum and Tilgul. Thereafter Kriya Camp was held for those who got Diksha on that day.

On **19th January, 2020**, Foundation's **Annual Sports Day**, was organised at Dr. Pillai Global Academy, Gorai, Mumbai. Sadguruji gives a lot of importance to Sports and Sportsman's Spirit in overall development of an individual. Everybody participates enthusiastically along with their families. The organisers very lovingly arrange different games for all categories of participants from the youngest to the senior most, making it a 'family event' for everybody to enjoy. Accordingly, activities included Cricket matches for men and women, along with various telly-games for all age-groups and genders. Sadguruji is actively involved not only in cricket but in ALL the games encouraging and energising everybody. Just imagine Lalita Yederi participating and covering the entire distance without any support!

Cricket matches for both Men and Women were played with full zeal and total competitive spirit. The best part was Sadguruji's whole-hearted participation giving a practical experience of teamwork, sporting spirit, strategy and above all, about maintaining our fitness both physically and

mentally, to face the daily challenges of life! No wonder, Sadguruji was chosen 'Man of the Match'!!.

The resourceful trio of Sujata, Priya and Preeti always comes up with a variety of new games for children, ladies and senior citizens. These are a great fun to participate as well as to watch. We are grateful to the 'Annapurnas' of our family for a variety of tasty fresh homemade food for everybody. We appreciate the efforts they took to get up early to prepare the food and carry it all the way to the ground. Sincere thanks to Dr. Sharda Sharma and the entire team of Dr. Pillai Global Academy for making the wonderful playground available to us for the Sports Day! On the whole, it was a fantastic, fun filled Sports Day.

From **22nd to 26th January, 2020**, Sadguruji conducted residential camp of **Vipassana** at our Spiritual Village for the 5th consecutive year. As is his speciality, each session is different though equally intense, effective and simple to follow; each time the experience is different and a new insight is brought to the focus. This time the youngest participant was 12 years old, who could successfully complete the entire session. We learn very simple and effective tools to improve effectiveness of our mind and use it to our advantage. It is a gift for life. The energy level is high. The techniques gave us a glimpse of how many things go on in our mind within a fraction of a second. On conclusion of the final session, Telugu version of our magazine, 'The Awakening!', prepared by our Hyderabad Centre was released.

On **29th January, 2020**, Foundation celebrated **Vasant Panchami** with a variety



entertainment cultural programme at Mayor's Hall, Andheri. It is an opportunity for Foundation's members to present their rich talent. It was a well organised, beautiful cultural evening of performances consisting of -right from Mayra's Ganesh Vandana to Bum Bum Bole till Seniorita by CA Girish Dhoot; Solo performances of Master Sudeep on keyboard, Master Shubham on Tabla, Varun and Rajeev Raval presenting Rehman theme on Guitar and a beat box; Prathamesh Tambe, rendering a soulful bhajan, Ruchi Parikh presenting an apt Ganesha song on Maghi Utsav day, Sandeep Yederi and Vijay Mane rendering beautiful songs from movies; Archana Mangalore, Mithila Gaitonde and Gauri Thatte presenting a brilliant Natyageet with a social message from the musical drama 'Sangeet Sharda'; Krishna Bodke's dance; Vatsal Parikh's comic act, little Meha's lovely performance and finally, a lovely skit depicting achievements of International Yoga Competition at Bali, Indonesia (where the Foundation team members represented India and won 8 gold, 4 silver and 4 bronze medals) enacted by the winning Team! This was followed by Sadguruji's Aashirvachan. The entire event was ably compered by the father-daughter duo of Sandip Pandya and Parmeshwari. Kudos to all the volunteers for all the arrangements! It was a wonderful cultural evening!

On **21st February, 2020**, Foundation celebrated **Mahashivaratri** at our Juhu Centre. Sadguruji initiated a few lucky aspirants into Kriya Yoga. Thereafter, Sadguruji bestowed a powerful Shabari Mantra Diksha on advanced Kriyabans. Kriyabans from various places across India and abroad had come to receive

this rare Diksha. In the evening, Mahashivaratri Mahasatsang was held at Mayor's Hall, Andheri. Revered Sadguruji, in his Amrutvani, alluded to some secrets of Kailash Manas Sarovar Yatra, the meaning of Yamadwar, the meaning of Life and Death, asked us to remove fear of death and lead a happy life. In conclusion, devotional songs of Lord Shivji were sung. Namasmaran of 'Om Namah Shivaya' was so powerful yet very soothing that it took everyone to a very deep level. Offering of Belpatras on behalf of all by Sadguruji with a prayer and strong intention, was very intense. The energy level was very high.

Watch the entire Mahasatsang on YouTube: <https://youtu.be/jv7iDMa4nGg>

On **22nd February, 2020**, **Kriya Camp** was held for those who got Kriya Yoga Diksha on Mahashivaratri.

From **28th February to 1st March, 2020**, Sadguruji conducted a **Kriya Yoga Residential Camp** at our Spiritual Village. As a first-hand experience of a participant - Aparna Nigude has shared - 'It was a 'threedays of sheer bliss!' Intense knowledge filled sessions during which Sadguruji shared many new things with us; Techniques and meditation to improve our focus, intense meditation based on chakra activation and some new meditations that were simply too beautiful to put into words. We experienced so much joy and so much of high energy. The practice of bandhas, pranayams and kriya meditations was very helpful. We gained new insights and corrected ourselves on several points. Sadguruji's discourses were beautiful and one could keep listening for hours. It was



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as if he **showed us a mirror to ourselves as disciples** and encouraged us to persevere in our practice not just of techniques but also in practical life. He explained the meaning of spirituality and sadhana in simple terms. Many questions were answered automatically during his talk. It was as if Mahashivaratri Satsang had continued, Sadguruji was in full flow and it was a joy to immerse ourselves in his teachings. We also welcomed the rising Sun, enjoyed the sunset, enjoyed our meditative walks. It was fun as Sadguruji had organised a special surprise for us, called Popti, a traditional healthy way of cooking food on the fire in the open. **This camp was a mix of 'How to be Happy', Vipassana, Mahasatsang and Kriya sadhana all in one!** Enjoyed the company of all our family members, especially little Kabir, who was the darling of the group. Gratitude to you, Sadguruji and bless us so that we live up to being Your disciples in true sense.'

All the participants shared at the end that this was an exceptional Kriya Yoga camp with higher energy levels as they got much more than what they expected!

25th March, 2020, was our New Year, **Gudhi Padwa**. In view of the pandemic, Sadguruji took a decision to conduct **online intense Kriya sessions** for different levels of Kriyabans. Thank you, Sadguruji, for this fantastic beginning of New Year! We had his divine darshan early in the morning during the intense session. What more can we ask for! Thus, we celebrated Gudhi Padwa with virtual meet with Sadguruji, maintaining social distancing! We are extremely grateful to our technical team for making this possible! Thank you, Sadguruji, for giving us on New Year day,

a precious boon of 'Online' classes.

From **28th March, 2020**, Sadguruji started **Online Meditation Sessions** for stress-free relaxed life, every Saturday from 7.30 am to 8.30am.

From **29th March, 2020**, Sadguruji started **Online Kriya Classes** every Sunday.

From **31st March, 2020**, Sadguruji started **Online Yoga Classes** every Tuesday from 7am to 8 am.

From **2nd April, 2020**, Sadguruji started **Online Yoga Classes** every Thursday from 7 am to 8.15am

From **4th April, 2020**, Sadguruji started **Online Yoga Classes** every Saturday from 6 am to 7.15 am

From **18th April, 2020**, in view of demand for Meditation classes, Sadguruji started **Online Meditation Session** every Saturday from 6.30pm to 7.30 pm.

On **22nd April, 2020**, Hindi Vivek Facebook Live arranged 'Samvad Setu' wherein Sadguruji addressed all, inspiring them to be positive, how to face Corona and importance of Kriya Yoga to face any eventuality.

On **30th April, 2020**, International Naturopathy Foundation (INO) organised a Facebook live session on 'Natural Healing - Yoga'. At 11 am, Sadguruji Spoke on 'Corona mein Kriya Yog'.

We have received appreciation note from Shri Jayprakash Agarwalji (Chairman INO and Surya Foundation) as Sadguruji's video has reached lacs of people.

On **1st May, 2020**, our Kriyaban Melawa was



held with **Online Intense Kriya Yoga Sessions**. It was reinforcement of what was taught on Gudhi Padwa. Sadguruji also taught powerful new Pranayams, new Kriyas and corrected and guided us in the right direction in our Kriya Practice.

On **21st June, 2020, International Day of Yoga** was celebrated on Facebook Live programme on Yoga. From 4pm to 4.45pm, it was for Senior citizens and later 5.15pm to 6.15 pm for everybody. Whoever wanted to participate were asked to register their names and they were given participation certificates. It was a huge success!

On **5th July, 2020, Guru Poornima**, in the morning, **Online Intense Kriya Yoga Sessions** were taken for advanced Kriyabans and in the evening 6 pm Mahasatsang was held live on facebook.

On **10th July, 2020** our **1st monthly Newsletter** was released.

On **12th July, 2020**, Sadguruji gave on Facebook live, Orientation lecture on 'Kriya Sanskar Sadhana (KSS)'. It is a unique programme which has been meticulously designed by Sadguruji. Many decades after conceptualising it, keeping in view the need of the present times, he has brought this programme forward for everyone's benefit. It presents the science of Indian traditions and customs to increase energy levels and enrich our life. The series of twelve sessions draw upon the learnings from 5000 year-old discipline of Kriya Yoga, Vedas, Bhagwad Gita and other ancient scripts. Objectives of the sessions are to understand scientifically, the relevance of ancient cultural practices in the current times.

The sessions are designed to be experiential workshops on a range of topics and practices across Customs, Yoga, Elemental values, Workings of the human mind etc. Results for the participants include:

1. Imbibing good values from the Scientific basis of our ancient culture
2. Improving focus and memory
3. Dealing with emotions.
4. Development of Mental and Physical health

The 1st Session would be of 12- part series. This programme is intended towards amplifying the bio-magnetic energy of an individual through scientific application of ageless techniques. With regular practice pivoted on habit change, the body and the immune system can be prepared to combat any disease or pandemic threat in the near term as well as for the future.

On **18th July, 2020**, First batch of KSS for children upto 10 years of age started.

On **19th July, 2020**, Kriya Sanskar Sadhana session was started for those above 10 years.

On **11th August, 2020**, Foundation celebrated **Shrikrishna Janmashtami** online. Sadguruji blessed us with his Amrutwani through Facebook Live.

On **23rd August, 2020** Sadguruji gave an Orientation Lecture on Kriya Sanskar Sadhana programme on FB live for those joining the batch starting on 30th August, 2020

On **30th August, 2020**, Sadguruji started second batch of **Kriya Sanskar Sadhana (KSS)**.

These sessions received an overwhelming response from all over the World. Participants



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from all timezones spanning the Globe including USA, UK, France, UAE, Singapore, Australia were eager to sign up and take advantage of this unique programme. Both the first batches had to be declared **houseful** soon after the registrations opened due to logistical limits as these are conducted online and delivered virtually.

Not to disappoint anyone however, Sadguruji decided to start a second batch of Kriya Sanskar Sadhana from 30th August, 2020, to accommodate those who could not register for the first batch. All participants including the children are enjoying Sadguruji's effective style of teaching and his authentic methods of practice.

At the young impressionable age, the children

are picking up the right sanskaras and values, which will help them throughout their life!

On **2nd October, 2020**, this year, 'Kriyabans Get-together' was celebrated with online Intense Kriya Session which could be attended by any disciple from any part the Globe. We had an opportunity to revise old techniques as well as learn powerful new techniques.

On **7th October, 2020**, Sadguruji was honoured with **Time2Leap Lifetime Achievement Award** in recognition of his **outstanding accomplishment in the field of Yoga**, at the hands of Hon. Union Minister Pratap Chandra Sarangi. Hearty Congratulations, Sadguruji!



Letters to the Editor

Hari Om!

Thank You, Sadguruji, for these wonderful 5 days of **Vipassana Session!**

You always say, that the intensity of the mind is powerful than any Mantra and this is exactly what You taught us during these 5 days.

You also taught us through this silence, that when you are a witness to your every action and reaction then you become solely responsible for them too.

Our strength, our positivity is what will attract people towards us rather than only giving importance to the external self. I also conceptu that our thought process is the root cause of all our diseases, and these powerful techniques taught by You will surely prevent and control our ailments and achieve good health.

A wonderful power-packed session that taught us the importance of silence and going within. Thank You Sadguruji for this! Jai Gurudev!!

Priya Vasudevan, Mumbai



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Hari Om!

Sanskar means values and etiquette we must follow for the rest of our lives....they are the teachings that our parents give us starting from our tender age till adulthood...but after adulthood, these sanskars and rituals are no longer a part of our lives...we are so much influenced by outer world that sometime we tend to change our attitude and behaviour by the people around us...Sadgurji has said that sanskar is every single action you perform in your life and we ourselves are fully responsible for that...but disciples like us who are in our teens have no focus towards our actions and always required some guidance...Sadguruji has been a ray of hope for us by bringing this energetic, knowledgeable and ocean of knowledge - Kriya Sanskar Sadhana classes which is enriched with the importance of every action to our lives useful and worth living.....I have only attended one class till now but intend to attend many more...because after attending these classes...I have seen drastic improvement in my attitude, my actions towards people and myself...we wish that Sadguruji continues to bless us with such knowledge and love...

Dayesh Raval, Mumbai

Hari Om!

Thank you, Sadguruji, for the Intense Kriya Session on 1st May, 2020. Every year on 1st May we have 'Kriyabans' Melawa. This year, we 'Got-together' in online session. It has become a memorable day for me. In 4 hours, I came to know my mistakes and will try to correct them. It was a very good revision. I could learn a lot of new techniques too. Sadguruji's Amrutwani was rejuvenating. There are lots of things to be learnt, so many times we miss the steps but Sadguruji's guidance corrects us and leads us on. It is a long journey of life where he is always guiding us, helping us make our spiritual progress. Thank you, Sadguruji, for your great efforts and time allotment for teaching us.

Koti Koti Pranams! Always in your Sharan Sadguruji!

Jitendra Kore, Panvel



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Fractals Of The Mind's Kaleidoscope

The very first moment of experiencing life...The first breath! The first touch! The first bath... The first clothes...The first nursing!! Life itself begins with several of these first experiences. Every individual has a different perspective of Life. Even though individual perspectives differ, depending on what that individual experiences at various stages of life, everyone goes through essentially the same initial experiences.

We can observe the lasting impact of these experiences on an individual's nature. The childish innocence gives way to a mature outlook over time. The influence of ideas absorbed through various books, publications, interactions & conversations with people from different backgrounds etc. Everything contributes to this change in a person's nature. Of all the influences, some have a positive impact at the same time some can also have a detrimental impact. The impressions (sanskars) of some of these childhood influences are so strong that they remain deeply ingrained throughout life and generally define an individual's outlook towards life whether it is negative or positive. At times an individual is born in an environment that is not conducive for developing positive influences and yet such individuals exude positivity in their lives. This is because of the sanskars they receive in their childhood. At the same time, we also see individuals who lose their way in life by coming under wrong influences in their environment and in-turn exude the same negativity in their own lives.

The only thing responsible for all these changes is this wonderful thing called mind! Everyone's mind has a different capacity to

grasp. The mind is also connected with feelings and therefore it is also susceptible to emotions and is affected by the varying ebbs and flows of these emotions. The mind may be qualified as fickle, strong or weak, but regardless of these qualifiers, the fact remains that the mind is integral to an individual's existence at every stage of their life and therefore it plays a key role in defining an individual's personality.

To impart positive sanskars on the mind, it is essential to follow a proper prescribed scientific process. **The science behind these age-old customs, traditions, rituals and observances is eternal and this rich treasure trove can be harnessed for imparting positive sanskars on the mind.**

The different processes that form the basis of these sanskars have been followed for thousands of years. **These are designed to still the mind and generate positive energy.** These sanskars are a boon to the modern world from our ancient Rishis and Munis.

These constitute chanting of sacred mantras and recital of shlokas, to listening to sermons from learned people as well as part taking in rituals like Yagya and Havana and self-reflection. **These are also the needs of current times.** Rather it has become ever more important to live a happy life by inducing positive transformational habits to counter the effects of mental stress, rat-race and poor lifestyle choices.

Meditation is the gateway to spirituality. It is also well established that meditation makes a positive impact on a person's mind and body.



Benefits of meditation are also being researched by the scientific community. Regular meditation curbs mental fluctuations and this has not only proven to be an excellent medium for harmonizing one's energies and enhancing focus & concentration, but also in expanding one's innate understanding.

The power of the mind is manifold. When a person utilizes this power constructively by training it on any subject with a scientific approach, the intellect transforms the gathered knowledge into wisdom. The same mind if used with a destructive purpose also destroys the individual. **Therefore it is important to take care of the mind by instilling the right sanskars on it.** There is a thin line between the destructive and constructive forces at play within the mind.

As per clinical psychology, when a person loses the grip on their mind they go through various stages ultimately leading to what is termed as 'schizophrenia' or becoming violent and hysteric. This uncontrolled state of a person's mind is the net result of the person's emotional ebbs & flows.

Usually due to a one-dimensional thought-process, such people always analyze others and go on developing their own opinions. In reality, analytical thinking is a natural trait which forms the basis of human evolution. A human being is able to analyze something and internalize it via his or her own experience. However, the analysis performed by a person who has lost a grip on the mind ends up creating illusions and hallucinations. These aberrations completely destroy the person's mental health. Such people indulge in talking to themselves, attaching themselves to their

illusions and acting out of their state of hallucination. Such people at times may also give an impression of talking to some Gods or Goddesses, at times even imagining and conducting themselves as these God or Goddesses. Such people revelling in their imaginary world can go to any extent due to their disassociation with reality.

On a spiritual level, to reach the state of being thoughtless, it is important to still the mind. To observe one's thoughts neutrally without reacting to anything is one of foundational techniques of meditation. Meditation leads to a reduction in the rate of breathing thereby dropping the blood pressure and also slowing down thought production.

Yet another way to treat the unbridled production of thoughts is the chanting of mantras! A mantra comprises the syllables representing it. The latent vibratory energy of these syllables causes a subtle impact on the mind by gently turning it towards feeling devout. Mentally chanting, murmuring or loudly repeating any mantra is termed as a japa of the mantra.

To reach the state of Self-Realisation, it is essential to realise one's nature and first and foremost realise one's mind. Without thoughts the mind would not exist and without the senses thoughts would not exist. Along with the gross physical body, there exists a subtle body. The five senses together with the five organs of action and mind altogether form eleven elements of being.

"Man evam manushyanam karanam bandhamokshayo"

Only the mind is responsible for either the bondage or liberation of Man.

There are many obstacles in the course of



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conquering the mind but the biggest one is the Ego. It gives rise to selfishness, nurtures greed and a tendency to possess everything. In this process, the childlike innocence gets destroyed. **Ego restricts a person's thought process into always feeling incomplete which further manifests into desires.** Enslaved by the senses the mind is always seeking gratifications. Under the influence of the senses, the mind is always looking for new experiences and yields to temptations by overpowering the sense of reasoning.

This is exactly how the mind loses its balance. An imbalanced mind has a tendency to go on regurgitating the bitter experiences from the past and starts associating them to the future by adopting a negative thought process for the future. This negative thought process traps the person into the six vices of lust, anger, greed, attachment, pride and jealousy. These tendencies are the cause of increasing discord in today's society. The mind is like the horses tied to a chariot and that is why to reign them, a skilful charioteer is required. **Only a Guru can fulfil this role and ensure that the chariot reaches the right destination by guiding it along the right path.**

To have control over senses, the great sage 'Maharishi Patanjali' has postulated the concept of Pratyahara which involves dwelling in an internal state of being and disconnecting the five senses from their stimuli. Turning the senses towards reflecting on one's conscience is called Pratyahar and one can practice Pratyahara using Yam Niyam, Asan and Pranayam from the 'Ashtanga Yoga' system.

A person who succumbs to the temptations of the senses gets ensnared into the trap of the

vices the effects of which start manifesting in their behaviour. A Sadguru teaches his disciples how to turn the situation on its head and instead become a master of the senses; so that the disciples can always keep the vices in check. These are the people who are well and truly happy for they are able to discern what is good for them and what is not. Due to the grace of the Guru, the selfless and unconditional attitude always guides their intellect and illuminates their minds. They are able to eliminate the very foundations of sadness which come in the form of self-importance, pride and hatred.

To take the first step towards self realization is to prepare the mind for it. The people who recognize a true Guru and take advantage of his knowledge lead a pure and selfless life by mastering their senses. At the same time, those who have a shallow mind, accept any charlatan as their Guru and are misled and are always seeking their satisfaction in taking others down. Then there are some who change their Guru as per the month of the calendar they can even go to the extent of declaring themselves as a Guru and degrade spirituality by commercialising it.

A person lacking self awareness projects an attitude of selfishness, greed, attraction and pride; whereas with the grace of a Guru, a worthy disciple is able to nurture the qualities of love, compassion, self-reflection and benevolence within them. An individual projects one's mental attitude by performing their deeds as per their mental capacity. A person whose mind is cultured via good sanskars into unconditional love and unconditional forgiveness earns respect in society. To achieve this, what is needed is good guidance! Good company! And an



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experienced charioteer! Even though the path is difficult, the charioteer knows it very well and ensures that the chariot reaches the proper destination safely. While charioting for others, the charioteer himself is also navigating his own life's journey and through that journey, he exemplifies the purpose of life itself.

Every newborn asks the question - who am I? But only a few know how to experience - I am that.

As per Sant Dnyaneshwar, even an intellectual person faces sadness, fear, worry, grief due to ignorance. Due to ignorance a person gets entangled in the sense of self-identity. One

should have the interest to go beyond it to achieve self-realization. If a person is not interested in obtaining that knowledge, then the person is as good as dead.

Every life is valuable! Every breath is valuable! Every moment is extremely valuable! The question of who am I is being answered with I am that. Only the right process needs to be applied to experience it and transform the experience into realization.

H. H. Sadguru Yogiraj Dr. Mangeshda

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

Sharing on Kriya Sanskar Sadhana

With a view to impart the correct knowledge about our culture, values, their scientific basis, Sadguruji introduced in mid July 2020 **Kriya Sanskar Sadhana**, a 12 session series of experiential workshop. Needless to say it has become a stupendous success. Before 1st Batch could get over, due to public demand a second batch had to be started on 30th August 2020 and shortly one more batch will be started.

We thought we would mention here **some sharing / feedback received:-**

1 Last Saturday, my son attended his first Kriya Sanskar Sadhana Shibir. I cannot thank Sadguruji enough for designing this incredible workshop. Through the Sanskar Shibir, Sadguruji has developed a fantastic blueprint that is a blessing for every parent. Especially, in this quarantine situation, I have found it challenging to keep my son. The shibir totally addressed that. Thanks to the 'homework' Sadguruji has assigned, we now have been able to make yoga, pranayam, Omkar and focus exercise, a part of our daily schedule. Not only do we now have a regular daily activity, but he has also finally been initiated into yoga as well. As a mother, I find it extremely gratifying that he is on **the path. What better gift to a parent than to find their child on the path of health and mental wealth. I feel like the weight of parenting is off my shoulders!**



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Thank you so much Sadguruji, for taking the time to design a shibir for young children. You have made the lockdown/ quarantine a true blessing!

Asavari Thatte

2

The advent of modern technology has almost taken mankind to the brink of darkness. The need of the hour, especially during this pandemic, was an awakening in the form of a holistic teaching to reinforce the forgotten ethos and attitude towards the various and many rituals developed by our ancestors.

Our revered Sadguruji has devised a wonderful and well articulated programme of Kriya Sanskar Sadhana (KSS). This programme has helped me to reach back to my roots and understand the deeper meaning and characteristics of the various rituals we have been mindlessly following all our lives. The revelation of the importance and value of these rituals in my daily life has changed my perspective towards the spiritual outcome that I am seeking. Simple procedures with tremendous benefits is the way what I can describe KSS programme as. It was a result of lot of research and study by revered Sadguruji which is giving us the benefits in life like clarity in decisions, increase in focus and a holistic approach to life. I am thankful to revered Sadguruji for bestowing on us this wealth of knowledge – which, if we can imbibe correctly, can lead us to a satisfying and fulfilling life.

Pradip Chandavarkar

3

Thank you Sadguruji, for teaching, motivating and imbibing such precious Sanskars in our children!

The way you tapped each one's potential and connected with them was really wonderful. Changes observed as a parent are, after attending KSS, Diya started waking up on her own, by setting alarm for her yoga class. She has also started helping us more in kitchen after finishing her studies.

'Thankyou' is a very small expression, yet, once again our deep Gratitude, Sadguruji, for blessing us as well as our children to be Your Disciples! **Jai Gurudeva**

Vinita Tampal

4

The 12 sessions of Kriya Sanskar Sadhana helped me understand our rich culture, the science of performing rituals, how to develop good Sanskar and the ways to maintain good health. I never had the opportunity to understand these important aspects during my school days. That is the most significant stage in life since during that period the nature and character of a child gets moulded. I am very happy that Sadguruji arranged a separate series of sessions for children.

I am waiting to attend the next series of KSS programme. I strongly recommend this Kriya Sanskar Sadhana for all.

Dr. P N Vasudevan



5

Thank you very much Sadguruji, for your excellent and enriching series of Kriya Sanskar Sadhana sessions. Undoubtedly each and every participant is benefitted by these sessions. We are all extremely thankful for reminding and teaching our culture and traditions, which otherwise are fading out from some classes of the society.

We are looking forward for next series of this Kriya Sanskar Sadhana sessions.

Lakshminarayana and Anjana G.

6

Sincere Gratitude to Sadguruji for Kriya Sanskar Sadhana! All the 12 sessions were uniquely designed and very effective. It has benefited me and my family immensely. We were going through tough time as Satish was detected Covid positive. Daily practice of Sadguruji's teachings helped in bringing about positive energy flow in our home. Right technique of Gayatri upasana taught by Sadguruji helped us to connect to Lord Sun.

Healing happened at a faster pace. Satish's recovery was very quick. The doctor was also surprised and happy with his results. Rest of us at home, were healthy and strong due to Sadguruji's powerful sessions which worked like an immunity booster.

Indebted to you, Sadguruji, for your valuable teachings! Now these Sanskaras have become a part of us.

Sujata Bangera

7

All the sessions of Kriya Sanskar Sadhana were so rich in content. Though a few of the teachings I was practising, but it really made the change, when I came to know the scientific reasons behind the same practices. Sadguruji taught us in so much depth literally, I never knew the things. And it was really awesome to learn new rituals, practices which brought transformation in us such as increased energy, peace of mind, healing and spiritual progress.

Vishvprakash Medge

8

Kriya Sanskar Sadhana, a modern Gurukul - This was the need of the hour and who, better than our Sadguruji, to impart and share his knowledge! The best part was that Sadguruji started 2 workshops of this 12 episode programme (every Sunday evening); one for children less than 10 years old and another session for all persons above 10 years. Our family of 4 immediately enrolled and this was the best programme. During every episode, Sadguruji bestowed on us rare information and scientifically explained the purpose and reasons of the rituals and traditions which were practised for thousands of years. He gave us invaluable tips to increase our energy levels, how to take advantage of elements around us, very deep meditation techniques, how to improve our physical, mental fitness and techniques of holistic well being and all-round development. All of us used to eagerly wait for every Sunday evening. I am sure, just like us, all have benefitted in their personal and professional lives and we eagerly await his next session. This is a highly recommended session for all.

Prakash Irde



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9

I consider myself lucky enough to have got an opportunity to participate in the first ever Kriya Sanskar Sadhana, a compilation of 12 awesome sessions. Sadguruji explained to us in simple and lucid language the importance of rituals we practise in our day-to-day life. Most of the things we do blindly without any understanding. Sadguruji revealed the science behind those rituals. It was a great eye-opener for all of us. He taught us some deep meditative techniques which have increased our energy levels to another platform. Practising those techniques have imparted us with a deeper level of mental clarity and stability to face any situation with calmness.

Dr Kirti Parikh

10

Thank you Sadguruji, for the beautifully designed KSS programme. So much knowledge imparted in a span of twelve weeks. Practising the techniques taught in the various sessions have made me feel very energetic, calm and composed. Sincere gratitude for guiding us on this spiritual path! Eagerly awaiting for the advanced session of KSS.

Anjali Mahadik

11

When Sadguruji announced the KSS series, I looked forward to it, as learning from Him is always a process of being awakened to different elements and aspects of the Unknown. This series did the same for me. The wisdom He shared in each episode, brought to light the importance of mantras, shlokas, rituals, the reiterated connection between mind and body and different ways through which we can work on our limitless potential. Each meditation helped me to connect with myself, bringing about harmony and balance. Thank You, Sadguruji, for all the valuable energy and time that You have spent to create each episode!

Preeti Vasudevan, Mumbai

12

It was a divine experience to calm down our Inner anxiety and Inner war. Without any effort, just practising the Sanskar morning ritual, now this inner war has turned into Inner peace and it is getting reflected outside. As if the thoughts have got a perfect master to handle them with love! Vast knowledge which Sadguruji has taught us, is a treasure which has been retained directly into subconscious mind.

I am eagerly waiting for the intense session.

Dr Amit Gupta



13 Thank you, Sadguruji, for the 'once in a lifetime' opportunity given to us to learn from you! I am blessed to learn Gayatri Upasana, Chakras healing, science behind rituals, Yoga chikitsa, various spiritual and health aspects from such a great Guru. KSS sessions have increased my spiritual quotient and mindfulness. Chanting 'OM' has become a daily routine now. All the sessions were wonderful. I used to eagerly wait for entire week for the Sunday class. I am looking forward to the advance sessions now.

Thank you very much, Sadguruji, for all your teachings and blessings!

Shamily Reddy

14 Attending KSS programme, I felt like being in an ancient gurukul, with our Sadguruji pouring the ancient knowledge on us. How fast these 12 weeks have passed and there is so much transformative change in our habits and thinking, May be, everything has a right time, COVID has brought the intense concentration and the need for positivity, which Sadguruji has amplified with this gift. Wish it could have gone on, but every school needs a break, to practise, reflect, and be ready for the next level. Waiting for the next class, Sadguruji!

Venu Madhav

15 Last week, we completed the quarantine from exposure to Covid. Thank you, Sadguruji, for keeping us safe, healthy, energetic and symptom free. Kriya, Reiki and KSS techniques helped us stay healthy and energetic. Especially during our quarantine, we were attending KSS. The healing mantras and techniques boosted our energy levels.

Gratitude for always being with us!

Pranams

Shambhavi Kriyaban

16 Another fantastic KSS session. Each of Sadguruji's sessions are getting more and more intense. It is a great privilege, honour and Blessing to get these ancient techniques in modern times. It is the requirement for today's situation as well as to be in readiness for what may be in future. He does not look at the time and teach but go to any extent to reach out to the last person in the audience.

Whenever I speak about this to my friends and mention KSS benefits, they get eager to learn KSS. Sadguruji, please start another batch of KSS. New Participants are waiting. It will be another golden opportunity for those who could not join this time; an earnest request! Everyone is inspired to practise regularly.

Sandeep Yederi



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International Yoga Competition – Bali

Hari Om!

My Pranamans to beloved Sadguruji!

For someone who had never participated in a competition beyond school level, it was truly a humbling experience to reach International level at a Yoga competition. I would like to thank Sadguruji for this opportunity and his unwavering guidance throughout this journey.

During last year, I had cleared District level, State level and National level of Yoga competition, following months of practice. So, when I got selected for the International level, I was really excited and a bit nervous as I knew that the competition was going to be tough. However, the rigorous training that we underwent under Sadguruji's guidance gave me confidence. His attention to detail helped me realise where I was falling short and what I needed to work upon.

In order to train for the competition, we had three to four sessions each week at 6:00 AM. So, I used to wake up at 4:30AM, get ready and reach Juhu from my residence at Thane, practise for the competition and then leave directly for my office in Kalina. During those days, office work too was quite stressful and I was reaching home quite late. I was wondering whether I would be able to manage all of this. But with Sadguruji's blessings, I was able to practise for the competition, work on my short comings and was able to manage my office work as well.

At the start of the competition, there were a few asanas that I could not perform well. By the time I reached the International level, I was selecting one of those very asanas as a part of my final list to perform at the competition. **Such was Sadguruji's guidance!**

After months of training, we left for Bali for the competition. The excitement of the competition combined with that of visiting a new culture with our group was very high.

November 9, 2019

The competition was held on November 9, 2019. It began with the opening ceremony by Sadguruji himself. There were participants from seven countries; India, Indonesia, Singapore, Malaysia, UAE, USA and UK.



There were participants of various age groups, starting from 10 to 87! The competition began group wise after the inauguration ceremony. The competition was in line keeping with the International stature of the event, with strong and disciplined participants from all over. Attention was paid to every little detail, starting with the salutation, the transition to the peak position, the amount of time you held the position and ultimately how you end the asana. Everything had to be done with ease and elegance with a smile on your face. Yes, even your smile was being observed! Every aspect was being minutely noted and compared. But since Sadguruji had guided us through these steps, when it was my turn to



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perform, I was able to do it with ease. Even though everyone from our Institute had performed very well, **87-year-old Bakhtawar Merchant from our Institute was the star performer and stole the show.** She got a standing ovation from everyone for her performance. It was a treat to watch her perform. Needless to say, she won the Gold in her category. Once all the rounds were over, we had to wait to find out the results.

The next was the prize distribution and the closing ceremony. As winners for each round were being announced, I was anxious and kept my fingers crossed. Finally, when my name was announced as the bronze medal winner for my group, I was thrilled and also felt grateful at the same time.

It was only due to Sadguruji's blessings and guidance that I was able to reach this far and win a bronze at an International event.



In all, our Institute bagged 8 gold, 4 silver and 4 bronze medals in different age categories.

It was a great experience to practise for an International event and be a part of it. Thank you once again Sadguruji, for giving me this opportunity, for which I will be ever grateful!

Spurthi Gadamsetty, Mumbai

Yoga Classes, an elixir of life!

Hari Om!

Last year, in 2019, I started learning Yoga from **Sadguruji Dr. Mangeshda** at our Juhu centre. While I used to practise Yoga as a child, this practice got discontinued over a period of time because of college, work and other responsibilities. When Sadguruji announced that he himself would be teaching Yoga to all those interested, I felt that this was the right time to learn from a renowned Master, Yogiraj and I should not miss this golden opportunity and enrolled myself for the yoga classes.

I felt that this was the best decision that I had taken in recent times. At Juhu centre, the huge room was filled with enthusiastic seekers and Sadguruji, after a brief introduction soon started with stretching exercises. After some time, reality set in and burst all the

preconceived notions of my fitness level. Even though I was into marathon, running over the past couple of years, these stretching exercises made me aware of the false notion of how fit I was!

Sadguruji, in his inimitable style of humour, one- liners, yet very serious and focused on yoga practice, kept us very motivated and boosted our confidence. All throughout, he kept an eagle eye over our limitations, ailments that we already had, operations, surgeries undergone and scientifically explained the advantages of each stretching as well as who should specifically not do these exercises. While Yoga has become very popular over a period of time and various channels broadcasting yoga, these very important instructions of who should not do and when it should not be done, is often



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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



**Sadguru Mangeshda
Teaching Yoga**







Message From Mangeshda Upasana Centre, Bengaluru



WISHING DEAR SADGURUJI A VERY HAPPY BIRTHDAY!

"Your Guru is leading you on a journey from visible to the invisible, from material to divine and from ephemeral to eternal. Experience the bliss!"

- H.H. Sadguru Yogiraj Dr. Mangeshda

Our humble salutations at Your Lotus Feet
for always being with us.

Love and Sashtang Pranams,
From Bengaluru Upasana center.

Contact: 9731288222

**MESSAGE FROM
MANGESHDA UPASANA CENTRE, ANDHERI**



“The vibrations you emit through your attitude are reciprocal to the blessings bestowed upon you by the Universe.”

- H.H.Sadguru Yogiraj Dr. Mangeshda

Seeking Our Beloved Sadguruji's Blessings

Devotees

Contact No: 022 26205403

MESSAGE FROM MANGESHDA UPASANA CENTRE, DADAR



**Koti koti Pranams to dear Sadguruji.
Many Many Happy Returns of the day
We seek blessings from you**

Devotees

Contact No: 022 24141933



**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



WISHING SADGURUJI A HAPPY BIRTHDAY

**Congratulations to the Foundation for the
remarkable task of completing more than
85 Lakh eye pledges!**

From

**Laxmi Mamillapally &
Venugopalachary Mamillapally**

**Nitin, Deepti & Aayush Mamillapally,
Kansas, USA**

**Suren, Manasa & Akira, Amaira Nyayapati,
Boston, USA**



**Paranams at the Lotus Feet of
Sadguru Yogiraj Dr. Mangeshda.
Seeking Your Blessings.**

**From
Ms. Meetal Dasgupta
Mr. Sudeep Dasgupta**



Heartiest congratulations to H.H. Sadguru Yogiraj Dr. Mangeshda for conducting various online courses like Kriya Sanskar Sadhana, Yoga, Meditations, Kriya Yoga during Covid 19 lockdown for the all-round development of mankind.

We all are very happy and proud to be part of your sessions which has helped us mentally, physically and has brought peace, positivity and happiness in these testing times.

Praying for the safety and health for all mankind and a big salute to all Covid warriors!!

JAI GURUDEV

From: Prakash Irde and family, Mumbai

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: 9860099029



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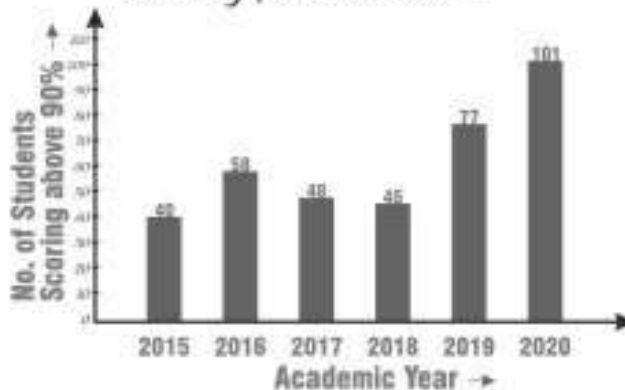
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We Thank The Following Members For Being Part Of Our Cause

- Mohansingh Padavi
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- Sandip R Kawale
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- Anil Bareja
- Archana Bhor
- Sudha Palla



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missed out or not properly emphasised. Hence, when Sadguruji explained the benefits of each asan, or each stretch, over a period of some classes, information slowly started sinking in my head. Sadguruji always used to teach and emphasise on stretching and relaxing our body. He mentioned that once our bodies are perfectly stretched, asan is a simple process. He was laying the foundation for us. He also mentioned that we should never compare ourselves with others as each and every person is unique and special even though different in terms of their bodies, their previous experiences of yoga and physical involvement in sports, fitness levels, genetic ailments (many would have gone into surgeries, operations etc). Hence each one must maximise their own stretching levels and most importantly take interest in yoga and like it. While the pain that we feel after a couple of days of practice might be intense, yet it should be considered as a soothing pain as the body slowly gets used to getting stretched (having ignored our body in all these years upto now). **Our body is an amazing piece of engineering and the more we work on it, the better it becomes.** A few days after yoga class is a lesson in Biology as we slowly start realising the different body parts (because of the pain) and we realise the importance of being fit and how much we have abused and neglected our body over the years.

The real test of our character, sincerity and dedication is when we block this pain (temporarily ignoring it) and making serious efforts not to miss any more classes, despite the brain telling the body that it is okay to miss one lecture as the body is sore and silently providing various justifications, excuses to miss class. Now having got into the

groove of regular practice, it feels great to see the transformation (both physically and mentally) and really the good factor is when others praise you for the positive changes in you. This is the real kick and motivating factor and the entire credit for this goes to our Sadguruji Dr. Mangeshda.

It was during one of these classes that Sadguruji declared that there would be Mumbai district level yoga competition in a couple of weeks at Goregaon and that we all should be taking part in it. While I was not confident, Sadguruji assured me that I was doing good and that taking part in competition would give me a great exposure and valuable experience to compete with the best. I recalled, how some months ago, our Foundation members had participated in the National level and had won many medals. This was a big motivating factor.

The district level competition was wonderfully arranged and apart from our Foundation, there was a huge participation from various parts of Mumbai and from different organisations. At the end of the day, our Foundation won most of the medals (I won a silver medal in my age group, my first medal on debut!) which made me very happy and raised my confidence levels. This victory qualified me for Maharashtra State level competition. Sadguruji mentioned that the level there would be very high and we all would need to practise very hard if at all we wanted to win medals. As the competition was a month away, I got down to training and practising very hard. For me, taking part in State level competition itself was an achievement and dream come true. As mentioned by Sadguruji, the competition was very tough with participants from all across



Maharashtra. Although I did not win, I still got to learn so many things and it was a very valuable experience. It showed where I currently stood and where I needed to reach in order to win a medal. The best part is that many of our members won medals and it made me proud that they would now compete at National level and if successful, would get a chance to participate at an International level competition in Bali. It was only because of the training imparted by Sadguruji, his valuable guidance and experience that our members won gold, silver, bronze medals at International Yoga Competition. While it takes decades to reach that high level, it was only because of Sadguruji's valuable experience, guidance, his passion for teaching which created an interest in all of us, that our members reached International level within a year, which is highly commendable. It was this image of our members winning medals that increased my interest in learning yoga from Sadguruji. While I continued my yoga practice, sadly, Covid 19 put the brakes on my progress and because of lockdown my practice stopped. **While it is said that at the end of the tunnel there is a light, Sadguruji announced in April, 2020 that he would start online yoga coaching 3 times a week.**

This was the news I was waiting for and very enthusiastically I enrolled and registered for yoga classes. I was a little apprehensive as to how could one learn online yoga, as I was used to Sadguruji's physical presence in Juhu and the way he used to correct us so lovingly. Was this possible online? The only way was to start classes and find out.

From the first class itself my apprehension was removed permanently as Sadguruji guided all of us brilliantly and lovingly

corrected each and every one's mistakes. He kept a sharp eye on all of us, **he was more aware of our bodies and ailments than we ourselves are** and guided, motivated each and every one of us to give our best. I am certain, every participant would eagerly wait to hear Sadguruji praise him. That one word of praise ensured that we gave our best in every exercise on that day. The best part of the class was to see Sadguruji encourage all the kids, new comers and senior citizens. His special attention was on the kids, our future champions! This motivated us to perform even better, especially seeing the senior citizens and kids performing so well.

Sadguruji has not missed even a single class, despite so many negativities, the best part being he has so easily learnt the technical part of conducting online classes so brilliantly. While I am aware of classes held at other places that if it is for 45 mins, the class gets shut off on the 46th minute, but we all are so lucky that Sadguruji does not do that but he teaches for more than the time allotted to us. This is despite the fact that he is so busy and has various other classes lined up after our yoga class. He practically teaches us what is commitment and how to be committed always. Learning from any other teacher and Sadguruji is a world of difference. His knowledge is more than all the googles and encyclopedias put together and so easily he addresses and resolves any issue, but most importantly he creates an interest in Yoga or any topic that he teaches. The future generation is so lucky that they have got this opportunity to learn from Sadguruji at such a young age, which would considerably help them in the future. Thanks to all the parents for encouraging their kids to learn from



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Sadguruji. It is so nice to see so many families (together with their kids, parents) regularly learning and practising yoga so well. Like the adage, a healthy family is a happy family.

After a month since I started learning Yoga, both my kids also enrolled and have found a tremendous Improvement in their flexibility and health. Although both of them are black belts in karate, the stretching that Sadguruji teaches in class is phenomenal and has helped increase their flexibility even more. My son who is also into football mentioned that with yoga practise, his stretching, fitness and stamina have increased and is helping him in his football also. They have become more active.

My wife who is transferred out of Mumbai for official purposes, has also enrolled for yoga class and it has also made a great difference in getting fit, losing weight and more importantly, health has improved. We all have lost considerable weight, inches have reduced, feeling energetic and fresh; these are the rewards of practising with Sadguruji and following his instructions. Most importantly we have not fallen sick despite going to office every day in these Covid situation. Earlier, we always used to have cold, cough due to weather changes, but after regularly practising Yoga we havenot fallen sick. Our immunity levels, energy levels are now so high thanks to Yoga taught by Sadguruji. **We, as a family have also bonded so well, thanks to Yoga and Kriya Sanskar Sadhana classes for which we are eternally grateful to**

Sadguruji and promise to continue walking on this path of fitness and all round development.

I sincerely appeal to everyone to kindly register for these classes by contacting our organisers at www.mangeshda.org and see the positive difference it makes in your lives and that of your family. The best part of online classes is that the geographical boundaries have been shattered, participants from across the globe, even different time zones can take part and that too from the comfort of their own homes. So much of travelling time and money is also saved.

I call this my elixir of life! Full of energy, good health, peace, positivity, all round development... and all this without taking a single dose of medicine, that too in these Covid-19 situations. Our mind set has also become so positive that we are able to react efficiently to unknown and sudden problems that we face, are able to find the best solution to tackle the situation and also help others overcome their problems, motivate them and live unitedly and happily.

Thank you, Sadguruji, for your valuable teachings, guidance and blessings on us always. Pray that we walk on your footsteps and always follow the path shown by you and remain with you throughout our lives in this birth and in future also.

Jai Gurudev!

Prakash Irde, Mumbai

Your daily meditative practices enlighten you with an in depth knowledge and a unique experience that radiates your inner calmness.

H. H. Sadguru Yogiraj Dr. Mangeshda



A reflection on Kriya Sanskar Sadhana

As a Technology Consultant in a company in Singapore, a typical day at work for me involves switching mental context across a multitude of Enterprise clients. Each of which brings a unique challenge in terms of the task at hand. The situation around the World changed dramatically this year due to the pandemic. It brought the office closer to home and the boundaries between time at work and time at home started to diffuse. So did this switching of the mental context between official and domestic duties. Being at home also meant less motivation to remain active, easy access to the kitchen pantry and a loosened sense of resolve and fitness regimen. Evidently, it was the need of the hour to have some rigour and some discipline in life. At the same time, the situation demanded staying on top of mental and physical fitness to sustain the demand of being equally present at work as well as home. It was during this phase that I had the privilege to attend the 12 part '**Kriya Sanskar Sadhana**' (KSS) programme conducted by **Sadguru Yogiraj Dr. Mangeshda**. I signed up for this with my family. During the pandemic times we all had time together which ordinarily is a rarity given the different schedules everyone is on. So I could not miss this opportunity to spend some quality time together as a family.

In today's day and age there is so much information floating around! On Whatsapp! On social media! One can easily turn to the internet to look up something and get down the rabbit hole. These days people have also

taken to self-diagnosis of their medical conditions based on what they can find and read on the internet. I remember this funny incident when I had walked into the clinic and the Doctor patiently heard me and asked, "So what did you find out?" ...as in, what was my self-diagnosis? This only goes on to say how such knowledge can be potentially dangerous and self-damaging. There is no way to discern this kind of information and at times it remains at an intellectual level only... or worse - Our own interpretation of something. Interpretations can be dangerous because in the interpretation, there is a chance of dilution, filtration and half-truths. They can potentially put an individual on a mis-guided or a completely divergent track.

There are two very different ways in which one can know something. There are things which we know as information because we heard them from someone or read somewhere and then there are the things which are realised drawing from the depths of our understanding. This knowing is intrinsic and touches the principle of the subject. It is something understood by us but cannot be explained to anyone else to the same degree. Because, for us, the way we know it as something confirmed and rooted in our realisation and understanding which has dawned within but the same, if expressed to others, it is reduced to information which can be interpreted differently.

So, it is important that the source of our learning and the knowledge we obtain is original and authentic. To learn from someone



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who has actually originally experienced something and not interpreted it. Someone who has walked the talk and who is also guiding us to experience it for ourselves and not offer mere interpretation of something!

With the KSS programme, it has been an absolutely delightful experience to open our minds to new ideas and approaches grounded in a scientific process of understanding. Out of the many take-aways from this programme, a few have been the most valuable for me personally, which I want to share with you today:

1. Normally, we are so involved in the drama of our lives that we approach everything we do with our role as somebody. Somewhere in this process, we try to conform to the character and our real purpose, intent and reason gets skewed. If we follow the same attitude towards our spiritual '**sadhana**', it can be detrimental to our progress. I learned from KSS is that, any sadhana starts with a good '**sankalpa**'- an honesty of intent and that must be followed by self-contemplation that is necessary to keep oneself honest.

2. **All the tools and techniques taught in this programme brought me closer to myself in self-inquiry, introspection and**

transformation. It is a very startling revelation of how all the external manifestations are actually rooted within me, whether ritual or spiritual, all the strings start with me and come back to me.

In other words, there is this interplay in everything that goes on in life and the choice is mine if I want to be the actor on the stage or the audience!

3. Participating in the KSS programme has been like sprouting a seedling which continues to grow and bring joy in my life everyday. To nurture it everyday, is the compelling call within, something which cannot be missed. It is an addiction to enjoy the process and revel in it everyday. To me, that is the most important factor - The habit-change which constantly gives me opportunity to develop myself. That is the pathway for any good Sadhak

So, if you are a spiritual seeker who values these principles but do not know where to start, or if you have struggled with these aspects in your spiritual journey, I would highly recommend this programme whenever it happens again. This is the best package for your self-transformation and growth.

Ravindra Pathak, Singapore

Rewiring The Brain Through Kriya Sanskar Sadhana

Hari Om!

Over a period of time our lifestyle and habits have created our thinking and reaction patterns. With different experiences, both pleasant as well as unpleasant ones, we have developed these patterns, which we can call as our comfort zones. Our reaction patterns and stress taking abilities are so called

'programmed' through these experiences. It has been a common belief that our genes dictate our thoughts, our emotions and our behaviour. These habits and reaction patterns can be defined as our '**sanskars**' - sacraments, our do's and don'ts. Sanskars are either rituals, rites or practices, which are developed through our own learnings and/or



passed on through our parents and grandparents. As we dig in deep into the way we have built these, we will realise that these are practices and processes built for our wellbeing and to increase our energy levels to carry out our personal and social responsibilities effectively. With good ones, we have also built some 'not so good' habits and they have become a part of our day to day life. We, most of the times, know these bad ones and want to get rid of them but somehow, we cannot or we donot know how!We know scientifically that these habits are inculcated and instilled in our mind due to its regular behaviour. Mind has to change or rewired to overcome some of these limitations or to come out of our set patterns or comfort zones. **Kriya Sanskar Sadhana is one such programme that has helped many including myself to understand these patterns and learn techniques to change the so-called dogmas of our life.**

Brain is that mystic organ storing experiences and building & managing the action & reaction using memory and senses.The brain weighs just three pounds, yet it is one of the mostadvanced organs in the body. It has a hundred billion nerve cells,called neurons and many more support cells. That is equivalent tothe number of stars in our galaxy.There has been a lot of information about the character of the two halvesof the brain. 'Right-brain'people are said to be more creative, even more spiritual than 'left - brain'people. The left - brain people are described as more rigid and picky.The truth is that the two hemisphereswork together in everything you do and two hemisphere together serves to connect distant neurons that fire together,

adding dimension and depth to everything one does and think.

Within all these lobes, hemispheres and modules are a hundred billion neurons waiting to be used. They are highly social; if they arenot used by working with neighbouring neurons, they would die. These neurons are responsible for creating circuits / wires in our body to act or think or behave in certain ways. The way these neuron circuits establishes, decides the way in which we behave.

Each neuron is capable of maintaining connections with about ten thousand other neurons. These connections change as you learn things, such as a new way of playing a cricket shot, a new language or the map of an area. Neurons function partly on chemistry and partly on the electrical firing of impulses in an on - and - off manner.Neurons communicate with one another by sending chemical messengers called neurotransmitters across a gap called a synapse. This is how one neuron gets another neuron to fire and thus the circuit is built. Many types of neurotransmitters exist in the brain. Some make you excited, and some calm you down. So the connection and the chemical (neurotransmitter) released during the connection determines the reaction and emotion associated with it. That is why a touch of mother is different from the touch by someone else, the neurotransmitter processes these touches differently through different chemical transmission.

When you use the neuron connections that represent a skill, you strengthen them and when you let the skill lie dormant, you weaken



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those connections. It is similar to the way that your muscles will weaken if you stop exercising. 'Cells that fire together wire together', aptly describes the way our brain reorganises when we have new experiences. The more we do something in a particular way, use words with a specific accent or remember something about our past, the more the neurons that fire together to make this happen will strengthen their connections. The more the neurons fire together, the more likely it is that they will fire together in the future. In other words, the more you do something, the more likely it is that you will do it again in the future and that is how a habit or belief is cultivated or developed in one's life. Since these circuits and electrochemical reaction is defined, it is more likely a person will act / behave / respond / emotive in a particular way all the time.

So, now we can understand scientifically why we find difficulties to change or to modify our behaviour or some set patterns and cannot come out of our comfort zones. Experts have yet to determine the limits of the brain's abilities. Some believe we may never fully understand them all. But evidence does support the existence of one of its most important processes: neuroplasticity.

Neuroplasticity refers to our brain's ability to restructure or rewire itself when it recognises the need for adaptation. We all know all things happen twice, once in the mind and then with senses or organs. Hence, if our brain patterns change, our reaction to an action changes. In other words, it can continue developing and changing throughout life. So there is hope for everyone, we can change...!

Kriya Sanskar Sadhana, was one such powerful tool that has helped many to change. Actually, I found it is based on Kriya Yoga. Kriya Yoga is a scientific approach and works on mind and its patterns. Kriya Sanskar Sadhana (KSS) puts to use some of the age old techniques, nature and environment around us, solar energy, our habits, our eating and some rituals into right scientific practice. Sadguru Yogiraj Dr. Mangeshda has developed these structured practices, which was very easy to understand and implement!

Our ongoing behaviour and narrative is organised by three general levels of thought: automatic thoughts, assumptions and core beliefs. Our automatic thoughts are like short tapes that momentarily flash through our mind. They are a form of self-talk that one uses throughout the day. One produces a variety of automatic thoughts, some consciously and some unconsciously. These automatic thoughts can contribute to increased anxiety or tension. We can keep motivating ourselves so as to train our automatic thoughts and rewire our brain to represent more adaptive self-talk. Our assumptions are not as fundamental as core beliefs, yet they are not as superficial as automatic thoughts. Like our automatic thoughts, our assumptions can be rewired by reflecting reality instead of our worries. Assumptions are one of the prime targets of cognitive-behavioral therapy, which aims to restructure a person's thoughts to reflect adaptable and constructive thinking. Core beliefs are broad generalisations about oneself and how the world works. Restructuring our core beliefs is a more ambitious challenge than adjusting our automatic thoughts and our assumptions.



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However, if we work on them simultaneously with feeding our brain to reformat our core beliefs, the two more shallow levels can be harmonised to work effectively. Kriya Sanskar Sadhana programme exactly did that, it reformed our core belief by rewiring our brain patterns on positive levels. It taught us how one can amplify energy and fire the neurons in a much more positive manner to experience happiness.

In the times of Corona, where we are observing extreme difficulties – mentally, physically and financially, KSS brought to light how nature and things around us like sun and its energy can be used to bring positivities. It brought to light how the five elements, if focussed and practised using a few techniques can give us quick and long lasting benefits. The balance of earth, the space or water, the power of fire and movement of air with support from ether can bring holistic benefits. And all above, in shortest timeframe possible, can rewrite our thinking patterns and redefine our comfort zone.

Anything and everything that one does happens because of energy. Energy is consumed in thinking as well as in doing. More energy we possess, more benefits we can derive from it for ourselves as well as for betterment of the society. Most of the negativities can be circumvented with positive thoughts, right actions and energy. The flow of the energy to do anything good is decided by our thoughts. With help of some deep

understanding of the techniques taught and explained by Sadguruji during KSS, one can practise them to bring positive thinking and optimistic mindset. I am experiencing tremendous advantages practising these techniques regularly. During this Corona times and this lockdown where going out and meeting people is difficult, these techniques are of great support and brings in instant energy.

While it has been nearly four months that Sadguruji started Kriya Sanskar Sadhana programme, I am observing the rewiring of my reactions and patterns. Things are changing for good. While it is still working progress and so many years of habits are hard to go by, but KSS techniques are helping to speeden up things. It is bringing that neuroplasticity, that flexibility in mind to think differently and to act atypically. The receptivity to change has increased, my susceptibility to unwanted actions is optimised, my preparedness to unknowing and ambiguous environment has improved. I now have more hope than ever, that things will change for better and there is sunlight available, always! Isn't this the change we all want and always wanted? Corona or any other difficult situation, aren't people who have understood the KSS and the ones who are practising, feeling the same? We have become more positive and optimistic.

Rajeev Raval, Mumbai

Kriya Sanskar Sadhana - Capsules of Wisdom

Thank You, Sadguruji, immensely, for carefully planning and conducting Kriya Sanskar Sadhana. I joined the programme on hearing

of the feedback by previous participants. Thanks to pandemic, I decided to use this time to work on myself and learn techniques to



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correct myself. I am indebted to you for this session, which is carefully designed and timed - it is the need of the hour in today's times, to stay positive, balanced, increase focus and correct ourselves.

Just like Mother Nature is healing herself, this session is the pious water purifying us, healing us, making us wise, content and complete. Every session is knowledge filled, full of tips and practical techniques to imbibe the values of time-tested rituals in our busy day to day life. It covers the most simple aspects of our life and increases awareness of our own responsibility towards maintaining our energy levels and well being. You have taught us the theory, science and spiritual connection to each Positive Kriya which helps us move forward on this journey. **It has increased my respect for the research of our forefathers and how you have made it readily available for us, which would have taken years of search.**

I used to live life very unaware, with Thy Blessings and techniques taught, I am able to be more energetic, patient, receptive, aware

of myself and my surroundings. It has taught me an acceptance of one's weakness and how to overcome those with Loving awareness. The practical techniques are making a positive change in my life, harmonizing Inner and external worlds and experience Oneness!

Each Sanskar session is an Amrutha Manthan teaching us to go towards the nectar with every action, while accepting the challenges around.

We are lucky to experience Sadguruji distributing Knowledge, encouraging us all, to go to the depth of this Divine Knowledge.

The Sadhana sessions have taught me that I am still on the first step of this infinite journey. Time always feels short by the end of every session and we feel like learning more.

Attitude of Gratitude to Sadguruji, and Humble Salutations at Thy Holy Feet for Thy Divine Presence in Our lives always!

Preeti Hariharan, Bengaluru

An Eye Opener To Indian Tradition And Culture

I was fortunate enough to be a part of the first batch of Kriya Sanskar Sadhana (KSS), conducted by HH Sadguru Yogiraj Dr Mangeshda. I was very curious to know what the programme would contain. I have been a regular practitioner of the golden path of Kriya Yoga taught by Sadguruji and have been enjoying this practice for several years.

The first session of KSS started with a bang and I instantly knew that this is the need of the hour. Our ancient culture and spiritual traditions are rich with ancient wisdom which are more relevant even today. We need to double our energies so that we can do what we want. Today's age, we need mindfulness

and focus. Our relationships with our near and dear ones need to be more nourished as most of the time people are investing their time and energy for survival issues, earning money. We need good health of our body and mind aligned with our soul!

So KSS sessions gave exactly the above results for our overall development and gave the clarity for the future steps with positivity and enthusiasm.

Sadguru Yogiraj Dr Mangeshda is an ocean of knowledge and all the sessions, we felt, should go on and on! Each Sunday, we used to wait for the opportune time for the session to start.



I am very fortunate to have practised this regularly and got great results. I am looking forward for the level 2 of this course.

I would highly recommend the programme to

all those wanting the results stated above.

Jai Gurudev!

Sandeep Yeder, Mumbai
Founder - SYNC Wellness Lab

Meditation For Healing, Stillness And Harmony

2020. A year that many of us would like to forget! A year characterised by a pandemic, by destruction, by depressing news all around. Many of the things that we previously took for granted will never be the same. Forget get-togethers with friends – even getting together with our spiritual companions in the form of Melawas or Satsangs became an impossibility and may remain restricted even in the future.

In such times, the Saturday meditation sessions offered by Sadguru Mangeshda came as a literal Godsend!

At first, I questioned whether I would really benefit from the sessions. I had been working from home for a while. The days were passing without event. Mornings turned into afternoons. Afternoons turned into evenings. Sometimes, I would even forget which day it was. Every day seemed the same. Weekends too would pass without much activity. I yearned for some activity—some structure to my days.

So I decided to attend the meditation sessions. The Saturday morning slot seemed perfect for me. It would be a perfect start to the weekend. Even if I did not accomplish anything over the weekend, I would have spent some time with myself, in the company of a Master.

After the first few sessions, I started really enjoying the sessions. I really liked the focus

on a light relaxation meditation first, followed by a longer intense meditation. Like an appetizer, the relaxation meditation would get my mind into a groove and I would wait eagerly for the longer meditation.

Sometimes, the longer meditation is about healing. These sessions are absolutely wonderful and allow the mind and body to let go of past disappointments and memories. One can truly feel the healing occur.

On other occasions, the longer meditation is about going into the silence Within. After experiencing Inner silence, one feels that one has gone to the place one came from. By the time the meditation session ends, the mind feels rejuvenated, ready to take on any challenge.

Be it about healing or silence, each meditation session is always different and unique. **After each session, we feel some knot Within has been disentangled and some clarity has been gained.**

Overall, the meditation sessions feel like an orchestra conducted perfectly by the Master, Sadguru Mangeshda. **Under this Master Orchestrator, we experience a symphony every week, with the tempo gradually increasing, harmonising some region of our mind and bringing us more into tune with ourselves and our surroundings.**



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In the stressful times we live in, these sessions have truly come as a breath of fresh air. They have become something that I eagerly look forward to, every week.

What a wonderful opportunity for One and All, to rejuvenate the mind at the end of the week

and to prepare it for the week ahead!

If you are reading this, I wish for you to experience this stillness and harmony for yourself.

Prasad Hariharan, Bengaluru

Practising Kriya Yoga

Hari Om!

Kriya Yoga is a five- fold AncientSpiritual Pathwhich is comprised of the following: Kriya Hatha Yoga, Kriya Kundalini Pranayam, Kriya Dhyana Yoga, Kriya Mantra Yoga and Kriya Bhakti Yoga.I have been fortunate and blessed to have been initiated into this sacred and scientific path by His Holiness Sadguru Yogiraj Dr Mangeshda.

I have been trying to practise the Kriyas to the best of my ability and below are my experiences and observations from the little practice I did over the past one year.

Kriya Hatha Yoga

In September 2019, I was searching for a Hatha yoga teacher in Hyderabad after getting inspired by the Kriyabans who were being taught Hatha yoga by Sadguruji Himself for many months. Imagine my pleasant surprise when Sadguruji announced that He would be conducting online yoga classes! Sadguruji had answered my prayers. I enrolled immediately and have since been regularly attending his online classes every Tuesday, Thursday and Saturday.

I quickly discovered that Sadguruji was teaching not only asans and postures but a complete path to physical fitness and holistic well-being. The exercises taught by

Him make one strong and flexible. In His own style, He encourages each and every participant even while gently chiding, if one does not perform an exercise or asan to the best of his/her ability. His sense of humour during each class is the 'icing on the cake'.

Sadguruji watches and tracks the performance of each individual minutely. He makes notes regarding each participant's strengths, weaknesses and health issues and advises accordingly. I am not sure how many yoga teachers go to such lengths to impart such perfect training to their students. Ages of participants vary from 6 years to 70 years and it is fascinating to see how Sadguruji caters to the need of every individual.

Along with asans and usual exercises, Sadguru also teaches unique exercises to strengthen the lungs and calm the mind. I have benefitted immensely from these classes. I have become fitter with improved flexibility and balance of mind to take on the challenges of life.

Kriya Kundalini Pranayam

In addition to powerful Kundalini Pranayams that Sadguruji teaches during Kriya Yoga Diksha (initiation), **Sadguruji adds additional Pranayams from time to time to equip His disciples to face the challenges of these**



times such as Covid. The Pranayams taught by Sadguruji raise the energy level of the disciple, strengthen his lungs and give a feeling of lightness, thereby allowing the sadhak to go deep Within. A quick round of Pranayam immediately elevates my mood and makes my thoughts more positive.

Kriya Dhyana Yoga

Many people are intimidated by the word Dhyana or Meditation. Unfortunately, they have not met Sadguruji or attended his classes! Sadguruji's meditation techniques are simple and easy-to-follow, but their effect and depth are profound. Every now and then, Sadguruji shares a small tip on a certain technique and putting the tip to practice immediately, makes me go deep.

During His online Kriya Yoga classes on Sundays, meditation classes on Saturdays and thrice-a-week Yoga classes, **Sadguruji gives many insights into the scientific and spiritual aspects of meditation** and makes us practise the techniques.

I have personally found each of the techniques to be simple and highly effective in reducing my thoughts and aiding my attempts to achieve stillness of the body and mind.

Kriya Mantra Yoga

Sadguruji says Mantra is 'Mann ka Tantra' i.e. Tantra of the mind. Sadguruji initiates a disciple into the powerful and sacred Shabari Mantras during Kriya initiation. Sadguruji also initiates disciples in additional Shabari Mantras to increase their energy levels. One such initiation was done on the auspicious day of Mahashivaratri this year.

As a part of the highly successful and well-

received Kriya Sanskar Sadhana course, Sadguruji explained scientifically, the importance and meaning of the Gayatri Mantra and taught us unique methods of practising Gayatri Upasana. Chanting the mantras as per Sadguruji's instructions has given me perceptible experiences and great joy.

Kriya Bhakti Yoga

Practising the above four parts of yoga regularly, as per Sadguruji's teachings, it gives one Anubhav or experience and these experiences strengthen the faith in the Guru. This leads to Guru Bhakti and the Guru's Grace flows to the sadhak.

I have been fortunate to experience Sadguruji's Grace numerous times this past one year, especially in the last 2 months, when my father's health declined. Sadguruji and His Blessings were always there with me day and night and His help and guidance during those trying days will always remain in my memory.

I urge all the readers who have not had the opportunity to learn from or interact with Sadguruji to take concrete steps to attend one or more of His classes and take advantage of the continuous flow of sacred and scientific spiritual Knowledge coming from Him, thereby coming under His protective umbrella as well.

My koti koti pranams at the Holy Feet of my Sadguru!

Vikram Duvvuri, Hyderabad



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Swadhyaya

I bow to the divine feet of my Sadguruji!

Sadguruji mentioned the word 'Swadhyaya' in the Kriya session on 10th October 2020. This is not the first time he has mentioned it – on numerous occasions, in fact in almost all his sessions, he mentions this concept. He may not use the exact word, but emphasises the concept all the time!

This beautiful word 'Swadhyaya' – is actually a combination of two words: **Swa** - meaning self, and **Adhyaya** – reading, lesson or study. So Swadhyaya stands for 'Self-Study'.

Rishi Patanjali says "Study the self, discover the Divine"!

What does it mean to study the Self?

Most humans, most of the time, are in a mild hypnotic state – it is a fact. We are unaware of many things happening around us, and happening inside us. We neither understand what is good for us, nor do we accept that what we are continuing to do regularly could be bad for us. We ignore good advice, or we are happy to advise others, but not follow it ourselves. We react disproportionately to small, petty stimuli from our ego and ignore large looming issues without a thought.

In Sadguruji's '9 steps of Spirituality', the first, most important step is:

Watch yourself as an obedient watchman.

What does this actually mean? It is exactly that which is meant by Swadhyaya. When do we study or learn something? Usually, when we need to understand a subject. What is the best way to learn? By **watching** something – the words we read might disappear into the

mists of our memory, but when we watch – in this case not as a passive bystander, but as an **alert** and **activeness watchman** - we can catch the nuances of what we study – and in this case, ourselves.

It is indeed strange that we don't know ourselves, but we are so confident about others – their behaviour, their thought process etc. It is laughable that without understanding ourselves first, we make bold claims about understanding others!

Now that we have seen the 'what' of Swadhyaya, we can move on to the 'why' and 'how'. Kriyabans are indeed so fortunate that Sadguruji has imparted the ways of the what, why and how – through his sayings, his teachings, his lifelong mission and the way he himself **is!**

The way to start our day as a Kriyaban, details the 'what' and the 'how'. The 'why' part is huge, and we have glimpsed only the tip of the iceberg. Rather than detailing why, Sadguruji hints at certain points, but let us discover – so that the lesson 'stays'! The best lessons are the ones that we learn and understand ourselves, rather than someone else instructing us. **The joy of understanding and discovery by the self on the self is vastly liberating!**

What does it mean to 'watch yourself as an obedient watchman'? In my opinion – it is being aware of each and every action of ours, thoughts and deeds. The most fundamental, but the most rewarding, is to be aware of our breath. That itself would work wonders on our 'self'. Acting without thinking is reckless – it shows us that we are not to be trusted. It is also in a 'reactive' mode. Instead of this, if our



actions are deliberate, they yield much better results. But for this, we need to 'cultivate' – and the best way of cultivating is to study ourselves first. When we study ourselves, through contemplation, we become aware of what triggers our anger, fear or sadness, and then it leads to the greater discovery of how to avoid these negative emotions. The strange thing is – we are happy doing certain things, in fact, we have been happy doing these things from childhood! But growing up, due to various distractions and indulgences, we don't really exercise what makes us happy. Instead, we get triggered by happenings/non-happenings, react adversely and generally feel miserable, forgetting the fact that we know 'How to be Happy!' Self-study doesn't require too much of ourselves. In fact, if **we become mindful instead of 'mind-full', we just have to review the day before sleep, as**

Sadguruji mentions and we have ample material. Also, the regular 'breaks' – pause for 10 minutes to collect our thoughts at regular intervals, also gives us an ongoing status of where we and our emotions stand. Starting with this is a great first step. **Every moment we reflect on ourselves is a time spent on Swadhyaya!**

The second step is; **Check your each and every reaction:** Reaction usually happens with a second living being, but when we turn it around and become aware of **how** we react, we then discover 'why' we react, and then get a glimpse of 'what' causes the reaction. Once we discover the why and what, it is easy to tame the 'how'. **When we pose enough questions to our 'self', our 'Self' answers!**

Hari Om!

SwanandKriyaban, Boston, USA

Beautiful Bali

The International Yoga Competition had proven to be a fantastic experience, and while it had ended, we still had a lot to look forward to, as it was now time to explore Bali. Who, better than Sadguruji himself would be able to guide us through this lovely place and culture!

It is very difficult to capture each and everything of what we experienced in those three days, so I have tried to capture some key moments to convey a glimpse of what our trip was like. Indonesia is the largest archipelagic country in the world, and Bali is one of its provinces. Bali is the only Hindu-majority province in Indonesia. Due to its strong connect to Hinduism, you find a number of Hindu Temples all over Bali which are at least a few centuries old.

Bali is vast and spread out. It has mountains

and beaches, unique landscapes, ancient history and a vibrant night life. Hence there is a lot to explore in Bali. Ten days in Bali may fall short so in the three days that we spent there after the competition was over, Sadguruji picked and took us to some of the most scenic and historic locations of Bali.

On the first day we went to Garuda Visnu Kencana statue. It is the largest Garuda statue in Bali and is located atop a mountain. Due to this we could see it from a distance each time we passed by that route. The area where the statue is located is itself very beautiful as it was in the mountains surrounded by lovely landscaping. We spent a lot of time there exploring the place and taking pictures. On the way back we went to an Indian restaurant for dinner and went to the Kuta Beach.



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The next day we started early as the day was going to be quite packed. We first visited Ubud area. This is one of the most visited tourist spots in Bali. Here, we first went to the Monkey forest. It is a unique forest filled with monkeys.

Next, we went to the Ubud palace and the Ubud market. It is a beautiful palace with some really intricate art work. The best thing at the Ubud market was the fruits that we had; coconut water from coconuts twice the size we find in India, mangoes as well as some other local fruits. Bali has a lot of local fruits and it was a treat to taste them there. The market was also a good place to get souvenirs at reasonable prices, but, like all tourist spots you have to be ready to haggle! Post that, we headed for lunch and then began our journey to our next location.

As I said earlier, Bali is vast and hence we had long rides in our mini bus while travelling from one location to another. Since we had a lot of youngsters in our group, no such ride can be boring. There was continuous singing (I can still hear kaise hua kaise huatu itna zaroori kaise hua;)), 'Dumb Charades', 'Twenty Questions', etc going on. The rides were a key part of the fun!

The next stop was the Tirta Empul Temple (Holy Spring Temple). Sadguruji explained to us the history and the importance of each location that we visited. The holy spring temple is considered as a place to melt all the bad influences in the body and to purify the soul and mind. The water at this temple was so clear that you could see each of the plants through to the bottom. A number of people were taking a holy dip in the temple's waters.

From there we went to the Uluwatu Temple to watch the Kecak Dance. This is a 'must watch' for anyone who visits Bali! The act being

performed was from Ramayana depicting Sita's kidnapping by Ravana and her eventual rescue. It is a dance and music drama without any dialogues or words or instruments being used. The music is created by reciting the word 'chak' at different tones and speeds by the performers. It was a mesmerising show and lasted about an hour or so. The location of the amphitheatre itself was also very scenic as it was on a cliff and next to it was the sea.



From here we headed for dinner where we watched some live dance performances while we ate. Everyone was in a fun mood after having watched a live dance performance. So, during the ride back to the hotel, there was a lot of dancing and music playing in the background in addition to the singing. What a ride it was!

By the time we reached the hotel we were exhausted. The next day was again going to be a hectic one as it was our last day in Bali. Hence, we started quite early and travelled all the way to North Bali to visit the Besakih Temple & Mount Agung. Besakih Temple is the largest and considered to be the holiest temple in Bali. It is situated on the slopes of Mount Agung.

We were quite amazed with its beauty. The location of the temple and temple complex



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were scenic and serene and we could feel a sense of peace and calm while we were there. No wonder it is one of the most visited temples in Bali.



Sadguruji explained its ancient history to us and also performed pooja for world peace. We spent quite some time here before heading for lunch. Lunch was at a very scenic location near lake Batur and was overseeing the other side of Mount Agung. We enjoyed the view while feasting on some really tasty food.



After lunch we headed to Tanah Lot Temple to watch the Sunset.

It was a beautiful sunset to watch as the temple, located on the shore, is one of the most scenic temples as well.



One thing that we notice throughout Bali are these gates with the Dwarpals. Traditionally these gates symbolise the entrance from the outer world to the temple. They look really unique and make great backdrops for photo enthusiasts. This picture of Sadguruji at Tanah Lot with the setting sun in the backdrop made for a very picturesque image.

Thereafter, we headed for dinner and on to crash on our waiting hotel beds after another jam-packed day.

After a fun filled time in Bali it was time to return, so, the next morning we bid our good-byes to Bali and started our return journey.

This was the first time I was travelling with Sadguruji and I was able to appreciate the efforts he takes to ensure that all of us are comfortable. He was concerned for the safety and comfort of each and every one of us. Thank you, Sadguruji, for the amazing time that we had. Looking forward to going on another trip with you.

Hari Om!

Spurthi Gadamsetty, Mumbai



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The World Has Shrunk

The world has shrunk and now the younger generation has taken over the reins. The millennials, and the centennials have not only taken the Gen X and the baby boomers by surprise but have also paved a way towards digital consciousness, mindfulness, adaptability and above all, readiness. This came in effortlessly, at the turn of the decade when the world was shut down due to the pandemic and people were cooped up in their homes. The biggest challenge that people all over the world faced during this pandemic was to maintain the mental equilibrium. This includes the emotional and the social quotient but a major aspect of this is covered by the spiritual and the adversity quotient of an individual and our children rose above all, projecting stability and strength.

At the turn of the century, people had started getting stabilised in their own perceptive world with their little world of success in their own small fields. Some of them went to the extent of assuming themselves to even being the Centre of the Universe. Losing almost all the sense of discipline, values and moral ethics, humility had taken a backseat. Recognising the sentiments of others was not on their cards, but their own emotions, feelings and their expectations from others, took the lead until nature itself started to present a model of existence, which combined not only empathy and ethics but also humility, compassion and love for others.

Raising the Spiritual quotient - Change in perception was visible when people staying at home during the lockdown, started looking at the younger generation and the simplicity with which they adopted the new way of life and adapted to it. Reflecting on the quality of

life that they were leading so far and the quality of life that they would want in the future, the adults started realising the change that needs to be brought about in perspective, in quality and in their outlook towards life. This quality life included the support of others like neighbours, relatives, friends, family, parents and teachers. Swapnica Mahapatra, residing in Pearl heights in the heart of the city articulates: "I was terrified at the thought of being confined within my house. Who will run my huge organisation? How will I survive?" But as the days went by, just like the others, Swapnica not only adapted, but also learnt to change the quality of life, looking at her young kids and learning from them. The value of friends and family was not only reflected upon, but the behavioural dispositions of different individuals were measured through self-contemplation and introspection and now, all these people wanted to change for the better. But this battle with the previous personality of oneself and the required change was tough to win. It not only took courage to accept this paradigm shift but a lot of fine-tuning with emotions and an altogether different perception for a change in outlook of life. What made it easier to accept this paradigm shift was the spiritual quotient of these individuals, which was seldom reflected upon.

Spiritual quotient usually measures the spiritual acumen of an individual. As different types of quotients like the intelligence and emotional quotient are important, the spiritual quotient of a person allows a rare insight not only in one's own self but also that of others. This spiritual quotient was never paid such a careful attention to, until recently and whenever any personality test was



proposed, it always included the emotional, social or the intelligence quotient of a person. This pandemic has helped humanity decrease the selfish intentions, egoistic arrogance and connect with the basic elements in life that develop our beliefs, judgements, values and principles.

Humility, consciousness, compassion and similar attributes that comprise of spiritual intelligence, usually come through faith in oneself and faith in the Guru. The biggest example that this pandemic has posed in front of people is the ups and downs that life will bring through. The existence of their spiritual quotient infrequently saw this light, and their spiritual wisdom reflected their values and their love for others. Happiness now became the happiness of oneself and happiness of others, associated with peacefulness, mindfulness and heartfulness. Concern for others, an eye for nature and a conscious effort to build a better society with love, concern and contribution became the need of the hour and it was our younger generation that cemented this thought. While not many adults had all the answers they thought they would have had, it was the children who led the way through examples. The virus did not really touch them much and we were made to realise, that they were not simply called the 'favourites of God', there was an altogether different reason behind it. This seems to be God's way of telling us that these young messengers of Him are being prepared to be the leaders of tomorrow and that the adults had better get in line.

With this pandemic, Mother Nature has also given us an indication for ethical change and an opportunity to be better

human beings. Let us make the best use of this time and continue this practice for years to come. Above all, what more can we ask for, when the incarnation of God is here with us, in the form of our Sadguruji, leading us on the divine path!

Raising the adversity quotient during the crisis—Different groups have projected different types of traits during the lock down. While the adults and adolescents might have gone through frustration, depression or stress, it is the young ones who have inspired the adults, projecting an enhanced level of adversity quotient. Ranging from the new-borns and right up to the teenagers, most of the younger generation has shown what it takes to be tolerant, adapting and blending with the times.

Most of the people have had this tendency of looking at this lockdown negatively rather than positively. But come to think of it, this pandemic has helped most of the families get together, has brought our hearts closer and has healed most of the broken homes. Quite obviously, people have realised the importance of life and the unpredictable nature of things. This pandemic has given the business and the educational sector an opportunity to teach the skills of tomorrow, today itself. People would say that the lockdown has taken us back and that we have regressed at least five years from what we could have been. But digitally speaking, this pandemic has helped us with a fast forward button, using which we have digitally moved at least two decades ahead. The 21st century skills, scheduled to be instilled in the next few years, have already been instilled within the first five months of the lockdown. **This technology driven era is no longer the next**



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big thing. It is the current 'in thing'. Incorporating collaborative aspects from different perspectives, integrating disciplines, resource allocation and self-management are just a few things that our children of the current generation have shown us during these months.

As for the adults, the blending of the professional and personal space has globally opened up possibilities of being productive and more learning since learning now comes with pleasure and leisure. Left with no choice, people took the challenge of bringing about the paradigm shift overnight. Though the digital world always existed with giants in the digital world, like 'AlphabetInc', (Google) or Facebook, the general public only made a shift when it was forced to. Over the centuries, every single century during the pandemic has seen a turnaround in some area or the other, majorly where the human race has been propelled into moving at a higher speed. This has mostly been noticed in the possibilities that were there right in front of human beings and they never knew how to make the best use of it. **In this century, the biggest example of such a paradigm shift is the digital propulsion.**

The economic crisis last decade, brought about recession and a few chose this opportunity to rise up and utilise the technological aspect fruitfully. OLX, Ola, Uber, Swiggy, Zomato and similar start-ups are the finest examples. Neither has Nostradamus predicted this, nor is it written in the destiny scripts of the ancient mythology. **But the dynamism of the younger generation has projected that even in times of adversity, there is a possibility to rise up and turn the tide around.** Following their lead, the adults

moved forward too. Since such calamities have been thrust upon them, they had no choice but to take the course that would benefit humanity the most. The education sector sets the biggest example here. The challenges of the calamity have been converted into opportunities by those sectors that have earlier set sails on similar waters, but were riding on the shores. Multiplicity of perspectives brought about a predictive knowledge when the waters had been tread upon earlier. Hence, it now became easier to take a plunge into the ocean, since moving with the tide was simpler to adapt to!

Creating a mind space for the younger generation and redefining learning -

One of the major requirements during this pandemic, was the identification of resources that are limited and those that cannot be recycled effectively. One such major resource is the treasure of time which is at our disposal now and may or may not be there forever. Thus, along with self-management and adversity quotient, time management when blended with decision making, goes a long way in the intended and expected growth and development of an individual, of a sector and of the nation and the world at large. Thus, taking a cue from experience, adults would still be required to instil attributes in the younger generation. Survival issues in such situations are equally important and can be taught to the younger generation through self-management like making their own bed, cleaning and cooking. Skills related to self-discipline and stress management, need to be instilled right from childhood as it may not come easily later in life. This not only includes time management but also a sense of self-worth. In a country like India, peer social life



comes naturally and thus, the social quotient can be stronger as compared to the western world where children may go out of their way to make friends. For such highly adaptive individuals of the younger generation with a strong social quotient, collaboration too comes naturally, which aids in adverse situations similar to the pandemic. Moreover, with the digital adaptation, people from all over the world have now come forward as it is easier to meet and greet each other. This practice is here to stay. Thus, the non-traditional methods of including innovative ideas and choices need to be considered. In this regard, we need to move our focus to the leaders of the next generation and give them the mind space that they require, because when our children are in their comfort zones they tend to be more productive and creative. Moreover, when a child's potential and challenge are brought on the same platform, one can see a breakthrough in areas unknown.

But for this to materialise, the adults in the society need to come to terms with their own inertia, especially with the digital world. In this regard, the most important area to pay attention to, is the tendency of adults to seek results through their own perspective, not realising that they are disrupting the entire evolutionary process in the bargain. The younger generation usually unfolds its latent talents when there is no judgement involved. By being judgemental, adults, especially parents tend to involuntarily create misconceptions into the minds of the younger

generation. Thus, it is high time that we understand that if we are in awe, looking at the potential of the younger generation, we also need to realise that if we tap into this enthusiastic dynamism of their potential, we would soon transcend with a telescopic view of global change.

As Khalil Ghibran said:

Your children are not your children.

They are the sons and daughters of Life's longing for itself.

They come through you but not from you,
And though they are with you yet they belong not to you.

You may give them your love but not your thoughts,

For they have their own thoughts.

You may house their bodies but not their souls,

For their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams.

You may strive to be like them, but seek not to make them like you.

For life goes not backward nor carries with yesterday.

You are the bows from which your children as living arrows are sent forth.

The archer sees the mark upon the path of the infinite, and He bends you with His might that His arrows may go swift and far.

Let your bending in the archer's hand be for gladness;

For even as He loves the arrow that flies, so He loves also the bow that is stable.

Dr. Sharda Sharma

*The reason of doing Sadhana is self-inquiry, experience of truth and purification of mind.
The pathway is shown by the guru.*

H. H. Sadguru Yogiraj Dr. Mangeshda



THE AWAKENING!

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

My Spiritual journey with Kriya Yoga

Hari Om!

I got initiated into Kriya Yoga more than a decade ago, when one of my friends introduced me to H. H. Sadguru Yogiraj Dr Mangeshda. Before that I had no idea about it. My friend explained to me so many benefits of Kriya Yoga that I was motivated to approach Sadguruji for Kriya Yoga initiation. I will always remain indebted to him for this wonderful gift.

My spiritual journey with Kriya Yoga has been very eventful, here are some snapshots:

First few days after KriyaYoga Diksha: - First week was exciting, I learned special Kriyas, breathing techniques and some asanas. I felt refreshed and good.

Few weeks later: - I came up with some doubts and confusions. So, I travelled to Mumbai to attend Sadguruji's Sunday class for guidance and I was back on track. It is great to see how Sadguruji gives attention to all disciples and clarifies their doubts and difficulties.

A few months passed:-I realized that my progress slowed down a bit, practice became irregular as office work took priorities. Then I attended 1st May Kriya Melawa. It was an amazing experience to meet many other Kriyabans and see Sadguruji explaining and clarifying our doubts. He also taught us some more techniques to help us improve our intensity in practice. This one-day Kriya Melawa put me back on track and while returning to Delhi, I felt full of motivation and energy.

One year passed: -I attended all the Kriya Melawas during that year and was deeply benefitted. In addition to that, whenever I got time, I visited Mumbai to attend Sunday Kriya classes.

After a few years: -I was diagnosed with diabetes,I realised that I need to make the best of my body before the disease consumes it or reduces its capabilities, so I intensified my practice. This had a profound impact on my body and mind; within 6 to 8 months my diabetologist asked me to stop all medicine as diabetes was completely cured.

After a decade:-I moved out of country and that reduced the number of interactions and visits to my Master, also the work pressure impacted my Kriya practice and my schedule became irregular. I would do them only when I got time. Most of the time, my mind used to be thinking about work, therefore my focus while practicing Kriyas was low;I would say it was more mechanical (just a tick in box). This further reduced my motivation to do them.

Last 3 years: -Thanks to technology, our Foundation started online weekend classes. It was a golden opportunity for me to stay connected with Sadguruji. These weekend classes not only helped me to clarify my doubts but also helped me to be regular in my Kriya practice with enhanced intensity. I feel so blessed and I think this is the best phase of my life.

Today, as I look back, I can say:

1. I see a big transformation in me, the way I approach any situation now is totally different from what it used to be. Sometimes my old pattern does come up again in certain stressful situations, but I do not see them so powerful anymore. I am able to maintain my awareness in turbulent times more often.
2. Kriya Yoga healed my diabetes, blood pressure issues and auto-immune disorder. It is simply amazing how it works at cellular level and transforms an overall health of practitioner.
3. My attention span has increased. I can stay with a topic for long now and that has



enriched my productivity at work

4. I still get thoughts, I still get disturbed when things go wrong, but I no more get carried away by them. My 'lows' are less frequent and for a very short time, this has improved my mental health.

5. On spiritual side, as I am doing regular practice and attending every Sunday class, I feel connected to my Inner Self, I also feel in control during turbulent times.

Kriya Yoga is amazing, I think anyone who wants to live his life to its fullest potential should go for it.

I offer my humble gratitude to my Spiritual Master, H. H. Sadguru Yogiraj Dr Mangeshda for accepting me as his disciple and initiating me into Kriya Yoga.

Jai Gurudev!

Sunil Hakhu, Melbourne, Australia

Journey to Paradise

Hari Om!

Pranams at the Lotus feet of my Sadguruji!

I had a chance to listen to a story of Guru Dronacharya testing his disciple Arjuna. Guru Drona was walking along with his son Ashwathama and Arjuna. He was talking and sharing about various things to his disciples. Then he proposed a test to both, saying, whoever fills the hole on top of the mountain first by carrying water in his hands, will be declared the best disciple.

Both the disciples took on the task and tried in vain carrying water in their palms to fill the hole. But all their attempts failed because by the time they reached the top of the mountain, there was hardly any water left, as it leaked out of their palms. Tired Ashwathama gave up and sat under a tree. But Arjuna continued and he succeeded in filling the hole with water. He informed his Guru that he successfully completed the task. Guru was astonished as his own son Ashwathama could not do it, how did Arjuna accomplish it? Arjuna narrated to his Guru... Arjuna said, he got the idea from the conversation by his Guru Drona, on their way. Arjuna started thinking about a way to hold the water. He saw a beehive, he shot an arrow

into the hive, a waxy substance started flowing out. He spread the wax on his palms, then carried the water and filled the hole. His Guru had told him during earlier conversation about how Swans coat their body with a waxy substance from their saliva which prevents them from getting wet - water sticking to their body and wetting them while swimming in the water. Guru Drona became extremely happy and declared Arjuna as his best disciple ever.

Every word uttered by Guru is pregnant with deep meaning and a true disciple, with full focus, keenly listens to it, takes it to heart, recalls and uses it, when the need arises.

Also, there is a mention of Guru Drona, waking up seeing Arjuna's face every day, because Arjuna was present even before the Guru wakes up - for, he does not want to miss out on anything.

The reason for sharing this story is, these past months, I have been having the blessings of attending various sessions taught by our Sadguruji to uplift our Health and Spirit.

From Yoga sessions, Meditation classes, Satsangs, to the latest Kriya Sanskar Sadhana - all are Divine gifts and experience.

Thanks to Technology - it is like living in



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Gurukul now. Crossing over distance and time, I attend every session with enthusiasm and eagerness to quench my Soul. In every session, Sadguruji gives a talk about certain topic and then we do the practicum. This introductory talk has so much wisdom that it prepares and stabilises one mentally. Sadguruji's repeated instruction hammers and lodges in the Soul. Whenever I face a situation, I find a solution and peace by recalling and replaying, repeating his words of wisdom.

Let me give a synopsis of the sessions I attended and how blissful I felt:

Kriya Sanskar Sadhana - KSS

A twelve-weeks Expedition from Spiritual Science to Neuroscience!

A journey from Material world to Spiritual world!

With Sadguru H.H. Dr. Mangeshda guiding and leading us on this path, we took off from ground level and reached the Space.

Thank you, Sadguruji, for gifting us with spiritual jewels - wisdom and nectar throughout our expedition. Travel with you is always a divine experience. We look forward to walking with you, journeying across Space and exploring and being the Universe!

Meditation Sessions

It is an ongoing class, from basic meditation to progressing towards spiritual meditations. My first introduction class with Sadguruji was with a meditation session in Chennai in 2002. Since then, I have attended numerous sessions, residential camps, every session being unique and different. Sometimes it may be the same technique but with a different approach giving totally different experience!

My meditation Experience

Heart of Mine,
Is a Beautiful Shrine!
Meditation with the Divine,
Enchanted in the Shine,
Drenching in the Rain,
Has no Rein!

Yoga Sessions

The selection of Yoga techniques is very simple yet powerful covering all aspects of health. With Sadguruji's guidance, I even participated in the International Yoga competition in Bali, Indonesia, last year, 2019.

Kriya Yoga sessions

My Kriya Yoga practice has improved a lot ever since online Kriya classes have started. I try not to miss any session. I see so much improvement in my Spiritual progress. Experiences cannot be measured in words. Sadguruji explains the depth, nuances and intricate techniques of Kriya in these online sessions. This really simplifies the practice and the process.

Sadguruji's Satsangs are nectar drops from heaven explaining the Science of rituals and celebrations.

Sadguruji turned the Pandemic into Paradise by lifting our energy levels through online classes. Even if it is online, I feel the personal connection and his Divine presence all the time. Sadguruji sometimes surprises by talking about what is going on in our minds or addressing a situation we are going through.

Let us all dive and experience nectar by attending all the sessions by Sadguruji.

Let us lodge and imprint every word spoken by our Sadguruji in our hearts and grow



Spiritually.

My goal is to be like Arjuna, with undivided attention, with piety and devotion, capturing every letter uttered by my Sadguruji, 'practise

Soulfully and progress Spiritually'.

Sadguruji, I seek your blessings. Expressing my Gratitude and Pranams!

Shambhavi Kriyaban, Boston, USA

Sharing of Meditation sessions

Today was my first Meditation session and I thoroughly loved the session. I could feel my stress levels and anxiety levels go down significantly. I was feeling very happy from inside. Thanks to Mahesh Kalan, for encouraging me and sharing the benefits of Meditation. It was truly an enriching session and I am looking forward to attending more of these sessions.

Thanks to H. H. Sadguru Dr. Mangeshda for making the session so interesting and enriching with beautiful examples and making us realise the value the Inner beauty. I am deeply obliged and would look forward to continuing these sessions.

Kavita Jaishankar

The meditation sessions have been blissful. Immensely grateful to Sadguruji for his benevolent teachings! I am an over thinker and a hyperactive person, and that nature of mine is subsiding. I feel a lot more calm and relaxed. Also, even if there are situations that are upsetting, it is not affecting me as much now- a-days. Today's session especially was therapeutic.

Thank you, Sadguruji!

Swati Mukund

Thank you, Sadguruji, for a wonderful meditation session. What an incredible feeling of calm and tranquility!!! Just wanted the meditation to go on forever! As always, it is a sheer joy to see Sadguruji. So... so...so... grateful for technology that it brings Sadguruji right into our homes thousands of miles away! Thank you so much Sadguruji, for taking the time out and accommodating us. Incredibly grateful that Sadguruji started another batch at a time that is convenient for those in the US!

Asavari Thatte, USA

There is a famous quote of Sadguruji, 'You yourself become lighter to experience the Light'. Today's meditation session was that; Experiencing, as if a big burden is off! Gratitude always to Sadguruji, for the unconditional grace, love and forgiveness towards all of us!

Venu Madhav

What an energising yoga session followed by an empowering meditation! Best way to start the weekend to unwind, relax and rejuvenate. Loved the focus on pranayama and breathing in both the sessions. My lung capacity is increasing, thanks to the regular sessions taken by Sadguruji. Grateful for helping us recognise the power of our breath and our mind!

Anantha Koti Pranaams at Your Lotus Feet on this Pious Day, Sadguruji, YOU ARE THE BEST!

Kavita Chandavarkar



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Meditation is the best way to effectively deal with all negative emotions such as anger, fear and sadness resulting into depression and stress. Meditation is very helpful in retaining sound mental health. Mental health will enhance physical health and wellbeing, since the root cause of all health problems are due to poor mental health.

Come and experience the sense of well-being and relaxation by attending meditation classes being conducted by HH SadguruYogiraj Dr. Mangeshda on Saturdays. Once you attend, you will continue all sessions. That is the uniqueness of Sadguruji's meditation sessions. This is my personal experience.

Vasudevan Nambiasan

Another fabulous meditation session with powerful and intense techniques to experience healing and calmness! Sadguruji, your presence with us during this difficult time is truly divine. In these stressful times and various challenges we all are facing, the meditation you teach is so soothing and calming. Feeling positive and fresh after the session! Thank you, Sadguruji, for your love and guidance!

Rajeev Raval

Awesome... Speechless...Blessed...Fortunate. Just attended Sadguruji's intense meditation session. Absolute bliss after the deep meditation session. One of the best, most useful and powerful. One of the sessions to speed up the spiritual growth. Thank You Sadguruji!

Sandeep Yederi

Thanks to you Prakash, for introducing me to this meditation with Sadguruji! I never got a chance to do these meditations earlier all my life. Always would look out. Today's meditation was simply superb and Sadguruji answered a lot of my questions without even me asking. Fear and Spirituality cannot go together. Thinking good thoughts always helps. Mirror meditation self-appreciation which we never do. Great session!

Purnima

Thank You Sadguruji, for the two beautiful meditations. The importance of silence was beautifully explained and with the 2nd meditation, I really experienced the rebirth. Feeling so very energetic and pious! I have been attending the on-line meditation sessions of Sadguruji. The sessions are extremely useful and effective to overcome all the negativities and to deal with them effectively. I feel that more people should take advantage of these sessions.

Thank You Sadguruji from the bottom of my heart!

Saraswathi Vasudevan

We have been attending these meditation sessions online ever since they started. The techniques start from simple and progress to advanced. The feeling of bliss and relaxation that we experience during and after the sessions is profound. This is the best investment we can make in ourself for combating all our negativity. Where else can we get a chance to learn directly from the Himalayan Master himself? #HHSadguruYogirajDrMangeshda Thank you!

Krishnan Thodla



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Wishing you a Very Happy Birthday Sadguruji



Seek Your Blessings

FROM

Lakshminarayana Gadamsetty

Anjana Devi Gadamsetty

Spurthy Gadamsetty

Shravan Sheela

Kavitha Sheela

Anish Sheela

Avni Sheela

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श्री शान्तिनाथाय नमः
श्री अन्नपूर्णा माता नमः

डिलाई रोड वंग जीव दया जैन ग्रुप एवं तखतगढ़ युवा मंच का भागीरथ कार्य

स्थापना दिवस १५/८/२०१७ से जीव दया मानव सेवा, साधर्मिक भक्ति। का काम निरन्तर चालू है

आपके घर में जन्म दिन, शादी की साल गिरह पर आप जीव दया मानव सेवा गाय को रोटी
गाय को लापसी का कार्य करके अपना पुण्य उपार्जन करें।

गौ माता गो माता
पहली रोटी गाय की

बदन मेरा मिट्टी का.....
साँसे मेरी उधार हैं.....
धर्मेश करो तो किस बात का!
इस तब उसके ही तो किरणदार है!!
जय जिनेन्द्र

डिलाइरोड वंग जीव दया जैन ग्रुप द्वारा आयोजित जीवदया काम निरन्तर चालू है

१. साधर्मिक भाई की भक्ति
२. जरूरतमंद लोगों को किट
३. कैंसर पीड़ित और ब्लाइंड और अपंग को खाना और कपड़ा और किट
४. इस ग्रुप द्वारा गाय को 365 दिन निरन्तर रोटी दी जा रही है किसी भाग्यशाली को लाभ लेना है तो 3 रुपिया पर रोटी रखा गया है
५. हर पूनम को गाय को लापसी दी जाती है
६. तपस्वीयो को बियासना
७. हर सोमवार को कैंसर पीड़ित को रोटी दी जा रही है
८. रोज कबूतर को दाना
९. बिल्ली को दूध और कौआ को गाठिया दिया जाता है

नोट:- ओर आगे डिलाइरोड वंग जीव दया जैन ग्रुप द्वारा अपंग लोगों के लिए
जिनके हाथ पैर नहीं है उनको कॉस्मेटिक हाथ पैर लगाने की योजना चल रही है।
इसके लिए विचार चल रहा है।



आपका अपना
डिलाइरोड वंग जैन जीवदया ग्रुप

श्रीपाल जैन (श्रेणीक जैन) बांकली
9820096587

विजय कोठारी (बिड़ा)
9920845495

अरविन्द जैन (पावरली)
9869603334









Various Meditation





Teaching Yoga



Wishing Sadguruji a Very Happy Birthday



“Determination, will Power and the love of the people around us is what keeps the fighting spirit alive.”

- H.H.Sadguru Yogiraj Dr. Mangeshda

Sashtang Pranam

From

Rugmani
Hariharan

Saurabh
Payal

Vihaan
Panav



**Wake to the light this morning.
Absorb the gleam and ignite
the spirits around.**

Wishing all happiness and light.

**From
Maddu Ammaji, Ramesh, Vijji & Sudeep**

**MESSAGE FROM
MANGESHDA UPASANA CENTRE, SINGAPORE**



**WISHING SADGURUJI A
VERY HAPPY BIRTHDAY!**

**“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

Devotees

Contact No: +65 8313 3180 / +65 9828 9173

MESSAGE FROM MANGESHDA UPASANA CENTRE, THANE

**Humble Pranams at the Lotus Feet of Sadguruji
and Wishing Him 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

Devotees

Contact No: 9833451282 / 9867330450

**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



SEEKING SADGURUJI'S BLESSINGS

**From
Lalitha & Sarveswar**



OM ENTERPRISES
Land Developers & Property Consultants



WISHING SADGURUJI A VERY HAPPY BIRTHDAY



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Managing Director
PRR Realty Pvt. Ltd.
PRR Construction N Infrastructure Pvt. Ltd.
PRR Agro N Farms Pvt. Ltd.

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**We Thank The Following Members
For Being Part Of Our Cause**

- Sneha Shripad Kapadi
- Abhijit Pandit
- Sanjeevani Jitendra Pathade
- Hitesh Shah
- Anandita Dhawan
- Suvarna Kulkarni
- Nivedita Kaushal
- Megha Ben
- Suresh Kalmani
- Vamsi Kiran
- Mrs Vijaya Vijayanand Pai
- Ashutosh Singh
- Vidya Yattam
- Vrushali Bhosle
- Vasanthi Kamath
- Vimal S. Noronha
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- Nikunj Goyal
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- Vaibhav Agarwal
- Yash Hasmukh Kawa
- Unnati Ketan Dodia
- Bhavisha Kapadia
- Dutta Yeole
- Mamta Sharma
- Shivam
- Priti Pawar
- P. M Chauhan
- Sunita Bhati
- Geeta Rathore
- Vijay Jalan
- Ravina Bhati
- Indira Vaidya
- Asha Bhandodkar
- Sapna Agarwal
- Aparna Upasani



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MESSAGE FROM MANGESHA UPASANA CENTRE, KHOPOLI



**WISHING YOU A VERY
HAPPY BIRTHDAY SADGURUJI**

Devotees

Contact No: 98812 57261



**Wishing Sadguruji
a
Very Happy Birthday.
Seeking His Blessings.**

From
Dean Noronha Rego



Thank you Sadguruji, for the wonderful self-healing meditation session! As you said, it was very much required may be for each one of us. Thank you for taking so much care and showing us the path of love and forgiveness.

Gauri Thatte

Heart is the organ which only bears the brunt of all our actions, thoughts and expectations. Twin heart meditation opened a new way of healing within us. The method to heal the heart through its own self is a treasure that you have shared with us, Sadguruji. **Blessed to be your follower.**

Vinaya Datar

My 12 year old son Vinayak started attending Sadguruji's Meditation classes from last 2 weeks and I see a tremendous transformation in him . He does not go to any tuition because at home we study together. When I asked him to be with me from 7am so that when his online school starts (at 9am) he is fully ready. He said he can come only at 7:30AM. He said, "7am to 7.30am is reserved for my meditation, I can come only after 7.30am" .

It was a moment of pride for me. He took me to his room to show me how he lights a lamp in front of Sadguruji's photo and how he meditates on aasana. His attitude was so inspiring. Thanks Sadguruji, for guiding him and showing him the way. My Salutation to you.

Sunil Hakhu, Australia

Really, words fall short to give you gratitude. You teach with so much of love and care, exactly knowing what each one of us is going through, our inhibitions, fears, weaknesses, all you know and like a soothing healer you mend all the troubled nerves. Once again Thank You very much for beautiful meditation class today.

Vinita Tampal

Today's evening meditation class was very serene and enjoying. The tips shared by Sadguruji were very useful and practical. In the first meditation, I could feel my body parts talking to me and flow of meditation took me to several dimensions of life. It was feeling like I am going to each happiness temple, taking lot much from each station. Feeling good that treasure is full and I forget it.

In second meditation, I could cross the layers and be with joy within. Discovering the Inner peace.

Thank you Sadguru Yogiraj Dr Mangeshda ji for the blessings on the #Teacher'sDay

Jitendra Kore

Today's meditation session was so beautiful, it is difficult to articulate in words. Sadguruji sharing the meditation he himself did, with his experience and sharing, is something precious and divine beyond words. Truly we are touched, blessed and infinitely fortunate. Everything that we experience is your grace, Sadguruji. Feeling the bliss and the peace. The different techniques that you teach us for relaxation are so simple and so effective. Every word in Sadguruji's discourse was a gem, a treasure to hold tight, experience and contemplate again



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and again. And we could listen to your Amrutvani forever. Give us the sense and the ability to comprehend and imbibe everything that you say, Sadguruji.

Aparna Nirgude

After completing meditation session, there were literally tears of satisfaction and joy in my eyes and I felt like I have thrown all the negativity out from inside. This was really a unique experience and I have never come across the same before. Thank you Sadguruji, for giving this opportunity of learning positive things, when all negativity is around.

Rohit, HPCL

Today's meditation session was wonderful. I wrote this poem this morning and I get to experience it through your Meditation technique.

Heart of Mine
Is a beautiful Shrine
Dancing with the Divine
Enchanted in the Shine
Drenching in the Rain
Has no Rein!

Also, while scanning when you mentioned cervical, I experienced a release, air popping sound from the neck and tension cleared from the cervical...it was very relaxing.

Shambhavi Kriyaban, USA

Thank you, Sadguruji, for today's heart healing meditation. It was a beautiful experience. Feeling light and relaxed. Helped us realise how much to untwine and leave away the unwanted baggage within us.

Archana Mangalore

Thank you Sadguruji for today's Twin Heart Meditation. Feeling light, and completely refreshed and relaxed. It is wonderful to learn new techniques every session. Complete Gratitude to You for teaching us with patience and love!

Sheela Ginwala

Guru's Grace

Hari Om!

Last week of October 2019, I had been to Sabarimala together with my son Vinayak and 5 other companions to have Darshan of Lord Ayyappa. This is the 28th time I was going to Sabarimala in Kerala, the Holy shrine of Lord Ayyappa.

For the last so many years, my journey from

Pampa (downhill) to Sabarimala used to be very difficult...walking up the hills and crossing 3 steep hills to reach the shrine on the Sabarimala (holy hill) for about 5 km on bare foot, the path full of stones, rocks, hard concrete surface, tiny rough sand/earth etc... totally uneven... making the journey tough with bare foot. With the bronchial problems I



was having and thanks to my body weight, I used to suffer from breathlessness and leg pain making me to take breaks, sit down and also use Asthalin inhaler many times before I reached the shrine. Every time, I used to go with this suffering, only to have darshan of Lord Ayyappa, however tough the journey may be, it always helped me to remain grounded. Hence, I continued to visit the shrine almost every year, and it was the 28th time now.

After taking Kriya Yoga Diksha, I have been experiencing good changes in me with the blessings of H. H. Sadguru Yogiraj Dr. Mangeshda and His personal care for me. Also, with Pranayama and the Yoga sessions, I stopped using Asthalin inhaler within about 6 months after Diksha and also stopped carrying it as SOS. Physically, my body became stronger and flexible. Mentally, I became very relaxed, mindful, enhancing self-confidence and more contented. I owe this transformation in me to Sadguruji who selflessly takes care of His disciples.

I tour a lot, as a part of my office work, but whenever I am in Mumbai, I make it a point to attend the Kriya Yoga sessions and the Yoga sessions, without fail. Even though, most of the Asanas I find difficult to do, Sadguruji, with lot of perseverance, always encouraged and motivated me to come out of the mental block, which I have seen Him doing with others too, with His personal guidance. Still I am struggling to do many asanas, but a few

Asanas I could do. **Pranayam and Kriya Yoga sessions have helped me to become stronger both physically and mentally.**

I was put on real test when I started walking uphill to go to Sabarimala where I have to walk steep on bare foot and Irumudi (offerings to Lord Ayyappa) on head. After walking few yards of the first hill Neelimala, I realised that I was not facing breathlessness problem anymore nor any pain in my legs! With prayers to Lord Ayyappa and keeping Sadguruji in my thoughts, I decided to walk up without taking any break in between. I walked straight up the 3 steep hills and stopped only after reaching the shrine. I cannot express my feelings now, I might have taken Sadguruji's name for umpteen number of times and described to my fellow devotees conveying to them how I got transformed to a better healthier person and also that I could do this effortless spiritual journey only because of Sadguruji. Even my son and other companions who had accompanied me to the Shrine earlier, expressed the difference they saw in me and were amazed!

The greatness of our Sadguruji is that He accepts us the way we are and guides us to become stronger physically and mentally to lead a meaningful life, which I am enjoying now!

Pranams Sadguruji and thanks a lot for holding me with you always...!!

Retheesh Kumar, Mumbai

My Fitness Journey

Hari Om!

I have been associated with Sadguru Mangeshda Kriya Yoga Foundation since 2013. I took Kriya Yoga Diksha from Sadguru Yogiraj

Dr Mangeshda. Since then I am practicing regularly, attending regular Kriya Sessions and Vipassana retreats.

Since 2018, Sadguruji has started intense Yoga



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sessions for everyone. He also took many to the International Yoga competitions platform and trained each Sadhak accordingly. It is a proud moment for our Foundation members as well as our Country. Many participants of all age groups have succeeded to stand in top. Here we need to consider 2 things:

1 Sadguruji's commitment towards each and everyone.

2 Individual efforts to absorb the teachings of Sadguruji and executing with ease.

I was initially stuck to only basic Asans and Kriya practice. Somehow from 2018, I could feel that my practice was not sufficient and I needed to get more intense in terms of my physical wellbeing. Somehow, I tried all possible ways to shred my weight and be fit. Many times, I failed due to lack of vision and direction.

After few months, I felt like I need some strong guidance and mentor in my fitness journey. My first Yoga session from Sadguruji was at the time of Deepavali of 2019. Even though I started attending sessions, I couldnot feel any major difference initially. By regular practice and following tips and tricks taught by Sadguruji, I understood that it will take some time to see the results. Right now, I can feel the flexibility and can stay in refreshing

mood all the time due to regular practice.

Our beloved Sadguruji's method of teaching Yoga is completely different from others. The core difference we can see is that he covers all aspects of the fitness. Most of the Asans he taught us have both Physical and Spiritual advantage to our practice. Also, each and every Asan is well explained and he makes sure we all reach that peak point of Asan and stay there. One of the main motto followed here is, Yoga for all types of bodies. Especially, at these Pandemic times, his teachings get more intense and we learn many immunity boosting methods.

I believe each and everyone who attends these sessions has benefitted and stays happy and healthy. Adding to the above, with his guidance, many COVID Positive cases also recovered fast and they are doing wonders with their practice. The trust in Sadguruji and practising regular yoga and pranayama have helped many in many ways. We all need to incorporate this wonderful way to stay fit and healthy in our life. With this I would like to add my last point, **'A Strong Body and Mind will do wonders in every aspect of individuals'**.

Ravi Sonti, Pune

Guru-God in Human form

Hari Om!

Humble Pranams at Sadguru Yogiraj Dr Mangeshdaji's Holy feet!

Words fail to convey my feelings of gratitude to Him who has bestowed on me the pious Kriya Yoga Diksha and accepted me as His disciple two decades ago. Looking back, I am amazed at the transformation He has brought about in me, ever so gently cleansing my blemishes and quietly working on all aspects of my personality with immense patience.

A Guru par excellence, His classes are a class apart. Due to the present circumstances, He is conducting various sessions on line. His Sunday morning Kriya classes are so marvellous that I would not want to exchange with anything else. His teachings in the form of talks before the actual Kriya techniques are pure pearls of wisdom!

Similarly, Sadguruji's Meditation sessions on Saturdays are out of this world, where we are drawn into a realm of peace and quietude.



The online Yoga classes that Sadguruji conducts tirelessly thrice a week, have improved my overall health and concentration and make me feel energetic throughout the day.

The superb sessions of Kriya Sanskar Sadhana are instilling self-discipline as well as regard and appreciation of our rich forgotten traditions of yore.

He is a Fountain of Unconditional Love and Compassion. Last month, during my husband's hospitalisation and his subsequent passing away, Sadguruji was with us day and night, guiding us at every step and giving us

moral support, in spite of His very busy schedule!

If I am able to write these few lines, it is only because of His boundless Grace and Encouragement. Like a doting mother, Sadguruji is giving me inner strength and calm to stay composed during this difficult phase of my life.

I quietly bow down in utter Reverence to **His Divinity!**

Usha Duvvuri, Hyderabad

My Life Is Sadguruji's Blessing

I barely shared my following experiences with anyone as I never felt the need for the same earlier. Before meeting our beloved Sadguruji Dr. Mangeshda, there was a phase of my life where I was really seeking hard for Self Realisation. As no one was there to guide me and make me realise the process, I had developed the opinion that I would have to lead the life of a sanyasi. I did not want anything of material life and just wanted to pursue spiritual practice again and again, (whatever limited things I knew).

Gradually, I stopped getting along with the people I knew, I quit the job, whenever I used to visit any temple of Lord Ganesha (from ashtavinayak) my eyes were looking for the place where I could be! Then I heard that out of all the Spiritual Sadhanas, Kriya Yoga is the fastest path to Self Realisation. So, as a hungry person, I started searching for the Master who could teach me Kriya Yoga. Somehow, in a very interesting way, I came to know about Sadguru Dr. Mangeshda. At the first meeting itself, I was sure that I would want to learn

Kriya Yoga from Him only.

The day came when I received the pious Diksha. I still remember, that was the last bank balance I had, which I spent for receiving Diksha. I was literally ignorant and did not have any knowledge about Kriya Yoga. First few days I just tried to excel in whatever I learned on the day of Diksha. In this regard I really thank team Dombivli who always encouraged me to attend the Kriya sessions.

Since I started attending the Kriya sessions, I witnessed many miraculous changes in my life. First of all, I came to know that whatever I learned at the time of Diksha was just a beginning. All those learnings are taken to the next level gradually with practice and it is an evolving process. Side by side, Sadguruji was always guiding me directly and indirectly asserting that I can practice the whole of 24 hours, living a normal life and for that there is no need to become a sanyasi. Finally, I arrived at the conclusion that even if I leave this place and go to any mountain, I would be missing



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the precious in-depth knowledge that Sadguruji shares with all the disciples. Then I felt that I should search for a job at least till I want to learn.

On the way back home from Kriya session one day, I was thinking that if I get any job, I need not interact continuously with others. Within a week, I appeared for an interview in an IT company. I clearly remember that interview! A commerce guy appearing for an interview in the IT sector! Trust me, whatever answers I gave there, either I did not know them or I had forgotten what I studied earlier in school; but I was able to recollect the same perfectly. I realised that it was all due to Sadguruji's blessings! Next Sunday, when I tried to thank Sadguruji, before I could say anything, he asked with a smile on his face, "got the job?" I was really stunned at that moment. It did not end here. Surprisingly, every day, I could finish the work in the first few hours and I was left with good amount of time when I could practice Kriyas! Others took 8-9 hours to complete the same work. **Sadguruji placed**

me so well that I would not get any chance to say that I donot have enough time to practise!!

When I recollect all the happenings, I figure out just one thing; **I need to have only the intention to practice** Kriyas, rest everything was taken care of by Sadguruji!! The holiday crunch for residential programmes, money shortage, everything was just temporary! In a big picture, when I end my day, I know in my heart that all the happiness and comforts that I have, even the breath that I am taking, are all because of Sadguruji's blessings. All that I ever did was just be present in front of him, whenever he is there to teach us. He is always with us, taking care of everything to help us progress spiritually. **I have never seen God but I am sure in my heart, he will not be any different from my Sadguruji!**

Thank you Sadguruji, for everything you are doing for us!

Vishvprakash Medge, Mumbai

Lockdown, Lockdown, Lockdown!

When the Lockdown was announced in India in the month of March 2020, it was for 20 days only and again it was extended for 20 days more. Then has lockdown continued...!

Initially, besides doing regular Kriya and Yoga in the morning, I used to watch movies with Roopa, my wife and wasting time with mobile also. This continued for next 20 days. In other words, the time which was available to us in the evening was not utilised properly. We also realised that we could have utilised our time in a better way. Our Sadguruji has taught us a number of Kriyas, Meditation and Yoga techniques, which we were not able to practise due to limitation of time. We decided,

why restrict our activities for morning only; why not make use of them during this Lockdown whenever possible, for our Spiritual Growth and Health!

Accordingly, Roopa and myself started practising Kriya, Meditation and Yoga in the evenings also. Yes, Lockdown became a boon for us in practising various Spiritual activities. Before Lockdown, we used to attend Yoga sessions which helped us in maintaining good health. Yes, but not only this, our rigorous yoga practices under the able guidance of our Sadguruji, before lockdown, helped us to participate in International Yoga Competition,



held at Bali, during the month of November, 2019. **This competition was organised by International Sports and Yoga Federation under the presidency of our beloved Sadguruji.** There were participants from many countries like UAE, United Kingdom, Singapore, USA etc. Even from India there were participants from various States. Despite tough competition, the Foundation secured maximum medals. **I was awarded the Gold Medal and Roopa, a Silver Medal!** This was all because of continuous guidance and efforts of Sadguruji in polishing us. He saw to it that every participant of Foundation performs beyond his capacity to get the medal. We, all the participants, are indebted to our Sadguruji for this Superb performance. These techniques taught by Sadguruji helped us to practise them during lockdown and kept us fit and healthy! Besides yoga, we both started practising Kriya and meditation so that our mind is relaxed and peaceful.

I would like to narrate here one incident. After Yoga competition, Sadguruji took all of us for the tour of Bali city. There is one point where Lord Vishnu's statue is installed. It is at a very good height and to reach, there is a steep road. I am suffering from a rare disease of Lung Fibrosis in addition to heart blockages. But, with Sadguruji's blessings myself and Roopa could reach there comfortably. Sadguruji was observing us from distance and encouraging us to move forward! Such is the Grace of our Sadguruji! Outwardly, he will never show anything but he takes care of each and everyone. I remember, before going to Bali, Sadguruji had mentioned to

Roopa that she should not worry about my illness and **He is there!**

Dear Sadguruji, our full family is indebted to you for taking our care. Our visit to Bali with you and family members is a memorable tour of my life and I cherish its memories.

Another benefit of Lockdown for our Foundation Family Members is that **Sadguruji is visiting our houses very frequently by conducting various virtual sessions.** He has introduced Kriya Sanskar Sadhana, an ambitious programme devised by him. It is one of the Best sessions attended by us. We all got to know the various reasons of our ancient rituals and means to increase the energy levels by chanting various Mantras at appropriate time.

Being retired, another advantage of Lockdown has been that we get sufficient time to practise various techniques taught by Guruji in meditation and Kriyas. As already mentioned, despite my health issues, I am fit and fine. **For us, the Lockdown is a Boon.**

The only drawback of Lockdown is that we all are missing sessions at our Spiritual Village. The last Kriya camp was held in end of February, 2020 and we returned on 01.03.2020. This camp was attended by us with Sneha, along with her 20 months old kid Kabeer. He still remembers Sadguruji and serene surroundings. We are thankful to Sadguruji for permitting Kabeer to attend such intense Kriya Camp!

Our heartfelt gratitude, Sadguruji !!

Hari Om!

Roopa & Haresh Teckchandani, Mumbai

Safety is inexpensive and currently, it is allowing us to practise minimalism in the material world.

H. H. Sadguru Yogiraj Dr. Mangeshda



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Vipassana

Hari Om!

I would like to write about how Sadguruji has changed my life in the past one year. In 2020, I attended the Vipassana, a programme conducted by Sadguruji at Spiritual Village in Maharashtra, India. In the 5 days' span, I learned a lot of things such as how to stay calm, mindfulness, how to save energy and much more! This has changed my life as I have learned how to save my energy and how to stay calm.

In mid-2020, I also joined Sadguruji's online Meditation classes. I practise meditation daily.

It has helped me to improve my focus and memory, it also helped me to improve my concentration. Sadguruji's instructions are simple and easy to follow. I enjoy each and every meditation class and look forward to new techniques every Saturday.

Once again, I would like to thank Sadguruji for teaching me these things at a young age. I also thank my parents for making me join these classes.

Vinayak Hakhu

Age 13 years

Melbourne, Australia

Yoga Classes

Covid 19 brought very depressing news every day. Although our school vacation had started, I could not go out to play with my friends because of the lockdown which was imposed from 22nd March, 2020 onwards. At first I thought that this would only be for a few days, however the lockdown kept on extending every fortnight and then every month.

For an active sportsman like me, this was very frustrating. What could I do the entire day at home? Could not even play games on mobile for more than an hour as I had been informed and even scolded that it would spoil my eyes. With no physical activity this was going to be the worst vacation and I was also missing my mother who was transferred to Bhopal.

However, when our Sadguruji, Dr. Mangeshda announced that he was starting online yoga classes from April 20, I was very excited. I was always inspired by my father and sister who were both learning yoga from Sadguruji. In fact, when my father won the silver medal at the district level competition, I was very

happy. I wanted to learn yoga. However, since yoga classes in Juhu were in early mornings, I could not attend them because it clashed with my school timings. During the weekends, I had my football practices both in the morning and evenings, hence even though I was interested, I could not join yoga classes.

Hence, all the four of us (father, mother, sister and myself) registered and we started our online yoga classes on 23rd April, 2020 onwards. I had not learnt yoga, so was a bit nervous. Sadguruji must have sensed that and asked me to perform some stretching exercises. Since I had learnt these exercises in Karate classes, I performed well and was appreciated. I felt very happy that I was appreciated in front of so many seniors and this motivated me to perform even better. Since my elder sister and I are both black belts in Karate, we both wanted to perform better than each other and used to compete as to who would get more praises from Sadguruji. Slowly, week after week of regular



practice, I found that my body had become even more flexible than the time I was playing football. This gave me confidence that when I would start playing football after the lockdown, my game would be better than earlier times.

What I liked about yoga is that Sadguruji always encourages all the children and motivates them. There are many children of different age groups who are practising yoga. Arnav (Pune), Nithyananda (Warangal), Aditya, Sudeep, Dia and myself from Mumbai. It is wonderful to see all my friends practising superbly. Sadguruji has observed that our physical asans are good but we need to improve our balances and concentration. Therefore, he gives more time for pranayama,

meditation and asans where mental balance and concentration is required.

Now that I am in Bhopal with my mother for the past month and half, we still practise online yoga sessions. This is the best part of online classes. You can join from anywhere in the world. Sometimes I am not able to practise because of power cuts, online school classes and tests, sometimes laziness also but still try to attend as much as possible. I have started liking yoga and feel bad when I miss it. Thank you, Sadguruji, for creating an interest in me in yoga.

Hari Om!

**Prameet Irde, Mumbai
(12 years)**

Learning Good Values

Hari Om!

I had a wonderful time learning a lot of new things from Sadguruji at Kriya Sanskar Sadhana. At first, I was reluctant to join it as I already had a lot of online sessions, but my parents convinced me to join the course.

Now I must tell you that the 12 sessions that I attended started changing my behaviour. Earlier, I used to throw tantrums and cry a lot, but since the KSS started, my tantrums and crying have reduced drastically. Sadguruji very lovingly explained how we should behave.

Sadguruji taught a lot of things, like tongue twisters, shlokas, good manners etc. The shloka which I liked the most was, 'Bhoome Ghariyasi Maata', which told the importance of mother and father. I worked on my manners which improved over a period of time. I started reciting Gayatri mantra daily and now it has become a habit to chant it

after my bath. After reciting Gayatri mantra, I feel a lot of energy and I even feel calm. I take blessings of my parents as soon as I get up in the morning and receive a lot of hugs and kisses, which gives me a happy start to the day!

I enjoyed the session on Ganesh Chaturthi as Sadguruji had shared beautiful stories and anecdotes about Lord Ganesha. He taught us techniques to improve our memory, posture, hygiene and health. I have used the memory recall technique to find my misplaced toys and ebook reader. An interesting fact I learnt was that, humans are the only living beings whose spine is erect, hence we need to take care of proper posture.

Sadguruji taught us the importance of having a healthy body by doing yoga regularly. I practise Surya namaskar, Dhanurasana, chakra asana regularly.



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Sadguruji also conducted various activities like drawing, storytelling, talent-show which motivated all of us. We even played 2 to 3 memory games!

Thank you very much, Sadguruji, for teaching

me lots of good Sanskaras in the Kriya Sanskar Sadhana. **I intend to follow all that has been taught by Sadguruji.**

**Sudeep Maddu, Mumbai
9 years**

Aao Sathiyo Khele...

Annually, there are four grand slams in Lawn Tennis. Olympics come every four years so does Football and cricket World Cups! Similarly, our Foundation's Sports Day comes once in a year and is always one of the most awaited days! Everybody gets a chance to show the sporting talent as well as to nacho, zumo, gavo. And this year was no exception!

Revered Sadguruji always stresses upon overall development of an individual and through the various activities which He leads and undertakes, He tries to implement it. Sports and Sportsman's Spirit is inseparable and if one has this Sportsman's Spirit, he/she can face any challenge that life throws. Also, this is the day where every participant gets a chance to present his/her sporting talent and the organisers also make it sure that the youngest and the senior most is able to play the games arranged for them.

This Sports Day was organised at Dr Pillai Global Academy, Borivali West, Mumbai, which is a beautiful place with perfect sporting environment. This was the fourth year for all of us to have the Sports Day at this awesome lush green venue!

The sports day started with National Anthem, Sportsman's Oath and Sadguruji addressing and sharing with everyone as to what His ideas were, for arranging a sports day and importance of Sports. He also appealed to all to give his/her best in the field with sporting spirit. Turning back to traditional Cricket and

arranging women's cricket matches was the uniqueness about this Sports Day. Another feature of this Sports Day was its superb attendance. Right from 2 year-old kid to 87 year young veteran, all participated in this sports day.

Men and Women matches were played with full zeal and total competitive spirit. It was fantastic to see the cricketing skills of our young and senior brigade. Everybody adjusted well to the traditional format with some clever conditions attached to it and it was a superb feeling to witness Revered Sadguruji displaying His cricketing and leadership skills. Whatever He does is with full involvement and participation. The team led by Rupesh Kalan won the title and the team led by Swapnil Bagkar was the runner up. In women's event, Disha's team won the Tournament for Women and Nehal's Team was the runner up. The **'Man Of the Series' Award was bagged by our Revered Sadguruji, who once again showcased his all-rounder sportsmanship.** Awesome experience! Well done everybody!!

The events for children, ladies and senior citizens were just fabulous. The trio of Sujata, Priya and Preeti always comes up with new and variety of games and it is fun to watch those. They create such games so that everyone can participate and enjoy as well. Little children are always full of energy and they had a lot of dhamal-masti too. They wanted more and more and more! One more



thing to witness is the involvement of parents when the kids are competing. They are fully into it and that is a moment to witness.

The enthusiasm of all the people in the ground was also stupendous. The cheerleaders made it more special. The various homemade and tasty food items took care of the hungry souls. Thanks to all the 'Annapurnas' who must have taken huge efforts to get up early and prepare these variety of food items for all the people. Kudos to you! Dr Sharda Sharma arranges to provides this beautiful vastu for our Sports Day and our attitude of gratitude to her and the entire team of Dr. Pillai Global Academy for giving us a wonderful infrastructure on the Sports Day!

One more interesting aspect of this Sports Day was the group Yoga session by all the participants! It was a fabulous sight to see so

many people performing Yoga together and spreading the message of wellness and good health to all the observers from the vicinity. Smallest kid as well as oldest granny present in the ground actively participated in this Group Yoga which was conducted by Sadguruji himself! Just imagine all energetic souls doing Yogabhyas on a lush green field under His watchful eyes! Serene!

Such kind of days, leave a lot of joyous memories in the mind. Thank You Sadguruji, for all this. It is always amazing to witness the sports day ... and it continued to be ... this year as well! And I am sure the trend will continue. See you soon..... on the next Sports Day!

Jai Gurudev!!

Hrishikesh Ambaye, Mumbai

As You Sow, So Shall You Reap!

Wishing Sadguruji a very Happy Birthday! Attitude of Gratitude to him eternally, for his Blessings and Grace!

The above title, is a saying that I have been using a lot lately. At every step, trying to make my children understand, the importance of our actions and our deeds. It is a simple way of trying to make them conscious of their actions and their thoughts. It is very important in today's day and age for us to concentrate on being good human beings. We forget to be mindful, being so involved in today's rat race of our daily survival life. Amidst the rush of completing our chores, we just hurry and get all jobs done.

Why did this 'being mindful' practice start having more importance in my life? Here is why.

Last couple of years, due to my health, I did not realise how I was becoming a slave of my health problems and though I was trying my best to move on with my regular life, at the back of my mind I knew that something was wrong with my body. Not realising how my thoughts were affecting me, the result was, experiencing increased levels of anxiety. Knowing the problem, I began to deal with it at a very superficial level, where, the minute I would over think upon an issue, I would disconnect and tell myself, "don't think so much about it, it is not worth it, time will take its own course, so on and so forth", thus moving on with my daily routine.

The day it dawned upon me, that I have to live by the phrase of 'As you sow, so shall you reap', was in the month of February, when I



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got a very severe bout of an anxiety attack. It was the pious day of Mahashivaratri, I was supposed to attend our holy havan at Juhu for the pious Mantra Diksha that Sadguruji was bestowing upon all, but due to my monthly cycle, I couldnot attend. Suddenly, during afternoon, I experienced severe pain in my chest and my left hand became totally numb. Being alone at home since my husband was sailing, I told my daughter to take the house keys and wallet and rush down to our society Doctor. He felt all the symptoms of a stroke and asked me to rush to hospital. My father too was at work and mum had to look after the kids, so along with my friend I rushed to hospital and called my sister to come at the earliest. The symptoms were as severe like a stroke or a heart attack and the Doctor in casualty said nothing could be ruled out till a few reports came.

While the doctors were trying to figure out the reason behind my symptoms, the excruciating pain made me feel as if it was the worst day of my life and if I was going to live any more, then it had to be pain free and fit but not in this horrible condition that I felt and was experiencing. While I kept telling God that time..." Not Yet" .. " Not Today"

My sister kept assuring me nothing would happen, reminding me to chant our pious GuruMantra. And then suddenly our Sadguruji Dr. Mangeshda made a call enquiring about my health. I was blessed truly, as a short conversation with him made me feel so much better. His love and positive words surged in my body and mind, like a magical dose of medicine. He guided me to monitor my breathing and just concentrate on my breath.

While I was in that condition for 3 hours with medication, yet no sign of improvement,

within thirty minutes of my conversation with Sadguruji, I immediately felt as if life came back to my left hand which I thought had become completely dead and immobile, since I was unable to move it or lift it, as it was totally numb and ice cold. All the pain vanished miraculously and soon my reports too came normal. After observing me for another one hour, the medical team said I could return home!

In my heart, with immense prayers, I sincerely give gratitude to Sadguruji, each day, for the blessing he bestowed upon me, for making me believe that I was absolutely fine that day and nothing was wrong with me. After coming home and self- contemplating with that day's episode, I came up with this correlation to the saying, 'As you sow, so shall you reap'!!

Consciously, I began feeding in my mind, that there was just no problem big enough in my life, for me to experience this level of anxiety. And I have to be grateful for everyone and everything around, understanding that it is not just me who needs my loved ones but they need me too. Trying each day to be conscious of my actions, I take it further to my children and when we have little eyes on us, we just cannot cheat!

In all parts of our existence, from taking care of our body, our body responding back to us, using kind words for ourselves and others, our day to day actions that affect us and others; our thoughts have great impact on us.

Hence, love generously, care deeply and speak kindly, to always be remembered with kind words.

We all must hence try to sow seeds of kindness, love and compassion towards ourselves and others, for, if we are at a



better place, that is what we will give and leave.

Hari Om!

Sharmin Batliwala, Mumbai

*Believe in the presence of the Almighty.
Observe the pauses in your breath to
elevate your consciousness.*

H. H. Sadguru Yogiraj Dr. Mangeshda

Modern Day Gurukul

Despite sincere efforts, ones' old Sanskaras or Habits are difficult to get rid of. When Sadguruji announced Kriya Sanskar Sadhana, our entire family immediately enrolled. It was an unusual position for me to undergo Midcourse correction at Middle age.

We waited with most inquisitiveness as such course was conducted by Sadguruji for the first time. Once the session started, it was like a course correction for oneself to root out old habits and impart new positive Sanskaras on the mind. Sadguruji very neatly explained, that Mind is our Best Friend as well as the Best enemy and also explained how we take care of it.

As the sessions went on, it was like an outpour of ancient divine knowledge and many mystic aspects about our ancient traditions and customs were scientifically explained. He also explained how the customs and rituals help people to evolve physically, mentally and spiritually.

Having understood the same and having started its implementation, it gave us immense positivity, mental peace and harmony in our day to day life.

We wish the sessions continued for ever, as we did not want to miss anything from this modern day Gurukul by Sadguruji.

Venu Madhav, Mumbai

There Is No Fear When Sadguruji Is Near

Hari Om!

At this point, we have all become accustomed to the twists and turns of the year 2020. Nonetheless, it has been a historic year and I consider myself lucky to have witnessed it firsthand. Like Pandora's box, it opened up a whole new world of opportunities for a layman like me, to throw around words like 'quarantine', 'pandemic' and 'pseudo-doctors' to enlighten us with remedies. To keep myself abreast of the correct information, I swarmed through plenty of videos and other useful sources. **Slowly, I got a rough idea that we needed to make some fundamental changes in our habits and lifestyle.** A 'back to basics' approach had to be adopted. It was a

great learning period which also taught me to scale through this with a smile on my face and find the good even in the worst case.

When the lockdown started in the month of March, the news channels broadcasted everything under the sun. From the number of Covid cases to the number of Dalgona coffees made, we knew everything. As we absorbed more and more information, the fear started creeping in. We started taking all possible preventive measures. Kaadhas were made all day and some even had to be forced down some throats. A major change was the shift from junk food to home-cooked food. Personally, a major change was sharing the same room as my other family members as I



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completed one deadline after another. The external changes were a whole new ballgame. It was as if the human race had reached their limits and required stringent action to be taken for their own good. The sounds of sparrows chirping, squirrels jumping from one branch to another and plenty of other birds were quite refreshing. The constant background noise of traffic and people's chattering was muted. Even without stepping out of the house, the whole day was very hectic. With no maids around, there was too much of household chores to be done. We got the work systematically divided amongst all the members of the family. As the household help were not there, we had the freedom to complete household chores at leisure. The city that never sleeps had finally gotten a chance to do so, but the constant anxiety and stress turned it into sleepless nights.

As we were settling in and getting used to these changes, we were taken aback, when my husband, Satish, was detected positive for Covid. Stress levels were off the roof. As Satish was quarantined at home, the rest of us were constantly alert and keeping everything spick and span at home. We apprehended the difficulties that would follow but we were blessed to have extremely supportive and helpful relatives and neighbours. Along with kadhas, intake of supplementary medicines and other healthier food alternatives were prescribed.

Through this entire period of distress and anxiety, one thing that helped all of us remain sane and calm, were the teachings of Sadguruji. His words and teachings were a source of hope and guidance for us. The universal truth is that, 'Change is the only constant' but no one teaches you how to deal with the effects of that Change. **Sadguruji has**

helped us face these challenges and overcome our fears. I cannot thank him enough for the various regular sessions that he conducts like yoga, meditation, Kriya Sanskar Sadhana and Kriya Yoga sessions. Every session, he relentlessly motivates and encourages us to do better. He helped us to overcome our laziness and achieve our personal goals. He always emphasised on the fact that Life is beautiful; if you SMILE, you can make others SMILE. There was absolutely no chance for negativity to crawl into our mind. Attending his sessions was like a breath of fresh air which helped us to enhance our physical strength and mental stability. Every session was beneficial in one way or the other. Early morning, yoga practice helped to reduce the rigidity of my body and strengthened my flexibility. People from all over the world had to cope with various mental problems but Sadguruji's meditation classes served as a great relief helping us to relax and heal ourselves. Though the Kriya Sanskar Sadhana lasted only for 12 sessions, the valuable teachings and insights will be with us forever. The regular Kriya Yoga classes helped me to pause in the midst of this chaos and be one with myself. Despite all the difficulties, Sadguruji continued to enlighten us with his abundance of knowledge. He created such a powerful and positive impact that it helped us sail through this turbulent time. **Though we were disconnected from the outer world, we got connected to our Inner Self!**

I can summarise all my feelings in one statement - **There Is No Fear When Sadguruji Is Near!!**

Salutation at your Lotus feet, Sadguruji!

Sujata Bangera, Mumbai



As He Ascended

The escalator was fast ascending through the 'hunchback' Corcovado Mountain in the Tijuca Forest National Park taking us closer to the new wonder of the world. This is home of the 'Christ the Redeemer' situated in the centre of Rio de Janeiro, Brazil. The escalator's distinguished guest was our own world-famous and living wonder of the world H. H. Sadguru Yogiraj Dr.Mangeshda (henceforth piously referred to as Sadguruji). We alighted to a spectacular view of the Redeemer, about 124 ft. high from the pedestal and about 92 ft. wide, overlooking the Sugarloaf Mountain and the Guanabara Bay.



Here I was looking at the two redeemers. One who took all the sufferings on himself to redeem the people, so that they move onto a new path and the other, teaching people to fight their own battles boldly to end all sufferings in their own Kurukshetra. **One showed the world how to selflessly redeem for others and One is teaching selflessly how to redeem your own self by understanding and practising the ancient science of Kriya Yoga.**

Rio de Janeiro, the river of January, is well known for its beautiful beaches, peaks, hills, tropical forests, history and their healthy and

outdoor sports-loving people. The beaches have beautiful sidewalks, cafes, bars, restaurants and music. Walking these tons of miles on the beaches of Copacabana, Ipanema and the Flamingo, Sadguruji spoke on various topics regarding the beauty of life. On that day, Sadguruji discussed the meaning of Christ Consciousness, as the cool breeze of the South Atlantic Ocean whispered past our faces.

Disciples, who have known Sadguruji for years, know the fact that His knowledge and wisdom about various religions, spiritual practices and traditions are vast and unfathomable. Coupled with Him being the direct disciple of the great Himalayan Yogi, Mystic and the authentic Kriya Yoga incarnate, Paramguru Sri SriMahavatarBabaji, makes Him, the real source for understanding the science of the human body and the related science of spiritual upliftment. For Him, all caste, creed and religions are the same and that is how He brings a smile to thousands of followers all over the world. For Him, the entire mankind is just one train of passengers heading to the same one destination. And so, when He is discussing any phenomena and relating it brilliantly with the science of Kriya Yoga, you can only do just one thing. Listen!

Yeshua, the Galilean from Nazareth, was finally sentenced by the Caiaphas and the high priests of the Sanhedrin. Crucifixion was the verdict. The last twelve hours countdown had begun. It was not the sudden news to Yeshua. He had predicted it a few hours before, during the Last Supper. Breaking bread and giving it to the apostles, he had said, "This is my body given to you". He had also predicted how one of them will betray



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him and the other will deny knowing him three times before the cock crows the next morning. And he was feeding them bread and wine, knowing all that, that was going to happen in the next few hours. He gave all the apostles the new commandment, 'To love one another as I have loved you', followed by a detailed farewell discourse. To remain human and behave like a simple human at this point, without losing his cool shows the calibre of the Man and his high-order mental setup even though he is staring at death due in a matter of hours. How cool it is!

Disciples practising Kriya Yoga under Sadguruji, henceforth respectfully mentioned as Kriyabans, will always remember that **Sadguruji teaches that the biggest fear in anyone is the fear of death and he, who transcends this fear, knows no fear anymore! And to beat fear is to look at fear in the face of the fear itself!** We also remember Sadguruji teaching us how the brain frequencies are interrelated to our thoughts and how to control them. Through the powerful techniques of Kriya Yoga, Sadguruji teaches how to develop our intuition and hence the clairvoyance ability in us. As our legs sank deep into the white sands of Copacabana, this insight sank deeper.

Betrayed, abandoned, falsely accused, robbed and wrongly judged, Yeshua was put on the cross. As he reached the pinnacle of his mission, he was left to die as the King of the Jews, with a crown of thorns, crucified between two thieves. Yeshua looked down at all those who surrounded him. People he loved, his mother, apostles, the soldiers, the priests, the countrymen, Jews, Romans and all those who hated him. His body hung on the cross only supported by the nails plunged into

him mercilessly. As his life started to ebb away and as he got ready for the final ascend he spoke SEVEN times, each word was to be etched in eternity for mankind to listen again and again. Here is a small construct on a Kriyaban's understanding through the Kriya Yoga lens as Sadguruji shared the gems.

"Father, forgive them; for they know not what they do"- Luke 23:34

Sadguruji has always taught us that the foundation or the root for anyone to ascend spiritually is to have the **right attitude of Unconditional Love and Unconditional Forgiveness at the base of all interaction with all life forms**. Here was a man who carried a 100lbs wooden cross till Golgotha, 4 km away, for almost one and a half hours, falling thrice, thirsty, bleeding, whipped, kicked and finally nailed. He asks the Supreme Lord to forgive everyone as if they have done a small mistake of a child. It takes lots of purity and clarity to reach this level.

Sadguruji, through the science of Kriya Yoga, helps all Kriyabans religiously to practise Unconditional Love and Forgiveness. The unconditional part is the most important one as it was, more than two thousand years ago. Today, if you look at the world at large, this is the only herb to heal one and all. **That afternoon, the shadow of The Redeemer in Rio had the outline of our Sadguruji!**

"Truly I tell you, today you will be with me in paradise"-Luke 23:43

Sadguruji, while explaining the science of energy control, taught us the significance of the nine holes in the body, comparing it to the wind instrument, the flute. He also taught us the importance of the meridians and their origin in the distribution of the energy



throughout the body, thereby explaining the meaning of Lord Krishna playing the flute and the dance of the Gopis to its tune. Bhakti Yoga is a powerful tool and when complete surrendering to the Guru is achieved, you are bound to be liberated. Even the penitent crucified thief Dismas got liberated for showing his complete faith in Yeshua. Believe in the Guru and have complete faith in him and you will be liberated, as he is leading from the front. This is the promise Sadguruji makes with all the disciples as He is sure of His path. **When Sadguruji stood with His arms spread like The Redeemer, I felt that they were saying that within them is the whole universe!** Amen.

Next thing that Yeshua spoke from the cross after some time was "Woman, behold thy son! Behold thy mother" - John 19:26-27

The centre for the emotional connection is the navel. You are connected to your mother at this point in her womb. Sadguruji taught us that this centre, apart from being an emotional centre is also the power and the wisdom centre. Any strong man, whenever he is ill or wounded, will become emotional on seeing his mother. If one has to be focused on his goals, then emotions cannot be a part of the action. Emotions have to be fixed and rooted out. This fire needs to be extinguished. Just like Krishna tells Arjuna before the Mahabharata war. To take care of these emotions and focus on the job ahead, Yeshua tells his mother to take John as her son and tells John to take care of his mom, once he is gone. This makes him cut the emotional barrier and focus on the task ahead. This is easier said than done. Kriyabans are aware of how Sadguruji left all His emotional connect one day and left home in search of the Truth

and how he met Paramguruji. When you become one with the goal, you may have to sacrifice every other thing, to achieve it. That day in Rio, there were two such wonderful examples in front of me shining like the sun above!

"My God, my God, why hast thou forsaken me?" - Mark 15:34

This is the fourth time Yeshua spoke, after his emotional bonds were removed. Now as Sadguruji teaches, once your heart is set on the goal ahead and when you have complete surrendering to your Guru and the Supreme, the only thing that matters is how good you are progressing on the path laid by your Guru. His report card is the one that matters. Nothing else matters. You have a slight fear of whether you are doing your best or are failing anywhere. We Kriyabans have heard Sadguruji say several times that the only fear that He has is, whether He is carrying on with the work entrusted to Him by Paramguruji in exactly the way and manner he is asked to. Yeshua does this cross-check as he ascends. The heart of all things that really matters.

"I Thirst" - John 19:28

The sun is climbing and the heat is increasing, Yeshua losing blood and in pain from all the wounds, speaks from the cross yet again. Reaching the throat, the sign of thirst is the sense of calming as the mission he had clearly visualised twelve hours ago is concluding. The thirst to see that the work entrusted to him by the Father is fulfilled and now it is time to calm down and take the final leap. Even though he was given vinegar by the already forgiven soldiers, it did not matter to him. He aims to clean even the last sin of mankind. As I looked up at The Redeemer, Sadguruji's



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words of rising Kundalini energy up the cerebrospinal chord, as a result of the regular practice of Kriya Yoga, echoed.

"It is finished"– John 19:30

The penultimate time Yeshua spoke was the sign of the triumph of his mission. The triumph of his birth and the reason for his birth. The new Order is about to begin. This sense of complete satisfaction on a cross can be achieved only by a highly evolved being. The clairvoyance of Yeshua now reached the ultimate end. Mission Accomplished! The sense of complete contentedness! Sadguruji always ends all Kriya Yoga practice sessions with these great lines... "feel love and compassion in your heart....Feel contentedFeel Renounced...." etc. Kriyabans can resonate with how one feels when you hear these lines from Sadguruji after an amazing Kriya Yoga session. The Redeemer showed these qualities to the whole world from the cross. Sadguruji brings the whole world of satisfaction into us every single Kriya Yoga interaction. The real Consciousness. The

triumph of the finish.

"Father, into thy hands I commit my spirit"–
Luke 23:46

By the sixth hour on the cross and the sky getting darker, Yeshua spoke for the seventh and the last time with clarity and confidence. The clarity and the confidence of a little child when it runs into its mother's hands. Trusting his eternal destiny to the Father's everlasting arms as every evening, Yeshua had prayed like a devout Jew. For all the Kriyabans, our Sadguruji is our Father and the saviour, who, through the scientific path of Kriya Yoga, teaches us to create our own destiny and when the time comes, to ascend like a true King.

Yeshua taught the world the meaning of true love and compassion, led from the front and never wavered even once from his objectives as per the direction of his Father. **The new world order was getting ready as The Redeemer ascended!**

Ajoy Kumar, Mumbai

Random diaries...

It was just a wonderful first day of weekend...! The day started with a superb meditation session. While the outer world has posed challenges for us and has closed many doors, it has opened many doors inwards! The meditation sessions of revered Sadguruji allow us to disconnect and re-connect to the daily routine! A true energiser! He has so much to offer for our well being on Physical as well as Mental level. I always look forward to Saturdays and Sundays where Sadguruji conducts Meditation and Kriya Yoga classes and it is a pure spiritual bliss.

The day was a bit lazy later, for some time (थोडातो allowed हैनाभाई) but then you get back to finish some pending tasks like some payments, some miscellaneous work... a bit of music... chatting on whatsapp... a bit of shining on Facebook! A little chitchat with my mother who talks to you in certain ways...! Pani Puri with family....it was after a long time! So was fun having it! The cook at our home prepares a tasty one.

Kids have their routine setup.... offline lectures....online classes.... preparation for entrance exams! This letter "C" has changed our lifestyle and our routine.... (which has



many positives also)!

I was looking forward to this weekend after a hectic week. Whether it is work from home or work from office... it is very demanding currently! I had been to market for buying some essentials...! We do meet some people... some regulars...! We meet some energetic ones, we meet some not-so-energetic ones! I do purchase flowers from a particular boy! He is ever smiling...! My favourite flowers were not available that day! So, I had to manage with whatever was available with him! So, I did... and before I said something... he bargained for me ...! He said in Marathi, "20 ला एक.... पण तुमच्यासाठी 30 ला दोन!" (One set of flowers for 20 rupees, but for you ... its 2 sets for 30 rupees.)

I was amused...! Reason being ... they had resumed their work after a gap of 2 months or so... everyone was trying to cover the losses! But this little boy (may be in his early 20s) was

sticking to his old ways of selling! I also completed the transaction and came home! I did not realise this immediately! But in the evening while watching the England – West Indies match... I realised that I could have ... rather I should have avoided purchasing flowers at discounted price. I will definitely rectify my mistake in my own way in coming days.

But isn't this boy a wonderful example of sincerity personified...! The ease with which ... and with a smiling face... he said, "You take 2 sets for Rupees 30", is worth emulating! Good souls are a rarity... and this boy is one of them! As I ended my day... this bubbly boy's smiling face and simplicity... kept coming to my mind... again and again! Requesting Almighty to grace this boy with his choicest blessings!

Hrishikesh Ambaye, Mumbai

Inner Journey towards Liberation

Hari Om!

I very much like the term, Inner Journey. I understand that Inner Journey is to transcend beyond the physical and material world into a spiritual realm with the goal of merging with the Supreme Soul. Reiki, Meditation, Kriya Yoga classes, Satsangs and various other programmes including the latest 12 episodes of Kriya Sanskar Sadhana equipped me a little more mature for this Inner Journey.

Any journey requires some preparation, depending on the place and duration of stay. Think of a trip to a holiday resort or a journey to meet our relatives away from home. We need to plan it well in advance. The Inner Journey is no exception, but this Inner Journey

is very unique. We need not book any ticket or book a hotel. Then what preparations we need for this journey?

What is required is to consistently do pranayam, meditation and Kriya we learnt from our Spiritual Guide and imbibe the noble values explained in 'Yama' and 'Niyama' referred to in Rishi Patanjali's Ashtanga Yoga Sutra. Then our journey will start smoothly. Maintaining a very positive attitude and doing contemplation for improvement in our nature will speed up our journey. Slowly we will evolve into more civilised persons; remain calm and peaceful even in the most unhappy situations. Why some spiritual aspirants find it difficult to make this journey fast? We know the true stories of spiritual leaders who are successful in this journey at a young age.

We have examples of individuals excelling in



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various fields like sports, medicine, business, etc. I think this kind of journey and accomplishments are comparatively less difficult as compared to Inner Journey. In excelling in studies and career, what is required is focus, hard work, ambition, commitment and belief in oneself. In spiritual journey, in addition to these qualities, the soul has to be cultured by removing the layers of ignorance and ego accumulated over various births. We, as children, while growing up, experience various events and situations that leave an impact on our personality. Depending on the nature and quality of guidance we receive and also the culture of the soul, the unique nature of our personality takes shape and this nature determines the quality and success of our Inner Journey. If we are keen to pursue this journey, we should have the guidance and blessings of a spiritual master since we do not know the territory of the Supreme Soul. We also do not know the hurdles on this spiritual path. He will guide and help us find out and clear these hurdles to make our journey move faster. But we should have complete faith in

our Spiritual Master and surrender to Him without any ego, instead of only looking for His blessings!

This noble journey that is beyond all our knowledge, wisdom and experience is itself a divine experience. We should not worry about the time required to enter into this divine kingdom, rather, we should focus all our time and energy on how to make this journey meaningful and satisfying.

Those who are skeptical about the value of Inner Journey or look down upon people pursuing this journey will remain as prisoners in the dark cell of their own prejudices and negative thinking, till they wake up from their slumber.

I am very lucky to have been initiated into the noble path of Kriya Yoga by H. H, Sadguru Yogiraj Dr. Mangeshda for this divine journey. No doubt, one day this Inner Journey will liberate me from all bondages and help me enter the kingdom of God.

Dr.Vasudevan P.N, Mumbai

Atmanirbhar Bano

If we vividly remember, each one has shaped their lives post mid-March 2020; there were conscious efforts at all levels to fight the Virus. Today, our **Life From Home** journey has crossed over 200 days and yet unsure when the vaccine will be within common man's reach.

Before the pandemic started; as a professional, we maintained a routine which was on for years. There was work, home, weekends, family time, travel, shopping, socialising etc. and in between was trapped **Me** or **Kriya** time.

We were not used to being at home for

months and focusing on our wellbeing and observing our own physical and mental health, seeing family members and being conscious of inanimate things of our house. Suddenly, the paradigm shifted to finding activities to fill in the daily hours. The paradox of no time within available 24 hours fizzled!

With a few months into lockdown; I was discussing with a few close ones on how WFH (Work from home) has changed them. Their views were pretty surprising, including my own. Sharing a few of them:

1 Staying well within limited resources on crucial survival issues, buying as per need, not being influenced by sales, online shopping,



budgeting tight and saving a bit within crashed incomes.

2 Eating healthy, staying fit, learning to cook. Added immunity testers and hot inhales from time to time.

3 Work with stretched hours, including weekends. For a while, we forgot the travel woes saving considerable time, money and energy.

4 Learning values of Self-time and being self-reliant, dividing quality time while upskilling.

5 Watching your kids grow.

6 Facing uncertain times and calls for work, education and health.

7 Technology was the game-changer. To be a user and not a toxic gadget freak.

8 Cherish the present breath.

9 Follow the teachings of Guru

10 Have strong faith in Almighty.

While the list is endless, the falling economy has left people in stress and despair. Guru Reminds, 'This too shall pass! Let not your courage dwindle or your guards down'.

Dean Noronha, Mumbai

Meditation: The Art Of Reclaiming Peace Of Mind

With ever changing times, circumstances and environment around us, we are always in search of stability and peace of mind with the chaos all around us. The Covid situation just amplified the need to look out for tools to maintain sanity and to positively fight the mental health issues. While many around the world were searching for authentic teachers and proven methods of meditation with new apps galore, I am fortunate and blessed to have found a Master since April, 1998. My connection with my Sadguruji, HH Sadguru Yogiraj Dr Mangeshda started from that day through meditation and Kriya Yoga.

The Covid situation could not suppress the situation, using technology we could still have our weekly Meditation and Kriya Yoga sessions LIVE with Sadguruji, from anywhere in the world.

Sadguruji can connect with any audience in a matter of time, and we are enjoying every

session of Meditation and Kriya Yoga which is always unique with some new learnings. Sometimes the revisiting of same techniques can give a different perspective. Though I really missed the Vipassana session as it could not be held due to the current situation, it was amply compensated by regular Saturday evening Meditation sessions. From relaxation, to healing, to deeper and intense techniques, we have been blessed with the sessions which have a positive impact and deliver results in a short time, if done regularly.

My humble salutations to Sadguruji for His service to Humanity, helping souls looking for bliss and nourishing them with the secret science of Kriya Yoga! We get the much-needed peace of mind.

Jai Gurudev!

Sandeep Yederi, Mumbai

Founder - SYNC Wellness Lab

My Spiritual Journey - Blissful experience

My Koti Koti Pranams to my Sadguruji Parampoojya Dr.Mangeshda!

My day begins with my morning Kriya. Then I

look at the calendar, turn the calendar page. I like all the divine quotes on our calendar. Certain quotes I like very much:



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'Do your best positively, when results come, accept them gracefully. Contemplation for 10 minutes is enough for one's spiritual progress'.

'When you are climbing up, you should know how to come down to earth. Remain grounded always'.

'Only a Loving person can give and receive love'.

'Do not look at the appearance of the Guru. Only see what spiritual benefits you imbibe from his teachings'.

I want to share a few of my experiences, which narrate the power of Guru Shakti. When I was at Kandivli, I suffered a brain stroke and was admitted to Sancheiti hospital for about a week. In ICU. I was alone at home when this incident took place. It was Sunday. My daughter Archana and son in law had gone to attend a marriage and were to come back in the afternoon.

My sister in law, Kriyaban Deepa Balvally casually called me and felt that my speech was not clear. She immediately informed my daughter. In view of urgency, she requested Rajeev and Rinita Raval, who stay nearby, to attend to me. Like God sent, they came and rushed me to Sancheiti hospital. I got timely emergency treatment there. Even the Doctor said to me, "you are lucky to have got admitted in the golden hour otherwise it would have led to paralysis". My Gratitude to Rajeev and Rinita! My daughter Archana took me to her house thereafter and took good care of me. After some days, she took me to physiotherapy, where I learnt a few exercises.

I do them regularly.

Sadguruji has made things favourable for all of us. He has created this beautiful family, where all family members are together in the challenging times and help each and other unconditionally.

This is only one such incident but there are many incidents when I have always felt Sadguruji's presence and realised the strength of Gurushakti.

We have now shifted to our Andheri home. I had started attending Kriya classes but due to certain health problems I was unable to attend regularly. I used to feel bad about this. I am grateful to Sadguruji for having started the online classes. I feel very happy that I can see you, Sadguruji, on-screen at least, though we are unable to meet you personally!

I look forward to attending online Kriya Yoga class every Sunday. Sadguruji's divine darshan is enough to brighten my entire next week. My approach to life has changed. I refer to my old notes and do my pranayam, exercises as per my capacity and meditation as taught to us.

Sadguruji, I cherish my beautiful journey right from learning meditation, Medical camps under your guidance, Core enlightenment, Residential Camps at Uttan and Rambhau Mhaalgi, Vipassana, 'How to be happy' to learning Kriya Yoga.

My heartfelt gratitude to you once again, for being there always with us! You are my Mother, Father, Philosopher and a Friend.

Hari Om!

Sunanda Balvally, Mumbai

Rewind the entire day consciously and contemplate for 10 minutes daily to increase the consciousness of spirituality.

H. H. Sadguru Yogiraj Dr. Mangeshda



Sharing of Yoga Sessions

Sadguruji, we are feeling incredibly lucky and blessed to begin our day with Yoga under your guidance. Thankyou very much for guiding each one of us towards our betterment and your encouragement really pushes us beyond our limits. After practising Yoga under your guidance, I have personally observed that my stamina has improved and my allergies have reduced too, to a very great extent. Some pains, as you say, are indeed soothing. **Jai Gurudeva**

Vinita Tampal

Hari Om, Sadguruji, Today's yoga session was mind-blowing! With the new technique that you taught us; I immediately felt the difference while doing every asana. I was one with my mind and body; the attention was on the targeted muscle alongwith heightened level of focus and breath. I absolutely enjoyed it and somewhere realised what the union of body and mind means.

Again, this followed by the **Twin Heart Meditation** was another level of bliss altogether. Every session of Yours is so unique and apt to the current situation and circumstances happening in the world around us. Healing of the heart today was exactly what we needed.

Thank You. Thank You. Thank You. I cannot say it enough number of times to express the gratitude that I feel.

Kavita Pradeep

Every session of yoga, there is something new to learn and imbibe in our daily routine. Your parting sermon enlightens our day. Thank you, Sadguruji, for today's energetic and refreshing yoga session.

Sujata Bangera

Six months have passed and all I have to say is that I am truly blessed to have found an accomplished Guru in H. H. Sadguru Yogiraj Dr. Mangeshda. I look forward to each class eagerly due to the personal attention that he gives to each one of us, guiding and encouraging continuously to make that extra stretch and at the same time advising us to be mindful of one's limitations. There is something new to learn in each class and the sessions are interspersed with many light moments.

Personally, for me, the intense yoga sessions followed by the pranayam session and brief meditation thereafter (though I am missing them on weekdays) are very rejuvenating and keep me alive and kicking for the whole day. Look forward to learning more under the guidance of Sadguruji in the times to come.

Vinod K

Thank you for today's highly energetic yoga session. We are really lucky that we are getting opportunity to attend the sessions and learn new things in every session. The most important thing is every session is filled with mental, physical and spiritual contents. We are really blessed.

Vishvprakash Medge



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Thank you very much Sadguruji for today's Yoga session. I really felt the difference in my practice. I could feel the lightness in my body and mind. **A real stress buster!!** Thank you!

Ravi Sonti

Pranams Sadguruji! Another wonderful, energetic yoga session with new asanas; feeling very fresh and relaxed! The music played during meditation took me back 20 years ago during Juhu meditation sessions. Nostalgia. Thank you, Sadguruji for giving personal attention to all, taking care of their health issues and suggesting appropriate asanas. We are truly blessed. All should take maximum advantage of Sadguruji's valuable time, experience, and his love for teaching.

Prakash Irde

It is all the grace of Sadguruji that inspires us all. I am not actually able to attend yoga classes on Tuesdays and Thursdays due to office. There I am at loss, however, there is improvement in me which I observed today and that is, I was able to sit down for a longer time than usual. And Sadguruji, knowing my predicament, told me to sit on the chair. That is Him! He knows each and every participant, inside out. That makes Him very very special for all of us.

Shashank Gaytonde

Ananta Koti Pranaams at Your Lotus Feet Sadguruji! I was having some stiffness in my neck and shoulders for the past week due to increase in work and continuous hours on the laptop. But after today's amazing yoga session all the blocks in energy and stiffness have completely vanished. Feeling extremely energised and powerful to start the day now! Heartfelt gratitude for Your Guidance to keep our body and mind active, balanced and invigorated; for those tips and tricks that You teach that nobody else ever will. Thank You so much. We are indeed blessed with Your Presence in our lives

Kavita Chandavarkar

Hari om Sadguruji! Pranams at your divine feet! Today's session is more energetic and very intense. Taking care and attention oneach individual participant is really commendable. Sadguruji, your tips at the end of session are very motivating and encouraging to become a good human being.

Jai Gurudeva

Satish Addanki

Thank You Sadguruji for such a wonderful session. You always motivate us to perform better and with full perfection. All the stiffness around my hips and lower back has completely reduced all because of your efforts and teachings.

Renu Khanchandani

Today's yoga session was too good. All blockages are gone and I feel totally supercharged and light. The Power within is awakened by Sadguruji. The different combinations give different reliefs. Sadguruji's encouraging words give inspiration to do more. The best part is that Sharayu does not want to miss any yoga session. Sharayu is becoming more fit day by day. Thank you, Sadguruji, for the Yoga blessings and time given for our development! Pranams

Jitendra Kore



Amazingly, each session of yoga is the best, for each session leads us to newer heights of flexibility, energy and wellbeing. Heartfelt gratitude to Sadguruji for guiding us minutely and motivating us to not give up! Only with your grace and guidance I have been able to overcome low energy, physical limitations of knee and backpain that crept up.

Pranams

Rameshraj Maddu

Today I joined Yoga session as per advice from Shri Venu Madhav Sir. I was very casual before joining today's session and just wanted to complete it. But as time passed, I did each Aasan as advised by Sadguruji and I literally lost myself in that. I am completely unaware what is going on around me and knowingly or unknowingly I am just following instructions from Sadguruji and getting positive vibes and enthusiasm after each Aasanas and Pranayams.

Rohit, HPCL

Flight To Nowhere!

Hari om!

Some incidents leave an indelible mark on Memory. It is one such incident which happened 4 years ago which showed me the thin line between Life and Death and Magnanimous Sadguru's grace.

I was returning back from Delhi to Mumbai after hectic official engagements and Boarded Jet airways flight 9W 354. As I was feeling exhausted, I kept my baggage in Top Luggage compartment and started taking Reiki myself. I was getting some thought whether I should keep luggage below with me in case the flight crashes or encounters some accident. In the process I dozed off.

I woke up when the flight was about to land at Mumbai Airport and Aircraft touched down in few seconds. The next few moments were most turbulent as the plane was wildly swinging without any control. Few seconds later it came to sudden halt with a big sound and tilted completely on the right. I could hear passengers screaming "Fire, Fire". I was seated on the left side wing and could notice fumes

and some sparks on the right side. Everybody was screaming and frantically trying to do something to get out of the aircraft.

Within minutes, I noticed vehicles with sirens blazing and fire tenders spraying water and foam on the Plane, which was a scene straight out of Hollywood Movie. Entire power/AC/Lights were switched off and it was very suffocating with restless passengers trying to get across to helpless pilots. I was very calm and quiet watching the events neutrally, without any fear.

Finally, after 45 minutes, I felt like calling Sadguruji. I dialled his number and his immediate answer without even my mentioning anything was, "Why are you still not out of the Plane?". Next thing I could hear was the Air Hostess instructing us to disembark front door. What a bountiful of Sadguruji's grace!

When I climbed down I noticed that the landing wheel of the plane was completely broken and engine rubbing the surface. In such instances, the plane suffers major



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MAY HE CONTINUE TO SPREAD THE POSITIVITY
AS ALWAYS!**



**"Be a part of that powerful sun and definitely
not a part of that dark cloud."**

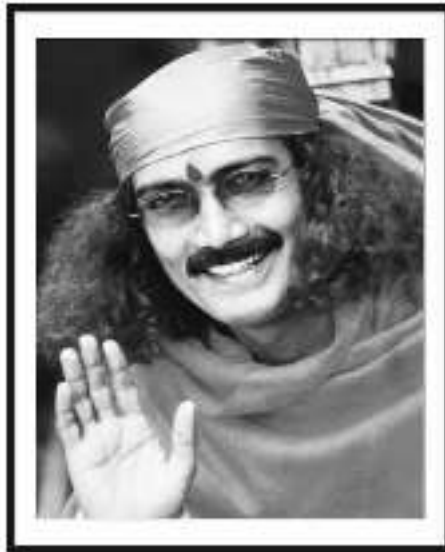
- Param Pujya Sadguru Yogiraj Dr Mangeshda

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Sadguruji being felicitated at 1st National Conference for Yoga & Naturopathy, Organised by Ayush Mnistry



At Portugal, celebrating International Yoga Day, as chief speaker



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**MESSAGE FROM
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**“Reflect on your past; smile in trouble and unlock your
potential through your continuous effort to achieve success.”**

- H.H. Sadguru Yogiraj Dr. Mangeshda

**HAPPY BIRTHDAY TO
OUR BELOVED SADGURUJI**

Devotees

Contact No: 9820539303



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MESSAGE FROM MANGESHDA UPASANA CENTRE, KOLKATA



**“Strongly believe in what you wish to create.
You achieve what you think you can.”**

- H.H Sadguru Yogiraj Dr. Mangeshda

**Koti Koti Pranams to Our Sadguruji
Many Many Happy Returns of The Day**

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damage or breaks into pieces.



In the present case, not a single passenger suffered even a minor injury. How can one

describe this Grace and Benevolence. So, the Flight which would have been to Nowhere landed Safely at its destination.

This incident left me to avoid cribbing and complaining about small and trivial matters when he is always watching over us. He knows what is good and what is bad for us. What matters to us is to walk on the path shown by him Unconditionally.

Jai Gurudev !!

Venu Madhav, Mumbai

Virtual Wedding Ceremony

In January, 2020, we had planned our trip to USA for attending our Son, Chaitanya's wedding with Lakin on 10th October, 2020. But due to pandemic we dropped the idea and told them to go for Legal Marriage. We felt sad that we cannot attend the wedding.

Sadguruji has taught us to be positive. I made different videos, as if the marriage is taking place in India. I wrote script about Hindu wedding rituals, GrihaPravesh etc with virtual arati for the couple to welcome them home, a

few words about the couple from me as a mother and from my husband too. I performed Pooja and Havan at 3 am on 11th October 2020 when in USA it was 10th October, 2020 evening. Sadguruji blessed the couple – a precious gift!

We are thankful to Sadguruji for accepting us as his disciples! I bow my head virtually, Koti Koti pranams, Sadguruji! Jeevet Sharadah Shatam!

Aruna Prakash Sakhalkar, Mumbai

Best Lockdown Investment!

Ananta Koti Pranams at your Divine Lotus Feet, Sadguruji! Wishing You a **very Happy Birthday!**

Below is a small narration of one of the best Investments that I made during lockdown. On 23rd March, 2020, when the Nation-wide lockdown was announced, initially, everyone was just trying to understand what a lockdown meant and why it was necessary to control a pandemic. None of us imagined then that a common man's way of living would change all around the world. A **new normal** took birth of working from home, studying from home,

across the globe. Staying indoors all the time with no outdoor movement and activity made people nervous and restless. To top it all, WhatsApp theories and news on television were only disturbing in their nature, creating a havoc on peoples' minds.

During this time, Sadguruji announced that he would start with yoga, meditation and regular Sunday KriyaYoga classes, online. I felt this opportunity was like a ray of sunshine in this moment of uncertainty and chaos.

As a child, I was introduced to yoga by my



chachaji who would always make me sit in Padmasan - the lotus pose and encourage me to do yoga on a regular basis. However, from my youthful days I was always more inclined towards meditation and physical exercises were not much of my area of interest. However, due to Sadguruji's constant motivation and mantra of '**Fit hai to Hit hai**', I was encouraged to start doing physical exercises. Hence every Sunday after our Kriya classes, I started attending yoga classes under Sadguruji's guidance. The sessions would be a great fun, filled with lots of positivity and fun.

The online sessions now were a blessing in disguise as I could take 3 turns a week. Sadguruji emphasised in all the sessions, to think only positive and how even a negative situation had a positive side. Thanks to Corona, that we started to really focus on our body, good health and mental well-being. So, our online yoga classes are scheduled every Tuesday, Thursday and Saturday. These mornings commence with a joyful greeting by Sadguruji and our training starts.

Initially, I would experience many muscle aches and body pain, but as **Sadguruji says, "there is no Gain without Pain"**! He also asserts, "some pains are soothing". I started to understand my body, like I had never before. We learn in great detail about different types of muscles and how various asanas or exercises have multipurpose benefit. Sadguruji teaches us that if we talk to our body it listens and it will start responding. The stiffness in various parts of our body is related again to our mental and emotional set up. Earlier, I would be intimidated seeing my other friends perform asanas with beautiful grace and panache, who were also medal holders at the International level Yoga

competition, held at Bali last year. Nevertheless, Sadguruji, knows each one of us with our capacity and limitations and encourages all of us equally.

Sharing below are my observations and the benefits that I have gained after regular yoga training:

- 1) Acidity related headaches are very less compared to before.
- 2) Vertigo problem has almost disappeared.
- 3) Stiffness in my back is reducing gradually, but surely.
- 4) I actually feel light, as all toxins are flushed out of the body.
- 5) Stamina has increased and fatigue reduced.
- 6) My regular cold and sneezing allergies are under control.
- 7) My menstrual cycle is becoming better.
- 8) Energy levels stay intact throughout the day.

All the practitioners would agree that we are getting tremendous benefit and it is only because Sadguruji has started Yoga Chikitsa. He is working extremely hard towards our growth. He has created a health chart for each one of us, where he has noted down all our ailments and tracks our progress. Every class is unique by itself, some sessions are focused purely and solely on specific part of the body. For example, strengthening of shoulders/legs, waist emaciation exercises and asanas to increase hip mobility and flexibility etc. Some special sessions have exercises focused on treating a particular health problem or combination of various stretching exercises, asanas, as well as stamina /fitness boosters. We feel motivated



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to stretch beyond our limits, push ourselves hard and develop a 'do not give up attitude', seeing all our yoga champs, across varied age groups, on our Zoom window screen. The biggest inspiration for all of us is little Nityananada, who is a champ, ever smiling and always present in every session.

There is no scope of cheating for any one of us :-) as Sadgururji pins each one of us and pays attention minutely on all details, our body position, hands, legs, shoulders, knees, wrists, feet and even toes. It is truly a great blessing to practise under his revered guidance. Even though it is a virtual class, there is a personal touch and our sessions are lively with his one-line humour. Asanas are followed by pranayams, a soothing meditation and to conclude, Sadgururji's motivating pearls of wisdom are too precious. This session of one hour and fifteen minutes ends with our Sadgururji's best quote, 'You Smile and make everybody smile' and 'You be happy and make everyone happy' :-).

Sadgururji constantly reiterates that our Human body is indeed very unique and miraculous in its own way. All our organs, millions of cells and nerves work 24*7 to keep us alive, indeed our Body is our Temple where the soul resides. Therefore, it is of utmost importance to look after our own body and mind first. **Corona is present externally, but**

deadlier than corona, is our own mental set up with negative thoughts, limitations and laziness being our biggest enemy. We must hence train our mind to be strong-willed to overcome the challenges and laziness, and focus on our well being. In today's era there is no other Teacher than our revered Sadgururji, who is so humble, kind and committed, who takes herculean efforts to teach us Yoga. A few weeks back, when he was facing severe health challenges, he was yet extremely committed, determined and strong-willed to take our sessions, teaching us the importance of positive affirmations towards our own mind and body.

Indeed, I feel very happy to make one of the best investments, in terms of time and energy towards my body, mind and soul during lockdown.

Sadgururji, 'Endless ThankYou's are not sufficient enough to Thank Thee, however I sincerely offer my Gratitude to Sadgururji for lighting up our lives, holding our hands and helping us tread on this path.

'Where there is a will there is a way, but where there is no will, there will be only dismay!'

Jai Gurudeva.

Vinita, Mumbai

Cultural Values

In olden days, most of the Vidyarthi would attend gurukul in an ashram, only then it was known that they have got Sanskaras from their Rishi or Gururji. However, in today's world this is not possible or it is not that common.

To get such Sanskaras is considered as our

Param Punya, which we may have done something good in our past lives. Hence, I consider myself very lucky to have learnt Kriya Sanskar Sadhana from our Sadgururji Yogiraj Dr. Mangeshda, to broaden our cultural knowledge with scientific base and mystical thinking. Kriya Sanskar Sadhana is a great



showcase of knowledge embedded with finite elements of living in Sanatan Dharma.

We attended 12 Adhyayas (episodes), in all episodes the content of knowledge was gracefully designed and executed with gruhpaath (assignments). It was a great learning curve, a value addition to all that I learned, a few things I was aware, but in time I had forgotten to a greater extent.

I always used to eagerly look forward to attend these episodes every Sunday evening. Each episode was a new learning. There were participants from all across the globe. I was one of those lucky participants of the first batch and felt really blessed and fortunate to have got this rare and wonderful opportunity to learn all out our rich heritage, culture,

ritual, traditions and all of it was explained in a scientific way.

I am eagerly waiting to enrol myself for the advance sessions.

I am informed that a new batch will be starting soon, hence sincerely request all readers of this International magazine 'The Awakening!' to take advantage of this golden opportunity to learn from my Sadguruji Dr. Mangeshda and equip yourself with rare Kriya Yoga Sanskar Sadhana knowledge and experience for yourself.

Hari Om!

Whistling Maverick

(Ravi Chandavarkar), Mumbai

Sanskars

Hari Om!

We learnt how to perform pooja from the elders in the family. We follow it fully but without knowing scientific reasons behind it. We visit temples and ring the bell and go around it. When I joined Kriya Sanskar Sadhana sessions conducted by our Sadguru, Yogiraj Dr. Mangeshda, he explained the scientific basis, the correct way of performing pooja and scientific reasons for visiting temples.

In these sessions we came to know how our Inner body is connected to outer world, importance of Sun, Rainbow etc. I used to chant mantras but Sadguruji explained in

detail the correct way of chanting mantras and how it benefits us, why we chant any mantra 108 times, different ways of chanting Om etc. By meditation, mind becomes calm. When mind is calm, we experience the Supreme.

Though the sessions are online, Sadguruji observes each and every participant and corrects him/her. In one of the sessions I was not able to raise my right hand due to pain I was surprised when Sadguruji asked me to keep my hand down.

I am very lucky to be his disciple. Koti Koti pranams, Sadguruji!

Aruna Sakhalkar, Mumbai

A Blessing In Disguise

Hari Om!

The Kriya Sanskar Sadhana conducted by our

beloved Sadguruji is a blessing in disguise during the pandemic times. Sadguruji initiated



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us in the practice of Gayatri Mantra Upasana to raise the energy levels and increase immunity. It has helped to fine tune my habits and follow rituals in a scientific way as explained by Him.

Sadguruji enlightened us about the power of prayer and the significance of mantras, which can change a person's perspective towards life. The importance of pranayama and performing certain asanas to overcome health related problems (Yoga chikitsa) were detailed by Guruji. Knowing the importance of Chakras and associated healing techniques taught during the sessions, when practised regularly, will definitely help the Sadhak to achieve the mental and spiritual wellbeing. He also focused on the eating habits and gave us an

insight about the kind of food to be taken at the right time along with the food combinations to avoid.

Sadguruji elaborated in detail the working of the mind and the power of positive affirmations and positive thinking, to change habits, character and eventually life. It is said that 'Time flies' and it seemed true when we attended His sessions. I felt blessed to be a part of Sadguruji's online Kriya Sanskar Sadhana sessions.

Sadguruji has always been my source of inspiration and especially in this pandemic the regular practice of Kriya has helped me overcome fear and fight negativity.

Vijayasree, Mumbai

Introduction to Rich Heritage

Sadguruji Dr.Mangeshda announced that he was going to start a 12 episode, once every Sunday evening, Kriya Sanskar Sadhana classes in two groups - for children below 10 years and for everyone over 10 years. This was to start from middle of July, 20 and it was going to be a modern type of Gurukul, where participants would be taught the importance of rituals, traditions, ancient practices and many other things for our all -round development.

Our entire family registered and right from the first session, Sadguruji gave scientific explanation of important rituals and pujas that we were doing since childhood (without knowing the complete details), their importance and benefits. He taught us sacred mantras, explained when and how these should be chanted, taught us different techniques to improve our concentration, health, immunity and made it very interesting, so much so, that we used to wait every

Sunday evening to attend these sessions and did not miss even a single episode.

It is our great honour and privilege that we were a part of this first ever and unique sessions of Kriya Sanskar Sadhana. We are truly blessed to learn these ancient techniques from Sadguruji. This has helped us to understand our rituals, mantras and ancient practices. Such knowledge we missed during our childhood and teenage years. Each session has unfolded unbelievable benefits and knowledge which are not only rare but also explained scientifically.

These will definitely help us not only to face the present Covid situation but also prepare us to face any challenges in future. These sanskaras will make us stronger and are very important for our spiritual growth.

We are eternally grateful to Revered Sadguruji, who reserved his valuable time for



us and shared his vast knowledge, his research over decades and his valuable first-hand experience with us. Really feel proud of all the participants and especially the kids and teenagers who have been bestowed with such rare knowledge which will help them in their future.

I earnestly appeal to Sadguruji to please continue these classes at the earliest as we have only just started learning the basics and we still have a long way to go. He has sown

the seeds of interest and we wish to grow and flourish and know more about our ancient culture, traditions and rituals which ideally should have been taught to children in school, so that they are proud of the rich heritage of India, which is of thousands of years old, yet so modern and relevant to the present conditions that it appeals to one and all.

Pranams, Sadguruji!

Pratima Irde, Bhopal

Benefits of Kriya Sanskar Sadhana

Hari Om!

It was our pleasure to participate in the first ever **Kriya Sanskar Sadhana**, a beautifully woven 12 session programme designed by Sadguruji.

These sessions have instilled in us a sense of discipline and well being. It has increased our energy levels.

Sadguruji beautifully explained the scientific reasons behind all the rituals we have been practising blindly all this while. We regularly

practise the techniques taught by Sadguruji before going to office and this has now become a part of our daily routine. We are now eagerly looking forward for Sadguruji to start the advanced sessions.

Our koti koti pranams and Gratitude to Sadguruji for his continuous guidance!

Wishing a very Happy Birthday to Dear Revered Sadguruji!! Seeking His blessings.

Archana and Prasad Mangalore, Mumbai

Covid-19 And Mental Health

Human mind is so vast and powerful that it is very difficult to understand. Man has been gifted by the Creator with the most wondrous organ – Brain. This is the main processing unit of the body which plays an important role in the thoughts, attitudes and beliefs, memories and imaginations of the humankind. These complex cells of the brain and their working have biological connection with the mind. The healthy activity of the neurons controls the brain functions and a healthy mind in a healthy body creates a healthy soul.

The present world is caught in a web of fear due to Corona covid 19 pandemic which has forced people to stay indoors and work from home. The lockdown has brought anxiety and concern in the world at large.

Even though man has advanced in several sectors of communication, the pandemic has brought isolation and loneliness.

Work from home was a delight in the beginning, but as time ticked and no vaccine in place, slowly fatigue, stress and depression



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crept in the world and the people accepted to live with the change. In a survey, it is revealed that 60% of the Indian professionals had felt lonely at some point of time. Their work balance has been affected. Depression, instability, stress and anxiety have stepped up.

Depression, the deadly disease, is caused due to the following –

1. Sad feelings, grief
2. Loss of interest in pleasure activities
3. Conflicts and serious illness
4. Trouble sleeping
5. Feeling worthless and guilty
6. Loss of concentration
7. Finally, suicidal thoughts take over
8. Unemployment

Another interesting fact is, women are more prone to depression than men. It has affected more than 265 million people of the world and the fact that it affected the lower age group is more of a concern and a burden too!

Increased cortisone levels slowdown the production of neurons and cause the hippocampus (part in the brain) to shrink. Left untreated, mental illness becomes a costly and also a concern for everyone. Mental illness is a major disease after ischemic, AIDS and other respiratory diseases.

Covid-19-war-like situation calls for investing in mental health to prevent trauma, distress

and hardship caused by the illness. A good strategy has to be adopted to eradicate mental illness by each nation. Psychotherapy, cognitive behaviour therapy, anti-depressant medications along with treatment delivered by health professionals can help treat the disease.

Self-understanding, courage, forgiveness, self-confidence and acceptance are the steps towards the solution. Compassion and love for peace will bring about a change in the minds of all.

We should also find ways to overcome mental illness. In the era of mind revolution, meditation comes to the rescue of man, as he turns Inward to see GOD when all sacred places of worship are closed. The mind is also beyond the brain and neurological activity of the subconscious mind shows to prove this. Ancient sages were well trained in this field and gave us a vast wealth of well-being.

The global landscape of mental health has to be reassessed and action has to be accelerated towards spirituality and contentment. We have to be a catalyst in the society to make this earth a better place to live in.

Kriya Yoga, the ancient path of spiritual science is a wonderful weapon to cure all maladies. I invite everyone to embrace this ancient path to live a divine life.

Hari Om!

J Rajeswari, Mumbai

Elixir Of Life

A life called 'New Normal' which has been the order of the day for the whole world has been teaching a number of lessons for each one of us. A life packed with house hold chores and absolutely no time for activities of our choice and interest. However, the 'Information

Technology' as a master key has been a giant sigh of relief without which the life would be a stand still. The code of conduct of new normal life has not only toppled the outer world but also the Inner world of each individual filled with several uncertainties ranging from



financial to physical. An array of messages of disease stricken people and loss life of many known or otherwise, either due to pandemic or not, has transformed the perspective towards life. A life filled with retrospections. Retrospection of longing for the life before, a life full of varieties of activities!! A period of searching a solace, an 'Elixir of Life'. The Kriyabans cannot help remembering our Sadguruji's pearls of wisdom repeatedly echoing in their hearts and minds and thus the soul filled to the brim with hopes, aspirations and hence lifting the spirit to a constructive and productive life.

We, as Kriyabans, due to the Divine tutelage of HH Sadguru Yogiraj Dr. Mangeshda, are having the privilege of being aware of the importance of maintaining a balance and face any kind of crisis situation. This has become an involuntary and innate response in many of us. With respect to Sadguruji's school of Kriya Yoga thoughts and practice, all the eight limbs of Yoga Yama, Niyama, Asana, Pranayana, Prathyahara, Dharana, Dhyana and Samadhi have been instilled directly to the soul and there by awakening our soul into universal values. In this context, my experience of learning Tamil gnostic poetry 'Thirukural' by Saint Thiruvalluvar written nearly 2000 years ago, during my formative years of school days helps in realising the fact that the kind of Kriya Yoga techniques and practice imparted by HH Sadguru Yogiraj Dr. Mangeshda are universal in nature guarding and protecting the practitioners of Kriya Yoga regardless of place and time. The universal values embedded in Sadguruji's Kriya Yoga teaching and Thiruvalluvar's work and identifying the similarity would certainly be a topic of soul filled with bliss.

Thirukural is a classic Tamil language text consisting of 1,330 short couplets of seven words each, or **Kurals**. The text is divided into three books, each with aphoristic teachings on virtue (Dharma), wealth (Artha) and love (Kama). It is known for its universality and secular nature. According to some historians, its author **Valluvar**, also known in full as Thiruvalluvar lived nearly 2000 years ago. 'Thiru' in Tamil stands for 'Sri' in Sanskrit. Thirukural highlights the virtues of Non Violence, truthfulness, self-restraint, gratitude, hospitality, kindness, goodness of wife, duty, giving, agriculture, education, friendship, love, abstinence from alcohol and intoxicants. Thus, Thirukural covers a wide range of social, political and domestic life.

The Kural has been widely admired by scholars from ethical, social, political, economical, religious, philosophical and spiritual spheres which includes **Leo Tolstoy, Mahatma Gandhi, Albert Schweitzer, Constantius Joseph Beschi, Karl Graul, George Uglow Pope, Alexander Piatigorsky, and Yu Hsi**. The text has been translated into at least 40 Indian and non-Indian languages. By analysing the nature of virtues dealt in Thirukural, Thiruvalluvar has been identified as a Kriya Yogi by some research scholars.

Having learned these couplets from primary school level to college education, these 1330 couplets would definitely have played a major role in shaping a person's personal and professional life. As far as the experience of being a Kriyaban is concerned, the way of leading a constructive and productive life useful for an individual and the society has never been learned in any written form. As far as Sadguruji's school of Kriya yoga thought



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and practice is concerned, after practising Kriya Yoga diligently and after a long contemplation and introspection, one can feel that the Kriya Yoga takes charge of unfolding the soul by bypassing the mind. The mind's role from analysing is shifted to a silent spectator thus able to observe, learn and create a vast treasure house of knowledge in the world. In this context, Sadguruji's school of Kriya Yoga thought and practice and especially His untiring effort in making each Kriyaban's life a worthwhile, has been an astonishing one ever in the world!

With respect to striking a similarity between Thruvalluar's and Sadguruji's contribution towards the wellbeing of the mankind, a number of instances keep surfacing in the memory. Though innumerable features can be identified, a very few can be quoted due to constraint of space and time.

My family's very first opportunity of meeting Sadguruji in a meditation session, we were surprised to listen to Sadguruji saying, 'Not to believe in the rows and columns of a horoscope but to believe in your hand'. It appeared very much as if it was told to us. Looking back Thruvalluar's one of the chapters 'Manly Effort' there are a number of couplets talking about the importance of one's own effort. Out of which the one which echoes in my mind and heart is;

'Though fate is against fulfilment
Hard Labour has ready payments' (verse - 619)

It denotes the fact that 'Even God may fail to help but your tireless and painstaking effort will give the fruits'.

In this manner the relationship between a number of Thirukural verses and Sadguruji's teachings can be identified and they

automatically align themselves in a reciprocal form.

Though a number of chapters from Thirukural can be connected to Sadguruji's Kriya yoga tutelage, few are worth quoting.

Under the chapter of 'Love' in Thirukural, among many verses, one of the verses;

'To self belong the loveless ones;

To oth'rs the loving e'en to bones. (72)

Those who are without love belong to themselves. But who pour love and compassion to others belong to the whole world.

Regarding 'Forgiveness' few verses in Thirukural are given as follows;

'As earth bears up with diggers too

To bear revilers is prime virtue' (151)

It is given that one should be patient with revilers just the earth is with the diggers.

'Forgive insults is a good habit

Better it is to forget it (152)

'Revenge accords, but one day's joy

Patience carries its praise for age' (156)

Under the heading of Non Violence in Thirukural,

'Doing good turns put them to shame

Thus chide the evil who do harm' (157)

This reinforces the idea that the best punishment which can be given to a person doing harm to us is to do good deeds to them so that they would definitely repent.

About Medicine and disease the few verses are worth quoting;



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'Eat food to digestive measure

Life in body lasts with pleasure' (943)

Test disease. Its cause and cure

And apply remedy that is sure (948)

It is very fortunate that learning Thirukural at the formative age with a clear purpose to gain knowledge, to know, to sieve between what is desirable and undesirable, have now become an involuntary and innate tendencies due to the impact of practising Kriya Yoga under the divine guidance of Sadguruji. Sadguruji's innovative techniques are an alternative to the age-old system of gaining knowledge. The traditional ways of memorising, thinking, imagining, finding, analysing are replaced by experiencing, observing, contemplating, feeling, associating, synthesising and auto correcting and suggestions due to subtle Kriya Yoga techniques laced with the motto of Unconditional Love and Unconditional Forgiveness and also with a finer tune of empathy and compassion. Load borne by the

mind is very less and learning outcome becomes much more. Thereby the effectiveness of the learning process is very high.

With respect to Sadguruji's school of Kriya Yoga thought and practice, learning is an intermediate objective. The ultimate goal He achieves for all the Kriyabans is to internalise and practise all the characteristic features required for a personally constructive and productive and also a socially useful life.

In retrospective, it can be observed that though saints live in different places or time, their goal of life for the mankind remains the same. At this juncture of crisis it is imperative that their teachings are the ultimate 'Elixir of Life' and one should definitely be fortunate to practise Kriya Yoga techniques.

{References:Wikipedia.org

www.projectmadurai.org}

Dr. Usha Kumar, Mumbai

Yoga In Current Pandemic (COVID – 19)

Yoga is a discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga leads to a perfect harmony between mind and body, man and nature, individual consciousness and universal consciousness. Yoga helps to build up psycho-physiological health, emotional harmony; and manage daily stress and its consequences. Yoga is also useful in conditions where stress is believed to play a role. Various yogic practices such as Yogasanas, Pranayama, Dhyana (meditation), cleansing and relaxation practices etc. are

known help modulate the physiological response to stressors. Several randomized controlled studies have shown the efficacy of Yogic practices in management of non-communicable diseases like hypertension. Chronic Obstructive Pulmonary disease (COPD), bronchial asthma, diabetes, sleep disorders, depression, obesity, etc. that can be co-morbid conditions in patients with COVID 19. Yoga has also been shown to be useful in vulnerable population such as elderly, children. The function of the immune system is critical in the human response to infectious disease. A growing body of evidence identifies



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stress as a cofactor in infectious disease susceptibility and outcomes.

Studies on yoga in managing flu symptoms during an Influenza season have shown promising results. A recent randomized trial comparing meditation and exercise with wait-list control among adults aged 50 years and older found significant reductions in ARI illness during cold season with mindfulness meditation. Yoga is also known to increase mucosal immunity by increasing Salivary Beta Defensin-2 levels in elderly population considering that they are a vulnerable group to contract such infections, yoga may be useful as a preventive measure. Yoga practices such as Kriya, Yogasana and Pranayama have been shown to reduce airway reactivity in elderly subjects with asthma and COPD. Thus, sufficient evidence exists to justify testing the hypothesis that training in Yoga /Meditation can reduce susceptibility to ARI illness. Neti kriya is useful in acute coryza and symptoms of cold. Recently there was report of doctors from **Dinanath Mangeshkar Hospital**, practicing Neti kriya, not a single doctor suffered from COVID - 19, while attending COVID - 19 patients.

Yoga plays significant role in the psycho-social care and rehabilitation of COVID-19 patients in quarantine and isolation. They are particularly useful in allaying their fears and anxiety.

This document provides guidelines for yoga professionals (Certified Yoga teachers/ instructors and therapists etc.) to teach a safe

set of Yoga practices based on available scientific evidences, to novices in all walks of society as a service to humanity during this pandemic of COVID -19. This is complimentary to all measures that have been adopted. Yoga based life style modules which can be used for different sections of the society in the present scenario are presented with the following objectives.

1. To improve general immunity among the population.
2. Pre-habilitation of vulnerable populations (children, elderly and those with co-morbid conditions such as diabetes and hypertension) and to those patients in isolation/quarantine with or without mild symptoms.
3. To add-on Yoga based interventions and Meditation practices in covid-19 cases in isolation and hospitalization for psycho-social care.

Yogic Diet

Follow the recommendations as per the medical advice on diet for your condition of diabetes, or heart disease etc. and add-on these concepts from yoga that promotes mental health. This includes wholesome nutritious freshly cooked traditional home cooked food with plenty of fresh vegetables and fruits (with restrictions as per your disease condition) with added traditional spices in moderate quantities, consumed at regular timings. Abstinence from substance abuse including tobacco, alcohol and other addictive drugs.

Whenever you find yourself lost, sad and lonely, remember that you are not alone. I am walking beside you, reaching out to you, pulling you out of darkness and into the light.

H. H. Sadguru Yogiraj Dr. Mangeshda



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Yoga Practices for prevention, rehabilitation and to increase immunity.

#	Yoga Practices	Do's	Dont's	Benefits
1.	Shodhana Kriya (Yogic cleansing practices) Jalaneti, Sutra Neti,	Use lukewarm water for cleansing. Jalneti must be followed by kapalabhati to remove all water from nasal passage. Neti, is advised to practice weekly once or twice.	Should avoid in case of epistaxis, middle ear infection, and recent ENT surgery.	Neti helps in cleansing sinuses, beneficial in allergic conditions and reduces upper airway reactivity)
2.	Yogic Sūkṣma Vyāyāmas/ shithili karana vyaya mas/ Pawana muktasana series (Joint movements): Neck movements Shoulder rotation Trunk movement Knee movement Ankle rotation	Move the joints as far as possible. Do it slowly with breath awareness	Do not over strain. Avoid this practice in case of severe joint pain and illness.	Joint movements help to increase blood circulation and reduce stiffness which enhance joint flexibility. Helps to facilitate asana practices.
3.	Yogasana: Standing, Sitting, Prone & Supine lying	Do it with breath awareness. Cardiac patients shall do with care as advised by Yoga experts. Asanas that involve chest expansion preferred Simplified version/s shall be followed by beginners and elderly population	Please avoid this practice in case of cardiac disorders, abdominal hernia inflammation, ulcers, recent abdominal surgery & vertigo. Hypertensive patients should bend with care. Do not try to bend beyond the limits and do not overdo the lateral stretch.	Ushtrasana, UtthanaMandukasana, Tadasana, Trikonasana, Vakrasana, Bhujangasana, Sarala Matsyasana etc. practices improves chest expansion and cardio-pulmonary functions.
4.	Kapalabhati	40-60 strokes per minute	Hypertensive, cardiac problems, patients with respiratory distress, slipped disc patients should not do it. Better to practice it early in the morning on an empty stomach	Improves pulmonary functions and reduces secretions. Very useful preparatory practice for pranayama practice Helps to cleanse frontal sinuses.



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5	Breathing & Pranayama: Sectional breathing Nadi shodhana Ujjayi Bhramari	Breath should be slow, steady and controlled. It should not be forced or restricted in anyway. Initially start the practice with few repetitions and gradually increase the number of repetitions. If possible, maintain the ratio of 1:2 for inhalation and exhalation	In case of any cardiac disorders start with few repetitions and gradually increase the number of repetitions. Don't practise retention or hold at initial stage.	Nadi shodhan pranayama reduces the sympathetic activity and stimulate vagal (para- sympathetic) activity and decreases stress and anxiety. Ujjayi increase the oxygen saturation in body. Bhramari pranayama similar to humming may increase Nasal Nitric Oxide (NO), which may improve blood flow to the ciliary epithelium and has anti- inflammatory action
6	Yoga Nidra (Pratyaahara)	Follow mentally with awareness as per the instructions given during practices. Keep the eyes closed during the practice and avoid body movements.	Don't open the eyes until asked. Don't sleep Don't ask any questions during the practice even if any questions arise in the mind. Gradually increase the duration of the practice	Reduction in sympathetic arousal and reduced emotional distress and improves quality of sleep. Rejuvenate the body and helps to keep the mind calm
7	Meditative practices Breath awareness, Dharana & Dhyana)	For beginners, soothing music may be played in the background during meditation or to observe the breath. Practice it as long as you can.	Don't open your eyes. Don't shake your body. Don't be judgmental with thoughts	Meditation helps to reduces anxiety and stress by reducing the cortisol level and enhance the alpha brain Waves. Makes the body stable and calms the mind Balances the functions of neuroendocrine system there by enhances the immune system .

Dr. Kishore Kokal, Mumbai

Dojo

DOJO means an arena for karate competition or Aakhada in Indian sports culture. Dojo is a Japanese method which is used in skill development by world renowned Toyota Company. Though this is decade old but these techniques are now adopted by various industries in India and across the world. This

tool helps to get better achievement with better quality. It is a very vibrant tool and tactful for harnessing the skills for the betterment of sportsmen or workers or sadhaks. To master these skills, one has to go through a very intensive training programme with textual and practical ways and from a



learned Master, teacher.

Let me explain how this is relevant to our Foundation. Our **Sadguruji Yogiraj Dr. Mangeshda**, is an accomplished sportsman, was a National Champion in Karate and has won Gold medal for India in Asian Karate Championship and has been practising, teaching healthy living, fitness for more than five decades, must have used similar skills and techniques which he has passed on, taught to his disciples who have won many National and International medals. Best example which I mention with great zeal, is International Yoga competition held in Bali in 2019.

A few months before this competition, his disciples were raw and had never competed in International event. Despite a very short time, Sadguruji Dr. Mangeshda, meticulously planned the event, designed and developed an exacting schedule, gave scientific explanations regarding composition of body, improving elasticity and flexibility, proper diet, adequate rest, rigorous training and with his vast experience and knowledge, he, with pure love, care and motivation ensured that within a couple of months his students were ready to compete and take on the best of the world.

Proud to mention that all the participants got medals at the International Yoga Competition, which is a huge achievement and boosted the morale and confidence of his students. This was possible only because of Sadguruji's precise training and his vast experience of coaching and winning International medals

himself.

I am really proud of my Sadguruji Dr. Mangeshda, our Foundation members and pray at the lotus feet of Sadguruji that he gave me the clear ideas, teachings and guidance to incorporate his ideas in my shop floor at my workplace to improve the skills of my workers and in turn benefit my organisation as well as my co-workers.

I have been a disciple of Sadguruji for more than a decade and whatever I learn from him, I try and implement the same in my personal and professional life. His teachings have helped me a lot and has changed my perspective of looking at things, being positive always, always keep learning from the situations and people around us and most importantly lending a helping hand to others and improving the lives of the underprivileged. Giving back to society, what we have been privileged to receive, is what our Sadguruji always teaches and has been practising for decades.

Wishing everyone a very happy, healthy, prosperous New Year and pray that we can restart our normal activities post Covid19. Take care, stay safe and healthy and use this time to learn new things, staying healthy and spending time with family members.

Jai Gurudev

**Your disciple
Whistling Maverick
Ravi Chandavarkar, Mumbai**

Grace

Hari Om!

My journey with His Holiness Sadguru Yogiraj Dr Mangeshda started with yoga classes in January 2017. After that, there was no looking

back. Initially, I had to overcome a lot of obstacles to take Kriya Yoga Diksha, may be, because my time had not come. I could finally take Diksha in August, 2017, on Gokulastami day.



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Thereafter, the events happened and I just followed them. I attended 'How to be Happy' in December 2018, for the first time. It is indeed a unique programme designed by Sadguruji himself, for all. It has a variety of aspects for all the age groups. Everyone can enjoy this programme. I did not realise how those three days passed by, as it was just 'out of this world' experience! I was truly blessed to spend the New Year eve and the first day of the year 2019, with the blessings of Sadguruji.

Yoga classes were started by Sadguruji again in December, 2018. This came at the right time for me when I was going through my menopause period. I joined the yoga classes so that I could keep myself flexible and fit. I could feel the rigidity in my body due to my menopause which had then just begun. But Sadguruji was actually preparing all of us for the competitions as he had a different perspective and vision for yoga. I never thought that I would ever participate in any of the yoga competitions with so much rigidity. I have been attending these Yoga classes since then. Sadguruji has designed the exercises/ yoga asanas in such a way that our every body part is sculpted and moulded. Because of these sessions, my rigidity has lessened and my stamina has increased. I had a wrong perception of yoga, that with knowing

a few asanas you could do yoga asanas. But after attending Sadguruji's yoga sessions I feel that I have so much to learn and have a long way to go to reach up to Sadguruji's expectations. Sadguruji's continuous guidance and motivation helps us to achieve more. Every session, there is something new to learn.

Again, I was fortunate and blessed to attend the first-ever Kriya Sanskar Sadhana (KSS) shibir of 12 sessions which started in July, 2020 and ended in October 2020.

I am grateful to Sadguruji for giving us this bouquet of sanskaras with the scientific explanations in these wonderful 12 sessions of KSS, where we were able to imbibe and learn these sanskaras from Sadguruji. Every Sunday had some new learnings and Sadguruji came up with new teachings and different techniques of meditation helping us lead towards a healthier life. These sanskaras have really helped to be calmer, have brought clarity in the thought process and most importantly has helped to increase the energy levels and instill discipline in us. Grateful to you Sadguruji and Koti Koti Pranams at your lotus feet for all that you do for our well being!

Usha Ajit, Mumbai

Gurumauli

Mauli means Mother. Mother - one who knows her child inside out. There is a different bond which mother and child share. They don't speak. Their hearts speak, eyes speak, minds speak. A Mother knows what's happening in her child's mind, whether the child is happy or sad, growing or struggling, and whether the child is fit physically, emotionally, financially and spiritually or not.

She is the lifeline of her child. So when I say Gurumauli to my beloved Sadguruji, **H.H. Sadguru Yogiraj Dr. Mangeshda**, I mean the same. He is Our Mother, who knows us in and out. He is our lifeline.

During this ongoing Pandemic situation, everyone has been through a lot of turbulence, at an emotional, financial and job security level, to take care of the survival of



their families. Some were happy spending family time together while some families underwent tremendous stress. It was not just about financial loss but also about the emotional loss. And what saved many people are the teachings of **Sadguruji, Parampoojya Sadguru Yogiraj Dr Mangeshda** through his online sessions on Kriya Yoga Meditation and Yoga for Fitness.

This pandemic has affected every individual globally, then how can I be an exception to all this. Yes, the pandemic affected us financially and emotionally as a lot of unforeseen insecurities were popping up from everywhere. But we had to maintain our peace from within and stay strong. I was going through a lot of emotional trauma and it was becoming very difficult for me to introspect and understand what is happening. I felt as if I was going into a depression which I did not want to, yet I was unable to overcome it and finally there came a day which was the peak of all these bad emotional turbulence. I was alone at home and many negative thoughts passed through my mind. At around the same time, Sadguruji had messaged me to call him at a particular time regarding some Foundation's work. I was really in one of my worst states of mind and within a minute, I had to speak to Sadguruji. It was very difficult situation for me to control my emotions at that time. But He knew at that particular time I needed him the most. When I spoke to my Gurumauli, He understood everything happening with me and within me, without even asking me anything about it. I felt very relaxed and became quiet after speaking to

Him. Immediately in my Kriya Yoga session the next Sunday, He spoke the same way as He always does to guide us all. But this time when He spoke, I strongly felt it was just for me. He spoke about the same things which I was going through guiding on how to tackle these situations and how Yoga helps you in doing that. I was amazed, speechless and grateful to my GuruMauli. He is our Lifeline. He understands everything. I got the answers for all my questions. Trust me, from that day onwards, I am a very different person, much more stronger, independent and self-confident.

I thank God that during this entire pandemic situation the best thing which I did was to continue attending **Sunday Kriya Yoga sessions**. I always want to stay connected to my Gurumauli and attending Online Kriya Yoga sessions was the best way to do this. Though not being able to see and meet Him physically, but even Sadguruji's Darshan online and His teachings makes us feel happy within, inspires us, encourages us and gives us the strength to fight the situation.

Once again my Humble Pranams at the Lotus Feet of **H. H. Sadguru Yogiraj Dr Mangeshda**. Sadguruji, thank You so much for continuing all your sessions - Kriya Yoga, Mediation, Yoga for Fitness and now Kriya Sanskar Shibir. Words fall short to express my gratitude towards you. Thank you so much for your teachings, guidance and blessings!

Hari Om!

Maya Atul Bidvai, Mumbai

Spiritual journey is a combination of your mind, your breath and your streamlined track.

H. H. Sadguru Yogiraj Dr. Mangeshda



THE AWAKENING!

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

Poems

Blossoming of The Soul

Deep into the Ocean You guided us to Dive,
Teaching us to Surrender and leave all Fears
behind.

**High up the Mountains you guided us to
Climb,**

To scale New Peaks and celebrate the Highs.

**Dense into the Forest You taught us to
Tread,**

In search of that Light which darkness Beheld,

**Brave like a Warrior, You taught us to
Fight,**

To face any peril with our Supreme Might.

Oh! my Divine Teacher,

**I Thank Thee form the deepest corner of
my Heart,**

For Sculpting my Life from **dullness to Shine,**
For guiding to be humble and not, **blind with
Pride.**

For Bestowing upon me Unconditional Love,
And Embracing me as Your Child.

Pray that Your Love and Teachings will be
preserved and practised till my Last Breath on
Earth,

Forever indebted to You for Your Eternal
Grace and Blessings.

Jai Gurudeva

Vinita, Mumbai

A 'Thought'

Invisible you are, Visible to me
Birth after birth Following me!
Breathing I am, forgetting my breath,
Waking moments, You dominate me!
When I am sleeping, You possess me!
You are my dreams,
You are my Fantasy,
You are my Emotions,
Stealing me away from Reality!
I know not how you sneak in,
You amuse and captivate me!
Smart are your ways,
You bind me with chains!
Trying to break and FREE myself,
Trapped I feel in your clutches!

Naughty you are, yet Naive!
Ready to Redeem and relieve ourselves,
Revealing to me the Master plan,
Still you are, Seeing Divine!
Silent you are, in Shining Light!
In thy Light you Vanish!
In your absence is my Peace,
Discovering MYSELF, I Vanish!

Expressing my Gratitude
Sadguruji, at thy Lotus feet!
Happy Birthday, Sadguruji
Seeking your Blessings,
Pranams.

**A Thoughtful Inspiration
Penning to Visibility!
By Shambhavi Kriyaban**
Wholistic Health Guide,
Ayurveda Practitioner
Boston, USA



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‘मन’ की बात

जीवन में पहला पल, पहली साँस, पहला स्पर्श, प्रथम स्नान तथा प्रथम वस्त्र एवं पहला दुग्धप्राशन! इन पहले अनुभवों से जीवन की शुरुआत होती है। हरेक व्यक्ती का अपने जीवन में आनेवाले अनुभवों के तरफ देखने का नजरिया शायद अलग अलग हो सकता है लेकिन उसें इस अनुभवों के हर मोडपर अपनी सोच बदलनी ही होती है — और उनके सन्मुख पेश होना पडता है।

विविध अनुभवों के प्रभाव से व्यक्ती के स्वभाव में बदलाव आते रहता है और उसकी अल्लडता की जगह प्रगल्भता प्रगट होने लगती है। चाहे वह किताबों, लेख तथा अन्य लोगों के साथ का परिचय या वार्तालाप हो, यह सब उसपर अपना प्रभाव छोड जाते है — कभी वह सकारात्मक होते है तो कभी नकारात्मक !

बचपनसे हुए संस्कार व्यक्तिगत जीवन में गहरा असर करते हैं और सकारात्मक या नकारात्मक व्यक्तिमत्व के निर्माण में विशेष भूमिका निभाते है। हमें यह अक्सर दिखाई देता है कि कई बार अच्छे भले वातावरण में जन्म लेकर भी नकारात्मक व्यक्तिमत्व में परीवर्तित होते है; तो कई प्रतिकूल परिस्थितियों में जन्म लेने के बावजूद अपनी प्रतिभा से सकारात्मक व्यक्तिमत्व में उभरते हैं।

इन सब बदलाव का मुख्य कारण होता है मन। मनुष्य का मन एक अद्भूत चीज है। हरेक व्यक्ती की ग्रहणशक्ती अलग होती है। मन का संबंध भावना से जुडा होता है। उसमें भावुकता, चंचलता होना जायज है। वह मजबूत हो सकता है या दुर्बल हो सकता है पर उसको मनुष्य के जीवन से अलग करना संभव नहीं। जीवनप्रवाह के हर प्रवास में मन का प्रभाव मनुष्य के स्वभाव की रुपरेखा(आलेख) तय करते रहता है।

शरीरांतर्गत रासायनिक प्रक्रिया प्रायः ९० प्रतिशत बीमारियों का तथा मानसिक तनाव का स्रोत है — जो मन के विचलित होने से पैदा होती है। इसलिए मन के उपर शास्त्रीय तत्वों के आधारपर संस्कार होना जरूरी है। सदियों से चले आए रीती — रिवाज , परंपराओं और रतों के पिछे जो शास्त्राधार है, वह हमारी धरोहर है। मनोवस्था को स्थिरता प्रदान करके सकारात्मक ऊर्जा निर्माण करने हेतु हमारे ऋषि-मुनियोंने इन संस्कारों का अनोखा वरदान हमें उपलब्ध कराया है। नाम्समरण, मंत्रजाप, श्लोकपठण, होमहवन, किर्तन तथा

स्वाध्याय यह आजके बदलते जीवनशैली से निर्मित नकारात्मक भावों को नियंत्रित करके आनंददायी और सकारात्मक जीवन जीने के लिए अति आवश्यक उपलब्धियाँ है।

ध्यानधारणा को आध्यात्म का महाद्वार कहा जाता है। वैज्ञानिकों ने ध्यानधारणा से शरीर और मन पर होनेवाले सकारात्मक बदलावों की पुष्टी की है। नियमित ध्यानधारणा से मन में शांती प्रगट होके सृजनशीलता एकतानता में बढोतरी होकर ऊर्जा का उत्थान और आकलन शक्ती में समन्वय प्रस्थापित हो जाता है।

मन की शक्ती अपरंपार है । जब एक संशोधक कडे अभ्यास के साथ मन की एकाग्रता से अपनी बुद्धीमत्ता को विवेक से इस्तेमाल करके कोई काम करता है तो वह सराहनीय बनता है, हालाकि वही अगर विवेकहीन हो तो विनाशकारी सिद्ध हो सकता है। अतः मन की अमर्याद शक्ती को संस्कारित करके अपनी लक्ष्मणरेखा निर्धारित करना अत्यावश्यक है।

मानसशास्त्र का एक सिद्धांत है कि बेकाबू मन से ग्रस्त व्यक्ती अंततः सिझोफ्रेनिक/मनोरूग्ण बनती है और हिस्टेरिया की शिकार बन जाती है; जो उसकी भावनिक अवस्था का अंतिम चरण होता है। प्रायः इस व्यक्ती को एकतर्फा विचार करने की आदत होती है, जिसे वह अपना ग्रह कर लेता है की उसका विश्लेषण सदा सही है और यह भ्रम एक साया बन के उसे बेकाबू बना देता है , जिससे वापसी बिलकुल असंभव हो जाती है। इसी संभ्रमित अवस्था में खुद से बातें करना, अलौकिक भासमान, दैवी, पिशाच्च योनी के प्रतिमाओंसे संवाद करना आदि कल्पनारम्य स्थिती मे रत रहते भयावह स्थिती में पहुच जाते है।

आध्यात्मिक साधना करते अमन अवस्था में पहुचने के लिए मन का स्थिर होना आवश्यक है। अपने मन में उभरते विचारों को तटस्थता से बिना प्रतिक्रिया के निरिक्षण करना यह ध्यानधारणा का तंत्र है। ध्यान से साँस की गति कम हो जाती है और नाडी का चलना लयबद्ध होकर विचारशक्ती में धीमापन आ जाता है। मन की विचारशक्ती को प्रभावित करने का दुसरा माध्यम है मंत्र जो नित्यपठण से अपने विचारों को भक्तिभाव में लीन करके भटकने नहीं देता।



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मानवी जीवन में अगर खूद को जानना हो तो अपना मन और स्वभाव इनकी पहचान होना अतिआवश्यक है। विचार मन की निर्मिती है तो उनका स्रोत है ज्ञानेंद्रिय। मूलतः मानवी स्थूल शरीर में मनरूपी सूक्ष्म शरीर वास करता है जो अपनी पाँच कर्मेंद्रियों, पाँच ज्ञानेंद्रियों के साथ बाह्य संसार से संपर्क करता है। मन ही मनुष्य के बंधन और मोक्ष का कारक है। भौतिक जगत के जैसेही मन के तीन घटक है — सत्व, रज और तम। मन जागृत, अर्धजागृत और समाधिवस्था के तीनों स्तरपर कार्य करता रहता है। मानवी मन का चार वृत्तियोंमें विभाजन किया गया है — १) मन २) बुद्धि ३) अहंकार ४) चित्त

जब मन बाह्यजगत का ज्ञान ग्रहण करता है तब यह चारों वृत्तियाँ कार्यरत रहती है। मन के दोषों में अहंकार सबसे विनाशक है। अहंकार से स्वार्थ, भोगलालसा का उत्थापन होके सब कुछ छिनकर अपना भला करने की भावना बढ़ते जाती है और बचपन की निरागसता का विलोप हो जाता है। अहंकार से संकुचित वृत्ति बढ़ते जाती है और अपूर्णता का वास बढ़ते जाता है, जो वासनातृप्ती में सार्थकता ढूँढता है। मन का संतुलन ढलना यही से शुरू हो जाता है। असंतुलित मन नकारात्मक विचारों का अधीन हो जाता है। काम, क्रोध, लोभ, मोह, मद, मत्सररूपी षडरिपू उसपर सवार हो जाते हैं और यह वृत्तियोंके प्रभाव से तनाव, अपराध, हिंसा और व्यसनाधीनता आदि दुर्गुणों में बढ़ोतरी होते जाती है। ऐसे अविचारी मन को लगाम डालकर उछलनेसे रोकने के लिए अच्छे सारथी की जरूरत होती है। एक गुरु ही ऐसे बेलगाम अश्वरूपी मन को सीधे रास्ते चलने मदद कर सकता है चाहे मार्ग कितना भी कठीन क्यों ना हो।

मन इंद्रियों का गुलाम हो तो सदा सर्वदा नये नये अनुभवों की खोज में व्यस्त रहना चाहता है तथा उन नवीनतम भोगलालसा से विचलित बन जाता है। महर्षि पतंजलि द्वारा जो प्रत्याहार की संकल्पना का पुरस्कार किया है उसका मकसद यही है की पंचेंद्रियों को इंद्रिय सुखों से परावृत्त करके चित्त की एकाग्रता साध्य करना — और इस की पूर्वतैय्यारी होती है यम, नियम, आसन, प्रत्याहार की साधना के माध्यम से।

अगर कोई व्यक्ति इंद्रियों के विषयसुख में फंस जाता है तो स्वार्थ, द्वेष, क्रोध, मत्सर यह सभी दुर्गुण उसके हर काम में दिखाई देने लगते हैं। सदगुरु अपने समर्पित शिष्यों को यह शिक्षा देते हैं की इंद्रियों को खुद के अधीन कैसे रखे ताकि विषयवासना उन्हें छुए तक नही और वहा सदा आनंदमय जीवन जिए। ऐसे शिष्य को सत्य-असत्य ज्ञान होने से वह गुरुकृपासे निष्काम और फलनिरपेक्ष बुद्धि से कार्यरत रहता है और उसका मन दुःख, अहंभाव तथा द्वेषभावनासे परे होकर सदा प्रकाशमान रहता है।

आत्मज्ञान की पहली सीढ़ी है मन के उपर अधिकार पाकर अपने गुरु से मिले ज्ञान का सदा अच्छे काम के लिए इस्तेमाल करना। प्रेम, करुणा, स्वाध्याय और निरपेक्ष भावना से अन्य लोगों की सेवा करना यह सदवृत्तियों का पनपना सदगुरुकी कृपा से साध्य जरूर हो जाता है। ऐसे व्यक्ति को समाज में जो आदर — सम्मान मिलता है उसका श्रेय सर्वथा सदगुरु से मिले मार्गदर्शन व आशीर्वाद का फल होता है। संसाररूपी महासागरसे सुखनैव यात्रा का मार्ग सदगुरु दिखाते हैं और अपने इच्छित ध्येय की तरफ ले जाने वाला वह दीपस्तंभ होता है।

गर्भ से जन्म लेनेवाला हर एक बालक पहले साँस से कोऽऽहं का प्रश्न उपस्थित जरूर करता है लेकिन सोऽऽहं से की अनुभूति पाना बहुत कम लोगों को साध्य होता है।

संत महात्मा कह गये हैं की बुद्धीवादी मनुष्य अज्ञान की वजह से दुःख, भय, चिंता और शोक का सामना करता है क्योंकि अज्ञान से वह मैं, मेरा की चक्कर में चक्रवात की तरह घुमता रहता है। अगर आत्मसुख, आत्मज्ञान पाने की जिज्ञासा न हो तो ऐसे व्यक्ति का जीना बिलकूल नही के बराबर है। ज्ञानप्राप्ती की जिज्ञासा हो तो अपना जन्म उसकी प्राप्ति में लगाना, हर पल, हर श्वास उसकी कामना करना यही सही धर्म है। कोऽऽहं को सोऽऽहं से जवाब मिलना शुरू हुआ है जरूर — उसका अंतिम पडाव दृष्य होने का अवकाश है — उस अनुभूति की प्रतीक्षा जरूर करेंगे!

- सदगुरु योगीराज डॉ. मंगेशदा

स्मृति चित्र - एक यात्रा का

करीब २० साल यानि दो दशक हमारा और सदगुरुजी का साथ रहा है। कितना अजीब संयोग है जीवन का, जो हम

उनके संपर्क में आए और उनके हो गए। मैं बिगड़ी हुई नींद की बीमारी से ग्रस्त था। हालाकि उस से मेरे कामकाज में



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कोई बाधा नहीं पड़ती थी लेकिन दिनभर एक अहसास होता था कि नींद पूरी नहीं हुई। एक तरह की बेचैनी रहती थी। मेरे एक नजदिकी रिश्तेदार ने सुझाव दिया कि आप ध्यानधारणा का कोर्स कीजिये। वह खुद भी एक क्लास को जाते थे। काफी खुशामिजाज और प्रसन्नता भरे रहते थे। मैंने सोचा यह भी आजमाके देखते हैं। कुछ फायदा होता है तो ठीक, नहीं तो छोड़ देंगे। उनकी सिफारिश से मैंने प्रवेश लिया। कोई खास उम्मीद नहीं थी। खासा कठिनाईयो भरा दिनक्रम था। ५ बजे नरीमन पॉइंट के ऑफिस से निकलो, ६ से सात-साढ़ेसात तक दादर में क्लास करो और भीड़ भरी विरार लोकल से घर पहुँचो। घर में घुसते ही बीबी की व्यंगभरी मुस्कान और ताने! “ठीक से घर नहीं संभालते और चले अध्यात्म सीखने! सौ चूहे खाके बिल्ली हज को चली।” ये बीबियों का तो जवाब नहीं, सीधे मुह से कभी बात नहीं करती।

तीन महीनों के बाद मुझे लगने लगा यह अपने बस की बात नहीं। मेरी समस्या यह थी कि ध्यान के वक्त मेरी आँखे पूर्णतः बंद नहीं होती थी। अतः ध्यान के दौरान जो अनुभव अन्य लोगों को होते थे, उनसे मैं बेखबर था। २०-३० मिनट आँखे बंद करके मन एकाग्र करना मेरे लिए मुश्किल था। तरह-तरह के विचार आते थे और मन भटकता था। मेरी यह अवस्था का बयान बीबी से किया तो कहने लगी “आप तो ऐसे ही है, एक जगह टिकनेवाले नहीं। कोई तरह का स्वयं अनुशासन है ही नहीं। दोस्तों के साथ मज़े करते वक्त कैसे सबकुछ भूल जाते हो। तब कैसे कोई अन्य विचार नहीं आता?” मन में एक जोरदार झटका लगा। शायद वो मेरी कमी को दोहरा रही थी। दोस्तों के साथ वक्त गुजारना मेरा पसंदीदा व्यवधान था। कहते हैं ना मन जो चाहता है उसमे तुरंत मग्न हो जाता है।

मैंने तय कर लिया अब निश्चय से अपने आप को ध्यान धारणा में घोलना होगा। यही सोच से फिर एक बार क्लास जारी रखा। मेरी दोलायमान अवस्था का शायद गुरुजी को पता था। वह बार बार मुझे टोकते, “चंदू, आँखे ठीक से बंद करो, कोई विचार नहीं, चित्त एकाग्र करो।” और मुझे अहसास होता उनका ध्यान मेरी हर हरकतों पर है। उनका हमेशा यह

कहना होता कि मन विचलित होने के कारण है क्रोध, भय, उदासी, अपेक्षाएँ और भ्रामक दुःख और सुखों की कल्पनाएँ! उनमे उलझोगे तो बहते जाओगे। इन सभी का परित्याग करने के लिए मन को प्रशिक्षित करना जरूरी है। इस लिए ध्यान में कोई माध्यम लेकर उस पर मन केन्द्रित करने की शिक्षा दी जाती है। ताकि मन यहा-वहा भटके नहीं। मुझे मालूम था, मेरे मन में अपार गुस्सा भरा पड़ा है। अपनों की वजह से दर दर की ठोकरे खाकर मैं जीवन में उभरा था। और जिन लोगों ने मुझे तकलीफ दी थी उनके प्रति नफरत और प्रतिशोध की भावना थी। प्रायः नकारात्मक भावना मन में अपना स्थान आसानी से बना लेती है। उनको कुरेदना और पनपते देखना एक स्थायी भाव बन जाता है। इनपर विजय पाना बिल्कुल आसान नहीं था। शायद यही वजह थी कि मुझे ठीक से कभी गहरी नींद नहीं आती थी। गुरुजी मेरी इस मनोदशा को भलीभांती जानते थे। इसका अहसास मुझे तब हुआ जब किसी सेशन में उन्होंने कहा “देखो आपका जो कुछ भूतकाल है उसे खुले दिल से बयां करो, आपका मन हल्का हो जायेगा। और दूसरी बात, बीती बातें भूल जाओ और उन लोगों को खुले दिल से माफ़ करो जिनकी वजह से आपको दुःख और पीड़ा का सामना करना पड़ा।” मैं अपनी कहानी कहते कहते रो रहा था, सिसक रहा था, आंसू थमने का नाम नहीं ले रहे थे। गुरुजी मेरी सांत्वना कर रहे थे। उन्होंने कहा, ‘मैं भी ऐसी परिस्थितियों से गुजरा हूँ। लेकिन उसमे उलझकर रहना जायज़ नहीं है। जीवन में आगे बढ़ना हो, तो इन बातों को भूलना सीखो।’ मैं सोचता रहा क्या यह संभव है?

हमारी सद्गुरु मंगेशदा क्रियायोगा फाऊंडेशन का ध्येय वाक्य है ‘निःस्वार्थ प्रेम और निःस्वार्थ क्षमाशीलता।’ उसकी गहराई का अन्दाजा तभी मुझे नहीं था। लेकिन जैसे जैसे वक्त गुजरता गया और गुरुजी का सान्निध्य बढ़ता गया, खुदको इस ध्येय के समीप आते हुए पाया। शुरुआत में लगता था मैं शायद निःस्वार्थ प्रेम का आचरण कर सकता हूँ लेकिन क्या किसीको निःस्वार्थ भाव से क्षमा कर सकता हूँ? धीरे धीरे मुझे एक अहसास हुआ कि खुले दिल से किसी को क्षमा करने से मेरे ही अंदरका झुलसना कुठना कम होते जा रहा है और प्रसन्नता बढ़ रही है। मन का बोझ उतरते जा रहा है। यह तो आत्मनिरीक्षण की प्रक्रिया की शुरुआत थी। खुद की



THE AWAKENING!

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कमजोरियों का आकलन होना और उसपर अमल करके अपने आप को संभालना तथा अपने व्यक्तित्व में सुधार करना यह एक खोज है।

अब मैं अपनी खोज की बात करूँगा। मेरे शालेय जीवन में मैं अपने शिक्षकों का चहिता विद्यार्थी था। अलग अलग स्पर्धाओं में शरीक होने के लिये हमारे म्युनिसिपल स्कूल के शिक्षक खुद का समय निकलकर हमारी तैय्यारी करवा लेते थे। निबंध लेखन, वाद संवाद प्रतियोगिता, खेलकूद, चित्रकला इत्यादि में हम अन्य प्रतिष्ठीत स्कूलों के साथ भाग लेते थे और कितने पारितोषिक प्राप्त किये थे। लेकिन समय के साथ यह सब कुछ छूट गया था। और फिर यह यादे तरोताजा हो गयी 'हाऊ टू बी हॅप्पी!' कार्यक्रम के दौरान। सदगुरुजी ने यह कार्यक्रम इस तरह बनाया था कि इस में शरीक होनेवाले सभी लोग अपना हुनर सब के सामने पेश कर सकते है। इस कार्यक्रम का गठन करने का हेतु था साधक न सिर्फ आध्यात्मिक साधना में उलझे रहे बल्कि समाज में रहते हुए परस्पर सम्बन्ध, रहन सहन, बात चित का तरीका लहजा इसमें अग्रसर हो और सबसे बढ़कर सुसंवाद और सुसंस्कृत आचार विचार से एक दूसरे से बंधे रहे। अपने अंदर की विशेष खुबिया जाने और उनका इस्तेमाल निजी ज़िन्दगी और बेहतर और सुखकर बनाने में कामयाब हो।

इस कार्यक्रम में इतनी नयी नयी बाते सीखने को मिली के जैसे जादूगर की पोतडी में से एक एक अजूबा बाहर निकलता हो। हम लोग ट्रेन से देवलाली जाने निकले तो कल्पना नहीं थी के हमारे साथ गाते बजाते नाचते सफ़र करनेवाले हमारे गुरुजी हमसे कोई अलग है। बस हम में से एक है। वहा पहुचनेके बाद यह सब बदल गया। उनके व्यक्तित्व के इतने पहलु सामने आये कि हम हक्का बक्का रह गये। इतनी खुबिया रखनेवाला व्यक्ति असाधारण ही होता है। कार्यक्रम की शुरुआत होती है स्वयं का परिचय देने से। बाद में वाद- संवाद, अन्ताक्षरी, सूर्यनमस्कार की होड़, खेलकूद, भजन के बावजूद एक अनोखा सत्र भी था - एंजेल कार्ड का। और वह क्षण आया जब गुरुजी के कहा कि रात को फैसी ड्रेस प्रतियोगिता होगी। मुझे इसके बारे में कुछ कल्पना नहीं

थी, न मैंने इसके लिए तैय्यारी की थी न कोई कपडे लाये थे। समझ में नहीं आ रहा था क्या करे। अपने रूम में वापस जा रहे थे तब हलकी सी बूदाबांदी हो रही थी। राहपर खिचड जमा हो गया था। प्रतियोगिता का समय हुआ और हॉल की ओर जा रहे थे तब यकायक मुझे एक तरकीब सूझी। मैंने शर्ट उतार दिया। किसीके पास से ब्लेड लिया, जो बनियान पहनी थी उसको फाड़ दिया, खिचड पुरे शरीर पर लगाया। हॉल में प्रवेश करते ही सब लोग मेरी तरफ अचरज भरी निगाहों से देख रहे थे। मेरी बारी आयी तो मैंने भिखारी का बेरिंग लिया और कहने लगा "दे दान छूटे गिरान।" तालियों की गूँज उठी तो मैं समझ गया मेरा किरदार सब को भा गया है। इस अभिनय के लिए गुरुजी द्वारा अवार्ड मिला तो मैं खुशीसे झूम उठा। यह शायद मेरा पहला स्टेज परफॉरमेंस था। फिर छोटी नाटिका में भी हमारी टीम को प्रथम पारितोषिक मिला जिसका स्क्रिप्ट मैंने ही लिखा था। मुझे विश्वास हुआ कि मेरे अन्दर का कलाकार शायद यही ओपनिंग की ताक में था। मेरी इस परफॉरमेंस के बाद गुरुजी ने मुझे आदेश दिया कि मैं अपने विचार हमारी अंतरराष्ट्रीय पत्रिका 'द अवेकनिंग!' में लिखू। मेरे पहले ही लेख से गुरुजी प्रभावित हुए। उन्होंने कहा, "तुम में साहित्य की प्रतिभा है, अच्छा लिखते हो, लिखते रहना।" मुझे मेरे अन्दर के सोए हुए फनकार की पहचान गुरुजी ने करवायी। मैं अब भी सोचता हूँ कि यह मेरे अन्दर के लेखक का पुनर्जन्म था। वही से जो सिलसिला शुरू हुआ वह अब तक जारी है।

हाउ टू बी हॅप्पी कार्यक्रम का परमोच्य क्षण था डॉसिंग मेडिटेशन। धुंधली रोशनी में संगीत की लय ताल पर आँखे बंद किये सभी गोलाकार में झूम रहे थे के यकायक संगीत का टेम्पो बढ़ गया और मध्य मे तांडव करते नटराज का आगमन हुआ। यह और कोई नहीं प्रत्यक्ष गुरुजी थिरकते पदन्यास से पुरे गोलाकार को आगोश में लिए सम्होहित कर रहे थे। फिर यकायक संगीत थम गया और हाल के बिचोबिच गुरुजी ध्यान की मुद्रा में बैठ गए। दुसरे ही क्षण सभी लोग उनकी ओर लपके। हर एक को अपने में समेटने का वह प्रयत्न कर रहे थे। अनोखा नज़ारा था मानो कमल पुष्प की पंखुड़िया गुंजारव करते भूंग को समेटे थरथरा रही है। अत्यानंद से हर एक की आँख से आंसू बह रहे थे। अब तक



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यह दृश्य मन मशितशक पर छाया हुआ है।

फिर वह क्षण आया जब गुरुजी ने कहा कि वे कुछ इने गिने शिष्यों को क्रियायोग की दीक्षा देंगे। कुल ५६ लोगों को इसके लिए चुना गया था। अब यह स्पष्ट हो गया के गुरुजी अलग अलग क्रियाओं में व्यस्त रखकर इसी बड़े कदम के लिए हमारी तैयारी करवा रहे थे। मैं खुद को भाग्यवान समझता हूँ कि मुझे उन्होंने इसके लिए काबिल समझा। इस विधि के लिये क्या सामग्री लानी है और क्या विधि होगी इसकी जानकारी पहले से दी गयी थी। जोगेश्वरी स्थित एस. आर. पी. एफ. कैंप के सभागृह में यह विधि का आयोजन किया गया था। बहुत ही सुन्दर जगह थी। काफी उचाई पर छोटी सी पहाड़ी पर बसे सभागृह के तीनों तरफ ढलान थी और हरियाली से हराभरा समां मनोहारी था। सुबह सात से लेकर रात दस बजे तक यह दीक्षाविधि अथक चलता रहा। सभी शिष्य शायद थके होंगे लेकिन गुरुजी की मुस्कान हमेशा की तरह आश्वासक थी। दिन था २ अक्टूबर २००१, गांधी जयंती का महुँरत। यह तारीख चुनने के पीछे भी बड़ी वजह यह थी कि महात्माजी भी क्रियायोग के साधक थे। दूसरे दिन कैंप था जिसमे सभी क्रियाओ के बारे में जानकारी और प्रात्यक्षिक दिखाए गए जो हमारी नित्यक्रम का भाग बन गए। लेकिन सबसे बढ़िया चीज़ थी ५ सावधानों की शिक्षा जो अगले जीवनभर हमारी साधना का अत्यावश्यक हिस्सा बनकर रहनेवाली थी। पंचमहाभूतों के साथ सदा कैसे जुड़े रहे इसका यह मूलारंभ, मूलमंत्र था। इसके बाद क्रिया साधना हमारे जीवन का अभिन्न अंग बन गया। हमारे आचार विचार और सोच में जो बदलाव आए उनका जिक्र करना मैं मुनासिब समझता हूँ। जैसे मैंने पहले कहा है कि मुझे गुस्सा बहुत जल्दी आ जाता था। क्रियायोग की दीक्षा के बाद मेरे अन्दर इतना परिवर्तन आया है के अब मैं कुछ प्रतिक्रिया देने से पहले सोचता हूँ, क्या यब सब करना जरूरी है? मैंने यह महसूस किया है कि क्रोध से मेरी साँसे फूलती है, बदन तपता है और सदसद्विवेक का खात्मा हो जाता है। इन नकारात्मक भावनाओ पर जितने जल्द आप काबू पाते है उतने ही शीघ्र आप का मन शांत होने लगता है। मुझे लगता है कि मन पर अंकुश रखने में क्रिया योग की अहम् भूमिका है। दूसरा एक बदलाव यह आया है कि मन सदा प्रसन्नता से भरा रहता है। कामकाज में फुर्ती का अहसास होता है। पहले यह होता था कि कोई भी काम वक़्त पर करने के बदले टालते रहने की

आदत थी। उसमे सुधार आ गया, मन की सजगता में बढ़ोतरी हुई और भीतर ही भीतर छिपे कलाओं का उजागर होना शुरू हुआ। मुझे याद है, जन्माष्टमी के अवसर पर हमे गीत संगीत का कार्यक्रम करना था। सदगुरुजी ने मुझे बुलाया और कहा, “देखो चंदू, हम कृष्ण जन्म पर आधारित कार्यक्रम करने जा रहे है; उसके गाने तुम्हे लिखने है।” मैं थोडा संभ्रमित था क्या मुझसे यह हो पायेगा? उन्होंने शायद मेरे भाव पढ़े। बोले “मुझे विश्वास है तुम कर सकते हो, चलो शुरू हो जाओ।” जिम्मेदारी का काम था, लेकिन गुरु कृपा क्या कर सकती है इसका दर्शन मुझे तुरंत हुआ। रात को सोने गया तो अजीब सी उलझन से नींद नहीं आ रही थी। सुबह के पहले प्रहर कुछ शब्द मशितशक में गूँजने लगे तो झट से उठके खड़ा हो गया। कागज़ ले कर दो पंक्तिया लिखी। बाद में एक के बाद एक शब्दों की लडिया सूझती गयी। पहला गीत पूरा हुआ तो मेरे आश्चर्य की सीमा नहीं थी। कुछ तो था जिसने मेरी सुप्त प्रतिभा को जगा दिया था। मुझे विश्वास हुआ, गुरुशक्ति का वरदहस्त सर पर हो तो कुछ भी असंभव नहीं। यह तो सिर्फ झलक थी आगे आनेवाले समय की... जब इससे बढ़कर कुछ और भी सुन्दर गौरवशाली क्षण मेरे जीवन में आने थे, जिस से मेरा और गुरुजी का नाता एक नयी उच्चाई का स्तर पार करनेवाला था। मैंने एक बात बहुत बारीकी से गौर की है, वे जब मुझसे बातें करते या कुछ करने का आदेश देते है, तो कम शब्दों में संक्षेप में बता देते है, और मैं उसकी गहराई का अंदाज़ा तुरंत भांप लेता हूँ। आनेवाले संकट या कठिनाईयों का संकेत उन्हें पहले मिलता है। गत पूर्ण वर्ष से मैं उन्हें रूबरू नहीं हो सका, क्योंकि मेरी पत्नी बीमार है। गुरुपौर्णिमा के दिन समय निकालकर उन्हे जुहू सेंटर में मिला। उन्होंने मेरे पत्नी का हाल पूछा। जब मैंने कहा कुछ ठीक नहीं तो बोले की यह तेरी कसौटी के क्षण है, संभाल लेना। मैं समझ गया उन्हें क्या सूचित करना है। अगले हप्ते ही मुझे उसे अस्पताल ले जाना पड़ा। लेकिन पूर्व संकेत मिलने से मैं सावधान था और मुझे पूरा भरोसा था के उनका आशीर्वाद मेरे साथ है तो कुछ अनिष्ट हो नहीं सकता। शायद यह हमारे बीच का प्लेटोनिक संवाद है जो बार बार मुझे चेतावनी देता है, सजग करता है। मुझे जो कुछ उन्हें कहना है, वह मेरी पूजा स्थल में रखी उनकी प्रतिमा को बयान करता हूँ और मुझे उसका जवाब मिल जाता है। मुझे लगता है यह भक्ति योग की शक्ति का संजोग है।



THE AWAKENING!

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मुझे शुरुआत में यह बिलकुल पता नहीं था की गुरुजी बचपन में मेरे निवास स्थल दहिसर में रहते थे। जब उन्होंने अपने बचपन के किस्से बातचीत के दौरान विदीत किये तो मुझे उनके बचपन का चलतचित्र दिखने लगा। वह दहिसर नदी के पास की जगह, उनका शुरुआत का स्कूल, गलियाँ, पेड़ पौधे सभी आज भी मौजूद है। मुझे गर्व महसूस होता है कि ऐसी पवित्र धरती से मेरा जीवनभर का साथ रहनेवाला है। कई लोगों से मुलाकात के वक़्त उनके उस वक़्त के कार्य की सराहना सुन कर सर अभिमान से ऊँचा हो जाता है। गत वर्ष गणपति उत्सव के दरमियाँ उन्हें दहिसर स्थित स्कूलों में गणेश मूर्ति बनाने के प्रतियोगिता में प्रमुख अतिथि के तौर पर बुलाया गया था। हम में से कई शिष्य उनके साथ इन स्कूलों में गये थे। तभी विद्यामंदिर स्कूल के प्रांगण में खड़े होकर उनकी पुरानी यादोंसे नम होती आँखे देखकर हम भी भावुक हो गए थे। अपने समय के होनहार खिलाडी होने के और कई अवार्ड पाने के क्षण उन्हें याद थे। शायद उनके सामाजिक कार्य की शुरुआत यही से हुई थी।

उनसे मिलने से पहले मैंने इससे पहले कभी कोई धार्मिक या अध्यात्मिक कार्यों में हिस्सा नहीं लिया था। मैं कभी कोई मन्दिर या धर्मस्थल पर जाना पसंद नहीं करता। मैं धार्मिक जरूर हूँ लेकिन उसका प्रदर्शन करना मेरे स्वभाव में नहीं। गुरुजी की यही कथनी मुझे सबसे अच्छी लगी कि भगवान मंदिर में नहीं हर इंसान में देखो, उनके सुख दुःख बाटों और हो सके तो मदद करने की कामना रखो। संवेदना और सहवेदना की भावना एक दूसरे को नजदीक लाती है। दुःख हल्का करती है, भाईचारा बढ़ाती है। गुरुजी को मिलने से पहले मैं सामाजिक तथा राजकीय संस्थाओ से जुड़ा रहा था। लेकिन उनकी कार्यपद्धति से नाराज था। गुरुजी के साथ जुड़ने के बाद मुझे अहसास हुआ कि वे एक सेवाभावी संस्था की नींव डाल रहे हैं। यू कहिये उनकी अध्यात्मिक साधना की शिक्षा सामाजिक अवधानों को ध्यान में रखते हुए समाज का भावनिक सांस्कृतिक स्तर ऊँचा करने की मनीषा रखनेवालों का मार्ग है। हर व्यक्ति को अपने भौतिक सुखों की कामना होती है और वो पाने के लिए प्रयत्न करना लाजमी है। लेकिन जिस समाज में हम रहते हैं उनके प्रति भी हमारा कुछ कर्तव्य जरूर होता है। अन्य लोगों के दुःख दर्द से हम मुख नहीं मोड़ सकते। उनके प्रति संवेदना होना यही सही मानवीयता का धर्म

है। गुरुजी जो भी नया अभियान हाथ में लेते हैं उसके पीछे यही संवेदना की भावना होती है। और उनके प्रत्येक अभियान में शरीक होना और अपना योगदान देना मेरा कर्तव्य है यह भावना दिन ब दिन दृढ़ होती गयी है। समय गुजरता गया जैसे गुरुजी ने अनेक सामाजिक उपक्रम हाथ में लिये। जिनमे प्रमुख था स्वच्छता अभियान! शहर के हर रास्ते और नुक्कड़ पर कचरा पड़ा रहता है, लोग वही गन्दगी भरे रास्ते से आवागमन करते हैं। रास्ते पर लोग थूंकते हैं। पर किसीको इसका बुरा नहीं लगता। बीमारियाँ पैदा होने का यह एक बड़ा कारण है। समाज में जागृति लाने हेतु गुरुजी ने स्वच्छता अभियान शहर के विभिन्न इलाकों में २००८ से आयोजित किया और अब भी यह सिलसिला जारी है। स्कूल के बच्चों के साथ रैलीया निकाली गयी, इतना ही नहीं मुंबई से मानस सरोवर तक इसका प्रचार किया और खुद अपने शिष्यों के साथ मिलकर वहा की गन्दगी निकाली। हमारी धार्मिक स्थलो पर जो अस्वच्छता पाई जाती है इसका प्रमुख कारण है हमारी मानसिकता। हम अपना घर स्वच्छ रखते हैं लेकिन सार्वजनिक स्वच्छता के विषय में हम उदासीन हैं। इस मानसिकता को बदलने का बीड़ा सदगुरुजी ने उठाया है। हमे विश्वास है यही दिशा मे सरकार द्वारा जो योजनाये अभी बनायीं जा रही है, वह यही दूरदृष्टि का नतीजा है। एक साफ़ सुथरा माहौल हो, बीमारियों को पनपने की जगह नहीं होगी और आरोग्यदायी जीवन सभी लोग जी सकेंगे - यही संकल्पना का अगला पहलु था तुलसी अभियान। उसके अगले साल २००९ में स्वाइन फ्लू और डेंग्यू जैसे रोगों से शहर में कोहराम मचा था। वातावरण में शुद्ध हवा की मात्रा बढ़ाने का काम तुलसी का पौधा करता है यह हमारे ग्रंथों में लिखा है। तुलसी को हम पवित्र मानते हैं। लेकिन उसकी उपयुक्तता सिर्फ उतनी ही नहीं है, बल्कि उसे आयुर्वेद में औषधि वनस्पति माना गया है। सदगुरुजी इससे भलीभाति वाकिफ थे क्योंकि निसर्गोपचार के क्षेत्र में उनका अधिकार निर्विवाद है। कितने लोगों को उन्होंने असाध्य रोगों से निसर्गोपचार के जरिये रोगमुक्त किया है। प्रदूषित वातावरण के कारण फैलानेवाले इन रोगों का प्रतिबन्ध करने के लिए तुलसी के पौधों का मुफ्त वितरण शहर के अनेक इलाकों मे करके उन्होंने तुलसी अभियान शुरू किया। हम में से अनेक शिष्यों ने इस में सक्रिय भाग लिया और गुरुजी के इस सामाजिक उपक्रम को शहरवासियों से अवगत कराया। सदगुरुजी ऐसे पहले अध्यात्मिक गुरु थे जिन्होंने इसकी



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शुरुआत की। उनकी राह पर चलने की चेष्टा तो आजकल हर कोई कर रहा है, लेकिन वह सब दिखावा है, सच्ची लगन कितनी है यह जल्द ही मालूम होगा।

जैसा मैंने पहले कहा गुरुजी की समाज हितैषी कार्य का सिलसिला सालों से चलता आ रहा है। वो कभी इसका जिक्र करते नहीं। लेकिन करीबी लोग इसके बारे में वाकिफ है। दहानु के पास के आदिवासी पाडों में रहनेवाले विद्यार्थियों मदत करना, कैंसर सोसाइटी स्थित बच्चों के साथ समय गुजारना तथा आर्थिक मदद के लिए अलग से कार्यक्रमों के ज़रिये फण्ड इकठठा करना यह काम कोई पब्लिसिटी के बगैर चलते रहते है।

इन सामाजिक उपक्रमों में सबसे महत्वाकांक्षी है नेत्रदान अभियान। कैलास मानसरोवर परिक्रमा के बाद इसकी शुरुआत हुई। कोर्निया के कमी के कारण कितने अंध व्यक्ति बाहरी दुनिया की चकाचौध से वंचित है इसकी हमे कल्पना नहीं। हम एक घंटा भी आँख पर पट्टी बांध कर रह नहीं सकते। यह लोग अपना गुजारा दृष्टि के बगैर कैसा करते है इसका अहसास हमे नहीं है। दृष्टीहीन व्यक्ति के जीवन में कुछ तो सुधार हो और दृष्टि प्रदान हो इसके लिए मानवी कोर्निया की उपलब्धता बढ़नी चाहिए। मृत्यु के पश्चात् आँखे अग्नि में जलाकर भस्म होने से अगर उनका उपयोग किसी दृष्टीहीन व्यक्ति को दृष्टि देने में होता है, तो यह एक पुण्य का काम होगा। गुरुजी ने यही सोच कर तय कर लिया कि नेत्रदान का अभियान बड़े पैमाने पर चलाया जाये तो लोगोंमें नेत्रदान के बारे में सकारात्मक जागृति होगी। तबसे शुरू हुआ यह अभियान “आय प्लेज वुई प्लेज।” आज भी देशभर के विभिन्न शहरों, कस्बों में यह अभियान अविरत जारी है, और अबतक पचासी लाख से ज्यादा लोगोने नेत्रदान की पर्चिया भरकर एक अनोखा रिकार्ड कायम किया है। सदगुरु मंगेशदा क्रियायोग फाउंडेशन के सदस्यों की अथक मेहनत और गुरुजी के मार्गदर्शन के फलस्वरूप यह महान कार्य

सिद्ध हुआ है। मुझे गर्व है के मै इस अभियान का भाग रह चूका हूँ। मै उन अनगिनत लोगों का भी आभारी हूँ, जिन्होंने प्रत्यक्ष या अप्रत्यक्ष रूप से इस कार्य में अपना योगदान दिया है। सदगुरुजी के योग के क्षेत्र में पचास वर्ष की साधना और पचास लाख लोगों का नेत्रदान संकल्प यह एक अनोखा महोत्सव है।

हमारे सदगुरुजी ज्ञान का भंडार है। उनकी प्रत्येक कार्यकलापों में कुछ न कुछ सीख जरूर होती है। हालाकि कुछ भी कार्य वे अकेले सिद्ध कर सकते है, वे हमेशा शिष्यों का चयन नए नए उपक्रमों के लिए इसलिए करते है, ताकि उनमे भी काबिलियत और आत्मविश्वास पनपे। जब आप कुछ अच्छा काम करते है तो अपार आनंद मिलता है, वह अनमोल होता है। अपनी निद्रिस्त आत्मा को जगा देता है, बुद्धि तेज तर्रार होती है। गुरु की कृपा हो तो कुछ भी अप्राप्य नहीं होता। हमारे जीवन में गुरु का आगमन इसलिए होता है कि हमारे अंतःकरण से अज्ञान का अन्धकार दूर हो और हम आत्मज्ञान के रास्तेपर चल पड़े। सदगुरु योगीराज डॉ. मंगेशदा एक अनूठे योगी है। गुरुजी की यह धारणा है कि अध्यात्म सिर्फ जप जाप्य कर्मकांड और पूजा में सीमित नहीं है। समाज के प्रति हमारा क्या कर्तव्य है और वह हम कितने सही मायने में निभाते है उसपर हमारा अध्यात्मिक स्तर सुनिश्चित होता है। इसलिए वह हमेशा कहते रहते है, क्रियायोग कर्म करनेवालों का योग है, पंडितों का मार्ग नहीं। परमगुरु श्री श्री महावतार बाबाजी ने क्रियायोग का प्रायोजन गृहस्थ जीवन बितानेवाले लोगों के लिए किया है। हमारे सदगुरु योगीराज डॉ. मंगेशदा उनके परम शिष्य है जिनको इसका प्रसार करने का जिम्मा उनके द्वारा सौपा गया है, ताकि विश्व के सभी धर्म, जाति, पंथ के लोग निःस्वार्थ प्रेम की सूत्र में बंधकर विश्व बंधुता के रास्ते पर चले। हमारी कामना यही रहेगी कि अंतिम सांस तक हम उनके दिखाए मार्ग पर चलते रहे।

हरि ॐ।

चंद्रकान्त बारस्कर, मुम्बई.

अध्यात्म से जुडे युवा शक्ती

हरेक व्यक्ती को जीवन में तीन अवस्थाओं से गुजरना पडता है - बाल्यावस्था, युवावस्था तथा वृद्धावस्था। इन तीनों में

महत्वपूर्ण है युवावस्था या किशोरावस्था। क्यों की इसमें प्रवेश करते वक्त कई शारीरिक तथा मानसिक बदलाव इस



THE AWAKENING!

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उम्र में आते हैं। प्रायः १२ से १८ की उम्र को किशोरावस्था माना गया है। इस उम्र के बच्चे माता-पिता से खुलकर बातें करना नहीं चाहते बल्कि बहोत सी बातें छुपाने का प्रयास होता है। लिंगभेद का अहसास होना तथा विद्रोह की भावना में वृद्धि होना यह एक स्वाभाविक प्रक्रिया! इसका परिणाम स्वभाव में अहंमन्यता आने की शुरुआत होती है।

ऐसे समय इन युवकों को प्रेमसे, संवेदनशीलतासे तथा सावधानीसे समझाने की जिम्मेदारी पालक करे तो बेहतर है क्योंकि उन्हें अच्छा गुरु-मार्गदर्शक मिलना जरूरी है; लेकिन आजकल पालकों को इतना समय कहा है? आजकल मोबाईल पर इंटरनेट के जमाने में इतने सोशल प्रोग्राम खुले आम उपलब्ध हैं, जिसका अच्छा-बुरा प्रभाव इन युवकों के मानस पर होना स्वाभाविक है।

युवावस्था का प्रभाव जबरदस्त होता है। शालेय तथा महाविद्यालयीन शिक्षा और बाद में व्यवसाय, नौकरी के चयन में स्पर्धा की भय से कई युवक इस उम्र में सहजसाध्य मार्ग से पैसा कमाने की होड़ में गुनाह के मार्ग पर चलने को बाध्य हो जाते हैं। गर्म खून और उद्वेगता की प्रवृत्ति यही उम्र की देन है। हम सब लोग इस स्थित्यंतर से गुजरते रहते हैं। ऐसे वक्त हमें एक अच्छे गुरु की, मार्गदर्शक की तथा प्रेम की जरूरत होती है। एकसौ पच्चीस साल पहले एक युवक ने अपने ओजस्वी वक्तव्य से सभी अमरीकावासियों को मंत्रमुग्ध किया था। शांति और करुणा का मंत्र प्रेषित करनेवाले उस युवक का नाम था - स्वामी विवेकानंद! शिकागो के पहले सर्वधर्मीय वैश्विक परिषद को संबोधित उस ओजस्वी भाषण का इतना गहरा परिणाम हुआ कि पाश्चात्य लोग भारतीय संस्कृति का आदर करने लगे।

आजकल युवा पीढ़ी को एक नकारात्मक नजरिये से देखा जाता है - विद्रोही, डिस्को-पब और नशा की चंगुल में फसा युवक, आधुनिकता के आकर्षण से दो पीढ़ियों बीच में की दूरी तथा तनाव और पारिवारिक विवादों से जर्जर होकर बैचैनी का सामना करते करते हैराण हो गया है। क्या इस का दोष सिर्फ युवा पीढ़ी का है? क्या इन सभी आपदाओं का सामना करने की क्षमता उस में नहीं है? मुझे ऐसा बिल्कुल नहीं लगता। बल्कि आज का युवावर्ग हर एक क्षेत्र में अपनी क्षमता दिखाकर इन समस्याओं का सामना करने के लिए अधिक सक्षम है और पहले के लोगों से होशियार है और मेहनत करने की मनीषा रखता है।

स्वामी विवेकानंदजी की अमूल्य एवं अभूतपूर्व शिक्षा को सलाम करते सारे जहां का मैं यही कहना चाहूंगा कि युवाशक्ती को अगर अध्यात्म की साथ मिले तो पूरे विश्व में एक क्रांती ला सकते हैं। लौकिक अर्थ से परिवर्तन लाने की क्षमता युवाशक्ती और अध्यात्म के मिलाफ में जरूर है। अध्यात्म का मतलब यह नहीं है कि संसार का त्याग करके एक अलग जीवन व्यतीत करना या कोई अलग से कपड़े

परिधान करके नौटंकी करने का मार्ग है। आजकल ऐसे नकली बाबाओं की वजह से लोगो का अध्यात्म के बारे में गलत विचार होते जा रहा है। एक चीज जरूरी माननी चाहिए कि अध्यात्म की विचारधारा और उसका स्रोत एक उच्च स्तर का प्रवाह है। अध्यात्मिक साधना से मन को शांति मिलती है, स्थैर्य प्राप्त होता है और मन विशालता का अनुभव करता है - और ऐसी अंगभूत शक्ती स्रोत का उपयोग सामाजिक सजगता की एकसंघता को बढ़ावा देता है।

मनुष्य का मन एक गहरे संशोधन का विषय है, असंख्य विचारों की शृंखला है मन। मन की शक्ती अगाध है। वह शाश्वत कार्य के साथ उतनी ही विघातक भी साबित हो सकती है। ऐसे मन को अध्यात्म की प्रेरणाशक्ती की शिक्षा मिलने से उसपर गुरुसंस्कार होते हैं। अध्यात्मसाधना शरीर, मन और आत्मा का अनुशासनभरा प्रशिक्षण है, यह समझना जरूरी है।

शरीरशास्त्र के अनुसार आदर्श जीवनप्रणाली आहार-विहार, नियमन और सत्संग यानि अध्यात्म साधना का आचरण है। शरीरांतर्गत प्राण पर किया हुआ नियंत्रण और अन्य संस्कार, बेताल बेगुमान मन के सूक्ष्मतर स्तरपर जाने के लिए ध्यान, आंतरिक तथा बाह्य शुद्धी क्रिया - यानि आध्यात्मिक साधना - यह सभी क्रिया-साधना साधक को एक अत्युच्च अनुभूती का अनुभव कराती है और उसे करुणा, प्रेम, क्षमाशीलता के बल से सुसंस्कृत शक्तीशाली मनुष्य बनाती है।

युवाशक्ती और अध्यात्मशक्ती का मिलाफ होना इसलिए जरूरी है क्योंकि युवा और उनके विचार क्रांतीकारी हैं। प्रायः यह शक्ती विनाशक विध्वंसक रूप धारण करती है और उसे बदले की भावना में परावर्तित करती है। अगर यही स्फोटक शक्ती अध्यात्म का रुख करेगी तो सकारात्मक बदलाव ला सकती है। एक तरफ नशे में चुर, गुलछोरे उडानेवाला ध्येयहीन युवक जो तनाव से परेशान है और दुसरी तरफ अध्यात्मिक साधना से उजागर शक्तीवान ध्येयवादी युवक - यह दोनों का अंतर है। युवाशक्ती को समझाना, सिखाना बहोत आसान है, यह मेरा मानना है। उसके मन की उदारता यह उसका विशेष गुण है।

स्वामी विवेकानंदजी ने अपनी शिक्षा से लाखों लोगों को अध्यात्म की राह चलना सिखाया। रामकृष्ण परमहंस जैसा गुरु, अध्यात्ममार्गी परिवारजन और प्रखर बुद्धिमत्ता के धनी स्वामी विवेकानंदजी को देश विदेश में बड़ी लोकप्रियता मिली। उनकी जन्मतिथी १२ जनवरी 'अंतरराष्ट्रीय युवक दिन' के तौर पर मनायी जाती है। इसीलिए इस अंतरराष्ट्रीय युवक दिन के पावन दिन यह संकल्प और आवाहन करते हैं, "ए मेरे युवा बंधू और बहनो, अध्यात्म की मार्गपर आईये और अपनी साधना से - शक्ती से पूरे विश्व में सकारात्मक क्रांति का उद्घोष करे।" आज समाज और राष्ट्र को युवाशक्ती और अध्यात्मशक्ती के मिलाफ की जरूरत है।



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चलो अपने अंदर के विवेकानंदजी को जगाते है और एक संपूर्ण, संपन्न, शक्तीशाली भारत का निर्माण करते है।
हरि ॐ।

सद्गुरु योगीराज डॉ. मंगेशदा
(सौजन्य : विवेक पत्रिका)

जन्मदिन की हार्दिक बधाई

शीश नमन हैं गुरु को मेरे
आज जन्मदिन उनका हैं
सौ सौ साल जिए वह
उन्माद हम सबके मन का है

सूर्य की किरणों के जैसे
उनका तेज चमकता हैं
कल-कल करती नदिया जैसे
शीतलता का दर्पण हैं

मुख पर मुस्कान सदा है खिलती,
मानवता को समर्पित हैं
श्रद्धा के यह फूल हमारे
उनके चरणों में अर्पित हैं

अनुपम कृपा है प्रभु की हम पर

जो हमने है आपको जाना
शिष्य आपके कहलाने का
यह जो गौरव हमने पाया

प्रेम से आपने अपनाया सबको
आध्यात्म का पथ दिखलाया,
दादा कहने का आपको
परम सौभाग्य हमने है पाया

प्रभु से विनती है आप जिए हजारो साल
प्रकट करते है आपको परम आभार

ॐॐॐ प्रणाम ॐॐॐॐ

अर्चना हाखु,
ऑस्ट्रेलिया

खोज विज्ञान की... अध्यात्म की!

कुछ समय पहले अखबार मे खबर आई थी की भारतीय शास्त्रज्ञ श्री. सत्येंद्रनाथ बोस के तर्कशास्त्र पर श्री. पीटर हिग्ज ने संशोधन कर दैवि कणों (God particle) का शोध किया और उसे नाम दिया 'हिग्ज बोसॉन'! उनके अनुसार वातावरण मे असंख्य कण है जिन में इस दिव्य दैवि कणों को शास्त्रीय संशोधन से खोजा गया है।

मुझे इस खबर से एक बात अच्छी लगी की जिस आध्यात्मिक अनुभवों का समाज के कुछ बुद्धिजीवी हमेशा मजाक उडाते थे, उसी समाज के वैज्ञानिकों ने संशोधन के बाद दैवि कणों को स्वीकारा। विज्ञान और आध्यात्मिकता ने एक-दुसरे से हाथ मिलाया। वैसे आज के दौर में आध्यात्म में संशोधन करने के लिए कई सकारात्मक कदम उठाये गए हैं।

वैसे देखा जाए तो पाश्चात्य देशोंद्वारा विकसित किये गये क्रांतीकारी चीजों का मूल भारतीय तत्वज्ञान एवं वेदोंपर

आधारीत है। फिर वह राईट बंधु का हवाई जहाज हो या आधुनिक वैद्यकिय शास्त्र, क्षेपणास्त्र हो या अणुबम! मूल तत्वज्ञान भारतीय वेदशास्त्र ही है। हम भारतवासीय पाश्चात्य लोगों के बडे प्रशंसक होते है। उनकी प्रशंसा न करे, ऐसा मैं नही कहता, परन्तु जिस देश की क्रांतीकारक एवं हजारो साल पुरानी संस्कृतीपर पाश्चात्य देशों को संशोधन करने पर मजबूर किया उस देश पर... हमारे भारत देश पर हमने सदा अन्याय किया!

मैं अध्यात्म शास्त्र का विश्वभर में प्रचार कर रहा हूँ। मेरी योग साधना को इस साल ५२ वर्ष पूरे हो रहे है और लगभग ५४ देशों को मैं भेट दे चुका हूँ। मेरे सद्गुरुजी के आज्ञानुसार प्राचीन क्रिया योग शास्त्र का प्रचार कर रहा हूँ। कुछ साल पहले लिस्बन (पुर्तगाल) में जागतिक योग दिन का उद्घाटन करने का सन्मान मुझे प्राप्त हुआ। दुनियाभर से



THE AWAKENING!

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आमंत्रित प्रतिनिधियों में जुडवा भाई व अंतरराष्ट्रीय ख्याति के शास्त्रज्ञ श्री. आय. बोगनॉडफ़ एवं श्री. जी. बोगनॉडफ़ से मेरी मुलाकात हुई। इन दोनों ने बिग बैंग पर संशोधन कर के बहोत सारी जानकारी प्राप्त की थी। हमारी चर्चा के बाद उन्होंने वहा उपस्थित लोगों से कहा की **पर्वत के एक ही शिखर पर हम दोनो ही पहुँचे, पर केवल दिशा अलग अलग थी।**

मुझे लगता है बहुत सारे लोगो को दैवि कण के बारे में पता नही या उन्होंने बिग बैंग के बारे में शायद सुना ही नही है। पृथ्वी की जब उत्पत्ति हुई वह क्षण बिग बैंग...पृथ्वी... उसके उपर की जीव उत्पत्ति... मनुष्य... संशोधन... अन्य ग्रह... वहा जीव सृष्टी होने का कौतुहल और अन्त में इस सृष्टी के उत्पत्ति का युग-पुरुष! हमारे ऋषिमुनियों में यह जिज्ञासा जागृत हुई, उन्होंने उनके तरीके से संशोधन किया, साधना की। किसी ने खगोलशास्त्र पर संशोधन किया, किसी ने वैद्यक शास्त्र पर किया तो किसी ने आध्यात्म शास्त्र पर तप किया। हरेक ने अगाध परिश्रम से जीव सृष्टी के रहस्य को खोजा!

दैवि कण को समझने के लिये देव अथवा परमेश्वर की संकल्पना समझना विज्ञान के लिए जरूरी है। आज समाज में दो प्रकार के लोग है जो परमेश्वर को मानने वाले (आस्तिक) और न मानने वाले (नास्तिक) है। लेकिन परमेश्वर है या नही इसी बहस पर बुद्धिजीवी अपनई बुद्धिमत्ता परखते रहते है।

आज दुनियाभर के करोडो लोग भगवान है यह मानकर एक श्रद्धा, भक्तिभाव से अपना जीवन जी रहे है। कई डाक्टर खुले आम परमेश्वर में होने वाले अपने विश्वास के बारे में कहते है और अपने मरिजों से भी कहते है। वैद्यक शास्त्र में विज्ञान को भी अचम्बित करने वाली कई घटनाएँ परमेश्वर मानने वाले भाविकों ने अनुभव की है। वृत्तपत्रों में एक विलक्षण खबर आई थी, 'भारत ने एक साथ दो क्षेपणास्त्र अंतरीक्ष में उडाए! लेकिन उसके पहले यह सारे वैज्ञानिक तिरुपति वैकटेश के दर्शन के लिए गये थे।'

जैसे मन का दर्शन प्रत्यक्ष दृष्य में नही होता, वैसे ही देव की संकल्पना सहजता से नही दिखा सकते। सगुणरुपि देव विविध स्वरूप से समझने का प्रयत्न किया तो भी उसकी निर्गुण रुपी वास्तविकता प्रत्येक व्यक्ति को अनुभव करनी होती है। केवल मस्ती-मजाक, अवहेलना एवं टिका करने से विचारशील होकर देव माननेवाले को प्रत्यक्ष रूप से क्या लाभ होता है यह देखते है।

देव अथवा परमेश्वर माननेवाले लोगों की मानसिकता उन्हें अनेक समस्याओं से निपटने का आत्मबल देती है। कुछ व्यक्तियों में देवत्व उनके अलौकीक कर्तृत्व की वजह से दिखता है। अनेक कर्मयोगीयोंने समाज के लिए अभूतपूर्व कार्य किये है, इसलिए लोगोंने उन्हे देव-पद पर लाकर रखा

है। इसलिए देव, देवतत्व, देवकण (अंश) यह समझने के लिए जो दृष्टीकोन अथवा मानसिकता चाहिये, उसकी आज नितान्त आवश्यकता है।

श्रद्धा व अंधश्रद्धा के बीच एक धुंधलासा रास्ता है जो दिखने के लिए या समझने के लिए एक व्यापक नजरिये व मार्गदर्शन की जरूरत है। हमारे पूर्वजोंने अध्यात्म के विषय में सात्विक गुणों व तामसी गुणों के बारे में स्पष्ट रूप से लिखा हुआ है। 'जहा पिण्ड वहा ब्रह्मांड' इस उक्ति के अनुसार अगर हर व्यक्ति ने सात्विक गुणों को अपनाया और उसके अनुसार आहार, विहार एवं विचार रखे तो यह देवकण हर एक में तेजोमय हो जाएंगे व समाज में निःस्वार्थ प्रेम व क्षमाशील भाव से रहेंगे। आंशिक देवतत्व की यह विशाल देन परमेश्वर ने हर एक को दी है। अपना समाज, देश व सम्पूर्ण विश्व ऐसे आंशिक देवतत्व से एक-दुसरे के साथ एकरूप हो पाएंगे तभी एक प्रचंड तेजोमय परमेश्वर का अनुभव करने मिलेगा।

देवकण की खोज विज्ञान ने की या अध्यात्म ने इस संशोधन में जाने से बेहतर है की 'अहम् ब्रह्मासि' अनुभव करने का प्रत्येक व्यक्ति प्रयत्न करे। परमेश्वर हर एक में है यह समझ कर एक-दुसरे को समझने का योग-प्रकार सीखते है। समुद्र में निर्माण हुई क्षणिक लहर पर सँवार होकर ज्ञानरुपी समुद्र की गहराई में जाकर सम्पूर्ण ज्ञान का आकलन करना अच्छा है। क्योंकि मुझे ऐसा लगता है सम्पूर्ण ज्ञान की, विश्व की उत्पत्ति करनेवाले 'देवकण' अभी अभी विज्ञान को प्राप्त हुए है। लेकिन एक दिन सम्पूर्ण देव जो असंख्य कणों से बना है, वो भी संशोधन से विज्ञान को मिल जाएगा। अध्यात्म ने इस विषय में कब का संशोधन कर के करोडो लोगो को इस मार्ग पर लाया है।

यह सही है की कुछ अपवादात्मक लोगों ने इस मार्ग पर प्रदुषण किया है परन्तु इसका अर्थ कदापि यह नही के अध्यात्म का मार्ग गलत है। बिना प्रदुषित हुए या किये, श्रद्धा व सबुरी से और उससे ज्यादा आत्मविश्वास से इस मार्ग पर चलना आना चाहिये।

मुझे विश्वास है की सच्चे साधक के जीवन में एक क्षण जरूर आएगा जो बिग बैंग के पहले का जो क्षण था उसका अनुभव देगा। उस क्षण की जो अवस्था थी, वहाँ हम सब एक थे। यह अत्यंत परम आनंद का क्षण, सम्पूर्ण ज्ञान का क्षण हर एक को अपना अपना अनुभव करना है। शब्दों में इस आनंद की अनुभूति का वर्णन करना अशक्य है।

जिन्हे विज्ञान के प्रयास से अनुभव लेना है, वो उस माध्यम से भी ले सकते है। लेकिन एक बात मैं जरूर कहूँगा — अध्यात्म का सर्वोच्च क्षण सम्पूर्णतः शास्त्रीय है। इसलिए सगुण-निर्गुण दोनों को मैं एक मानता हूँ। वैसे



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भी आध्यात्मिकता और वैज्ञानिकता एक ही सिक्के के दो पहलू हैं। इस शिखर पर चढ़ना एवं अनुभव को प्राप्त करना महत्वपूर्ण है। इस दिव्य अनुभूति के लिए विश्व के

सभी साधकों को मेरी हार्दिक शुभकामनाएं।

सद्गुरु योगीराज डॉ. मंगेशदा

सद्गुरुजी को पत्र

आदरणीय सद्गुरुजी,

प्रथमतः आपको जनमदिन की हार्दिक शुभकामनाएं। आज का यह दिन जैसे आपके लिए बहुत विशेष है, वैसे ही हम सब के लिए बहुत महत्वपूर्ण है। आज आपने संस्थापित की हुई इस संस्था का वर्धापन दिन है, इन सभी चीजों से बढ़कर जो चीज है वह ये है की आप की योगसाधना का यह ५२ वा वर्ष है। इसलिए आज के स्वर्णमयी दिन की आपको मनस्वी शुभकामनाएं।

आज भी मुझे २ फरवरी २००२ का दिन याद आता है। ध्यानधारणा वर्ग के माध्यम से आपसे पहली बार मुलाकात हुई और आपके तेजोमयी एवं ममतामयी व्यक्तित्व से हम आप के हो गये ... सदा के लिए। १८ वर्षों का वक्त कुछ कम नहीं होता, इस दौरान हम में काफी बदलाव आया, लेकिन आप जैसे थे वैसे आज भी हो। सच देखे तो आप Fit से The Fittest बन गये हो। 'योग' करनेवाला इन्सान कैसे होना चाहिये, यह हमेशा आप कहते हैं और सिर्फ कहते ही नहीं बल्की उसे अपनाकर बड़े गर्व से योग को खुद के साथ रखते हो। क्रियायोग को जीवन का केंद्रबिंदू रखकर बाकी सब को उसके साथ केंद्रित करते हो। क्रियायोग के विषय में बोलनेवाली कोई अधिकारी व्यक्ती कोई और है भी की नहीं यह मुझे पता नहीं। पर आप जिस फक्र और अधिकारसे बोलते हो, क्रियायोग के विषय में सबको ज्ञान देते हो उस के लिए आपको शत-शत वंदन!

गये कई सालों की इस यात्रा में आपके अनेक रूप देखने मिले। एक समर्थ संघटक, एक कुशल वक्ता एवं शिक्षक, लेखक, चित्रकार, कवी, संगीतकार, करारा कलाप्रेमी, कुशल फोटोग्राफर एवं बहुत कुछ ...। किसी को ऐसा लगे की एकही इन्सान में इतने सब गुण कैसे? पर मुझे किसी आशंका की गुंजाईश नहीं क्यों की इन सभी क्षेत्रों में आप का

उच्चतम perfection हमें करीबसे देखने को मिला। बहुतसे इन्सान किसी एक क्षेत्र को चुनकर उस में निपुणता प्राप्त कर उस क्षेत्र को ही अपना सर्वस्व बना लेते हैं। पर आप यहाँ अलग हो और multiple skills पर प्रभुत्व पाकर हमें चौंका देते हो।

आपको मुसाफिरी, पर्यटन भांता है। आज तक आपने संपूर्ण भारत और ५०के उपर देश देखे हैं व यह एक अचरज की बात है। और कुछ वर्षों में आप यकिनन सारे खंड और देश देख चुके होंगे। यह जैसे आप के लिये अभिमान की बात है वैसे ही जिस देश में आप कदम रखते हैं उन के लिये भी आनंदभरा त्योहार है, उनका सौभाग्य है। आप जैसा बड़ा ज्ञानसागर जिस देश में जाता है उस देश को आपके व्यक्तित्व से किसी न किसी पहलू का लाभ ही हो सकता है। एक ही स्वार्थी विचार मेरे मन में आता है की आपके इस प्रवास की गाथा प्रवासवर्णन के रूप में हमें कब पढ़ने मिलेगी?

सद्गुरुजी, आप का अलगपन दर्शानेवाला और एक विशेष गूण है आप की विनोदबुद्धि। कुछ ही क्षणों में आप किसी meeting या वास्तू को हास्यरस में बदल सकते हो। आप जहाँ भी होते हैं वहाँ माहौल चैतन्यमय होता है। कहते हैं की किसी को रुलाना सहज शक्य है पर किसी को हसाना बहुत ही कठीन। यह कठीन काम आप बखुबी करते हो। There is never a dull moment when you are around.

अपना वार्षिक क्रीडा दिन हो या हाऊ टु बी हॅपी का कार्यक्रम! एक कसा हुआ क्रीडापटू (स्पोर्ट्समन्) आप साबित होते हो। टेबल टेनिस, क्रिकेट, स्विमिंग, कॅरम, शूटींग ... इन सभी में आपको प्रत्यक्ष देखा है। आपकी left arm spin गेंदबाजी एवं right handed बल्लेबाजी माशा अल्ला! आप के स्ट्रेट ड्राईवज, कवर ड्राईवज मन में ठसे हुए



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है। अपने क्रीडादिन पे सिर्फ योग्य प्लानिंग के बलबुतेपर आपने जिते हुए सामने मुझे याद है। टेबल टेनिस या कॅरम खेलने के क्षण याद है। गिर्यारोहण, जिमनॉस्टिक्स और अॅथलेटीक्स - इनपर भी आपका प्रेम है। आप के कराटे प्रशिक्षण का लाभ हम सभी को हमेशा मिलता ही है। अपने भारत देश के लिए जिन्होंने एशियन कराटे चॅंपियनशिप में स्वर्णपदक जिता है ऐसे ब्लॅकबेल्टधारी गुरु से शिक्षा लेना गर्व की बात है। हम सभी में स्पोर्टिंग स्पिरिट लाने के लिये आपके प्रयास याद आते हैं। उसी तरह दृष्टीहीन और दिव्यांग बच्चों के लिये आयोजित एक अंग - एक आंगन यह क्रीडा उत्सव मेरे हृदय के हसीन यादों में है। एक क्रीडाप्रेमी व्यक्तीही खेल का जीवन में जो महत्व है उसे जानता है और क्रीडा को जीवनसे सही प्रकारसे जोड सकता है।

एकाद व्यक्ती आपसे पहिली बार मिली तब वह कहा मिली, उस व्यक्तीने कौन से रंग के कपडे पहने थे, उससे तब क्या बातचित हुई थी, ये आप हर लफ्ज और हर घटना बता सकते हो। आपकी स्मरणशक्ती (याददाश्त) बहुत अच्छी एवं अद्भूत है। इसी के साथ आप यह भी हमेशा कहते हो की 'मैं अभी भी मेरी विद्यार्थीदशा बरकरार रखता हूँ और मुझे मिलनेवाले हर व्यक्ती से मैं कुछ न कुछ सिखता रहता हूँ।' यह बहुत खास और विशेष बात है। सदगुरुजी, नई नई चीजें सिखने का आप का हुनर आप का सबसे अलग व्यक्तित्व दर्शाता है।

अपने संस्था के किसी भी कार्यक्रम के विषय में जो meetings होती है उस में आप जो नियोजन करते है वह अलग और अभ्यास का विषय है। आपकी दूरदृष्टी तथा सखोल अभ्यास और सामनेवाले की भूमिका में घूसकर सोचना आपका अलगपन निर्देशित करता है। छोटी छोटी चीजोंपर विचारपूर्वक अमल कर किसी भी कार्यक्रम का समारोप आप यशस्वी करते हो। आप का अभ्यास, हर एक साधन का सही और संपूर्ण उपयोग यह आप की खासियत है।

'सदगुरु मंगेशदा क्रियायोग फाऊंडेशन का कोई भी कार्यक्रम उसके नियोजन के देखना चाहिए' यह प्रतिक्रिया हरबार सभी प्रेक्षक गण और मान्यवरों से मिलती है, तभी आपके चेहरेपर

जो एक सार्थ समाधान दिखता है वह अवर्णनीय है। सदगुरु योगीराज डॉ. मंगेशदा नामक यह विद्यापीठ से हम जुडे हुए है इसका हमें अभिमान है।

सिर्फ मैं और मेरा - इसमें उलझने के बदले हम समाज के प्रति कुछ देने के लिए बाध्य है यह आपकी धारणा है और उस तरफ भी कुछ करना जायज है यह आप अपने द्वारा चलाए गये हर एक उपक्रम द्वारा साबित कर चुके है। आपके नेतृत्व में चलाये गये स्वच्छता अभियान, तुलसी अभियान, नेत्रदान जागृति अभियान, महिलाओं के लिए स्वसंरक्षण वर्ग इसकी गवाही हैं। कई देशोंमें सीमित समय के लिये **कुछ देने का आनंद (JOY OF GIVING)** कार्यक्रम चलाये जाते है। लेकिन आपका देने का आनंद अविरत, अखंडतासे शुरू है। और कुछ कहे बगैर अप्रत्यक्ष रूप से देने का आपका जो सिलसिला अबतक जारी है उसे हम तहे दिल से सलाम करते है।

अपना जन्मदिवस किस तरह से मनाये इसमे अलग अलग विचार हो सकते है, लेकिन आप जिस तरह से आपका जन्मदिवस मनाते हो वह अपनेआप में एक अनोखा नजरिया है। समाज के वंदनीय, कार्यशील मान्यवर व्यक्तीयों का गौरव अपने हाथों करके उनके कार्य को सराहना और उनके कार्यों को समाज के सन्मुख पेश करना यह एक काबिले तारीफ तरीका अपनाकर आपने इस शुभ दिवसपर भी कुछ देने का व्रत जारी रखा है।

आजतक अनेक व्यक्तीयों से आपकी मुलाकात हुई होगी। अनेक संस्थाओं ने आपको प्रमुख वक्ता एवं अतिथी के तौर पर आमंत्रित किया होगा। उस हर एक भेट में सामनेवाले व्यक्ती को कुछ तो जरूर लाभ मिला होगा - सुस्वास्थ्य हो, सुविचार हो या सकारात्मक दृष्टी! आप सभी को शारिरीक तथा मानसिक तौर पर प्रबल और शक्तीशाली बनाते हो। गुरुजी, आप हमारी support system हो। हम जब भी खूद को असहाय महसूस करते है, रास्ता धुंधलासा नजर आने लगता है, तब आप ही पर हमारी आशा के दीप रहते है। गुरु मंत्र का महीमा क्या है यह सभी कह सकते हैं। आपने कितने लोगों का भला (अच्छा) किया है उसकी कोई गिनती नही है।



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

**MESSAGE FROM
MANGESHDA UPASANA CENTRE, CHEMBUR**



**“Learn the unique art of giving rather than hoping to receive.
Detach in the materialistic and attach with the light.”**

- 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: 022 25250398



THE AWAKENING!

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UNCONDITIONAL FORGIVENESS ALL OVER THE WORLD.



**Happy Birthday Respected
HH Sadguru Yogiraj
Dr Mangeshda**

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



With noted Cricketer
Shri. Ajit Wadekar



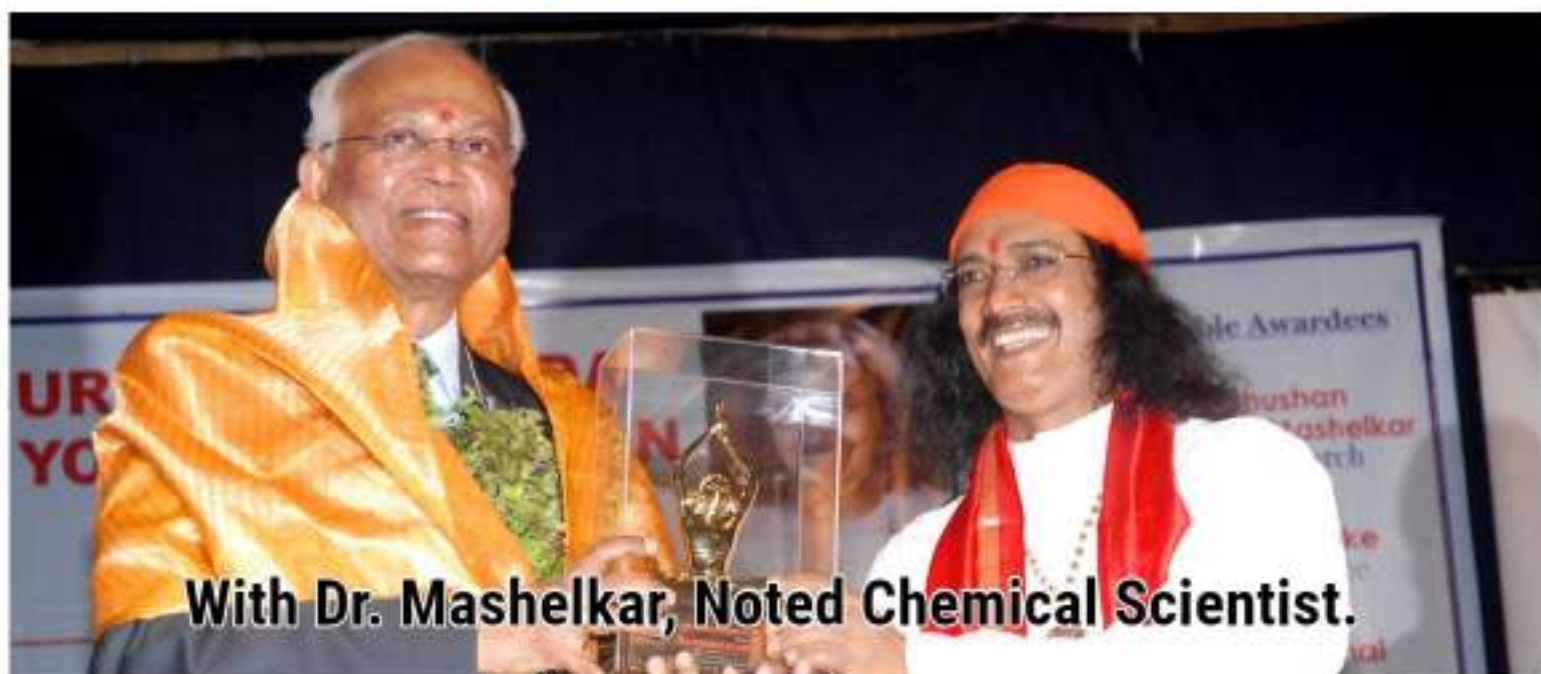
With Shri Girish Mahajan,
Minister for water &
higher education



With Dr. H R Nagendra, Chancellor,
S-VYASA, Scientist & Yoga Teacher



With Dr. Vijay P. Bhatkar, noted Computer Scientist



With Dr. Mashelkar, Noted Chemical Scientist.



With Dr. Anil Kakodkar, noted Atomic Scientist



**With ace photographer
shri Gautam Rajyadhaksha**



With Smt. Kiran Bedi



With Shri Devendra Fadanavis

EMBRACE THE GLORIOUS MESS
U ARE COZ BEAUTY ISN'T FLAWLESS
IT STILL SHINES THROUGH OUR
FLAWS



Drawings from Mahima
Vadhavkar

Mahima
27-3-2022



Mahima
27-3-2022



**With noted classical singer
Smt. Kishori Amonkar**



**With then Chief Minister
Shri. Vilasrao Deshmukh**



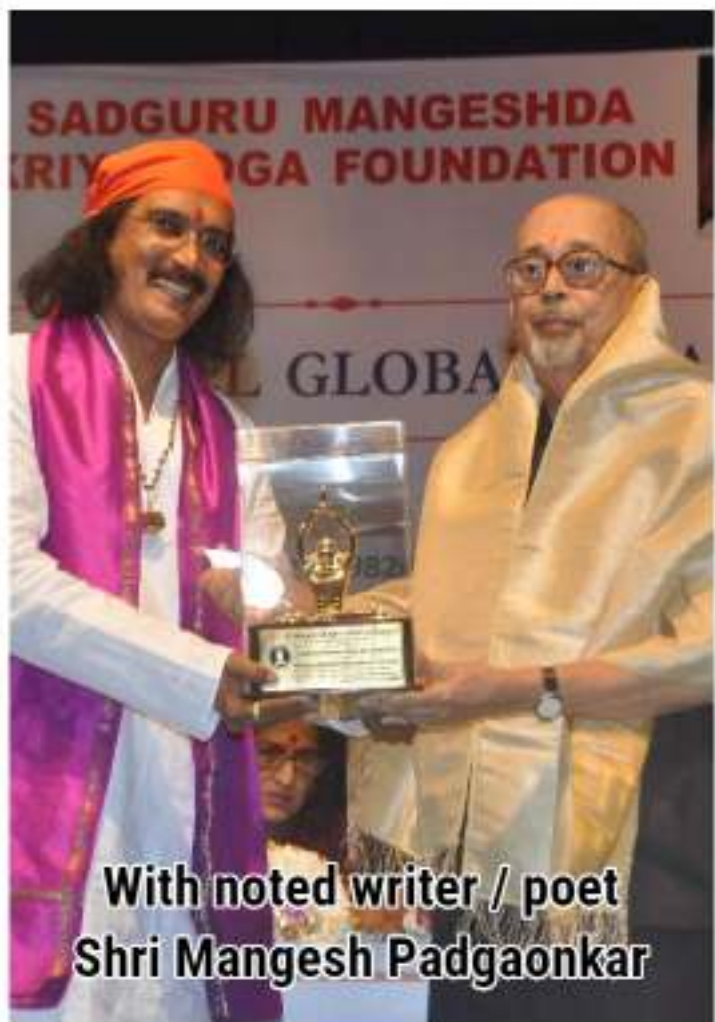
**With Prime Minister Shri. Narendra Modi and
Shri Uddhav Thackeray**



**With noted musician
Shri Pyarelal**



**With noted musician
Shri Ashok Patki**



**With noted writer / poet
Shri Mangesh Padgaonkar**



**With noted musician
Pt. Tulsidas Borkar**

MESSAGE FROM MANGESHDA UPASANA CENTRE, KOZHIKODE



**Wishing Sadguruji a very Happy Birthday
and Many Happy Returns of the Day
Seeking Your Blessings,
Devotees**

Contact No: 9447094953, 9892371274

**Gurur Brahma Gurur Vishnu Gururdevo Maheshwarah |
Gurur Saakshat Para Brahma Tasmai Shree Guruveyy Namah ||**



Wishing Sadguruji a very Happy Birthday

From

Mahabir & Rekha

Amit, Prranjali & Ishaan

Sumeet, Ekta & Mahier



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

Happy Birthday
Dada

From
Shashank,
Mithila & Shamik
Gaitonde



Share **Love** with your loved ones which is
As Pure As Honey



Honey Variants

Honey Variants	
• Raw Organic Honey (Multiflora)	
Premium Honey	• Kesari Flavoured Honey with Kesari Strands • Lemon Infused Honey
Flavoured Honey	◆ Tulsi Honey
	◆ Jamun Honey
	◆ Berry Honey
	◆ Kashmiri Honey (Himalayan)
	◆ Forest Honey
	◆ Litchi Honey
	◆ Ajwain Honey
	◆ Eucalyptus Honey
	◆ Rosewood Honey
	◆ Neem Honey
Infused Honey	◆ Acacia Honey
	➤ Ginger Honey
	➤ Turmeric Honey
	➤ Amla Honey
	➤ Cinnamon Honey
	➤ Clove Honey
	➤ Garlic Honey



Contact: Inderpreet Bharaj 9819885576 / Maya 9004084559

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गुरुर्ब्रह्मा गुरुर्विष्णुर् गुरुर्देवो महेश्वरः।
गुरुः साक्षात् परब्रह्म तस्मै श्रीगुरुवे नमः॥



From Yuvaraj Manali Deepanshu Sharma

Message From Mangeshda Upasana Centre, Warangal



**Wishing Our
Beloved Sadguruji
A Very
Happy Birthday**

Devotees

Contact No: 99087 02251

Koti Koti Pranams at the Lotus Feet of Sadguru Dr. Mangeshda



From

Mr & Mrs Jayakumar and Chandrashekar



**Best Wishes
to
Sadguruji
and
Foundation**

**From
Jayalaxmi S. Suvarna**

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गुरु चरण तेजोमय !
गुरु आशीर्वाद लाखमोल !
सुख दुःख झेलण्याचे सामर्थ्य,
झाला वर्षाव गुरुकृपेचा !
त्याला नाही तोड !

अरुणा आणि प्रकाश साखळकर
शिल्पा, शेफाली प्रणव जानी,
सान्ची आणि क्रिश
चैतन्य आणि लेकिन ब्रिस्टर
बीझर आणि कॉपर (Pets)



Respected Sadguruji,
Salutations at your Lotus Feet
&

Wishing You A Very

Happy Birthday!!!

Suhas, Kanchan & Ishani



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

Shradhanjali to our Father



12th Oct. 1999

Late Mr. Vamanrao S. Mahadik

Shivsena Leader

Mayor, MLA, M.P.

❖ *From* ❖

Hemangi & Jaya Poojari

Preshit Chandrashekhar

Mahadik & Family



THE AWAKENING!

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UNCONDITIONAL FORGIVENESS ALL OVER THE WORLD.

MESSAGE FROM MANGESHDA UPASANA CENTRE, GOREGAON



Wishing Sadguruji a Very Happy Birthday!

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

PRANAMS GURUJI

Contact:

9820048855, 9833235989, 9892477495



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UNCONDITIONAL FORGIVENESS ALL OVER THE WORLD.

**MESSAGE FROM
MANGESHDA UPASANA CENTRE, HYDERABAD**



**Wishing a Very Happy Birthday to
H.H Sadguru Yogiraj Dr. Mangeshda**

**“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

Devotees

Contact No: 91601 23492



THE AWAKENING!

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



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

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.

आप सदा देते ही रहते हो। प्रतिबद्धता (commitment) का मतलब क्या है यह सोचते हैं तो एक ही जवाब आता है – **सद्गुरु डॉ मंगेशदा!** खुद नजर की ज्योति के धुंधले होने के बावजूद आपने जिस दृढ़ता से 'सेल्फ डिफेन्स फॉर वुमेन' के कार्यक्रमों को पुरी लगनसे पूरा किया, इसे देखकर हम भौचक्के रह गये। 'यह कैसे संभव है' यही हमारी प्रतिक्रिया रही।

अभी का कालखंड खासा आव्हानों से भरा हुआ है। सभी कार्यकलापों पर बंधन डाले गये हैं - यह एक नयी जीवनप्रणाली बन चुकी है। ऐसी विषम अवस्था में भी आप कार्यरत रहे हो, रुके नहीं। तंत्रज्ञान की सहायता से आप हर एक से जुड़े रहते हो। ऑनलाईन वर्ग के माध्यम से आप हम सबको रोज चार्ज करके निकलवा रहे हो। ताकि हम शारीरिक और मानसिक तौर पर तंदुरुस्त रहे। लॉकडाऊन के इस दौर में आप हमारे लिये एक दीपस्तंभ की तरह खड़े हो।

'क्रिया संस्कार साधना' यह आपके द्वारा दी हुई एक अमूल्य देन है। १२ सत्रों का यह शिबिर सब आयु के लोगों के लिये जरूरी और महत्वपूर्ण कार्यक्रम है। इसका मूल्यांकन शब्दों में करना संभव नहीं, यह तो खूद अनुभव करने का नुस्खा है। आप ही के शब्दों में कहूँ तो आपने हमें इस शिबिर में जो कुछ सीखाया है उससे हम कोई भी नकारात्मकता को परास्त करने का सामर्थ्य रखते हैं।

इन सभी अनेकविध रूपों में एक विशेष बात यह भी है की आप एक कुटुंबवत्सल व्यक्ती भी हो और आपका यह रोल आपने अनेक बार हमें विशद किया है, की जब आप घर में

होते हो तो एक पति और पिता की भूमिका सही ढंग से निभाते हो। अपने कुटुंब के लिए आप जायज समय देते हो। आपके अंदर का पिता कितना जागृत और वत्सल है यह हमने अपने आँखोंसे देखा है - जब आप पुत्र शुभम और पुत्री महिमा के कलागुणों को निखारने के हेतु, उनके पढाई में जो मेहनत लेते हो और मार्गदर्शन करते हो। आपके संस्कारों का दृष्य परिणाम हम अपने आँखों से देख रहे हैं। मनाली भाभी भी आप के इन प्रयासों में कंधे से कंधा मिलाकर चल रही है ... यह प्रशंसनीय है।

गुरुजी, मैंने जो कुछ अब तक बयान किया है उससे भी बढ़कर आपका व्यक्तीत्व है, इस में कोई संदेह नहीं। गत कई वर्षों के सहवास में जो कुछ मुझे समझा, भाया वही मैंने लिखा है। आप एक आदरणीय, परिपूर्ण, पितृतुल्य व्यक्तीमत्व हो। अपना समाज और देश आपके तरफ पूरे आस से देख रहा है। आपके पास देने के लिए बहुत कुछ है, करवाने के लिये अपरंपार ज्ञानभांडार है। आपकी सर्वसमावेशक वृत्ती और दिव्य आभा लोगों को बहुत कुछ सीखाती है। आपके स्वभाव के कई अनगिनत हिस्से अब भी हमें अज्ञात हैं जिसका हमें इंतजार है। गुरु, मित्र, हितचिंतक के भूमिका में जो कुछ आप हम पर बरसा रहे हो, उसे संभालने की शक्ती हमें मिले यही प्रार्थना है।

गत अनेक वर्षों के अविस्मरणीय क्षणों के लिए आपके प्रति हार्दिक कृतज्ञता व्यक्त करता हूँ। सद्गुरुजी, आज के विशेष शुभ दिन के लिए पुनःश्च शुभकामनाएँ।

आपका कृपाभिलाषी,
ऋषिकेश आंबये

What will help you the most is to realise that you have chosen this life and the way you are going to live in this birth. Hence the people with whom you are inter-linked are here to complete the Karmic relationships. But there is a better way to complete this relationship - give Unconditional Love and Unconditional Forgiveness. Consider this to be the ultimate remedy to every problem.

H. H. Sadguru Yogiraj Dr. Mangeshda



THE AWAKENING!

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गुरुदेव आपका बहुत बड़ा धन्यवाद

हे गुरुदेव आपका बहुत बड़ा धन्यवाद,
क्योंकि इस जीवन में आप ही ने हमारा हाथ थामा।

हे गुरुदेव आपका बहुत बड़ा धन्यवाद,
जो सूखे पत्तों को वापस हरा बनाया।

हे गुरुदेव आपका बहुत बड़ा धन्यवाद,
क्योंकि आप ही ने हमारी रग रग को पहचाना।

वरना आप भी जानते हैं और हम भी
आपके बिना यह जीवन की डोर रहती अधुरी।

हे गुरुदेव आपका बहुत बड़ा धन्यवाद,
क्योंकि आप ही ने हमें अपनी सांस का महत्त्व समझाया।

हे गुरुदेव आपका बहुत बड़ा धन्यवाद।

विनिता,
ठाने

विपाशना (एक झलक)

प्रफुलित हैं आज मन
इस पवित्र पावन आंगन में,
विपाशना के शिबिर में
ज्ञान के अद्भूत भंडार में।।

गुरुवर की अनुपम कृपा से
यह संभव हो पाया।
विपाशना में आने का
सौभाग्य प्राप्त हुआ।।

कठोर तप से प्राणी तुमको
कुछ प्राप्त नहीं होगा।
गुरु के सरल उपाय से
प्राणी तर जायेगा।।

पाच दिन में पूर्ण जीवन शैली
को ही बदल दिया
संभवतः ही जीवन में फिर
ऐसा समय आयेगा।।

सहज-सरल उपाय
गुरुवर ने है बतलाये

राम बाण की भांति जैसे
मार्ग सभी खुल जाये।।

पक्षी चह-चहाते भोर के
सांझ के मंद-मंद झोंके,
मानो स्वर्ग में है हम
ऐसा अनुभव करते।।

सूर्य उदय की कनक सी किरणें
सांझ का सूर्य अस्त
मानो चारों दिशाएं आकर
हुई है मस्त।।

अर्चना-सुनील-विनायक-मुस्कान
करते विनय यह आपसे,
आशिष सदैव आपका
हम सब पर यूही बना रहें।।

आभार —
अर्चना हाखु,
ऑस्ट्रेलिया



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परमपूज्य सद्गुरूजींचे बोधामृत

वर्षे येतील वर्षे जातील. परंतु गेल्या वर्षीचे परिवर्तन एक वेगळाच अनुभव घेऊन आले. कोणी अपेक्षाही केली नसेल की २०१९ संपताना येणारे नवीन वर्ष सर्वांना एकमेकांपासून विलग करणारे असू शकेल. थोडेथोडेके नाही संपूर्ण जगातील लोकांना एकमेकांपासून विभक्त करून देश, राज्य, गाव ... सर्वांनाच एकमेकांपासून दूर करून, एकमेकांची पूर्ण चेहरेपट्टीही न दाखविण्याचा हा अनुभव हादरवून टाकणारा ठरला. 'कोविड-१९' ह्या नावाचा दबदबा कित्येक शतकं लोक स्मरणात ठेवतील. जगातील कोट्यावधी लोकांनी ह्या रोगाचा घेतलेला धसका, एकाच वेळी जगातील लाखो लोकांचे होणारे मृत्यू, डॉक्टर्स, नर्सस, संशोधक, शासकिय यंत्रणा ह्यांचे दिवस-रात्र जीवावर उदार होऊन केले जाणारे 'कोविड' विरुद्ध युद्ध ... सर्व व्यवहार ठप्प !! शाळा, कॉलेज, कार्यालयं, सर्व प्रकारचे दळणवळण, नित्य व्यवहार ... सर्व 'बंद' !!

सुरूवातीला एखाद दुसरा महिना हे जीवघेणे संकट चालेल अन् नंतर नियमित व्यवहार सुरू होतील ह्या आशेवर हळूहळू पाणी पडू लागलं. मैदानं, उपवन, पर्यटन स्थळं, हॉटेल्स, रेस्टॉरन्ट, रस्ते, एअरपोर्ट ओस पडू लागली. 'लॉकडाऊन' शब्द प्रत्येक घराघरात बंदिस्त झाला. एरवी शाळेला सुट्टी म्हटल्यावर जल्लोष करणारी बालक मंडळी, कंटाळून भाबडेपणाने देवाला प्रार्थना करू लागली, 'केव्हा एकदा शाळा सुरू होणार आणि आम्ही आमच्या दोस्त मंडळी अन् शिक्षकांना भेटणार?' एकीकडे प्रथम कोविड विषयीच्या अज्ञानाने हादरलेली जनता हळूहळू सावरतेय तोच ह्यावेळी पर्जन्यराजाने आपला जोर दाखवून शेतकऱ्यांना सर्वात जास्त आपल्या तडाख्याने बुडवून काढले. शेतकऱ्यांचा आक्रोश सुरू असतानाच ग्लॅमरच्या जगातील एका कलाकाराने आत्महत्या करून एका नवीन वादाला तोंड फोडले.

ओस पडलेल्या सिनेमाघरांऐवजी घराघरातील टी.व्ही. संच तासन्तास बोलू लागले होते. तेवढाच एक विरंगुळा! तशात ह्या आत्महत्याचा बोलबाला व्यसनाधीनतेच्या रहस्यात घेऊन

गेला. कोविडचा अधिकचा परिणाम म्हणा अथवा मुळचाच स्वभाव म्हणा राजकिय नेते मंडळी आणि टी.व्ही. वाल्यांची गट्टी जास्तच जमू लागली. तशात बॉलीवूडची चकचक ... ही चकमक जशी रंगू लागली तशी टी.व्ही. वाल्यांची चंगळ वाढू लागली. तीच तीच मंडळी आपले अस्तित्व, आरोप-प्रत्यारोपातून सुरूवातीला 'मास्क' घालून आणि नंतर चेहरा पूर्ण झळकवण्यासाठी 'गळा' काढून बेंबीच्या देठापासून ओरडून दाखवू लागली.

डिजिटल इंडियाला नावं ठेवणारे त्याच माध्यमातून लोकांपुढे येऊ लागले. प्रत्यक्ष न भेटताही 'ऑनलाईन' वर्ग घराघरात रुजू लागले. जागतिक, भौगोलिक 'पार्टीशन' रद्द होऊन कुठल्याही वाहनाशिवाय लोक एकमेकांच्या घरात 'वर्चुअल ट्रॅव्हल' करू लागले. सुमारे आठ महिन्यात खरंच लाईफ स्टाईल बदलून गेली.

मुळात मानवाचा स्वभाव हे एक मोठठं कोडं आहे. इतिहास साक्षी आहे. पृथ्वीवर अनेक संकटं आली आणि गेली. अगदी ज्वालामुखी फुटण्यापासून, भूकंप, प्रलयं, वादळं ते असंख्य युद्धांचा साक्षी हा इतिहास आहे. महाभारतापासून पहिल्या-दुसऱ्या महायुद्धापर्यंतच सीमित न राहता रोगराईच्या स्वरूपात मानवाचा हा विध्वंस विविध नावांनी आला आणि इतिहास त्याचा कायम साक्षी राहिला. असं म्हणतात की इतिहासातून बरंच शिकता येतं. आज ना उद्या ह्या 'कोविड'ला नक्कीच काही उपाय मिळतील.

प्रश्न आहे तो सुरक्षेचा, कायम स्वरूपी मनःशांतीचा! मानवी युद्धापासून रासायनिक, जैविक युद्धापर्यंत शेवटी शिल्क राहणार तो विनाश! मला, तुम्हा-आम्हा सर्वांना विलग करणारा!

मी क्रियायोग हा माझा श्वास मानतो. मुळात योग म्हणजे जोडणं. केवळ स्वतःचं मन, शरीर, आत्मा ह्यांना न जोडता प्रत्येक माणसाला, जाती-धर्माला, देश-विदेशाला जोडणारा 'योग'! श्रीकृष्णाने अर्जुनाला सांगितलेला योग, ऋषि पातांजलींनी लोकांपर्यंत नेलेला योग अथवा सर्वसामान्यांना



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उपदेशरूपाने केलेला 'ज्ञानेश्वरी'रूपी योग, प्रेममय – वात्सल्यरूपी आहे. आंतरबाह्य शुद्धीचे संस्कार ह्या योगात आहेत. इतिहासाने दाखविलेल्या हिंसाचारातही मानव कायम आशावादी राहिला, राहिल. सतत त्याचे अंतर्मन शोधत राहिले 'हम होंगे कामयाब'. सूर्याला शोधणं कठीण नसतं. तो आहेच स्वयंभू! अंधाराला स्वतःचं अस्तित्व नसल्यामुळे कायम पळावं लागतं.

ग्रहण येतं परंतु ग्रहण कधीच टिकत नाही. तसंच संकटं येतात परंतु ती कधीच टिकत नाहीत. आपण सर्व टिका, टिप्पणी, राजकारण, इर्षा, मत्सर ह्या छुप्या शत्रूंपासून दूर झालो तर युद्ध कोण कोणाशी करणार? दोन अथवा काही व्यक्ती एकमेकांशी लढतात ती 'मारामारी'! दोन समुदाय एकमेकांशी लढतात ती 'दंगल'! दोन अथवा अधिक राजकिय पक्ष एकमेकांशी लढतात ते राजकिय पिपासू 'खुर्चीयुद्ध'! दोन देश एकमेकांविरुद्ध लढतात ते 'सीमायुद्ध' आणि कित्येक देश पार्टी पाडून लढतात ते 'महायुद्ध'! विनाश हा प्रत्येक ठिकाणी आहे.

ह्याची ठिणगी टीकेतून होते. सर्वांना सर्वांचीच मतं पटतील असं नाही. म्हणूनच एका मताने सर्व एकत्र येऊया. 'माणुसकी' असे त्याला नाव देऊया. आपण सर्व ह्याला आपलं मुल समजूया आणि पालक म्हणून त्याचं संगोपन करूया. आता एक 'माणुसकी' आणि असंख्य पालक म्हणजे पुन्हा भांडण होणारच.

हजारों वर्षांपूर्वी हेच घडलं. परमेश्वराकडे प्रार्थना झाली. तोही तयार झाला. प्रत्येकालाच तो हवा होता. मग त्याने स्वतःला निःस्वार्थ प्रेमात बदललं आणि प्रत्येक मानव, जीव-जीवाणूत अगदी कणाकणांत स्वतःला अंशात्मक वाटलं. काही भाग स्वतःकडेच ठेवला आणि मानवाला सांगितले, "मला नीट

जपा. जेव्हा जेव्हा हे प्रेम तुम्ही जागवाल तेव्हा मी जागेन तुमच्यात. फक्त एकच अट ... स्वार्थात जागवू नका. मी तुमच्यात असूनही लांब असेन."

हजारों वर्ष लोटली. पिढ्यानपिढ्या पुढे सरकल्या. परमेश्वराची गोष्टही तशीच पुढे एकाने दुसऱ्यास, दुसऱ्याने तिसऱ्यास सांगत परंपरा जोपासली. मलाही ही गोष्ट गुरुजींनी सांगितली. मला पटली, मी अनुभवली आणि म्हणूनच वर्षानुवर्ष इतरांना सांगितली. संकटं आली, संकटं गेली. स्वतःशी प्रामाणिक राहत, सत्याच्या नौकेत इतरही प्रवासी घेतले. सुकाणू स्वतःकडे ठेवला. गुरुजीनीच बक्षिस दिलेली नौका असल्याने प्रवासी संख्येवर नियंत्रण ठेवलं नाही. कारण गुरुजींच्या शिकवणीनुसार वैयक्तिक स्वार्थाने, खोटेपणाने आलेले ह्या नौकेत कधीच टिकणार नाहीत. ही न बुडणारी नौका आहे. तिला छेद कधीच होणार नाही. कितीही वादळं येवोत, सुरक्षेचं कवच कायम राहिल. अविश्वासाने आलेले इथं न टिकता विविध नौका शोधत गोते खातील. आणि जे ह्या नौकेत टिकतील त्यांचा बेडा निश्चित पार होईल. समुद्रातूनच विष आलं आणि अमृतही! सकारात्मक भावनेने एकजूतीचा योग साकारूया. स्वतःतील निःस्वार्थ प्रेमरूपी परमेश्वराला जागवूया. कठीण काहीच नाही. पुन्हा 'मंथन' सुरू झालंय. हजारो वर्षांच्या गोष्टीवर विश्वास ठेऊया. 'तो' आहे, 'तो' पाहतोय, 'त्या'चीच ही देखील एक लीला! 'त्याला' आपल्याच नौकेत ठेऊन अमृतपानाचा योग साकारूया. 'तो' 'अतिथीही' नाही अन् 'आगंतूक'ही नाही. 'तो' जन्मापासूनच आपल्या सोबत आहे. तो ही भेटायला आतूर आहे. फक्त त्याला खोटेपणा आणि स्वार्थ नको. हवा आहे निःस्वार्थ भाव! श्रद्धा, सबुरी अन् समर्पण!!

- सद्गुरू योगीराज डॉ. मंगेशदा

मन मोहाचा कसा पिसारा फुलला!

आयुष्याचा पहिला क्षण... पहिला स्वतःचा श्वास! पहिला स्पर्श! पहिलं स्पर्श... पहिले वस्त्र... पहिलं दुग्धप्राशन!! जीवनाची सुरुवातच मुळी पहिल्या अनुभवाने होत असते. प्रत्येकाचा आयुष्याकडे पाहण्याचा दृष्टीकोन वेगळा असू

शकतो परंतु हा पहिला अनुभव प्रत्येकाला घ्यावाच लागतो. जीवनाच्या विविध टप्प्यांवर माणूस आपल्या जीवनविषयक दृष्टीकोनात फेरफार करीत असतो.

विविध अनुभवांतून आलेला त्याच्या स्वभावातील फरक



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आपण पाहू शकतो. सुरुवातीचा बालिशपणा हळूहळू कमी होऊन त्याची जागा प्रगल्भता घेते. वाचनातील पुस्तकं, विविध लेख, विविध लोकांशी झालेला परिचय, संवाद इत्यादि देखील स्वभावबदलास कारणीभूत असतात. ह्यातील काही सकारात्मक असतात तर काही नकारात्मक !

बालपणातील काही संस्कारांचा पगडा इतका प्रभावी असतो की आयुष्यभर माणसाला सकारात्मक अथवा नकारात्मक व्यक्तिमत्व घडवण्यास पुरेसा असतो. बरेचदा प्रतिकूल वातावरणात जन्म घेऊनही बालपणीच्या संस्काराने सकारात्मक व्यक्तिमत्व घडवलेल्या व्यक्ती असतात, तर अनुकूल वातावरणात जन्म घेऊनही नकारात्मक व्यक्तिमत्वाची माणसं दिसतात.

ह्या सर्व बदलास जबाबदार असणारं एकमेव कारण, मन ! मानवाचं मन अद्भूत आहे. प्रत्येकाची ग्रहणशक्ती वेगळी असू शकते, परंतु मन हे भावनेशी जोडलेलं आहे. मन कमी-जास्त प्रमाणात भावूक असेल, मन चंचल असेल, कणखर असेल, दुबळं असेल तरीही ह्या मनाला मानवी जीवनापासून विलग करणं कठीण आहे. जीवनाच्या प्रत्येक टप्प्यात मनाची भूमिका ही स्वभाव कुंडली तयार करत असते, बदलतही असते.

एखादा निर्णय मन ठामपणे घेतं तर बरेचदा आपल्या चंचलपणाचे प्रदर्शन करतं. शरीरातील रासायनिक प्रक्रिया, सुमारे ९० टक्के आजारांचे कारण, ताणतणाव इत्यादि मनाच्या मनमानी स्वभावावर अवलंबून असते. मनावर संस्कार करताना विविध प्रक्रिया शास्त्रानुरूप करणं अत्यावश्यक आहे. हजारो वर्षांच्या विविध चाली-रीती, परंपरा, सण, व्रत-वैकल्यांमागील शास्त्र ह्या सकारात्मक संस्कारांचा अनमोल खजिना आहे.

ह्या संस्कारांच्या विविध क्रियांमागे हजारो वर्षांची परंपरा आहे. मनाला स्थिर करून सकारात्मक ऊर्जा निर्माण करणारे हे संस्कार आमच्या ऋषीमुनींनी आधुनिक जगाला दिलेले वरदान आहे. नामस्मरणापासून ते मंत्रजप, श्लोकपठण, होम-हवन, किर्तन, स्वाध्याय ही आजच्या काळाची गरज बनली आहे. मनावरील ताणतणाव, इर्षा, नकारात्मक जीवनशैली,

इत्यादि नियंत्रित करून एक आनंदमय सकारात्मक जीवन जगण्यासाठी स्वतःमध्ये बदल करणं गरजेचं आहे, अति आवश्यक आहे.

ध्यानधारणा हे अध्यात्माचे महाद्वार आहे. ध्यानधारणेने मानवाच्या शरीर व मनावर होणारे सकारात्मक बदल शास्त्रज्ञांनी स्वीकारले आहेत. नियमित ध्यानधारणा केल्याने मन शांत होते, सृजनशीलता आणि एकाग्रता वाढून ऊर्जा स्रोताशी उत्तम संधान साधले जाते. आकलन शक्ती वाढते.

मनाची शक्ती प्रचंड आहे. जेव्हा एखादी व्यक्ती संशोधक बनून, अभ्यासक बनून, एकाग्रतेने त्याचा वापर करते तेव्हा बुद्धी विवेकशील बनून त्या व्यक्तीचा विकास करते. हेच मन विध्वंसक देखील बनून इतरांबरोबर त्या व्यक्तीचा देखील नाश करतं. त्यामुळे मनाला सांभाळून त्यावर संस्कार करणे हे गरजेचं आहे. मनाची अमर्याद परिघरेषा विघटन आणि संघटन शक्तीशी जोडलेली आहे.

मानसशास्त्रानुसार मनाचा ताबा सुटलेली व्यक्ती टप्प्याटप्प्याने बेकाबू होऊन शेवटी 'सिझोफ्रेनिक' (schizophrenic) पातळीवर जाते किंवा हिंसक बनून 'हिस्टेरिया' (Hysteria)ची शिकार बनते. बेकाबू मनाची ही अवस्था व्यक्तीच्या भावनिक अवस्थेचे लक्षण आहे.

बरेचदा एकतर्फी विचाराने अशी व्यक्ती दुसऱ्या व्यक्तीचे कायम विश्लेषण (analysis) करून स्वतःचे एक मत बनवत असते. तसं पाहिलं तर विश्लेषण करणं हा मनाचा गुणधर्मच आहे. स्वतःच्या अनुभवानुसार अशा व्यक्ती विश्लेषण करतात. परंतु बेकाबू मनाच्या अवस्थेत केले गेलेले असे विश्लेषण मानसिक भ्रम (Hallucination) तयार करतं. असे मनाचे खेळ त्या व्यक्तीचे मनोस्वास्थ्य पूर्णपणे बिघडवून टाकतं.

अशा व्यक्तीचं स्वतःशी बोलणं, सतत भासयुक्त अवस्थेत राहणं, स्वतःच्या मनाने एखादी गोष्ट तयार करणं इत्यादि भ्रमिष्ठावस्था दर्शवतात. अशा व्यक्ती विविध देव-देवतांशी बोलतात, स्वतःलाच देव-देवताही समजून दरबार भरवतात. कल्पनेच्या खेळात रमणाऱ्या अशा व्यक्ती कुठल्याही



THE AWAKENING!

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टोकापर्यंत पोहोचू शकतात.

आध्यात्मिक पातळीवर मुळात 'अमन' अवस्थेत पोहोचण्यासाठी मनाला 'स्थिर' करणे गरजेचे आहे. स्वतःच्या मनातील विचारांचे तटस्थ प्रवृत्तीने, कुठलीही प्रतिक्रिया न देता निरिक्षण करणे हे ध्यानधरणेचे एक तंत्र आहे. ध्यानामुळे श्वसन मंदावून नाडीचा वेग कमी झाल्यामुळे रक्तदाब मंदावतो. विचारधारा संथ होते.

मनाचा आवेग अथवा अनियंत्रित विचारांचा प्रभाव कमी करण्याचा अजून एक उपाय म्हणजे 'मंत्र'! मंत्र म्हणजे शब्दरूप प्रतीक असून मंत्रातील शब्दसामर्थ्याने विचारधारा नकळत भक्तिभावाकडे झुकतात. एखादा मंत्र सतत शांतपणे (silently) किंवा पुटपुटत किंवा मोठ्याने बोलणे म्हणजेच त्या मंत्राचा 'जप' करणे होय!

मानवी जीवनात स्वतःला समजण्यासाठी स्वतःचा स्वभाव व स्वतःचे मन समजणे अत्यंत आवश्यक आहे. विचारांशिवाय मन नाही आणि ज्ञानेंद्रियांशिवाय विचार नाहीत. मुळात मानवी जड देहात मनाचा सूक्ष्म देह असतो. पाच ज्ञानेंद्रिये, पाच कर्मेन्द्रिये व मन असे मिळून एकादश इंद्रिये आहेत. मन हे अकरावे इंद्रिय!

“मन एवं मनुष्याणां कारणं बन्धमोक्षयोः।” — मन हेच मनुष्याच्या बंधन व मोक्षाला कारणीभूत आहे. भौतिक विश्वाप्रमाणेच मनाचे तीन घटक आहेत - १) सत्व २) रज ३) तम

हेच मन 'जाणीव', 'सुप्तजाणीव' व 'परमजाणीव' अशा ३ पातळ्यांवर आपलं कार्य करू शकतं. मानवी मनाच्या चार वृत्ती आहेत — १) मन २) बुद्धी ३) अहंकार ४) चित्त

जेव्हा मन बाह्य गोष्टींचे ज्ञान ग्रहण करते तेव्हा ह्या चारही वृत्ती कार्यरत असतात. त्या मनाचे दोष अनेक आहेत, परंतु सर्वात मोठा दोष 'अहंकार' आहे. अहंकारातूनच स्वार्थीवृत्ती वाढू लागते. व्यक्तीतील भोगवृत्ती जोपासली जाऊन सर्व काही आपल्यालाच मिळावं ह्या भावनेतून जन्माच्या वेळची निरागसता नष्ट होते. अहंकाराने संकुचित मनाला, सतत अपूर्णत्वाची जाणीव वासनेच्या रूपाने प्रगट होते. मन

इंद्रियाधीन असल्याने सतत नवीन मागण्या करीत राहते.

इथेच मनाचे संतुलन बिघडते. असे असंतुलित मन भूतकाळातील पूर्वग्रहदुषित घटना, व्यक्ती ह्यांचा ताळमेळ भविष्यात ठेऊन नकारात्मक चिंतन सुरू करते. त्याच्या नकारात्मक चिंतनाने 'काम', 'क्रोध', 'लोभ', 'मोह', 'मद', 'मत्सर' हे षडरिपू ताकदवर होतात. समाजात अशा प्रवृत्तीनेच ताण, तणाव, गुन्हेगारी, हिंसा, व्यसनाधीनता इत्यादि गोष्टी वाढत चालल्या आहेत. म्हणूनच ह्या मनाला लगाम घालण्यासाठी एका उत्कृष्ट सारथ्याची गरज असते. एक गुरुच हे काम उत्कृष्टपणे करून रथातील प्रवाशास योग्य मुक्कामापर्यंत पोहोचण्यास मदत करतो. मार्ग कितीही कठीण असला तरी गुरु हा मार्ग सुलभ करतो.

मन हे इंद्रियाधीन असल्याने कायम नवीन अनुभवांची मागणी करीत राहते. मन हे वासनाहारी असल्याने नवीन भोगाच्या लालसेने अविचारी होते. इंद्रियांना काबूत ठेवण्यासाठी योगसाधनेद्वारे महर्षि पतांजलींनी 'प्रत्याहाराची' संकल्पना उत्कृष्टरीत्या पुरस्कृत केली आहे. पाचही इंद्रियांना त्यांच्या विषयापासून परावृत्त करून चित्त अंतर्मुख करणे, चित्ताच्या मूळ स्वरूपाकडे इंद्रियांना वळवणे म्हणजे 'प्रत्याहार'! अष्टांगयोगातील यम, नियम, आसन आणि प्राणायाम ह्या चार अंगांच्या साधनेतून साधकांची प्रत्याहाराची तयारी होते.

जो इंद्रियांच्या आधीन गेला तो विषयासक्तीत अडकतो; चित्त मोहपाषात अडकून स्वार्थ, द्वेष, राग, मत्सर हे सारे दुर्गूण प्रत्यक्ष कृतीत उतरू लागतात. सद्गुरू समर्पित शिष्यांस इंद्रियानाच आपल्या आधीन करण्यास शिकवतात. अशा शिष्यांस विषय स्पर्षही करीत नाही. अशी व्यक्ती खऱ्या अर्थाने आनंदी असते. सत्य-असत्याची पारख झाल्याने चांगलं आणि वाईटातील फरक तात्काळ ओळखते. गुरुकृपेने निष्काम किंवा फलनिरपेक्ष सद्बुद्धी मानवाच्या मनातील अहंपणाचा, गर्वाचा, द्वेषाचा, दुःखाचा अंधार नष्ट करून मन प्रकाशमान करते.

आत्मज्ञानाची पहिली पायरी मनाची तयारी आहे. मुळात गुरुला ओळखणं आणि ज्यांना हे जमलं ते त्यांच्या ज्ञानाचा लाभ घेऊन इंद्रियांना स्वतःच्या आधीन ठेवून निर्मळ मनाने,



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निःस्वार्थ भावनेने जगतात. तर उथळ मनाची व्यक्ती कुठल्याही ढोंगी व्यक्तीस गुरू समजून कायम दुसऱ्याची निंदा करण्यात धन्यता मानतात. समाजात अशीही उदाहरण आहेत जी कॅलेंडरच्या महिन्यानुसार गुरू बदलत एक दिवशी उथळपणे स्वतःलाच गुरू मानू लागतात.

स्वार्थ, लोभ, मोह, गर्व हे जसं माणूस स्वतःच्या अज्ञानाने स्वतःमध्येच मोठे करतो, तद्वत प्रेम, करुणा, स्वाध्याय व परोपकारी वृत्ती एक पात्र शिष्य गुरूकृपेने स्वतःमध्ये रूजवतो. शेवटी मन हे भाबडंच असतं. मानव स्वतःचा स्वभाव, स्वतःच्या कर्मानुसार ह्या मनानेच करतो. ह्याच मनाला चांगल्या संस्काराने एखादा सुसंस्कृत बनवून निःस्वार्थ प्रेम व निःस्वार्थ क्षमाशीलतेने समाजात आदराचं स्थान बनवतो. शरीर आणि मनाचा हा 'योग' अथवा मिलाफ साधण्यासाठी गरज असते योग्य मार्गदर्शनाची! चांगल्या संगतीची, एका अनुभवी सारथ्याची! मार्ग कितीही खडतर असला तरी रथाला योग्य ठिकाणी पोहोचवणारा सारथी, सारथ्य करता करता संसाराची यात्राही सुखद करतो आणि

जीवनाच्या ध्येयाचीही जाणीव करून देतो.

गर्भातून बाहेर पडणारे प्रत्येक अर्भक पहिल्याच श्वासात 'कोऽऽहं' प्रश्न उपस्थित करते, परंतु 'सोऽऽहं' अनुभवणं काहीनाच जमतं.

'ऐकें जया प्राणियाच्या ठायीं। इया ज्ञानाची आवडी नाहीं। तयाचें जियालें म्हणों काई। वरी मरण चांग।' संत ज्ञानेश्वरांच्या ह्या ओवीनुसार बुद्धीवादी मानवाच्या वाट्याला दुःख, भय, चिंता, शोक ह्या गोष्टी अज्ञानामुळे येतात. अज्ञानाने माणूस 'मी'पणात गुंतत जातो. आत्मसुख आणि आत्मज्ञान मिळण्यासाठी व्यक्तीला आवड पाहिजे. ज्ञानप्राप्तीची आवडच नसेल तर अशी व्यक्ती जिवंत असून मेल्यासारखी आहे.

म्हणूनच प्रत्येक जन्म महत्वाचा! प्रत्येक श्वास महत्वाचा!! प्रत्येक क्षण अतिमहत्वाचा!!! 'कोऽऽहं' च्या प्रश्नाला साद मिळू लागलीय 'सोऽऽहं' ची! फक्त प्रक्रियेचा अवकाश आहे. अनुभवातून मिळणाऱ्या अनुभूतिची!

- सद्गुरू योगीराज डॉ. मंगेशदा

कोरोना! थॅक यू

साधारणतः जानेवारी महिन्यात कोरोनाचे भारतात आगमन झाले आणि एकच हाहाकार उडाला! मनामध्ये भीती, आशंका ह्यांचे काहूर माजले. मार्चमध्ये लॉकडाऊन सुरू झाल्यानंतर वृत्तवाहिन्यांवरून अविरत चालू असलेले विवेचन आणि त्याच त्याच बातम्यांचा रतीब चालू असताना एक गोष्ट मात्र आमच्या चांगलीच पथ्यावर पडली, ती म्हणजे स्वतःला शोधण्याची सवड आणि संधी!

इतके वर्षे घड्याळाच्या काट्याबरोबर धावणारे आम्ही थोडा वेळ थबकलो आणि कासावीस झालो. रिकाम्या वेळाचे करावयाचे काय हा एक जटिल प्रश्न समोर उभा राहिला. थोडे दिवस निवांत लोळत पडण्याचा उपक्रम सुरू करून झाला. पण त्याचाही नंतर कंटाळा येऊ लागला. इतकी वर्षे सकाळी उठल्या उठल्या चहा नाश्ता झाल्यावर वर्तमानपत्रांत डोके खुपसून सगळ्या बातम्या आणि राजकीय घडामोडींचा लेखाजोखा ठेवणे व नंतर मित्रमंडळीत त्याचे चर्चण करणे हा

उद्योग खालसात निघाला कारण वर्तमानपत्राचे आगमन होणे बोंबलले आणि मित्रमंडळींचे एकत्र बसणे अशक्य झाले.

मग इतकी वर्षे उगाच भाव खाण्यासाठी घेतलेली व कपाटात रांगेने मांडून ठेवलेली पुस्तकं हळूहळू बाहेर पडू लागली. बिचाऱ्यांचे त्यांचे दिवस खरोखरच पालटले. स्फूट गोष्टींपासून ते आध्यात्मिक तत्त्वज्ञानाने भरलेल्या पुस्तकांचे आचमन सुरू झाले. टी.व्ही.च्या आगमनानंतर ही एकच गोष्ट पार गुलदस्त्यात जाऊन बसली होती. त्यामुळे कोरोना तुझे फार फार आभार! निदान ह्या चांगल्या सवयीचा पुनःश्च सराव करण्यास वाव दिलास!

इतकी वर्षे प्रदूषण मग ते वातावरणातील वायूचे असो की रस्त्यांवरून धावणाऱ्या वाहनांच्या आवाजाचे... त्याने जीव मेटाकुटीला आला होता. शुद्ध हवा आणि शांत परिसर ह्यांना मुकलेले आम्ही हा नवा चमत्कार पाहून सुखावलो. एरवी



THE AWAKENING!

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माणसाच्या वाऱ्यालाही न उभे राहणारे पक्षी निर्धास्तपणे खिडक्यांच्या गजांवर किंवा गॅलरीत लावलेल्या फुलझाडांवर यथेच्छ बागडताना दिसू लागले. मला तर पहिल्यापासून बागकामाची भयंकर आवड! गॅलरीत लावलेल्या मोगरा, जास्वंद, सोनटक्का आणि कृष्णकमळची वेल ह्यांच्या फुलांमधील मध परागकण आपली अणकुचिदार चोच त्यात खुपसून टिपणारा सुंदर रंगकांतीचा शिंगूर पक्षी (sunbird) पाहणे म्हणजे एक पर्वणीच होती. समोरच्या केबलच्या तारेवर चालणारी हिरव्याजर्द पोपटांच्या थव्याची कसरत आणि चित्कार हे तर मोठेच आकर्षण झाले होते. एरवी आम्रवृक्षाच्या पानांआड दडून कुहुकुहु करणारी कोकिळा आणि तिचा प्रियकर कोकिळ ह्यांचे प्रणयाराधन ऐकणे अतिशय श्रवणीय असते. परंतु त्यांचे प्रत्यक्ष दर्शन तसे दुरापास्त! परंतु तो ही योग ह्यावेळी आला. घराच्या समोरील पर्जन्य वृक्षाच्या (Rain Tree) फांदीवरून आपली लाल चोच उघडून साद घालणारी कोकिळा दर्शन देऊन गेली. आपण ह्या शहरी जीवनात किती आनंददायी अनुभवास मुक्तो ह्याचे प्रत्यक्ष दर्शन होऊ लागले.

मी राहतो दहिसरला! एके काळी हा परिसर घनदाट वृक्षराजी आणि टेकड्यांनी वेढलेला होता. अजूनही थोडी थोडकी शान राखून आहे. मधोमध वाहणारी पश्चिम वाहिनी दहिसर नदी एक शुद्ध स्वच्छ पाण्याचा स्रोत होता. एरवी क्वचितच पाहण्यास मिळणारे दृश्य ह्यावेळी पाहण्यास मिळाले. धोधो, मुसळधार कोसळणाऱ्या पावसामुळे दुथडी भरून रोरावत वेगाने धावणारी नदी पाहून गावच्या आठवणी जागृत झाल्या. लालसर गडूळ पाणी तीरावर आपटत गटांगळ्या खात बरोबर ओढत आणलेला पालापाचोळा, वेगाने धावणारी नदी अनिमिष नेत्रांनी पाहणे हे दृश्य खरोखरच अवर्णनीय आहे.

ह्या ३-४ महिन्यांच्या कालावधीत कितीतरी नवीन गोष्टी शिकता आल्या. नोकरांना इमारतीत प्रवेशबंदी असल्याने सगळ्या गोष्टी स्वतःच्या स्वतः करणे क्रमप्राप्त झाले. माझी बायको आजारी असल्याने घरकामाची विभागणी मी आणि

माझ्या मुलाने करून घेतली. जेवण बनवण्याची जबाबदारी माझ्यावर आली. चहा बनवण्या व्यतिरिक्त काहीही न येणारा मी सगळे जेवण साग्रसंगीत करण्यास शिकलो. म्हणतात ना जबाबदारी अंगावर पडली की सर्व काही शक्य होते तसे! सुरुवातीला थोडा गोंधळ झाला. कधी डाळीत पाणी जास्त तर कधी मीठमसाला कमी-जास्त असे होऊ लागले. जेवणाच्या ओट्यावर भाजी कापताना होणारी भाज्यांची कत्तल म्हणजे कुरुक्षेत्रावर पडलेल्या वीरांची मुंडकी आणि चिखल राळ ह्यांचे रणकंदन भासू लागले. हळूहळू ह्यात जम बसू लागला आणि वाटले आता आपली बॅटींग सेट झाली. वर बायकोचे धावते समालोचन, “तुमच्या हाताला भारीच चव आहे! स्वयंपाक काय छान करता!” मग काय घातल्या दोन शिव्या कोरोनाला! काय नशिबी आणलंस हरामखोरा!!

ह्या साऱ्या धबडग्यात एक ईष्टापती झाली. आमचे सद्गुरू योगीराज डॉ. मंगेशदा सदैव एक उदाहरण द्यायचे पॅसिव मेडीटेशनचे! बायका घरकाम करताना कशा एक प्रकारचे मेडीटेशन करतात ह्याचे! त्याचा प्रत्यक्ष प्रत्यय येऊ लागला. सकाळी उठल्याबरोबर अन्य गोष्टीचा आवाज नसल्याने शांत वातावरणात, पक्ष्यांच्या किलबिलाटात प्रसन्न चित्ताने ध्यानधारणा करणे सहज साध्य होऊ लागले. पहाटेच्या प्रहरी खरोखरच किती आल्हाददायक वातावरण असतं आणि आपली मनःस्थितीही त्यावेळी साधनेसाठी यथायोग्य असते ते भासमान होऊ लागले. सद्गुरूजींनी सुरू केलेल्या ऑनलाईन क्रियासाधनेमुळे एक सलग शृंखला सुरू झाली आणि त्याचा अतिशय चांगला फायदा होऊ लागला. आता तर असे वाटते की कोरोना नसता तर ह्या सगळ्या आनंदाला आपण खरोखरच मुक्तो असतो. वाईटातून ही चांगले निष्पन्न होते ते असे! हे ही दिवस जातील. कोरोनाही जाईल आणि लागलेल्या चांगल्या सवयी अव्याहत चालू राहतील...! थॅक यू कोरोना!

चंद्रकांत बारस्कर,
मुंबई

Every single day converse with God through prayers. Take time to listen too, He speaks through Inner Voice.

H. H. Sadguru Yogiraj Dr. Mangeshda



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अशी ही एक गोकुळाष्टमी

गेल्या कित्येक वर्षांचा ठरलेला कार्यक्रम... गोकुळाष्टमाचा 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... रात्री 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 उत्सुक! पण सदैव चैतन्यमय असलेल्या वागळे आजी आज निश्चल होत्या. गेले अनेक महिने त्या व्याधीग्रस्त झाल्यामुळे अंधरूणाला 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

काळजा घत... 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 connection... 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 अन् 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 बहिण 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 आजींच्या तब्येती सोबतच सध्या वातावरणात असलेल्या कोरोनारुपी कंसाचा नायनाट करण्याची प्रार्थना पण



THE AWAKENING!

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त्या पार्थसारथीला केली! सहज सगळ्यांनी वागळे आर्जीकडे 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 connection बहुधा set

झालं होतं! त्यांची सालाबादप्रमाणे ठरलेली सेवा गिरिधारी मान्य करून घेत होता! त्यात खंड पडला नव्हता...

श्रीकृष्णं शरणम् मम... श्रीकृष्णं शरणम् मम!

ऋषिकेश आंबये,
मुंबई

आकाशातले खेळ

आकाशातले ढग पाहणे हा माझा लहानपणापासूनचा छंद! ढगांमध्ये वेगवेगळ्या आकृती पाहणे आणि त्यात होणारे बदल हे पाहण्यास फारच मजा यायची. कधी डॅगन तर कधी घोडा, कधी गरुड तर कधी भयानक राक्षस! अगदी वेगळ्या जगात प्रवेश केल्यासारखा वाटायचे. मात्र जसजशी मोठी होत गेले तसतसा ह्या छंदासाठी वेळ नसायचा. पुस्तके, अभ्यास, परीक्षा, ऑफिस आणि त्यानंतर स्वतःचा संसार आणि इतर जबाबदाऱ्या ह्यांच्यात गुंतून गेले. आता मात्र लॉकडाऊनच्या निमित्ताने पुन्हा आकाशाकडे बघण्यास थोडा वेळ मिळत आहे. पुन्हा त्या वेगळ्या जगात प्रवेश करून तिथली सैर करण्यात विलक्षण आनंद मिळत आहे!

एके दिवशी तर गुलाबी रंगाचा ढग पाहून सदगुरूजींनी शिकवलेले पिंक क्लाऊड मेडिटेशन आठवले - ते तर माझे अगदी आवडते! मग तर विचारूच नका, जणू त्या पिंक क्लाऊडवर (गुलाबी ढगावर) बसून मी मजेत सर्व जग फिरून आले. काही दिवसांपासून जणू सूर्यदेवही ह्या खेळामध्ये माझी साथ देत आहेत. अप्रतिम रंगांनी आकाश रंगवून टाकत आहेत आणि आपल्या भव्यतेची जाणीव करून देत आहेत. सूर्यास्ताच्या वेळेस ढग, रंग आणि त्यांचे बदलते विश्व पाहण्यामध्ये अगदी दंग होउन जायला होते. एके दिवशी तर जणू आकाश मध्यभागी विभागलेले होते. एका भागात काळेभोर ढग आणि दुसऱ्या भागात लाल, गुलाबी अशा रंगांनी उजळलेले. काळे ढग वेगाने चाल करीत होते. जणू काही त्या रंगीबेरंगी ढगांना खाऊन टाकणार. असे वाटले की आज रंग हे मात खाणार! परंतु बघता बघता अचानक ते काळे ढग नाहीसे झाले आणि इतक्या अचानक नाहीसे झाले की अगदी 'ढुंढते रह जाओगे' असा क्षण आला! मनात

उगीचच विचार आला कि असाच कोरोना नाहीसा झाला तर किती बरे होईल. दुसऱ्याच क्षणी विचार आला कि आयुष्यातल्या अशा कितीतरी समस्या नाहीशा होतात केवळ सदगुरू कृपेमुळे!

अजून एका दिवसाची गम्मत सांगते! त्या दिवशी सूर्यदेव विलक्षण खुश होते. जणू त्यांनी स्वतःच्या भव्य रूपाची आम्हाला एक झलक दिली. त्यांनी मावळत्या वेळेस आपल्या सूर्यकिरणांचे सुंदर दर्शन दिले. आपण लहान असताना डोंगरामध्ये सूर्याचे चित्र काढतो, त्या चित्रात सूर्यकिरणे रंगवितो हे सर्वांनाच आठवत असेल. जणू ती सूर्यकिरणे आकाशामध्ये सर्वत्र पसरलेली होती, आपल्याकडे झेप घेत होती. अगदी सुंदर आणि डोळे दिपवणारे दृश्य होते ते! आता तर सदगुरूजींनी शिकवलेली गायत्री उपासना करताना सूर्यदेवाचे तेच विलक्षण रूप डोळ्यांसमोर येते.

एक मात्र नक्की! सुंदर निरभ्र आकाश असो अथवा काळ्याभोर ढगांनी भरलेले असो - ह्या विश्वात आपण किती क्षुल्लक, आपल्या समस्या किती क्षुल्लक ही जाणीव होते. आणि हे तर फक्त एक विश्व, अशी कितीतरी विश्वं आहेत ह्या सृष्टीमध्ये... मग आपण का बरे स्वतःला एवढे मोठे समजावे? का आपल्या समस्यांना कवटाळून बसावे? सदगुरूजी क्रियायोगाचे ज्ञान भांडार आपल्यासमोर इतक्या दिलदारपणे मांडत आहेत - त्याचा व्यवस्थित अभ्यास करावा आणि आकाशात झेप घेऊन उडणाऱ्या गरुडाप्रमाणे आपणही उंच भरारी घ्यावी!

हरि ॐ !

अपर्णा निरगुडे,
मुंबई



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क्रिया संस्कार साधना आणि मी

हरि ॐ!

सद्गुरू चरणी माझा साष्टांग नमस्कार. सश्रद्ध अंतःकरणाने विनम्रभावे सद्गुरूंना जन्मदिनाच्या अनेकानेक शुभेच्छा!

सद्गुरूंना किती धन्यवाद द्यावे तेवढे कमीच आहेत. महामारीच्या काळात अनेक गोष्टी शिकावयास मिळाल्या. स्वतःसाठी जगण्याची चांगली संधी उपलब्ध झाली. सद्गुरूंची उत्तम शिकवण तसेच कृती करून घेण्याची युक्ती ह्याला तोड नाही.

सगळीकडे कोविडचे प्रमाण वाढत होते. आजुबाजूला आजारी लोकांची संख्या रोज वाढत होती. भीतीने पोटात गोळा उठायचा. सगळी जण आपापल्या घरात बसून होते. वेळ कसा घालवायचा, असा इतरांपुढे प्रश्न होता पण ह्या बाबतीत सर्व क्रियाबान मात्र सुखी होते असे मला वाटते. रोज व्यायाम, क्रिया व घरातील काम ह्यांची व्यवस्थित सांगड घातली की वेळ कसा घालवायचा असा प्रश्नच उरत नव्हता. दिवस उत्तम जात होता.

मंदिराला कळस चढवल्यावर जसा परमानंद होतो तसाच आनंद क्रिया संस्कार साधना हा कार्यक्रम सद्गुरूंनी सुरू केल्यावर झाला. एक दिवस सकाळी मी लवकर पूजेला लागले. सूर्यकिरणं येत — जात होती. जणू त्यांचा नाचच सुरू होता. २-३ दिवस माझी पूजेची वेळ बदलली पण किरणांची हजेरी काही चुकायची नाही. त्यांना पाणी हवे असे वाटले आणि सूर्याला अर्ध्या द्यायला सुरूवात केली. मग लगेचच मनाशी ठरविले आज प्रथम आपण क्रिया संस्कार साधना शिबिरात नाव नोंदवुया! आपण हे अजिबात चुकवता कामा नये.

ह्या शिबिरात सद्गुरूजींनी एक विशेष दीक्षा दिली तेव्हा खूपच आनंद झाला. आपण आपल्या मनाने उपासना करणं आणि सद्गुरूजींनी मंत्र दीक्षा दिल्यानंतर उपासना करणं ह्यातील जमीन-अस्मानाचा फरक जाणवला. त्यांनी सांगितलेल्या गोष्टींमुळे प्रत्येक भक्ताच्या कल्याणाचं बीज त्यात रोवलेलं असतं. फक्त सांगितल्याप्रमाणे प्रामाणिकपणे

उपासना करावयची असते. प्रत्येक रविवारी क्रिया संस्कार साधना शिबिरात सद्गुरूजी जे ध्यानधारणा सत्र घेत, त्यामुळे मन शांत व्हायचे, शरीर स्वस्थ व्हायचे! ह्या कार्यक्रमांतर्गत घेतलेल्या क्रियांमुळे, सद्गुरूंच्या शिकवणूकीमुळे मनाचे सर्व कंगोरे अगदी धुऊन, पुसून लखलखीत झाले. मनात विचार आला अरे, माझ्यात किती दोष आहेत. हे मी प्रयत्नपूर्वक कमी केले पाहिजेत. चुका नेहमी सुधारायच्या असतात हेच खरं! शिकवता शिकवता सद्गुरूजींनी त्यांच्या ज्ञानाचं भंडार उघड केलं होतं. स्वतःकडे कसं लक्ष द्यायचं हे शिकवलं. योगाभ्यास प्रत्येकासाठी किती महत्वाचा आहे हे पटण्यासाठी, त्याची ताकद समजण्यासाठी त्यांचे अनुभव आम्हाला सांगितले. हा एक अविस्मरणीय अनुभव होता.

ऑनलाईन क्लासमुळे परमपूज्य सद्गुरूजींना प्रत्यक्ष पाहणं, त्यांच्याशी संवाद साधणं ह्याला आम्ही पारखे झालो होतो. मनाला रूखरूख लागली होती. एकदा तरी बोलायला मिळावं असं वाटत होतं. झूम ही नवीन सुविधा आपल्याला वापरता आली ह्यातच समाधान मानलं. त्यांचं लक्ष मात्र सर्वांवर होतं.

दैनंदिन जीवनात लहानमोठे अनेक अपमान आपण सहन करत असतो. अशा अनेक जखमा माझ्या हृदयाला होत्या. खूप प्रयत्न करूनही मी विसरू शकत नव्हते. हा दाह ह्या शिबिरात शमला. सत्संगात, संतांच्या सहवासात अशा अनेक गोष्टींचा अनुभव मिळतो. नवीन शिकण्यासाठी सज्ज होतो. स्वतःमध्ये सकारात्मक प्रवृत्ती जोपासतो. ही केवळ आणि केवळ सद्गुरूकृपाच असते.

सर्वांशी चांगलं बोलायचं, रागवायचं नाही असं मनाला बजावत दिवसाला सुरूवात करायची. आपण कोण आहोत व आपल्याला काय करायचय ह्या स्वतःला विचारलेल्या प्रश्नामुळे योगाभ्यास आपसूक व्हायचा. क्रिया संस्कार साधनेत शिकलेल्या तंत्रांमुळे आपण खरंच क्षीरसागरात आहोत ह्याची अनुभूति आली. तर कधी स्वतःला विसरून जात असू. विविध उपासना शिकत आमचे जीवन कृतार्थ बनत होते. सद्गुरूंच्या कृपाछत्राखाली अनेक वर्षांपूर्वी आले तेव्हाच मला जाणीव झाली होती की आपल्याला योग्य



THE AWAKENING!

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मार्गदर्शन करणारा गुरू मिळाला आहे. जन्मोजन्मी त्यांच्या ऋणात रहावं असंच वाटतं.

सद्गुरू जनकल्याणाकरीता क्रिया संस्कार साधना सारखे उपक्रम घेतात. कुंभार घट बनवण्यासाठी जेवढे परिश्रम घेतो त्याहीपेक्षा जास्त परिश्रम सद्गुरू त्यांच्याकडे शिकायला येणाऱ्या प्रत्येकाचा घट बनवत असताना घेतात. अशी

गूणसंपन्न चारित्र्यवान नवीन पिढी उदयाला आली तर समाजाचे कल्याणच होईल.

मला असे महान सद्गुरू मिळाले, खरंच माझे जीवन धन्य झाले.

सौ. अनुराधा उमेश दिक्षित,
मुंबई.

स्मृतीदिन

मातृ देवो भवः। पितृ देवो भवः।।
माता-पिता, हेची स्वरूप ईश्वराचे
स्मरण सदैव, हेची पूजन तयांचे
परमात्म्याशी जेव्हा, झाले मिलन आत्म्याचे
जळला देह, पसरले वलय स्मृतींचे
भास तयांचा, सामावला माझ्या आभेत
ऊब आधाराची, वसली माझ्या मनात
उगवतो स्मृतीदिन, केवळ एकदाच वर्षातुनी
पाझरतात नित्य, दाट स्मृती हृदयातुनी
मंदिरात कृतज्ञतेच्या, तेवते वाट शब्देची
अन् पापण्यांस भिजवते, उणीव मायेची

१२ ऑक्टोबर – माझे पिताश्री प्रि. वामनराव महाडीक उर्फ आप्पा ह्यांचा स्मृतीदिन. मुद्दामच स्वर्गीय असं संबोधलं नाही कारण माझे माता-पिता माझ्या आत्म्याशी संलग्न आहेत. ते सतत माझ्या स्मरणात असतात, माझ्या सोबतच असतात आणि मला धीर देतात. माझ्या पिताश्रींचे व्यक्तिमत्व मा. शिवसेना नेते, शिवसेनेचे पहिले आमदार, पहिले खासदार, मा. महापौर अशा अनेक पदांनी सजलेले आहे व हे वाखाणण्याजोगे आहे. परंतु ह्या सर्व पदांपेक्षाही जो श्रेष्ठ बहुमान त्यांना लाभला, तो म्हणजे 'थोर समाजसेवक'! निःस्वार्थ समाजसेवेने कमावलेली नाव-प्रतिष्ठा हीच जीवनाची अमूल्य ठेव होय. अशा थोर समाजसेवकाची मी कन्या आहे, हीच माझ्या जीवनाची पुंजी आहे.

'जन पळभर म्हणतील हाय हाय', हे माझ्या वडिलांचे अत्यंत प्रिय गीत होते. ते म्हणत की ते गेल्यावर समाज त्यांना विसरणार. परंतु माझ्या आप्पांशी संवाद साधताना मी नेहमी

नमूद करते की तुमचे महान कार्य आजही समाजाच्या स्मरणात आहे आणि त्यासोबत जुळलेलं नाव प्रि. वामनराव महाडीक, आजही वंदनीय आहे.

'शीघ्रकाव्य' ही माझ्या आप्पांची असामान्य प्रतिभा! माझ्यात माझ्या वडिलांच्या कलेचे जीन्स आहेत हे मला ठाऊकच नव्हते. लेखनकलेशी, काव्यप्रतिभेशी माझा परिचय करून देण्याकरिता, श्री सरस्वती मातेने माझ्या गुरूमाऊलींच्या म्हणजे परमपूज्य सद्गुरू योगीराज डॉ. मंगेशदा ह्यांच्या रूपात माझ्या जीवनात पदार्पण केले. सद्गुरूजींनी माझ्यात दडलेल्या लेखनकलेची पारख केली सद्गुरू मंगेशदा क्रियायोग फाऊंडेशनच्या 'द अवेकनिंग!' ह्या आंतरराष्ट्रीय अंकात लिहिण्यास प्रोत्साहित केले. चारोळी म्हणजे चार ओळींच्या पोशाखात काव्यशक्ती माझ्या व्यक्तिमत्वात अवतरली. नंतर मुक्तछंद, त्यापुढे गीतरचना... असा हा काव्यप्रवास काही महिन्यांचा नसून कित्येक वर्षांचा आहे. माझ्याद्वारे जी काव्यनिर्मिती होते त्याचे संपूर्ण श्रेय मी माझे सद्गुरू योगीराज डॉ. मंगेशदा म्हणजे आम्हा सर्व क्रियाबानांचे लाडके 'दादा' ह्यानाच देते. कारण मला जेव्हा सद्गुरूजींनी लेखनास प्रोत्साहित केले तेव्हा माझ्यात काव्यकलेचे अस्तित्व आहे, हे स्वीकारण्यास माझी बुद्धी यत्किंचितही तयार नव्हती. केवळ गुरूदेवांचा आदेश पाळून मी लिहिण्याचा प्रयत्न केला आणि 'कवितेचा' साक्षात्कार झाला. क्रियायोग हे शास्त्रीय रहस्य आहे, नित्यनेमाने क्रियासाधना केल्याने, अनपेक्षित अनुभूतिंनी मन सुखावते. आज मला कवयित्री, गीतकार ही ओळख मिळाली, ती केवळ माझ्या गुरूमाऊलींमुळेच आणि आमच्या 'द



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अवेकनिंग!' ह्या अंकामुळेच! मी सदगुरूजींची आणि 'द अवेकनिंग!'ची शतशः आभारी आहे.

दिली चालना गुरूदेवांनी, माझ्या सुप्त प्रतिभेस,
झाले मन काव्यमय, बिलगले शब्द लेखणीस
टिपली माझी चारोळी, द अवेकनिंग! आंतरराष्ट्रीय अंकाने
मुक्तछंद अन् गीतांना, लाभली रसिकांची प्रोत्साहने
करूनी नित्य क्रिया साधना, प्रतिभा माझी वधारली
'क्रियायोग' प्राचीन शास्त्राद्वारे, श्री सरस्वतीमाता अवतरली
सदगुरू हेचि ब्रम्हांड, झाले विलीन भक्तिभावात
बोल माझ्या कृतज्ञतेचे, मुरले गोड आभारात
आभार गुरूदेवांचे, आभार क्रियायोगाचे, आभार
काव्यशक्तीचे

आभार द अवेकनिंग! अंकाचे, आभार रसिक वाचकांचे
आभार वाहतो भार, केवळ तीन अक्षरांचा
इवलुसा शब्द 'हा', दर्शवितो अखंडभाव कृतज्ञतेचा
ईश्वर म्हणजे माता-पिता, ईश्वर म्हणजे सदगुरू. माझे सदगुरू
माझे माता-पिता आहेत. माझ्या वडीलांच्या स्मृतीदिनाप्रित्यर्थ,
माझ्या माता-पित्यांच्या आत्म्यास शांती लाभो, ही
सदगुरूचरणी प्रार्थना करून, मी तूर्त माझी लेखणी थांबवते.

।।जय गुरूदेव।।

हेमांगी महाडीक,
ठाणे.

सकारात्मकतेला अंत नाही

लॉकडाऊन असताना देखील मला तसा आराम मिळाला नाही कारण काही कौटुंबिक आणि कंपनी संबंधित कामे थांबली नाहीत, ह्या काळातील सर्वात मोठा फायदा म्हणजे सदगुरू योगीराज डॉ. मंगेशदा ह्यांनी घेतलेले ऑनलाईन वर्ग! जग कोरोना कोरोना म्हणत असताना देखील सदगुरूजी आपला अमूल्य वेळ सर्व जगामध्ये सकारात्मक विचार पसरविण्यासाठी योगा, ध्यान आणि क्रियायोगाचे वर्ग घेत आहेत व अशा परिस्थितीमध्ये सुद्धा चांगल्या गोष्टी करता येतील - ह्याचा अभ्यास करायला संधी देत आहेत. एक विद्यार्थी म्हणून मी स्वतः व माझे गुरू बंधू - गुरू भगिनी खूप भाग्यवान आहोत कारण आम्हाला सदगुरूजींकडून बऱ्याच गोष्टींचे ज्ञान मिळते. पण प्रत्येकाची रसग्रहण करायची क्षमता वेगवेगळी असल्यामुळे बऱ्याच गोष्टी विस्मरणात जातात. सदगुरूजी त्यांची ५२ वर्षांची अध्यात्मिक शिदोरी, अनुभव ह्यातून आम्हाला वेळोवेळी समजावत असतात. मी खूप वेळा अनुभवले आहे की काही गोष्टी आम्हाला उमगलेल्या नसतात, मग अशावेळी गुरूमाऊली आमच्या अडचणी समजून घेतात व न समजलेल्या गोष्टी आणखीन वेगळ्या पद्धतीने शिकवतात.

ह्या जगरहाटीमध्ये कित्येकदा आपला स्वतःचा तोल जातो तेव्हा आणि एकच गोष्ट मला तारते ती म्हणजे क्रियायोगाची

साधना. "साधनेत सर्व आहे!" लहानपणी वाचलं होतं तेव्हा हसू आलं होतं पण आता सर्व उमगत आहे, सदगुरू योगीराज डॉ. मंगेशदा ह्यांच्यासारखे गुरू भेटले आहेत त्यामुळे जीवन खूप सुंदर झाले आहे. सदगुरू नेहमी सांगतात, "Never underestimate yourself!" ते नेहमी प्रेरणा देतात. त्यांच्या शिष्याने स्वतःला कमी लेखू नये - का बरे असे म्हणत असतील ते? आज वैश्विक महामारी असतानाही सदगुरूजींचे शिष्य एकजुटीने आहेत, सकारात्मक विचार करत आहेत. ही सर्व सदगुरूंची शिकवण नाही का? संत तुकारामांनी म्हटले आहे "रात्रंदिन आम्हा युद्धाचा प्रसंग अंतरी आणि बाह्य!" शोकडो वेळा सदगुरूजींनी हे स्वतःच्या आचरणातून दाखवून दिले आहे की आंतरिक आणि बाह्य लढाई कशा पद्धतीने लढता येते! कोणत्याही क्षणी लढाईला तयार असायला हवे. सदगुरू बोधामृत नेहमी आपल्याला शिकवते की आपण आपल्या जीवनाचा समतोल ठेवू शकतो. जीवन म्हटले की चढ-उतार येणार, चुका होणार! पण सदगुरूजी ह्या चुकांना शिक्षणाचा एक भाग समजून पुढे जायचे, असे निश्चून सांगतात.

जीवनात अशाश्वत अशा खूप गोष्टी येतात आणि जातात, पण शाश्वत असं काहीतरी मिळवायला हवं. आपण जे बाहेर बघतो त्याच्या आतमध्ये देखील एक खूप मोठी जाणीव आहे. खूप



THE AWAKENING!

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मोठा शोध आहे आणि सदगुरूजींनी शिकवलेली क्रियायोग साधना मला तो शोध घेण्यासाठी मदत करते. माझ्या जीवनात एक समतोल आणते आणि नैराश्यावर मात करून एक आनंदी जीवन जगण्यासाठी मला मदत करते. सदगुरूजी यामध्ये सर्व समाजासाठी व त्यांच्या सर्व विद्यार्थ्यांसाठी आजही गेले पाच दशकांपेक्षा अधिक काळ मेहनत घेत आहेत. एक साधक व एक विद्यार्थी म्हणून मी त्यांचे कोटी कोटी आभार मानतो व माझ्या मित्र परिवाराला व सर्वांना अशी विनवणी करतो की आपण सदगुरूंच्या ज्ञानामृताचा

लाभ घ्यावा आणि जीवनामध्ये एक सकारात्मक बदल करून आलेल्या परिस्थितीमध्ये स्वतःला २४ तास आनंदी व समाधानी ठेवण्यासाठी कार्य करावे.

पुन्हा एकदा मी सदगुरू योगीराज डॉ. मंगेशदा ह्यांना नमन करतो व त्यांच्या जन्मदिनानिमित्त त्यांना खूप खूप शुभेच्छा देतो.

जितेंद्र कोरे,
खोपोली

माझा प्रवास – डोंबिवलीपासून बालीपर्यंत

!!श्री गुरुदेव दत्त!!

दत्तगुरू तसेच सदगुरू योगीराज डॉ. मंगेशदा ह्यांना माझे कोटी कोटी प्रणाम! लहानपणापासूनच पाऊले ही कळत नकळत दत्त मंदिर किंवा दत्त स्थानाकडे जायची जिथे प्रेम, जिव्हाळा, माया, काळजी, आपलेपण नेहमीच वाटले. ह्या सगळ्या गोष्टीत खूप आनंद वाटे.

कधी कधी वाटे दत्तगुरू हे मानव रूपात असावेत, त्यांनी काही तरी शिकवावे. बघता बघता ही इच्छा दत्तगुरूंनी २०१४ मध्ये पूर्ण केली. मला उत्तम असे गुरू लाभले जे खूप प्रेमळ, योग्य मार्गदर्शक, उत्तम वक्ते, सगळ्या गोष्टीत परीपूर्तता असणारे असे 'सदगुरू योगीराज डॉ. मंगेशदा'! त्यांनी क्रियायोग दीक्षा देऊन माझं शिष्यत्व स्वीकार केलं. तेथून माझ्या आयुष्यात एक वेगळंच वळण आलं.

आजपर्यंत सदगुरूजींनी अगणित अनुभव आयुष्यात दिले आहेत. गुरू हे अज्ञानी माणसाला ज्ञानी बनवतात. तसेच काही अनुभव मांडण्याचा एक प्रयत्न करीत आहे.

आयुष्याच्या कोऱ्या पानांवर गुरुंचं लिखाण चालू झालं. गेल्या ६ वर्षांपासून गुरूंनी वरदहस्त ठेवला आणि आयुष्यात एक वेगळं वळण सुरू झालं. राग शांत झाला, वागणुकीत बदल झाला, आत्मविश्वास वाढला, मांसाहार सोडून शाकाहारी झालो. विशेषतः स्वतःच्या फिटनेसकडे लक्ष दिलं गेलं.

गुरूंना फार वाटत असतं की आपले सगळे शिष्य हे उत्तम तसेच फिट असावेत. त्यासाठी त्यांनी २०१८ पासून

योगवर्गाला सुरुवात केली. मला कधीच वाटलं नव्हतं की योग करावा पण मनामध्ये एकच गोष्ट होती व ती म्हणजे फिट राहण्याची. गुरूजी योगासने करवून घेतात पण डोंबिवलीपासून जुहूला सकाळी ६ वाजता पोहोचणे म्हणजे फारच कठीण वाटत असे. माझ्यासारख्या आळशी व्यक्तीला हे करणे तर फारच कठीण. हा विचार करून मी शांत झालो. बराच काळ गेला, नवीन वर्ष उजाडलं. २०१९ मध्ये सहज बोलता बोलता माझ्या प्रिय भक्तावर आंटी बोलल्या, "अरे योगामध्ये सहभाग घे आणि सर्वेमध्ये पण तू सहभागी हो." मी टाळाटाळच केली कारण व्यायाम करणंच दूर होतं तर योगस्पर्धा मध्ये कसं सहभागी होणार. मला थोडी प्रेरणा मिळाली ती भक्तू आंटी कडून कारण वयाच्या जवळ जवळ ८५ वर्षांच्या आजी व्यायाम करू शकतात, तर आपण का नाही असा विचार माझ्या मनात येऊन गेला.

पुन्हा त्या गोष्टीचा विसर पडला. आपल्या सदगुरू मंगेशदा क्रियायोग फाऊंडेशनच्या ज्येष्ठ व्यक्ती व विश्वस्त सरस्वती वासुदेवन ह्यांनी पुन्हा सुचवलं. पुन्हा मी त्यांना सांगितलं की सकाळी ६ वाजता कठीण आहे. जर गुरूजींनी वेळेत बदल केला तर नक्की येण्याचा प्रयत्न करेन. हे बोलतो न बोलतो तर २ दिवसांनी एक मेसेज आला की गुरूजी आता अँडवान्स योगा क्लास घेणार आहेत. शनिवारी सकाळी ८ वाजता ... गुरूजी स्वतः शिकवणार आहेत म्हटल्यावर ही संधी सोडायची नाही, आपल्यासाठी योग्य वेळ आली आहे. मी काहीही विचार न करता माझ नाव नोंदवलं. ज्या दिवशी



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गुरूंनी क्लास घेतला त्या दिवशी मला कळलं की अँडवान्स योगा क्लास म्हणजे काय ... फार थकून गेलो. पण जे शिकलो ते अगदी शब्दांच्या पलीकडे होतं. मुळात शिष्याची इच्छा असेल तर गुरु त्याला त्यांच्या सोयीनुसार मार्गदर्शन करतात, हे ह्या गोष्टी मुळे कळलं.

योगाची सुरुवात झाली. मग हळूहळू पथ्याचं जेवण चालू झालं. बघता बघता काही महिन्यातच माझ वजन ९५ किलो वरून ८८ किलो वर आलं. क्लासला आठवड्यातून २ वेळा तरी जाणं व्हायचं. गुरुजी सहज म्हणाले की तू योगाच्या स्पर्धेत सहभागी हो. क्षणभर मी थबकलो, विचार केला माझ्यासारखी वजनदार व्यक्ती कसा काय योगाभ्यास करू शकेल ... मग पुन्हा विचार केला की गुरूंनी सांगितलं ना, मग तेच करून घेतील. आपण फक्त त्या ठिकाणी उभं राहायचं.

बरेच दिवस, बरेच महिने गुरूजींनी व्यायाम करून घेतला आणि बघता बघता आली ती वेळ ... स्पर्धेची. माझ्यात खूप बदल झाला होता आणि तो दिसून येत होता. पहिली जिल्हास्तरीय योग स्पर्धा आली ज्यात ३१ ते ४० गटात मी पहिला क्रमांक पटकावला. क्षणभर वाटलं तो मीच होतो का? मला माझी ओळख पटली. खरं तर गुरूजींनी ओळख पटवून दिली. खरंच त्या दिवशी इतकी शाबासकी मिळाली की आयुष्यात कधीच एवढं कौतूक झालं नव्हतं. आता त्याच गोष्टीचा विचार न करता राज्यस्तरीय योग स्पर्धेसाठी तयारीला लागायचे होते. बघता बघता जिल्हा स्तरीय योग स्पर्धेची वेळ आली आणि गुरूजींनी ह्या वेळेस कसून मेहेनत करून घेतली. आला तो दिवस उजाडला ज्याची मी आतुरतेने वाट पाहत होतो. त्या स्पर्धेत दुर्दैवाने ७ वा क्रमांक आला पण मी खचलो नाही. कारण माझ्यापेक्षा उत्तम स्पर्धक त्या वेळेस योग स्पर्धेत होते.

जिल्हा स्तरीय स्पर्धा बरंच काही शिकवून गेली. त्या अनुभवाच्या जोरावर पुन्हा उठून उभा राहिलो आणि शेवटी गुरूजींनी इंटरनॅशनल स्पर्धेची कल्पना दिली. ह्या आधी मी कधीच विचार केला नव्हता की मला भारता बाहेर जावे लागेल व ते ही योग स्पर्धे साठी ... जणू काही माझी स्वप्न ही

दिवसेंदिवस वाढत होती कारण गुरुंबरोबर जाण्याचा योग येणार होता. खूप कसून प्रॅक्टिस चालू झाली, एक दिवस आड सकाळी ६ ते ८ पर्यंत योगाची प्रॅक्टिस चालू असायची. नोव्हेंबरमध्ये ठरल्या दिवशी आम्ही बरीच जणं गुरुजींबरोबर बाली - इंडोनेशिया ह्या ठिकाणी निघालो. तो क्षण वेगळाच होता. विमानाचा प्रवास आकाशात एखाद्या पक्ष्याने प्रेमाने व स्वच्छंद पणे कसा करावा, तो अनुभव घेतला. आनंदाला सीमाच उरली नाही. बाली इंडोनेशियाला हॉटेल मध्ये राहणे, त्या ठिकाणचं जेवण इत्यादि खूपच छान होतं. स्पर्धेसाठी जगभरातील बरेच लोक आले होते. आता खरी वेळ आली होती काहीतरी करून दाखवायची. खरंच गुरु शिष्याला एवढ्या उच्च पदावर आणून ठेवतात, क्षणभर आपण विचार सुद्धा नाही करू शकत. पण अशावेळेस मनामध्ये अहंकार नसून नम्रपणा असणं गरजेचं आहे. असो ... ज्या दिवशी पोहोचलो त्या दिवशी आराम केला. दुसऱ्या दिवशी स्पर्धक जमा झाले. जीवात जीव उरला नाही, मनात चलबिचल झाली आणि वेळ आली ती स्वतःला सिद्ध करायची. माझ्या वयोगटात माझ्याकडून जजने सांगितलेले आसन सहजरीत्या करून दाखवले कारण गुरुजींचा आशीर्वाद हा मला बळकट बनवत होता. माझी वेळ संपली, बाकी स्पर्धकांनी पण त्यांच्या पद्धतीने योग्य आसन केली. स्पर्धा संपली आणि निकालाची वेळ जवळ आली. माझं नाव घेण्यात आलं, माझ्या वयोगटात मला पहिलं म्हणजेच सुवर्ण पदक मिळालं. त्यावेळी मी स्तब्धच झालो, क्षणभर काही सूचलंच नाही. खरंच मला सुवर्ण पदक मिळालं का हाच विचार करत होतो.

मेडल घेतल्यावर कळलं. एका आळशी माणसाला गुरूंनी जिल्हा स्तरीय स्पर्धेतून पुढे आणत आणत भारताबाहेर नेलं होतं. काय म्हणावे गुरूंना... त्यांनी शिष्यामध्ये एवढा बदल केला. खरा गुरु तोच जो शिष्याचं आयुष्य बदलून टाकतो. स्पर्धा झाल्यानंतर गुरूजींनी बाली इंडोनेशिया फिरवलं. आम्ही खूप मौजमजा केली त्या ठिकाणी. तिथून आल्यानंतरही माझा योगाचा प्रवास थांबला नाही अजून चालू आहे.



THE AWAKENING!

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हा सगळा अनुभव त्यांच्याच चरणांवर अर्पण करतो आहे. खरंच गुरूंनी योगाच्या माध्यमातून माझं आयुष्य बदललं. त्यांचे आभार मानावे तितके कमीच आहेत. कोटी कोटी प्रणाम गुरुजी! आज दि. २४ ऑक्टोबर, आपला

जन्मदिन. आपल्याला जन्मदिनाच्या अगणित शुभेच्छा! धन्यवाद.

प्रदीप शेटवे,
डॉबीवली

क्रिया संस्कार साधना – एका नव्या पर्वाची सुरुवात

श्री गणेशाय नमः।।

सद्गुरू योगीराज डॉ. मंगेशदा आपणास साष्टांग नमस्कार आणि शतशत वंदन!

क्रिया संस्कार साधना ह्या गुरूकुलाच्या शिबिराचे आम्ही पहिले भाग्यवान शिष्यवृंद! म्हणजे उत्तरोत्तर ह्या शिबिरात येणारा सर्वच शिष्यवृंद हा भाग्यवानच असेल, ह्यात तिळभरही शंका नाही.

ह्या १२ वर्गात सद्गुरूजींनी आमच्या समोर भारतीय संस्कृती, संस्कार, शास्त्रीय आधारावर असलेले उपासनेचे सखोल, महत्वाचे अनमोल भंडार आमच्या पुढे उभारले आणि सोप्या शब्दात, आपुलकीच्या वाणीने आमच्या मनात बिंबविले. अनेक सांकेतिक परंपरा, विधी, गायत्री मंत्र इत्यादीचा पूर्ण आलोचनात्मक अर्थ आम्हाला पटवून दिला. आजपर्यंत आम्ही हे सर्व करतच आलो पण अर्थाशिवायच! त्यात काय बरं लाभ होता? आता आमच्या जीवनात त्याला सर्वार्थाने पूर्णत्व आले आहे.

काही अनमोल अविस्मरणीय क्षण, आठवणी अत्यंत भारावलेल्या अशा! संपूर्ण १२ भागांच्या शिबिरात मी अनुभवले विलक्षण क्षण, नुसते मानसिक नाही तर शारिरीक समस्यांवर मिळवलेला विजय व सकारात्मक बदल! मला आठवतो तो रविवार ज्या दिवशी सद्गुरूजींनी मुलाधार चक्राचा अर्थ समजावला. काही विशेष तंत्रं शिकवली, ध्यानधारणा करून घेतली. माझ्या माकडहाडाच्या लॉकींगमुळे मला धड बसता येईल की नाही ह्या विचारात मी होते. त्याचप्रमाणे supporting bottom seat, पाठीच्या आधारासाठी backrest pillow घेऊन बसले होते. सुरुवातीला सगळंच खूप वेदनात्मक होतं.

हरि ओम म्हणून हसतमुखाने, आपुलकीने सद्गुरू मंगेशदांनी आम्हाला आशीर्वाद दिला. आम्ही त्यांना अभिवादन केले. मी मला विसरले. ध्यानधारणेत मूलाधार चक्राच्या लाल बिंदूत स्वतःला विसरले. हवेत अलगद पिसासारखी तरंगत होते. अस्तित्व नव्हते, डोळे जड होते, अश्रुधारा झिरपत होत्या. गुरूजींनी डोळे उघडायला सांगितले तेव्हा ते उघडतच नव्हते. मोठ्या प्रयासाने डोळे उघडले तेव्हा मी गुरूजींना सन्मुख अनुभवले. माझ्या पाठीत दुखाचचे थांबले होते. आनंदाने भारावलेली मी... मला अक्षरशः नाचावेसे वाटत होते. सद्गुरूजींनी दिलेल्या सकारात्मक ऊर्जेचा आणि मी दाखवलेल्या पूर्ण श्रद्धेचा प्रसाद होता, सद्गुरू मंगेशदांचा आशीर्वाद होता तो! मी जर धन्यवाद असं म्हटलं तर ते शब्द खूपच कमी व अपुरे पडतील.

आणखीन एक स्वर्गीय आनंद! अजून एका ध्यानधारणेत मी मिटलेल्या डोळ्यासमोर गोलोक अनुभवला. एका घनदाट वृक्षाच्या सावलीत कृष्ण कन्हैया उभा होता, पाठीशी अतिशय पवित्र अशी धवल गाय उभी होती. एक गोंडस वासरू तिच्या पान्हाला लुचत होते. त्या घनदाट हिरवळीत गाईगुरांच्या रिंगणात कान्हा अलौकिक अशी बासरी वाजवत होता. हृदयाला भिडणारे त्याचे ते बोलके डोळे, चेहऱ्यावर मंद स्मित हास्य, मुकुटावर मिरवणारे मोरपीस, डूलणारी कर्णफुले, त्याच्या दिव्य हृदयावर विसावलेल्या विविध फुलांच्या सुगंधी माळा, गर्द पिवळा पितांबर आणि ... आणि किती काय लिहू? त्याच्या त्या दिव्य रूपाचे वर्णन करायला माझी लेखणी अपूरी पडते. कर्णमधूर, आजपर्यंत कधीही न ऐकलेले त्याच्या बासुरीचे मंजूळ सूर हृदयाला आरपार भिडून जात होते. संध्याकाळच्या संधिप्रकाशात सर्वच मंत्रमुग्ध झाले होते. जणू सूर्यमहाराज सुद्धा त्या रसात समरस झाले होते.



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अस्ताला जाणारा काळ जणू विसावला होता. माझी मी राहिलेच नव्हते. वृंदावनाच्या पालवीबरोबर डुलत होते. अलौकिक आनंद होता तो, डोळ्यातून आनंदाश्रू वाहत होते. देह कंपित होता... गुरूजी, काय विलक्षण अनुभूति होती हो! तुमच्या प्रेरणेने आजही हा अनुभव लिहिताना माझ्या अंगावर रोमांच उभे राहतात! सदगुरूजी मंगेशदा आपल्याला विनम्र अभिवादन!

पुढच्या ध्यानधारणेच्या वेळेस मी अनुभवले खरेखुरे breathing ! असे वाटत होते की आसमंतात असलेला प्राणवायू खरोखर सर्व चक्रांना स्पर्श करत, मूलाधार चक्राकडे पोहचत आहे. अंतःशुद्धीकरणाची सकारात्मक ऊर्जा शरीरात वाहत होती शरीरात! गुरूजी, मी आभार कसे व्यक्त करू ?

सदगुरूजींच्या सखोल ज्ञानाने, उपदेशाने, संशोधनाने आमचे पुढील आयुष्य सकारात्मक, शांत, आनंदी व समाधानी होईल. आत्ताच आमच्या स्वभावात हे बदल दिसत आहेत.

मानसिक आणि शारिरीक सुखी जीवनाची गुरूकिल्ली सदगुरूजींनी आम्हाला प्रदान केली आहे. त्यांनी दिलेल्या ह्या दीक्षेबद्दल आम्ही शिबिरातील सर्व शिष्यवृंद त्यांचे शतशः आजन्म ऋणी आहोत. त्यांनी दिलेल्या उपदेशांचे, शिकवलेल्या आदर्शांचे, संस्कारांचे पालन जन्मभर करू. पुढील पिढीस आनंदी, आरोग्यवंत, यशवंत, संस्कारजन्य जीवनासाठी प्रेरित करू, हे वचन मी सदगुरूजींना देऊ इच्छिते. हीच माझी मनोमन गुरूदक्षिणा!

भांबावलेल्या, घाबरलेल्या जीवनाचा खरा आनंद, समाधान, आरोग्याचा मार्ग शोधणाऱ्या जनसमुदायाला संस्कारपूर्ण सकारात्मक जीवनासाठी प्रेरित करण्याचा आपण जो विडा उचलला आहे, हे महान कार्य पूर्णत्वास नेण्यास ईश्वर आपणास यश देवो ही मनोमन प्रार्थना!

सदगुरूजी, साष्टांग दंडवत!

सविता राजीव शेणवी,
मुंबई

गुरू सखा

गुरू हा मार्ग दाखवणारा असतो
शिष्याच्या मार्गात आलेले संकट सहजपणे हसत हसत गिळत
असतो.

शिष्याला त्याच्या नकळत प्रत्येक गोष्ट देत असतो
तरी तो शिष्याला कधीही भासवू देत नसतो.

स्वतःचं दुखः गुरू कधीच दाखवत नसतो
कारण प्रत्येक शिष्याच्या दुःखाचा वाटा तोच उचलत असतो.

शिष्याचे पाप गुरू पोटात घालत असतो
कारण शिष्याला दिलेले वचन तो निभावत असतो.

सर्वांना आपलं आयुष्य गुरू नेहमीच वाटत असतो
पण शिष्याला तो ते कधीच भासवत नसतो.

प्रत्येकाला त्याच्या कुवतीनुसार गुरू शिकवत असतो
शिष्याची चूक झाली तरी तो प्रेमाने समजावत असतो.

शिष्यावर येणार सगळं संकट स्वतःवर घेत असतो
शिष्याच्या नकळत तो सावली सारखा त्याच्या पाठीशी उभा
असतो.

कधी कधी गुरू कठोरही होत असतो
कारण शिष्याला तो त्यातून प्रत्येक गोष्ट शिकवत असतो.

प्रत्येकात असणारी कला कुठल्या ना कुठल्या निमित्ताने गुरू
बाहेर काढण्याचा प्रयत्न करत असतो
कारण शिष्याचं मन वाईट ठिकाणी न गुंतावं त्यासाठी त्याला
कलेमध्ये गुंतवत असतो.

जीवन जगण्याचा मार्ग गुरू नेहमी शिकवत असतो



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त्यात तो शिष्याला प्रत्येक गोष्टीत खंबीर बनवत असतो.

नेहमी स्वतःच आजारपण दूर ठेवून गुरू हा हसत खेळत
असतो
कारण शिष्याला होणाऱ्या वेदना तो स्वतःवर ओढवत
असतो.

असा हा गुरू आपल्याला कधीच कळत नसतो

पण शिष्य हा नेहमी त्यालाच दूषण देत असतो
तरीही गुरू हसत हसत शिष्याला माफ करत असतो.

असा गुरू मिळणं म्हणजे नशिबाचा भाग असतो
आणि प्रत्येक जन्मात आपण हीच संधी गमवत असतो.

प्रदीप शेटवे,
डोंबिवली

एक सुंदर कार्यक्रम – क्रिया संस्कार साधना

हरि ओम सदगुरूजी! माझे तुम्हाला कोटी कोटी प्रणाम!
क्रिया संस्कार साधना ह्या आगळ्यावेगळ्या शिबिराची
सुरुवात सदगुरूजी करणार असे जाहीर झाले आणि मला ही
बातमी ऐकून प्रचंड आनंद झाला. कसलाही विचार न करता
त्या कार्यक्रमासाठी मी माझे नाव नोंदविले. बघता बघता
क्रिया संस्कार साधना शिबिराच्या सर्व जागा भरल्या गेल्या.
सदगुरूजींच्या प्रथम वर्गात मला स्थान मिळाले ह्याचा मला
खूप आनंद झाला. त्यांच्या गुरुकुलात मला जायला मिळणार
होते व त्याची एक प्रकारची ओढ लागली होती.

हे शिबिर सुरू व्हायच्या आदल्या दिवशी मला फीट आली
आणि अचानक तब्येत बिघडली. तरी पण मनात पक्का
विचार केला होता की क्रिया संस्कार साधना ह्या शिबिरात
सहभागी व्हायचं! माझ्यासाठी हा नवीन अनुभव होता. ह्या
शिबिराचे १२ भाग होते. ह्या १२ भागात ज्ञानाचे भांडार
होते. प्रत्येक भागात ज्ञानरूपी हंड्यातून सदगुरूजी आम्हाला
माहिती देणार होते. जवळपास तीन महिने ज्ञानाचा वर्षाव
होणार होता आणि त्याचा लाभ मला मिळणार होता. त्यामुळे
ह्या शिबिराला मी प्राधान्य दिले व इतर कामांसाठी नंतरचा
वेळ ठेवला.

वर नमूद केल्याप्रमाणे शिबिराच्या आदल्या दिवशी मला फीट
आली आणि अचानक तब्येत बिघडली. त्यावेळी डोक्यावर
प्रचंड प्रमाणात दबाव जाणवू लागला. पण क्रिया संस्कार
साधना शिबिरात गुरूजींनी जे शिक्षण दिले, त्याचा दैनंदिन
जीवनात वापर केला व त्याचा खूप फायदा झाला. मनावरचे

दडपण निघून गेले. गुरूजींकडून एक प्रकारचा प्रसादच
मिळाला होता. त्यांचे स्मरण करून क्रिया संस्कार साधनेचा
प्रवास चालूच होता. त्या प्रवासात जाणवत होते की आता
पहिल्या पेक्षा एकाग्रता वाढली आहे.

१९ जुलै २०२० रोजी क्रिया संस्कार साधना शिबिराची
सुरुवात संध्याकाळी ५ वाजता होणार होती. एक आगळा-
वेगळा उत्साह जाणवू लागला होता. शिबिराची सुरुवात
संगीतमय वातावरणात झाली. ओमकाराच्या उच्चाराने
गुरूजींनी कार्यक्रमाची सुरुवात केली. एका वेगळ्या
वातावरणात बसल्याचा आनंद होऊ लागला. गुरूजींच्या
वाणीने कान तृप्त झाले. एक एक शब्द कानात प्राण आणून
ऐकत होतो. त्यांच्या वाणीतून जी माहिती गुरूजी सांगत होते
त्यावरून त्यांनी त्या विषयाचा किती सखोल अभ्यास केला
आहे ते जाणवत होते. त्यांनी सांगितल्याप्रमाणे क्रिया संस्कार
साधना हे त्यांचं एक dream project होतं व ह्या करिता
त्यांनी बरीच वर्षे संशोधन केलं होतं. सदगुरूजींच्या
चेहऱ्यावर एक वेगळं तेज जाणवत होते.

या विशेष शिबिरामध्ये सदगुरूजी आम्हाला नवीन गोष्टी
शिकवायचे व दुसऱ्या दिवसापासून पुढच्या भागापर्यंत ती गोष्ट
(तंत्र) गृहपाठ म्हणून करायची. ते करत असताना
आजुबाजूंच्या पक्षांच्या किलबिलाटाचा आवाज व शंखनाद
ऐकायला यायचे. अभ्यास/साधना करताना शरीराला शिस्त
लागत आहे असे जाणवायला लागले. ह्या शिबिरामुळे मला
एक चांगली सवय लागली व ती म्हणजे सकाळी लवकर



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उठून गुरुजींनी शिकवलेल्या गोष्टींचा अभ्यास करणे.
त्याबद्दल सदगुरूजी खूप खूप धन्यवाद!

ह्या तीन महिन्यांच्या कालावधीमध्ये मला ताप देखील आला होता! सध्याच्या काळात साधा 'ताप' हा शब्द देखील आपल्याला किती ताप देतो, हे सगळ्यांना माहित आहे. पण सदगुरूजींच्या आशीर्वादाने ताप वाढला नाही व त्या कठीण परिस्थितीतून मी सुखरूप बाहेर पडलो. शिबिराचा एकही भाग मी चुकवला नाही व दर वेळी आता पुढच्या भागात काय असेल, ह्याची उत्सुकता असायची!

क्रिया संस्कार साधना ह्या शिबिरामुळे काही नवीन गोष्टी शिकायला मिळाल्या व त्या निमित्ताने नवीन वस्तू घरात आल्या. त्यातील एक महत्वाची वस्तू म्हणजे तुळशीचे रोपटे! ते मी घरात आणले, माझ्या मनासारखे झाले आणि मी खूप खुश होतो. पण झालं असं की संध्याकाळपर्यंत ते तुळशीचे इवलेसे रोपटे कबुतरांनी खाऊन टाकले. तरी पण मी त्या कुंडीत नित्यनियमाने पाणी अर्पण करीत होतो. गुरुजींनी शिकवलेले तंत्र न चुकता वापरत होतो. काही दिवसांनी माझ्या लक्षात आले की तुळशीच्या रोपट्याच्या जागी शोभेची फुले ऋगवलेली होती. मी त्या कुंडीत कुठच्याही प्रकारचे शोभेचे रोपटे लावले नव्हते. मात्र मी तुळस लावली आहे हे मानून मनोभावे पाणी अर्पण करत होतो. मला त्याचं फळ मिळालं. ह्या बद्दल सदगुरूजींचे आभार कसे मानू ते मला कळत नाही.

सदगुरूजींनी आमच्याकडून विविध अभ्यास करून घेतले, काही नव्या गोष्टी समजावून सांगितल्या, आपल्या विविध रुढी-परंपरांचे शास्त्रीय महत्व समजावून सांगितले, खूप परीणामकारक अशी ध्यानधारणा करून घेतली. माझी

एकाग्रता वाढायला लागली आहे. ज्या गोष्टी आधी मला जमत नव्हत्या त्या आता मी सहजपणे करू शकतो. आलेले अनुभव शब्दात मांडणं कठीण आहे... पण सर्वांनी अनुभव जरूर करावे असं मी नक्की सांगेन!

ह्या शिबिराच्या ३ महिन्यांच्या काळात सदगुरूजींनी खूप नवनवीन गोष्टी शिकविल्या. त्याचा फायदा शारिरीक, मानसिक व आध्यात्मिक तंदुरुस्तीसाठी होत आहे.

'संस्कार' हा शब्द केवळ लहान मुलांना नाही तर प्रत्येक वयातील व्यक्तीला लागू होतो. It's an ongoing process. त्यामुळे वयाच्या ह्या टप्प्यावर गुरुजींनी परत आम्हावर सुसंस्कार केले ह्याची सदैव जाणीव राहिल. तुमचे खूप खूप आभार सदगुरूजी!

क्रिया संस्कार साधना हा माझ्यासाठी एक life time experience होता व तो सदैव स्मरणात राहिल. बाहेर महामारीने थैमान घातलेले असताना आमच्या सदगुरूजींनी आम्हाला अशी काही tools दिली आहेत ज्यामुळे आम्ही अशा नकारात्मकतेचा सामना करू शकतो. आनंदाची गोष्ट म्हणजे आमची पहिली बॅच लगेच हाऊसफुल्ल झाली व सदगुरूजींनी public demand नुसार दुसरी बॅच सुरू केली व हा लेख लिहित असताना तिसऱ्या बॅचची घोषणा झाली आहे. सर्वांनी त्याचा लाभ घ्यावा, ही स्वानुभवावरून विनंती!

२४ ऑक्टोबरला सदगुरूजींचा जन्मदिवस आहे. त्यानिमित्त माझ्याकडून व अखल्या शिरोडकर परिवाराकडून आमच्या आदरणीय सदगुरूजींना खूप खूप शुभेच्छा!

हरि ओम.

मिलिंद शिरोडकर,
मुंबई

हर नंबर कुछ कहता है

काल मोबाईल ढवळत असताना contact list browse करत होतो! आणि प्रत्येक नावाबरोबर एकेक फाईल उघडत गेली. फक्त नाव पाहिलं ... आणि अनेक जुन्या आठवणी डोळ्यासमोरून तरळून गेल्या. सुखद, nostalgic, कटू, मतलबी, प्रचंड आनंददायी/प्रेरणादायी...

हर रंग कुछ कहता है... तस्सच! प्रत्येक नंबर काही सांगून गेला! कित्येक छान आठवणी! कित्येक हृद्य आठवणी!! काही नंबर असे होते/आहेत...की ते फक्त डोळ्यात हसू आणतात... त्यांचा फोन आला की बिन बादल बरसात आणि इंद्रधनुष्याची सप्तरंगी उधळण झाल्यासारखं वाटतं!



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काही नंबर... फक्त आणि फक्त ताप आणतात!
काही नंबर... फक्त कामा पुरते मामा-मामी असतात!
काही नंबर... फक्त कर्तव्य म्हणून फोनमध्ये असतात!
काही नंबर जुन्या तारा छेडतात... विशेष करून कॉलेज दिवसांच्या!
काही नंबर रक्ताचे नसतात पण असे काही बिलगून जातात की विचारू नका... हवेहवेसे!
काही नंबर... म्हणजे आपले go to man/woman असतात... phone a friend type!!
थोडक्यात प्रत्येक नंबरचे आपले एक गुणवैशिष्ट्य असते! काहींशी जन्मोजन्मीचे ऋणानुबंध आहेत, तर काही नुकतेच गवसलेत पण घट्ट बिलगून आहेत! बदलत्या कालमानानुसार म्हणा किंवा घटनाक्रमांमुळे म्हणा काही नंबर दूर गेले आहेत. फोन डिरेक्टरीमध्ये आहेत, पण संपर्क नाही! अत्यंत छान आठवणी ठेऊन गेले आहेत. पण प्रत्येक नंबर आपल्या आयुष्यात काही योजनेने आलेला असतो, हे मात्र नक्की! नातेवाईक, शेजारी, मित्र, कार्यालयीन सहकारी, गुरूवर्य, विविध कामासाठी लागणारी माणसं, specialists like doctors and others... कॅटेगरीज खूप आहेत! पण

प्रत्येक जण आपल्याशी विविध प्रकारे जुळलेला आहे!
कित्येक वेळेला वाटतं की ह्याचा/हिचा फोन यावा किंवा आपण फोन करावा! कॉलेजमध्ये किंवा वीस एक वर्षापूर्वी हे प्रमाण जास्त होतं... आता थोडं कमी झालं आहे असं वाटतं... आणि प्रत्येकाचा अनुभव निराळा असू शकतो. एकंदरीत इंद्रधनुष्याहून जास्त रंगांचे सगळे नंबरस आपल्या मोबाईल किंवा डायरीमध्ये दाखल झालेले आहेत. कदाचित कोणी आपल्यासाठी Rainbow तर कोणासाठी तरी आपण rainbow!

आपापल्या क्षमतेनुसार व्यक्त व्हावं, मदत करावी व शक्यतो सकारात्मक बाबीच focus कराव्यात, हे मला नेहमीच वाटतं!

मात्र एक गोष्ट नक्की! एका स्पेशल कॉलची मी मनापासून वाट बघतोय! तो फोन आधी रोज यायचा! ऑफिसमध्ये यायचा, मार्केटमध्ये असताना यायचा! गेले जवळपास १२ महिने तो कॉल येत नाहीये! मी वाट पाहतोय... आज येईल ... उद्या येईल!

पण येईल...

ऋषिकेश आंबये,
मुंबई

गुरूकृपांजन

‘गुरूकृपांजन’ शिष्याच्या डोळ्यात पडले की शिष्याचे सर्व कर्मभोग संपतात. जीवनातील अंधःकार नाहीसा होतो. जुलै २०१७ मध्ये सुशीलचा आकस्मिक मृत्यू हा नियतीचा मोठा आघात होता. मनःस्थिती सैरभैर होती, निराशेचे गडद ढग होते, समोर आव्हानं खूप होती, सुशीलच्या व त्या मागोमाग आठवड्याभरातच माझ्या सासूबाईंच्या जाण्याने एका पाठोपाठ एक धक्के बसले होते, काय घडतय हे कळण्या पलीकडच होतं.

अशा विचित्र व क्लेषदायक अवस्थेत असताना सदगुरूजींनी दुःखाच्या खाईतून मला अलगदपणे बाहेर काढले. त्यांच्या भेटीची प्रार्थना केली व त्यांची संमती मिळताच गुरूचरणी धाव घेतली. त्यांनी माझं म्हणणं शांतपणे ऐकून घेतलं व त्या नंतर

मला योग्य ते मार्गदर्शन केलं. “लढणाऱ्या प्रत्येक व्यक्तीसोबत मी असतो” हे त्यांचं महत्वाचं वाक्य होतं. मला सकारात्मक ऊर्जा देत माझं पाठबळ वाढवत आणि जे झालं ते नक्कीच वाईट झालं, पण त्यात अडकून न राहता आपल्याला पुढे जायला पाहिजे हे समजावून सांगितलं. मला शिकवायला आवडतं हे त्यांना ज्ञात असल्यामुळे “तू शिकवू शकतेस मग मुलांना शिकव” असा आशीर्वाद दिला. त्यांच्या भेटीमुळे मला एक उभारी मिळाली. गुरूकृपेने लवकरच नोकरी मिळाली. एका चांगल्या शाळेत शिकवू लागले. घरी ट्युशनस देखील सुरू केल्या. माझं पूर्णपणे शांत झालेलं जीवन ह्यामुळे एकदम active झालं. मी नियमित क्रिया क्लासला येवू लागले. दर रविवारी क्रिया क्लासला येऊन



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

ऊर्जाशक्ती वाढत होती. हे पण जाणवत होतं की गुरूजींचं माझ्यावर लक्ष आहे. (तसं त्यांचं सगळ्यांकडेच लक्ष असतं...)

जानेवारी २०१८ मध्ये अजून एक छान गोष्ट घडली व सदगुरूजींनी मला क्रियायोगाची पुढची दीक्षा दिली. पाठोपाठ महाशिवरात्रीला 'शाबरी मंत्र दीक्षा'ही सदगुरूजींच्या आशीर्वादानेच मिळाली. आयुष्य पुन्हा मार्गी लागत आहे, असं एक छानसं feeling यायला लागलं. एक जाणवत होतं की सदगुरूंच्या व आपल्या फाऊंडेशनच्या परिघात असल्यावर आपली वैयक्तिक, मानसिक व आध्यात्मिक प्रगती होत रहाते. सर्व सकारात्मक व उत्साही लोकांमध्ये आपला वावर होत असतो, हे प्रकर्षाने जाणवते.

२०१९ हे वर्ष मात्र अनपेक्षितपणे वेगळे व सुखद वळण

घेऊन आले. सदगुरूजींच्या आशीर्वादाने माझे आणि ज्ञानेशचे लग्न झाले. ह्या सर्व प्रक्रियेत देखील त्यांचे आशीर्वाद होते. दोन वर्षांच्या काळात मी आयुष्याची दोनही रूपं अनुभवली – एक अतिशय वेदनादायक आणि दुसरं स्वप्नवत किंवा हर्षदायी! सदगुरूंशी बोलताना किंवा त्यांच्या कार्यशाळेंमध्ये मी एक phrase अनेकदा ऐकली आहे व ती म्हणजे – **transformation!** आणि मी ठामपणे सांगू इच्छिते की हे transformation मी अनुभवले आहे! कर्मभोग अटळ असले तरीही गुरुची कृपा असेल तर भवसागर पार होणे सहज शक्य आहे!

गुरुकृपांजन पायो !

शिल्पा लाड,
मुंबई.

Kriya Yoga brings discipline at all the levels. The increased energy level enables a person to get success in any field. The Supreme Consciousness to ourselves, people around us, our duties towards others....God and understand the true meaning of Unconditional Love and Unconditional Forgiveness begins on this path.

~ * ~ * ~ * ~ * ~ * ~

When you see the rising negativity day-by-day, you will realise that the solution lies in increasing your energy level. Walk towards the Rising Sun and absorb his powerful shower of rays, so that darkness of negativity will merge into the Light.

~ * ~ * ~ * ~ * ~ * ~

If you want to Experience God, do not carry baggage of intellect, knowledge, religion, rituals, caste creed and self made Ego, keep only ENTRY PASS. On that pass read carefully the words. 'Entry for those who have UNCONDITIONAL LOVE'.

~ * ~ * ~ * ~ * ~ * ~

What are your duties towards own self? First - keeping your body healthy and fit by giving it proper attention. Second - relaxing your mind by really giving justice to the capacity of your intellect and third - awakening your soul to culture and develop the mind and wisdom to experience the Almighty.

H. H. Sadguru Yogiraj Dr. Mangeshda



THE AWAKENING!

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UNCONDITIONAL FORGIVENESS ALL OVER THE WORLD.

Sadguru Mangeshda Kriya Yoga Foundation

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Good News!

During pandemic, Sadguruji has been energising us through Online sessions of Kriya, Meditation and Yoga. In July, 2020, he started a 12 session experiential workshop 'Kriya Sanskar Sadhana' to introduce us to our traditional cultural values explaining their scientific basis, correct way of performing certain simple rituals for increasing our mental and physical fitness. People from all over the Globe have joined and benefitted. In view of overwhelming response, 3rd batch is proposed to be started shortly. Those interested may please contact Saraswati- 9820424965

Donations, Sponsorships and Advertisements are most welcome.

Sadguru Mangeshda Kriya Yoga Foundation is a
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Your Donations are eligible for deductions under 80G. Please
Donate generously to Foundation to enable us to carry on with
our Social Activities.

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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*

From

Sunit & Tanya Morarjee

