

## **YOGAS**

### **SOMETHING ABOUT THE MIND**

#### Chapter 1

#### **Philosophy applied to the transformation of the mind**

As your mind evolves, your perceptions change.

When your mind is predominantly tamasic, rajasic or satvic, the perceptions are different in direct relation to the predominant Guna. The same happens with the judgments of your psyche. The science of Yoga and its practices promote a gradual acceleration and evolution of your entire consciousness. To practice a correct spiritual practice you first have to determine exactly what you intend to achieve. Your perceptions, your knowledge, etc, are the result of the process of focusing your will power towards a determined purpose. Only after this stage your spiritual path may lead to perfection, as you let go of your ego and your projects, and offer your will to the Divine Will.

It is crucial and necessary that you chose to live your life with optimism and practice a correct way of living according to being, which leads you to Enlightenment and the development of the Universal. The first step is to calm your mind. The next step is to experience the great pleasure of having a peaceful state of mind. And from that feeling, never before, you will grow and expand. You will need that feeling.

You will have to draw a diagram and a route, focusing your strengths towards the main goal. You will have to establish a correct way of thinking, ideas and concepts that represent your being. You will practice this philosophy as the cornerstone of the transformation of your mind. If you succeed in filtering all your actions and thoughts through this "Transforming Philosophy", then the distance between you and your Self, between sorrow and happiness will disappear. This is called Realization. You will meet your Real Self and experience Divine Joy. This feeling may not be compared to the joy you feel as a result of your experiences with your senses and the objects of your sensations (not to diminish the joy of the senses which is necessary and also divine).

A Philosophy applied to the transformation of the mind is something so valuable that must be cherished as sacred.

#### **The Force of Destiny**

When I was 32 years old, I was passing through a period of hopelessness and despair. I lacked the basic knowledge to understand the rules of life and, therefore, I was lost in disharmony.

I remember thinking, with my limited vision of reality, that nothing made much sense. I saw the universe as chaos and confusion. I related to injustice and

error. I had focused all my energies in obtaining money to buy things that I thought would make me happy. I was exhausted, stressed out and anxious (which is one of the world's epidemics), as if trapped in madness. Inevitably and in the same way, my personal life was incoherent and troublesome. I had lost my way. Honestly, I had never set a course of my life. I had been unconscious, asleep. Later on, I sadly realized that nobody gave me the tools to prevent such sorrow, because the adults around me were asleep too. Moreover, I remember some loving souls who came to me, but I was too unconscious to listen. I even thought that I was the owner of the Truth, and that everyone else was wrong. Such was my confusion.

We generally believe, because this is what we've been taught, that everything is permanent, and therefore we are unable to flow with the energy of change. My absolute personal crisis, which affected every aspect of my life, launched me to my salvation.

This is my change: "I recognize myself as someone who doesn't fight, but someone who goes with the flow, always seeking to unveil the symbols and signs of the great book of life". My experience is that of so many others. I prayed for peace, imploring for the Divine to manifest in my life. I prayed and repeated a Buddhist mantra (*Na Mo A Mi To Fo*) and in my agony I burst into tears and prayed with all my heart for my spiritual salvation.

Filled with sorrow and remorse, I kept on praying for 4 or 5 hours, on a sad and lonely night. I entered in another state of consciousness. I had a strange vision. Before me appeared a thin man, dressed like a Franciscan friar, with deep but playful eyes. Like an exorcism, he extracted through my mouth an orange-yellowish energy. I will never know what that was, but it felt very real, and I could experience a great lightness in my body after this encounter. He didn't say a word, he just looked at me with his deep, loving eyes.

After he disappeared, I immediately awakened, surprised and scared and trembling. I had no energy and fell in a profound sleep. The physical evidence of such vision was printed in my pillow in yellow and orange. I woke up in the middle of the night feeling very very cold. With great effort I managed to get to the bathroom, my face was blue and my body couldn't stop shaking. I gathered the remains of my strength and went to my neighbor's, a skilled acupuncturist. He treated me for 3 hours and was extremely surprised with my case, for he had never seen something similar. He was able to repair my strength so I could go home and to work. My confused mind now had clarity. I was delivered from something dark and heavy in myself. The Divine had granted me a new beginning, another opportunity, which I joyfully honor by seeking the Truth and teaching what I learn so others may be delivered from darkness. I am filled with gratitude. I now can understand those who seek to find the path from the shadow to the light.

With my renewed self, I could experience life in a renewed way. Beautiful things began to happen. My friends and loved ones recommended that I started to meditate. But nobody offered to teach me. A friend of mine

recommended me to go to the Buddhist Temple Tsong Kuang (Buenos Aires). So I did. When I arrived, the gates were closed, so I left.

8 days went by until I gathered my strength, time and willpower to go to the Temple a second time. Closed again. I was really frustrated, and surprised with my desperate need to learn how to meditate. I felt lost, I entered a supermarket and kneeled over a bag of Mung soybeans. For a couple of minutes my mind was hypnotized, restricted. Suddenly, a man entered the supermarket asking for soybeans. I woke up from my hypnosis and handed him the bag. He was tall, beautiful and elegant, his hair and beard were white, his eyes were blue and bright, and he was dressed in mystical sobriety.

- Thank you, son. You have been of great assistance. He said.

So I walked with him. Immediately we started talking about spirituality and meditation. He said goodbye to me with a smile and a reverence. His magnetism and the vibration of his voice captivated me, by his charm and beauty, so I asked him if he knew someone who could teach me how to meditate.

- Of course, dear friend - he said. – This is my cell phone. Call me and we will find time to meditate together.

It took 10 days for me to call him because my contaminated mind was too present and I felt afraid and suspicious. But something inside me told me to: go and have faith. It was the voice of my soul. My intuition was strong and clear. So I called him. I went to his house, I met his wife. He told me how to sit on a cushion on the floor, and pay my respects to the image of his Teacher, he told me how to sing a mantra, to close my eyes and just enjoy the silence.

Oh my! What a treat! I left his home happy and satisfied. I walked home (which was far away) without even noticing. I floated in happiness. We became good friends. He was a great Teacher.

One day he asked me – what were you doing in that supermarket?

I don't know – I replied. And you?

I don't know either. I don't even like soybeans; I don't know how to cook them.

How did that happen? How does God act? What a beautiful Mystery! What a great honor and responsibility! I never fail to practice my daily meditation. I am so grateful for God's love and generosity. I no longer doubt, I no longer feel alone, I no longer despair. God manifests himself to me in so many manners. He makes me feel so content and loved. His benevolence overwhelms me. This Teacher/friend introduced me to a Yogi Monk, Master in Hatha Yoga and Meditation. He gave me a new name and a blessed initiation (commitment).

**The mind, the thoughts, the consciousness**

The mind is a set of thoughts. Remove the thoughts and tell me where the mind is. Obviously, there is some kind of energy or mechanism, which gathers, controls and processes those thoughts. For me, that is the mind.

We all know that the brain is the organ in charge of relating thoughts to the world of phenomena. The brain captures ideas, classifies them and provides their substance, as forms or concepts (memory, fantasy, imagination, reason) as an inner experience or as a physical manifestation on the outside world. The human body (material) allows us to materialize and give life to thoughts by means of the physical action and/or speech. Thoughts are expressed through sound (words) or hands, or sex, or locomotion, or bodily excretions. Imagine what life would be if thoughts only functioned in the inner world. Who would be the beholder of an "I love you", or a gesture, or a caress, or a word?

The mind is not a physical organ. It is astral. It digests ideas as primary substances, classifies, metabolizes and synthesizes them to transform them into constitutive concepts of the Self. This is my definition of the mind, as an instrument of the Self, as an astral organ of the Self. The Self nurtures, and it is in constant growth and expansion.

What is the Self?

It is in process of revelation. You may find the Self in the experience of life. It reveals its own nature, its own light and complete harmony. It is the Truth an absolute wisdom. As the Self grows, it reaches its natural state, which is a combination of true consciousness and pure love. The vibration of the mind may cloud the access to this joyful state.

I describe and classify 3 different bodies in the human being: the Self, the insubstantial mind, and the material body. The Self is a very subtle substance, which connects the other bodies and is generally presented as something unattainable. The Self is passive, and even if it has a relating function, it doesn't intervene. This is the game of the human life. The meaning of life is to unveil that state of maximum consciousness and divine reality, by a process of mental purification. This is Enlightenment. This is to pose a pure or enlightened mind. When the insubstantial mind becomes crystal-like, only then the Self manifests freely and one can experience divine joy and bliss. I will tell you about the Divine Self, for I have been blessed with its experience.

Once, during my daily meditation, my thoughts, my heartbeat and my breath completely halted. Physically and mentally I was dead, but nevertheless I was fully conscious. That which survived this experience is what I call the Self. Beyond the mind and the body, the Self, a peaceful observer in its conscious stillness and bearer of an extraordinary state of peace. A different feeling, very difficult to convey. A combination between love, harmony and beauty, within a state of absolute quiet. The Self was revealed to me while all my psychophysical functions (cardiorespiratory and mental) reached a halt, without causing any prejudice to my health. This has been one of the most beautiful moments that the Divine Grace has enabled me to experience. This is why I can refer to the word Self (Soul) as something real, not as something,

which I have experienced indirectly or as an act of faith. This was my experience with the Self.

The experiences with the Self may be Mystical or Divine. A Divine experience is somewhat feminine; it is something subtle, sensible. It is a revelation from your inner being, which is pure, personal and profound. Mystical experiences are acquired through realization, for example: the conscious connection between the astral body and the Chakras, the energy (prana) circulating through the meridians (nadis), inner sounds (nada – Om), visions on the forehead (clairvoyance)

The most relevant Divine experience of the Self of my life – until now – took place in Córdoba, Argentina while participating in a yoga retreat. In such circumstances the body and the mind undergo furthest efforts than in ordinary conditions. Several days of intense practice had gone by. Even though my knees and sacrum hurt, a friend and me decided to look for an isolated place to meditate instead of resting. It was nearly sunset. A small creek surrounded us with the gentle sound of water flowing. As I settled in a meditative posture, I closed my eyes and almost immediately my consciousness was driven to another dimension. My body still. I found myself inside a huge cave, carved in the rock. Light entered from above, from a circular opening filling the cave with its brightness and shining on an altar made of stone. Behind it, an old man dressed in white levitated a few inches from the ground. To his right, a beautiful old woman stood still with her hands folded before her.

The beauty and love of this scene is a memory that comes to me every day. Not a day goes by without a conscious or unconscious reminiscence of such experience. When the ritual came to an end, my consciousness was drawn again to my physical body. I slowly opened my eyes and a few tears rolled down my cheeks. I turned to my friend who looked at me as trying to recognize me. And then I spoke to her, with such clarity and love, saying the exact words she needed to hear. It was the absolute Truth coming out of my lips. I believe that in that moment, I knew more about her, than herself. I never spoke with such certainty, such wisdom and such love. We walked back in silence. She had her hands on her chest and her head bowed to the ground. I never told her what I had experienced. I believe it was a glimpse of Enlightenment, which was granted to me for a couple of minutes.

These experiences happen. I never seek for them to happen. But I consciously try to prepare the moment for such experiences to manifest. Allow yourself the opportunity. Sit in silence and alone, calm your mind and pray. Establish an inner dialogue with God in your own personal way, and let the rest happen. When the moment comes, you will know. You won't need to have faith. You will know from your own experience. A journalist asked Dr. Jung – do you believe in God? And he replied – No, I don't believe in God. I know God.

I wouldn't miss a chance in this life to experience such feeling.

I began my meditation practices in Buenos Aires, at the Temple Tsong Kuan, where I went to sing sutras and the mantra A MI TO FO. Once, during an

instant of deep inner peace, I felt that my chest literally exploded. This vision of the Universe transformed my reality. I saw the cosmos and the stars, the light and the speed. Like science fiction I felt the entire cosmos in a brief instant. Yogis say that this is the feeling after breaking the Granthis (knots) between Chakras, giving way to the rise of Kundalini. Maybe. Who knows.

What I want to say after sharing with you these intimate experiences is that my life changed. Before and after. My mind thinks in a different way. I know that good things come after a change in your pattern of thought.

### **Meditation: activity or inactivity of the mind?**

“Meditation is the act of feeling and of silencing.”

Meditation is neither analysis nor reflection. It is different from thought. It is the feeling of being and not being. When you align your energies in the process of meditation, your mind stops thinking, you cease to be an intellectual, you become intuitive. Your inner world will become active in a different way. Your thoughts will come from a different dimension within you. It is your Self who begins to manifest. You will know the difference. Meditating is a feminine experience. It is a state of sensibility, delicacy, grace and beauty. The word meditation means action of the mind. But meditating is in fact to inactivate the mind. You shall concentrate your thoughts in an object of your interest, trying to gradually stop your thoughts, and therefore achieve the meditative state. This is not an act of willpower; it is an act of love. **Meditation is the mental action to achieve mental inaction.** When you reach this state, you experience the Self, you bring together your polarities. Meditation is the integration of the feminine and masculine aspects within you, it's like making love.

### **The mind and the body**

The mind can change and one must be capable of changing it. If you identify with the mind, you lose your freedom. The ultimate freedom is to free oneself from our mind. The mind is subtle, and its slavery is subtle too. Set your course towards freedom, being the Emperor of your own existence.

You must know that you are not your mind. Your consciousness (soul) is not your mind. The more conscious you are, the more you perceive that the soul is different from the mind. The consciousness is the energy, it is the real you, the mind is the packaging of the ideas. You must rule your mind. If not, you lose your freedom. You are a wonderful soul living a wonderful life in this wonderful planet. Life is filled with magic, if you identify yourself with the mind, you lose the opportunity to feel that magic, and worst of all, you suffer. I'm sure you've heard this mantra a lot: “I am not my body”. But you never heard “I am not my mind”. You must learn this mantra, repeat it, and apply it in your every day life.

The mind enslaves us, not the body. The body has a Divine Nature in its pure state. In Samkhya philosophy (Rishi Kapila), foundation of Yoga and Ayurveda, first matter was created and then matter created its own mind. The body is

Divine, the mind is social. The responsibility of the conscious beings is to create a satvic and enlightened society. The body is a wonderful dimension for it enables us to experience the manifestation of matter. It is the source of every sensation. Tell me, if you suppress the body, where are you, what are you?

“Therefore, the intelligent man must devote himself to provide for the wellbeing of the body, for all human beings are established in it. The absence of the body represents the absolute extinction of everything inherent to bodily beings.” Charaka.

Never, dear Soul, let go of the body. Let go of the mind and you will feel alive, innocent and conscious. Distance is necessary to prevent identification with the mind. Proximity is needed to contact with your temple-body.

### **The 4 primary instincts**

This is one of the most important issues that the spiritual man must deal with. This is the starting point. The honest revision of these 4 instincts and its adjustment is the first step in the path leading to the Self. One must recognize our most primary nature, through observation, and embrace it.

For many centuries, even millennia, the human being has been condemned to live in separation, divided, believing that the body and the soul were two opposed and incompatible poles. In this way, those who had a spiritual calling, were forbidden to relate to matter and to the body in a fraternal manner. And vice versa. The result is absolute chaos. This imposed division has forced the human being to live detached from the possibility of living in unity, in peace and in happiness.

A divided man is doomed to live a life in conflict and pain. “Good vs. bad”, “superior vs. inferior”, “body vs. soul”. We must learn to abandon this foolish attitude.

“I’ve been commanded to chose between the pleasures of this world and the beatitude of the afterworld. And I’ve chosen the pleasures of this world and the beatitude of the afterworld. For I know in my heart that the Supreme Poet has written the perfect poem, with a perfect rhyme.” Khalil Gibran

In biopsychology, the sexual impulse is studied as an aspect of the mind towards a determined object. Sex is complex in this sense: it has a physical, a mental and a spiritual dimension. We will study sex as a bodily need.

Man, from a biological point of view, is a mammal. Man as a human body; not a mental nor a spiritual being. All animals share primary instincts, i.e., bodily needs. These are: sexual impulses, the need to eat, to sleep and feel safe. Without these basic needs, our human existence would be impossible.

We may approach the study of sexual instinct through the Samkhya Philosophy. There are 3 Divine impulses: Tamas (the union of two bodies, the sexual act in itself), Rajas (the mental aspect, related to pleasure, passion and

senses) and Satva (the urge for love). Osho defines it as follows: sex is the seed, the flower is love and the perfume is compassion, which is the ultimate manifestation of love powered by meditation.

Sex is an energy that enables the complete expression of the Self when practiced by a conscious being (a person in unity with mind, body and soul). Sex is communication and a way of interaction with the universal mind through personal experience and love. According to your level of vibration, you will resonate in a higher or lower note, and this vibration will resonate in another being which is your equal. "Equal attracts equal", the Hermetic Law. Your relations reflect exactly what you are, like a mirror. Change your inner vibration, and your intimate relations will change. If you are merely identified with your body, you are in the predominantly animal stage. You will relate to sex like a reptile, a brief union of two bodies and a selfish discharge. You will get only what the body needs. You will satisfy your body, to cool the heat produced by the sexual cycles.

If you identify with your mind, you will revel in the sensations produced by your nervous system. You will seek sensual pleasure through sight, touch, smell, taste and sound. The mind is trapped by the senses. A word, or the taste of the skin, or the peculiar smell of sex may stimulate you. If you continue to advance, and identify more profoundly with your spirit, it may even happen that you suppress your sexual impulses. But if you pay attention, and you consciously harmonize the 3 aspects of sex, then you will be blessed with one of God's greatest gifts. If your personal desire is synchronized with the appreciation of the beauty of human life and its sensations, and furthermore you consciously transform the sexual act in a sacred ritual, which connects you with true love, then, and only then, you will open a portal to another dimension. There are 3 ways to experience an orgasm: a physical, a mental and a spiritual. When you experience this trinity you will understand that you are a Celestial Being. Some souls can only enjoy sex in this absolute manner, in unity, not in separation, not only from the body and the mind. These souls need a spiritual stimulus, a promise of pure love.

### **The 3 brains**

Yoga demands that the apprentice fully understands the body. It is imperative that one has knowledge about the functioning of our biology, especially about the predominant role of the brain. Here you will find a brief introduction to an infinite subject.

The human brain is ever changing according to the demand of thought.

"No spirit dwells beyond the nervous centers" Prof. C.B. Bruhl

"The Soul is the brain in action, and nothing else" Broussais

"Without phosphorus there is no thought" Moleschott "Thought is a motion of matter"

"There is no thought without brain" Buchner

“The soul is the result of the development of the brain” Carl Vogt

All these definitions are poor and sadly evidence the limitation of the human being. Each brain is the keeper of the information regarding the development of each species and its way of life on Earth. Each individual during the gestation period, in the embryonic stage, is evolving to grow into an intelligent form. According to the particular genetic information (ruled by the law of Karma), it develops to become the initial being inside the mother's womb.

Each form of life, from the unicellular organism to the human being, undergoes the cycle of recognition of the general evolution process. If your destiny is to become a human being, then you must experience every preceding form of life during gestation.

The brain has 3 layers, which are anatomically well differentiated and correspond to diverse genders of animal life. The first one is the reptilian brain, the second one is the limbic system and the third one is the brain cortex (neo-cortex). The human being guards the mental impulses of the less evolved stages of development in the 3 basic chakras. These impulses trouble the mind and lead to despicable acts. When you relate to the world from your 3 basic chakras, you activate your reptilian brain and act as a reptile, by impulse and without selection. Your raw instincts manifest, like a predator. You have no heart. You feed voraciously, only connecting with the basic need to feed. The same happens with sex and sleep, and every other aspect of the Self. It is the reptile inside you commanding your psyche.

On a second stage, the brain is related to the intermediate chakras. The information kept in these energy centers activates the limbic system. You act like a mammal, with certain sensible attributes. The mammal breastfeeds; it cares and educates its offspring. It protects it and stays vigilant to ensure its survival. There is an emotional communication between the progenitor and the progeny. A more complex information matrix is involved regarding territory and community. The same happens with leadership, selection, courting, sexual intercourse and individual and group preservation.

If you continue rising, you will find that in the superior chakras there is a more complex form of manifestation. The superior chakras are the dwellings of intelligence, love and compassion. When these are active, the neo-cortex is functioning. The more conscious you get, the more sensible you are. Your brain system is more active and complex and you are closer to enlightenment. The human being is the only bodily entity in this planet, which is capable of voluntary virtuous actions (aimed to benefit others). This psychological manifestation is related to the neo-cortex and its development. The more benevolent you become, the more evolved your neo-cortex gets. The more you care about the happiness, safety and wellbeing of others, the more spiritual you get. We may ask ourselves what is the relation between the practice of asanas (yogic exercises) and the functioning of our brain?

“Several studies have been made regarding the growth of damaged neurons in the brain. The most recent edition of Proceeding of the National Academy of

Sciences suggests that exercising may activate such growth. This discovery provides scientists with a better tool to approach synaptic plasticity, which refers to the capacity of our brain to establish new connections. Tests were made on rats. Those rats which were forced to exercise presented longer neuron extensions compared to those, which did not exercise. The longer they exercised, the longer the brain dendrites grew.” (El Nacional. Caracas 11.07.2004)

### **Asanas (yoga postures)**

Yoga postures. Postures held comfortably. Interior yoga exercises. Exercises to positively affect the body, the mind and the emotions. Psycho-physical practice of Hatha Yoga (yoga that conquers the mind through the body). This is a system developed by the Richis (Prophets), with the primary purpose of sitting still in lotto (Padmasana) during four hours and twenty minutes, with the ultimate purpose of experiencing mental stillness (Nirodha), by imitation of physical stillness (Kevala Kumbhaka). These are exercises, which foster psychic expansion and the fusion of the individual and the cosmic consciousness (Samadhi), or in other words, the Enlightenment of the Self.

“The wise man, keeping his body firm, with his chest, neck and head aligned in a straight line, holding his senses and his mind within his heart, will navigate the sea of birth and death in the boat of Brahman”, Shvetashvatara Up. 11,8.

Hatha Yoga should be the source of every other form of yoga. Our body is certainly a wonderful biological mechanism; it is an essential dimension of the human being. Our body is the meeting point of every aspect of the human existence. To master our own body through Hatha Yoga, i.e., immerse it in pure consciousness, is to master one of the crucial aspects of our human destiny. One must practice Hatha Yoga with this intention. Benefits: “the first signs of Yoga practice are lightness, glow, health, absence of desires, beautiful voice and pleasant body odor”. Svetasvatara Upanisad.

Asanas not only balance glandular secretions, they also relax and tone the muscles and the nervous system. They stimulate circulation, stretch and massage internal organs, calm and focus the mind. The physiological benefits of Asanas include relaxation and tone of the nervous system, detox of articulations and bones, flexibility, specially of our back bone, stimulation of our blood circulation and improvement and control of our breathing. Nevertheless, the wonderful physical benefits are minuscule compared to the emotional benefits. The ultimate purpose of asanas is its subtle effect in the glandular system. The endocrine glands are emotional stations and have profound and dramatic effects in the emotional state of the person. Asanas are specific body schemes meant to produce specific effects in the chemistry of our body to affect its function, character and energy, as well as, our mind and our emotional system. Control of the body brings about control of the mind.

### **Endocrine Glands**

Long before Science approached this subject, Yogis already practiced postures with the conscious intention of stimulating the endocrine system. Now we know that our body can only function in right balance, with the appropriate secretion of these glands. Given the interconnection between the physical body, the emotions and the entire psyche, which conforms the unity of the human being, Science approaches the influence of emotion in the production of biochemical substances and neurological processes which affect the physical aspect of the body. This neurochemical information modifies the associative patterns of the individual with its own system of thought and with the perceptions of the outside world.

All the organs of the endocrine system are glands. They are different from the rest of the glands because they deliver into the blood stream substances known as hormones (in Greek means “awaken” or “excite”). Other glands, exocrine, discharge secretions towards the outside of the organism, which directly or indirectly are eliminated through the excretory system.

Endocrine glands are located in isolated parts of the body: cranial cavity, neck, thorax, abdomen, pelvis and testicles (in men). Hormones are essential to the correct function of our body. Any dysfunction will manifest in physical and psychological pathologies. Hormones regulate basic instincts and emotions, our sexual impulses, violence, rage, fear, joy and sadness. They also regulate growth, sexual identity, body temperature; they contribute to the healing of tissues and to the regeneration of energy.

### **Pineal gland or Epiphysis**

Located in the center of the brain. According to its size, it is the organ, which receives the most blood irrigation (kidneys only filter, they don't use the blood energy). The hormone produced is melatonin. It regulates the sexual development; it is sensible to changes in light. It regulates the subtle rhythm of our body; it affects the brain and regulates the functioning of the rest of the glands.

### **Pituitary or hypothesis**

Located in the base of the brain, on the Turkish chair (depression in the sphenoid bone). It coordinates the nervous and endocrine system, like a substation of the hypothalamus. The pituitary hormones stimulate the kidneys, activate the movements of the intestine, keep the blood vessels active, control growth, development and temperature of the body, they produce the uterine contraction in birth, as well as stimulates the production of milk. Collaborates with insulin to control sugar levels in blood. It is divided by two, anterior and posterior pituitary. Irregularities such as obesity evidence a misbalance of this gland.

### **Hypothalamus**

Set of nervous cells located in the brain. It is the link between the autonomous nervous system and the endocrine system.

## **Thyroid**

Located in the neck, in front of the trachea and the lateral portions of the larynx. It produces T3 and T4 hormones, calcitonin (regulates calcium in blood). It regulates the metabolism of all cells. Regulates insomnia, excitement, growth, the excretory system, heartbeat, temperature, and obesity. If the thyroid is not balanced, the proportion of oxygen decreases and basal metabolism may augment 40% over normal levels affecting the size and weight of a person. A low basal metabolism may result in obesity, which may be prevented with the practice of yoga postures, which stimulate the thyroid, i.e. Sarvanghasana is recommended (shoulder stand).

## **Parathyroid**

Located behind the thyroid, it produces parathormone, regulating the amount of calcium and phosphorus in the blood and bones.

## **Thymus**

Located behind the sternum. During childhood it has a considerable size and it reduces after puberty to one third of its original size. Related to the immune system, producing "T" cells which command the white cells.

## **Suprarenal glands**

Located in the upper portion of the kidneys. It produces the following hormones: catecholamines, epinephrine and noradrenaline. Reduces nervous tension. They produce a kind of a chemical alert system which manifests in chicken bumps, dilated pupils, wide open eyes, blood circulation toward the main muscles to prepare for immediate escape. Increased heartbeat. Regulates the conversion of complex glucids (glycogen to glucose) and controls the liver functions. Prevents the loss of water through the kidneys. Regulates the level of sodium and potassium, which affect muscle contraction.

## **Pancreas**

It is a combined gland, endocrine and exocrine. As an exocrine gland it produces digestive juices (pancreatic). As an endocrine gland it controls the level of sugar in blood. Hormones: glucagon and insulin.

## **Gonads**

The sexual glands (mixed organs). Testicles in men, ovaries in women.

Testicles: located inside the scrotum. Its external location promotes the regulation of the temperature. It produces sperm. As an endocrine gland, it produces hormones: testosterone and estrogen.

Ovaries: located inside the pelvic cavity. They produce ovules. As an endocrine gland, it produces hormones: estrogen and progesterone. There are several postures recommended to stimulate the different glands. With a daily Hatha Yoga practice, the body adjusts its function and energy.

### **Prana, the substance of the mind**

Prana is the addition of all the energies of the Universe. Prana manifests itself wherever there is movement. Life itself is a manifestation of Prana. From the subtle movement of electrons around the nucleus of the atom, to the interstellar movement around the galactic nucleus of the Universe, everything is Prana.

The vital energy, the active and dynamic principle, it is the most powerful and mysterious force of Nature. Prana is the source of all other forces (gravity, attraction, electricity, magnetism). It passes through every body, although some kinds of matter are more welcoming to it, generating greater effects due to what I call their "organic structure". This vital force may exist in a latent or free state, similar to electricity and heat. Yogis invite human beings to live exclusively from Prana. Doctor Georges W. Crile, from Cleveland declared, "Someday men will live exclusively from solar energy".

Oriental Gurus have taught that for men to be able to reach the supreme goal, one must master the procurement and conservation of Prana, which requires – among other things – the purity of our body. Pay attention to the words conforming the word PRANA YAMA, for Yama means control, and therefore Pranayama is the control of Prana by means of breath. Also, YAMA is the first purification suggested by Patanjali in Ashtanga. We can conclude that Prana and Yama are the substance of the mind.

The second chapter of the Gautamiya Tantra says: "One will find Brahma through Yoga, by practicing continuously Pranayama for one year. A Yogi who perseveres in his Pranayama is no ordinary Yogi, he is Shiva Himself."

### **Prana of the Air**

Prana in the atmosphere is constituted mainly by negative ions. Our body metabolizes electricity captured from the atmosphere. Chinese wise men named this Yin and Yang. Yang is what is light, pure, the sun, the positive energy, the positive pole. Yin is dense, heavy, the earth, the negative energy, the negative pole.

### **Prana: negative ions**

Ion: an atom or a fragment of a molecule, which is electrically charged. In the atmosphere there are two types of ions:

- 1) Small negative ions, or normal: The air that we breathe is constituted by one or more atoms of oxygen or nitrogen charged as one electron. They provide vitality to our body.

- 2) Big ions, or slow: Specially when there is dust, fog or smoke, the concentration of big ions rises and the concentration of small ions decreases and vice versa.

In the countryside, with clean air, there are one, two or three small ions per each big one. In polluted cities there is one small ion for every two hundred and seventy five to six hundred big ones.

### **The source of small revitalizing ions (-)**

The main source of negative ions is electromagnetic radiations, of short wave length coming from the sun, which are intermittent (day/night). Telluric radiations (from the ground) and cosmic rays (day and night they traverse the clouds and are absorbed by the ground). The great flowing water masses (the best ion conditions are the sea, the wind, evaporation, abundant sun, absence of dust and cosmic rays).

### **To favor electric metabolism**

Our skin traps air, which constitutes the best thermic isolator. Clothing and shoes reduce the electrical exchange with the atmosphere, which consequently reduces our vitality. There is an electrical metabolism. The more active is such metabolism by the absorption of negative ions through our skin, the more alive we feel and the healthier our body will be.

### **Prana and climate**

- 1) Great climate **zone**:
- 2) Intermediate climate zone: rocks, valleys near forests, bays protected from the wind.
- 3) Small climate zone: bushes, trapped rivers, pines and ferns
- 4) Cero climate zone: cities.

### **Prana in the body**

Everything that exists, from the simplest of organisms to the most evolved, is an organized twister of energy. In our body, ions are the true builders of cells and tissues. Bioelectric energy is in permanent movement. These electrical charges, which are in a continuous balancing process, are transported by our bodily fluids. Ions moving towards the positive pole are Anions, and those moving towards the negative pole are Cations.

Yogis teach that through Pranayama these energies can be directed, stored and distributed in the body voluntarily. Those who achieve this will possess perfect psychophysical health. Scientists state that the acupuncture needles produce an electrical discharge of the body in the air. In the lungs, negative ions foster the filtration of oxygen through the alveolar membrane, maximizing oxygen absorption. Also favors the expulsion of CO<sub>2</sub>.

Our excretory system (kidneys, liver, etc.) can neutralize, to a certain extent, the absorbed toxins and eliminate them, except for carbon dioxide, which irreversibly damages hemoglobin.

### **Air conditioning**

Air conditioning removes all revitalizing properties of air.

**Negative ions intervene in every vital function.** They are true catalyzers of blood oxygenation. Oxygen is magnetic. Change in our mood may be the result of subtle alterations in the air we breathe. These changes take place every twenty-seven days and a half. When the air is positively charged, people tend to act irresponsibly. This coincides with the proximity of the Moon to the Earth (full moon)

In the Mediterranean, when the Sirocco wind blows, changes in human behavior take place. Negative ions promote wellbeing.

In rooms, which are electrically isolated (Faraday box), one will feel fatigued.

**Negative electrical fields.** Plastic furniture and covers accelerate mental fatigue. Plastic produces electrical fields of five thousand-to-then thousand volts per meter. The negatively charged electrical field may reach one hundred thousand volts per meter. Cotton clothes are recommended because they do not modify the magnetic field of ions.

Pranayama is the yogic science to control Prana through breath. This process is exclusive to human beings. The goal is to control and distribute intelligently the vital energies.

Shaolin monks owe their power to the eight respiratory exercises, which they practiced daily for eight hours during eight years in different asanas.

### **Organs of absorption of Prana**

#### **Skin**

It mainly absorbs Prana, but also evacuates Prana.

#### **Tongue**

From a pranic point of view, the fixation of prana is less through the stomach and the intestine than through the tongue. Flavor is not Prana but it is an indicator of Prana.

Yogis masticate their food until all flavor is gone. Only then they swallow it so that the body can assimilate it as constituting material for the body. Before a nutrient delivers energy into our body it demands the body energy to digest it (which uses up to 75% of the nervous available energy)

## **Nose**

For Yogis the nose represents the main organ of Prana absorption. The nose is tapestried with nervous ultrasensitive receptors. The nose not only cleans the air, heats it, moistures it, but also measures its subtle qualities. A foul smell automatically triggers fundamental physiological processes. Natural perfumes are Prana holders. Prana is governed by thought. It is the mind that can direct voluntarily and consciously the absorption, storage and distribution of Prana in the human body.

## **The smell zone**

The life of an ant, and therefore, its psyche is conformed almost exclusively by the sensations provided by smell. The odor discharged by the female butterfly attracts the male from a distance of many kilometers.

## **The length of our breath**

The progressive decrease of the exhalation tempo will provide us with vitality, while a long exhalation reduces vitality. The more concentrated the mind is, the shorter our breath. In Samadhi, breath becomes imperceptible. To achieve the maximum state of concentration, Yoga recommends to consciously reduce the length of our breath.

“By concentrating our attention to the forehead and suspending our breath, reducing the cardiorespiratory rhythm, Liberation is attained.” Bhagavad Guita. Chapter 5. Karma yoga 27-28

“Others, use Pranayama (total restriction of breath) to remain in mystical trance. Others reduce food ingestion to a minimum level as a sacrifice”. Bhagavad Guita, chapter 4. Transcendental Knowledge - 29. One can consider Pranayama to be adequately developed when one can hold Kumbhaka for 5 or 6 minutes. Soon the mind will self-concentrate, no matter the place, and prepare to awaken Kundalini. Samadhi may be achieved after six thousand seconds in Kumbhaka. Gradually you may learn how to hold your breath for one hour and a half. After this, psychic powers manifest. It is essential to keep an adequate diet, with the correct amount of lipids (ghee) in order to calm the nervous terminals and to have a correct lubrication of the body. Never initiate the practice with cold, hot or moist weather. The minimum practice should be 48 minutes twice a day. Never practice hungry nor full. Never practice tired. Sit on the same spot at the same hour with your eyes closed and your body aligned. A standard ideal practice is four times during 24 hours: from 4:00 to 6:00, from 10:00 to 12:00, from 16:00 to 18:00 and from 22:00 to 0:00.

For the newly initiated 12 seconds is poor, 24 is acceptable, and 36 is good practice.

By regulating our breath, one can eliminate Karma from previous lives. Pranayama destroys all sins and illusions, just as fire consumes dry wood.

What is known as total suspension requires 13 minutes and a half. Emotions are suspended when one can hold Kumhaka for 10 minutes and 48 seconds. The Yogi can then rejoice in a wonderful state of Pratyahara when holding his breath for three hours. The purpose of all Pranayama is to elevate the vibration level and awaken Kundalini Shakti. These are synonyms. We apply different methods. Physical: close the anus (Mulha Bandha) and close the chin (Jalandhara Bandha). These two closures enable one to retain the accumulated energy. Nadis are purified and prana flows through Sushumna. Sutra numbers 2-5 of Hatha Yoga Pradipika states that the more time invested in purification, the rest comes effortlessly.

The body of those who practice Pranayama has a pleasant odor, sleep is restoring and short, excretions decrease. During the first stage of Pranayama, the body transpires. During the second stage of Pranayama, the body trembles. During the third stage of Pranayama, the body leaps like a frog. During the fourth stage of Pranayama, the body levitates. It is absolutely compulsory to initiate these practices with the supervision of a qualified teacher. If not, you may suffer serious physical and psychological damage.

### **The Mind according to Sri Anandamurti – Hindu bio-psychology**

95% of all diseases are psychosomatic, i.e., caused by the mind, therefore they can be cured by the mind. Some statistics show that more than one physician per thousand of persons, increments mortality, let alone the diseases caused by medical treatments.

If you wish to have a complete understanding of the human being from the Yoga point of view, you must study the Chakras (seven centers or wheels of psychic energy, located along our spine). There is a close relation between these centers of energy and the endocrine glands. Doctor Valery Hunt detected high frequency energy discharges in the 7 chakras, of 1.600 cycles/second (cps). Doctor Motoyama found energy fields of higher frequencies when a person focused on a specific chakra. There's been a huge advance since the invention of the Kirlian camera in the 40's. This camera has provided unquestionable evidence regarding the existence of the astral/energetic body. With this camera one can photograph the light irradiated by any living being.

The Kirlians (the inventors) could photograph the aura. Twenty years later these advances are accredited in the scientific world, recognizing that the luminescence visible in Kirlian's photographs weren't produced by the electrical state of the organism, but by the "biological plasma o body", a new way of naming the astral body. Today it is also known as the forth state of matter (beyond solid, liquid and gas). It has been defined as a highly ionized electrically neutral gas, formed by ions, electrons and neutral particles. The most important discovery of these photographs is that the colors produced by a sick person are different from those produce by a healthy person. This will enable great advances in medicine and parapsychology. In fact, all illnesses have their seed in the astral body, in the different obstructions of the Chakras. If identified and cured in the astral body in due time, then the physical

manifestation can be prevented. The Kirlian photographs also showed that the brightest spots in the human body coincided with the acupuncture points. The day will come in which the logical sciences fuse with the mystical sciences.

Inside the Chakras there are sub-vortexes of psychic energy. These are 50 twisters of thought or Vrittis, the archetypical expressions of the mind. They operate by the stimulus of the five motor organs and the five organs of sense, having two types of expressions: internal and external. Any imbalance in the energy flow of a particular Chakra results in a disharmony in the hormonal secretion of the gland associated to such Chakra. This alteration in the energy flow causes different states of mind called Vrittis. These emotional states are responsible for disturbing our inner peace. Sometimes we are enslaved by our sensations, such as rage, depression and anxiety. The ultimate purpose of Yoga is to free oneself of these disturbances. Yoga, Chitta, Vritti, Nirodha... the great alchemy, the supreme destiny.

According to one's character, people try to escape their emotions in destructive ways, through alcohol, drugs, food, smoking, etc. Ignoring the correct way to canalize the energy produced by sadness and/or anxiety. One can learn how to control emotions instead of letting emotions control us. One can transmute, instead of repressing.

First we need to know where these emotions come from. We need to identify which is the blocked Chakra.

Yogic psychology classifies 3 types of fear. The first one is fear or terror of annihilation located in Swadisthana Chakra. An example of this is when the soldiers urinate themselves when faced with imminent danger, the liquid element governing the second chakra is overexcited. The second form of fear is located in Manipura Chakra and stimulates the suprarenal glands, producing adrenaline and creating a chemical shock. Blood pressure rises, sugar from the liver is delivered into the blood stream and digestion is interrupted. Pupils are dilated, hair stands on end, blood and energy are directed to the great muscles and the nervous system is activated in survival mode. The absence of a mechanism to discharge tensions due to the lack of exercise and non-catharsis, results in an accumulation of information inside the body which produces damage and modifies our psychic conduct. This imbalance in the corresponding glands produces stress and aggressive and enraged behavior. The third type of fear is shyness, which blocks the interaction of the individual with others. Shyness Vritti is also located in the third Chakra (Manipura).

The balance in the use of our senses is good medicine for the mind. Charaka Samhita Ayurveda states that the bad use, abuse, or disuse of our senses is the first cause of illness.

### **CHAKRAS (figures)**

- 1. Muladhara**
- 2. Svadhistana**
- 3. Manipura**

4. Anahata
5. Vishudda
6. Ajña:
7. Sahasrara

Chakras	Glands	Gamets/Hormones	Plexus	Element
Muladhara	Gonads (testicles)	Sperm Testosterone/estrogen	coxis	earth
Svadisthana	Gonads (ovaries)	Ovules Estrogen/progesterone	sacrum	water
Manipura	Pancreas Supra renal	Insulin, glucagon, adrenaline	solar	Fire
Anahata	Tyme	Tymosine, T cells	heart	Air
Vishuda	Thyroid and parathyroid	T3 – T4 parathormone	cervical	ether
Ajña	Pituitary Hypothesis	Growth prolactin	Hypothalamus	Mind
Sahasrara		Melatonin	Crown	Consciousness

### Nervous system and Meridian network

Thirty-three or thirty-four bones form the spine. The cranium has eight. The central nervous system is connected to these two bone systems.

10 organs of sense:

5 sensorial, awaiting for the sensation (input of information)

5 motor, stimulating action (the expression of the inner process)

The spinal bulb is conformed by 6 nerves towards the spine, 6 nerves towards the front of the bulb, and by the optical and olfactory nerves.

Inserted in the spine there are ganglionic chords (sympathetic nervous system) in charge of stimulating and controlling breath, circulation and digestion (i.e., all functions which apparently act autonomously)

The sensory organs are related to Chakras:

Muladhara: generation

Svadhithana: digestion

Anahata: respiratory and cardiac functions

Vishuda: verbal communication

And, these, in turn are related to the perceptive, volitional and mindful processes.

The word Nadi derives from the Sanskrit root nad (movement, the passage of prana). Some texts differ from the amount of nadis in the astral body.

Bhuttasuddhi tantra: 62.000 meridians (nadis)

Prapañeasana tantra: 300.000

Siva samhita: 350.000

### The main 3 Nadis

Ida (moon channel)	Pingala (sun channel)	Shusumna (unity)
Left nostril	Right nostril	Central channel
Femenine	Masculine	Integral
Right testicle	Left testicle	
Right brain hemisphere	Left brain hemisphere	Connects Soul and Matter
Emotional intelligence	Rational intelligence	Wisdom

### The mind according to Valmiki (author of Ramayana)

The wise man controls the movements of his mind while honoring the duties of life. The mind must rest in the conscious discernment, in the superior intellect (Budhi). Thus, the wise man stays focused in his Self.

One of the easiest paths to achieve this state of wisdom is to practice the supreme devotion to the Divine. On one hand, the mind leads us to spiritual knowledge, and on the other, to the mundane. One must calm anxiety and direct thought towards sanctity, through prayer and meditation. The best way to prevent the mind from falling into illusion (suffering) is to practice a stable mood, relate to good people, choose the perfect words, exercise tolerance and calm. With the daily exercise of silence and self-control, the apprentice will slowly be initiated in the Divine reality.

Master your impulses, control your desires, practice renunciation and detachment, help others, study the sacred texts, have a simple spirit.

Everything exists in the mind, including unity. Free your mind from egoism and greed, focusing on the present moment. Blessed those whose life is the object of such mission, for they see the Divine in themselves and in everything.

Abandon your desires and you'll avoid all difficulties. Stop thinking about something and your impulse will disappear. Erase from your mind the concept of desire and you will find peace. Ban passion and aversion from your heart.

The man whose mind is no longer troubled by mundane joy or sorrow, or by sickness and death is no longer a man, he becomes a celestial being.

### The control of the mind according to Ramakrishna (Advaita Ashrama)

Nothing is more troubling than your own mind. It is the medium to relate your inner world with the outside world. Therefore, it is imperative to purify it. The control of the mind is an inner game, which requires certain skills, attention, humor, kindness, strategy, patience and super powers.

“The mind is reckless and wild, Oh Arjuna! Nevertheless, it may be tamed by practice and detachment.” Baghavat Gita.

The mind is what matters. Slavery is in the mind, freedom is in the mind. Continue with the practice and you will take your mind where you want to go. The mind as a white canvas, it will be colored with the colors you choose.” Sri Ramakrishna

The secret to control the mind is:

1. Develop a strong willpower.
2. Understand the true nature of the mind
3. Learn certain techniques and practice them constantly and devotedly.

“If a man conquers 1000 men in battle and another man conquers himself, the latter is the greater conqueror.” Buda

“A sparrow carrying a fish in his beak was chased by crows and other sparrows, which attacked it so it would let go of the fish. Whatever the direction it flew, the sparrows and crows followed. Tired of such violent pursuit, the sparrow dropped the fish, which was picked up by another sparrow, which immediately became the new target of the hungry crows and sparrows. The first sparrow, now freed from the pursuit rested calmly on a branch. The great wise man bowed to the sparrow saying – You are my Guru, Oh Sparrow! You have taught me that one cannot find peace until one abandons the burden of the worldly desires” Sri Ramakrishna

Controlling the mind is the most difficult task. A person with a still mind is free from mental and physical illness. Only after experiencing pain, you learn how to overcome the impulse of pleasure. The solution lies not in the ascetic denial of such impulse, but in understanding the dimensions of your own Self, so you can direct such impulse towards service, not self-indulgence, and thus achieve enlightenment.

There are two types of Ananda (bliss): the bliss of pleasure, and the bliss of Brahma. The first one is obtained through sensual or sensory experience. The second one is achieved after singing the Glories of God. After experiencing the second Ananda, Richis of yore were able to transcend all rules and conventionalisms.” Sri Ramakrishna

Aristotle also distinguished two types of happiness: Hedone (pleasure of the senses) and Eudaimonia (joy of self-realization). He discriminated between low and high pleasures and recommended the adherence to higher pleasures, such as Contemplation. The violent desire resulting from sensual pleasure, clouds our discernment. However, the experience of Eudaimonia is brought about by the action of the Soul directed by reason.

Bhagavad Gita. Chapter 2, 62-66. “Thinking about objects (which stimulate our senses) leads to attachment. Attachment gives rise to desire, which causes rage, which leads to loss of control, which results in the confusion of the mind, and this weakens willpower, and therefore life is destroyed. The Yogi who overcomes passion and aversion through the correct practice (ethical and internal regulations) attains Peace and Wisdom. Those who fail to control their

impulses through Meditation will not find Peace. Without Peace there is no Happiness.”

Passions may not be eradicated, but can be educated. They can be refined. “One cannot walk barefoot through a wood of prickles and thorns. Maybe if the ground was covered with leather, or using shoes. It’s impossible to cover the ground with leather; it’s wiser to wear shoes. Likewise, man lives amid troubling needs and desires, and there are two ways to go through life: satisfying every need and desire (which are never-ending), or wearing the shoes of Contentment and Truth” Sri Ramakrishna

Desire can be a friend or a foe. The more satvic the desire, the purer the mind. When our mind is properly nourished, discernment is more acute and desires are purified, becoming an instrument of freedom and bliss. When desire is aimed at illusion, then it becomes an instrument of slavery and sorrow.

“Bliss lies in the infinite, not the finite. There is a bird called Homa, which lives in high altitudes and never lays feet on the ground. It lays its eggs in the air and they hatch while freefalling and the baby bird flies upward towards its mother. God-men such as Jesus, Narada, Sukadeva, etc. may be compared to this bird. They never touched the surface of the mundane life, they were high up in the sky, close to the Divine.” Sri Ramakrishna

To reach the Homa bird state, man must learn to elevate the impulses of the mind. Willpower is not enough; one must understand the nature of the mind. It is a subtle body within a dense body in permanent interrelation. The mind and the body are interdependent. One can observe this interaction in the rhythm of our breath. When our mind is afflicted, our breath tends to be short, agitated and superficial. When our mind is calm, our breath is long and deep.

Behind the mind lies the Atman, the real Self of man. Body and mind are matter: Atman is pure spirit. The mind is different from Atman. Body and mind vibrate in different frequencies. Both are bound to the laws of time, space and causality. Thoughts can become matter, and vice versa. Thus, the importance of controlling the mind.

The mind is omnipresent. Each individual mind is a part of the Universal mind. Therefore, one can be connected to everyone.

According to Hindus, the mind has 3 levels, 4 functions and 5 conditions.

The mind is conformed by 3 essential forces known as Gunas:

- 1) Satva: the principle of balance leading to purity, knowledge and bliss. Detachment, stability, generosity, health and clarity are the result of Satva.
- 2) Rajas: the principle of motion leading to activity, desire and unrest. Passion, rage and greed are the result of Rajas.
- 3) Tamas: the principle of inertia leading to inaction, confusion and illusion. Lethargy, confusion and insanity are the result of Tamas.

The mind functions in 3 levels: sub-conscious, conscious and supra conscious (Samadhi). One may control the conscious level of the mind. Only those who are established in Yoga (unity) and have overcome the 3 gunas, may control the sub-conscious level of the mind. The supra-conscious level of the mind cannot be controlled, for in Samadhi, the mind is inactive. It is a state, which is only attained after controlling the sub-conscious and conscious levels of the mind.

The 4 functions of the mind are known as Antahkarana, or inner instruments.

- 1) Manas: evaluates pros and cons of a subject.
- 2) Buddhi: determines and decides.
- 3) Chit: reminds and remembers.
- 4) Ahamkara: the conscience of the Self.

Any external perception is filtered through these 4 functions simultaneously. There are certain actions, habits and inclinations that are impediments to the mastering of the mind. These are:

- Strong attractions, repulsions, attachments and repulsions.
- An immoral life
- The deliberate habit of causing pain to others
- Succumb to the temptation of drugs, leading a disorderly life (eating, drinking, speaking, working, sleeping excessively or not enough)
- Disperse our energy in useless discussions, engage in gossip and criticism.
- Be extremely selfish and ego-centered.
- Ambition, jealousy and hypocrisy
- Guilt.

Guilt may be banished by true repenting, praying to strengthen our willpower, to be responsible and conscious to avoid the recurrence of error.

“Gilt settles in our chest like a heavy rock. How can you dance with guilt in your heart? How can you enjoy life?” Osho

You must have a strong will and have faith in yourself. The mind must be controlled by the mind itself. The resistance is a result of the mind. You need reflection, patience, intelligence with wisdom, and hard, constant practice of adequate disciplines.

“A man walked with his two sons; one in his arms and the other holding his hand. A hawk flew by. The son who was walking let go of his father’s hand and waved at the hawk but tripped with a stone and fell down. The other son also waved at the hawk, but he didn’t fall for he was held in the arms of his father. The son who fell represents the personal effort to achieve enlightenment, the son in the arms of his father represents total surrender.” Sri Ramakrishna

Everyone should meditate about these five teachings:

- 1) Old age will come. It is inevitable.
  - 2) Sickness may befall me. It is inevitable.
  - 3) I will die. It is inevitable.
  - 4) Everything is subject to change, decadence and separation. It is inevitable.
  - 5) I am the result of my actions. It is inevitable.
- “Meditating about these teachings is the road to Nirvana. One may suppress – or at least reduce - pride, desire for possessions and destructive tendencies in thought, word and action.” Buda.

### **The pure mind is easier to control:**

The impurities of the mind are instincts, impulses and emotions (envy, hatred, rage, fear, jealousy, lust, greed, arrogance, temptations, etc.) originated in the inferior Gunas, Rajas and Tamas. These impurities cloud the mind and result in attachment and aversion.

### **The transformation of the mind:**

The impurities of the mind may gradually disappear with the ingestion of healthy food and focusing on Satva as the predominant guna. The next step is to transcend all Gunas.

Food overcomes three transformations: the dense portion is excreted, the medium portion is absorbed and the subtle portion nourishes the mind. When food is pure, the mind purifies (free from aversion, attachment or illusion). As the mind is purified, memory is strengthened and the worldly bonds are undone” Upanishad.

“The soul of a mundane person is comparable to the life of the worm that lives and dies in manure, clueless of the existence of anything better. The soul of a less mundane person is comparable to the life of the fly, which sometimes feasts on garbage and sometimes on sugar. Yet the soul of an enlightened person is like a bee, which only extracts the nectar of the flower and nothing else.” Sri Ramakrishna

One must transform one’s physical and mental nature in order to control our mind. As long as Rajas and Tamas predominate in the conformation of the mind, then the efforts to control it will be in vain. Nonetheless, Satva also binds man: “Satva, Rajas and Tamas, these three gunas (aspects or qualities) originated from Prakriti, bind the Self to the body. Satva is pure, luminous and good, but binds the Self to attachment to happiness and wisdom. Therefore, to be absolutely free, one must overcome all Gunas.” Bhagavad Gita.

### **The Holy companionship**

“Yoga, discernment, compassion, the study of the Vedas, austerities, renunciation, rites, charity, vows, sacrifices, secret mantras, peregrination

sites and moral concepts, none of these detaches me from the mundane as the association with Saints". Sri Krishna.

Those who seek less than the perfect enlightenment or realization of the Self, will never master their minds. The origin of every unsteadiness, tension and trouble of the mind is the false identification of the real self with the illusion.

### **Vedic practice of 4 steps to enlightenment**

1. Discernment between permanent and impermanent.
2. Renunciation of worldly satisfaction
3. Development of the 6 treasures: control of the mind, control of the senses, withdrawal of the ego, strong willpower, establishment of the Self and faith.
4. Urge of freedom.

These practices may be complemented with the Yogic disciplines Yamas and Niyamas.

Any erroneous doing results in mental agitation. It is imperative to learn how to discern between good and bad, correct and incorrect, real and illusion. When discernment becomes a conscious habit, before any circumstance you ask yourself: what is good in this situation?

The first step to become a Yogi is overcome your senses, i.e. the mind. A methodic practice of deep breathing contributes to develop a quiet state of mind. The secret of Pratyahara lies in willpower. By means of this practice one may master the senses, thoughts and emotions, while developing a strong willpower.

Those who seek to control their minds should eradicate bad feelings, resentment and other negative impulses. The inputs of the mind should be healthy... not tedious.

"Charity, the honoring of promises, the fulfillment of duties and actions of merit result in the control of the mind, the supreme Yoga." Krishna

All bodily sins disappear if one sings the name of God and His Glories – Sri Ramakrishna.

Controlling your thoughts means to manage your thoughts. In the most elevated state, this is to cease to think. As long as you identify with your ego and your body, you will not control your mind.

### **The mind according to Buda Fifty-one mental factors.**

Buddhism seeks to transform the mind in order to awaken the latent potential (the perfect happiness), which is obscured by difficulties, problems and suffering.

1. **Life is suffering.** With the actual state of mind, we live in struggle, we cannot find ultimate happiness in anything we experience.
2. **Suffering has a cause.** The actual root of suffering is in the mind itself, in our negative mental tendencies.
3. **Suffering can cease.** If the cause of suffering is in our mind, the solution is also in our mind. Buddhism proposes a transforming practice as the antidote to suffering.
4. **The cessation of suffering.** The transformed mind vibrates in virtue, free from suffering and overflowing with joy: Enlightenment, the Ultimate Happiness (the Conscious man)

Mental transformation leads to inner peace and ultimate freedom. Pain is inevitable, suffering is a choice. So suffering can be rejected.

Individual Karma is stored in one's mind, and given the appropriate conditions it will manifest as happiness or suffering depending on its characteristics. With the genuine desire to bring happiness to others, anything can be achieved without effort. Everyone is synchronized in the pursuit of happiness. Any inner quest is based in the study of the mind and in each particular experience, filtered by reason.

The essence of Buda's teachings is to benefit others, depending on individual circumstances and possibilities, always developing inner positive qualities.

## **51 mental factors**

### **Primary consciousness**

1. Eye consciousness
2. Ear consciousness
3. Nose consciousness
4. Tongue consciousness
5. Body consciousness
6. Mind consciousness

### **Secondary Consciousness**

Five ever-functioning mental factors:

- Sensation
- Discernment
- Intention
- Contact
- Attention

Five ascertaining ones:

- Aspiration

- Appreciation
- Memory
- Concentration
- Intelligence

Eleven constructive emotions:

- Faith
- Dignity
- Consideration of others
- Detachment
- Not hate
- Not ignorance
- Enthusiasm
- Flexibility
- Vigilance
- Equanimity
- Non violence

Six root disturbing emotions and attitudes

- Attachment
- Hatred
- Pride
- Ignorance
- Doubt
- Deluded outlooks

Twenty auxiliary disturbing emotions

- Hatred
- Resentment
- Hypocrisy
- Outrage
- Envy
- Greed
- Pretension
- Dishonesty
- Conceit
- Cruelty
- Dishonor
- No care for how our actions reflect on others
- Foggy mindedness
- Restless mind
- Disbelief
- Laziness
- Recklessness
- Forgetfulness
- Being distracted
- Mental wandering

Four changeable mental factors

- Sleep
- Regret
- Gross detection
- Subtle discernment

## **The mind according to Yogi Bahjan**

### **81 mind facets**

Any human being who wishes to elevate and develop the virtues of the soul needs to have a thorough knowledge of the mind. The conquering of the mind leads to success, happiness and prosperity. The mind serves the soul (Atman).

When the mind and the soul are aligned each thought is perceived and materialized with clarity (transparent). Generally thoughts are veiled and the mind creates a perception, which differs from reality. When the mind is filled with unconscious identifications, emotions, projections and attachments, then thought is perceived (colored) as different as what it really is. These colored thoughts result in false judgments.

There are many ways in which to approach the study of the mind.

The mind has 3 fundamental characteristics:

- a) The swiftness of thought
- b) It lies beyond space and time
- c) It is unapproachable (thoughts per second)

Not all thoughts are personal. There is a stream of thought that flows beyond our consciousness. One is transported by the Soul.

The mind is essentially:

- a) Automatic
- b) In permanent movement
- c) Bipolar (uses contrasts)

The mind becomes more neutral as it frees from attachment, as it is less contaminated and independent from the minds of those with whom we have more affinity. The mind is as material as the body. Thus it may be observed and modified.

Moreover, it is affected by food (dense state), breathing (intermediate state) and thoughts (subtle state)

The mind has its own flow, its particular structure and metabolism (it never stops).

Quiet and silence are the tools for self-knowledge. Deep meditation and intuition are the perfect mediums. One must use the mind to observe

the mind. The results of aligning the mind with the intention of the Soul are inner peace and the awakening of intuition. The mind is a part of the phenomonic Nature (Prakriti) and is governed by the three primary forces (Gunas), satva, rajas and tamas. These three intertwine, weave, contrast, advance in diverse combinations.

Chitta is the basic or Universal mind. It is our personal consciousness. The three Gunas create the functions of Chitta. These functions are:

- 1) Buddhi (satva): It perceives reality, discerns between real and unreal; it is neutral and produces judgment subject to the infinite identity. Thought is not colored by subjectivity.
- 2) Ahamkar (rajas): It corresponds to the portion of the mind resulting in identity and attachment (attraction and rejection). It produces the sense of being, our limits and contention. It corresponds to the individual self and reacts accordingly.
- 3) Manas (tamas): It corresponds to the inferior mind, the sensory mind. It combines images, sound and other perceptions such as feelings, subconscious reactions and accumulated confusions, into reactive and creative sequences, resulting in our subjectivity. It engraves into our mind the impressions of the outside world, grasped by our senses.

The three functional aspects of the mind:

1. **The Negative or Protective mind** (focused on survival). It is reactive, protective and alert for potential threats. It is sensible to pain and protects the individual from anything that might cause damage or any liability. This negative mind is dominated by Yamas and Niyamas (Patanjali)
2. **The Positive or Expansive mind.** It seeks pleasure, realization and offers the possibility of choosing the experience. It is constructive, risk-taker and active. The positive mind is mastered through Asanas and Pranayamas (Patanjali)
3. **The Neutral or Meditative mind.** It judges and calculates free from attachment, relating to the superior self. The neutral mind is mastered through Pratyahara, Dharana and Samadhi (Patanjali)

Thought is filtered through the three minds. Each individual has a particular combination of these three minds and a particular development thereof. Occasionally, the three minds are in balance, resulting in an enlightened mind (flexible, creative and in unity with the Soul). The understanding of the mind empowers us. One must block those thoughts which are not convenient or which have a mental structure which is not correct. The Soul acts upon the mind as follows: the mind produces a thought, which becomes a feeling, which becomes an emotion, which generates a desire, which manifests in an action.

(Tables pages 157-160, Yogas)

## **The 7 levels of the mind**

### **1. ANNAMAYA KOS'A – The Physical Body**

This is the most external layer of the mind. All bodily functions (growth, metabolism, digestion, temperature, sexuality) are deeply affected by Hormones, which have an effect on the mind. Any disorder of the glands results in emotional and mental disorders such as anxiety, rage, fear, and unrest.

Annamaya Kos'a means wrap made of food. It is a vehicle of expression of the mind; to operate in the physical dimension. The fundamental spiritual knowledge is to understand that "we are not this body". The master of this body is the conscious mind (level 3). Therefore, if you want to change your body, you must change your conscious mind (regulation of desires).

### **2. PRANAMAYA KOS'A – The Energetic Mind**

The second layer corresponds to Prana, the vital force. It relates mainly to the organs of action (Karmendriyas), providing vitality.

### **3. KAMAMAYA KOS'A – The Subconscious Mind**

This layer corresponds to Desires.

It has 3 functions:

a) Perceive: through the sensory organs (eyes, ears, nose, tongue and skin)

b) Produce Desire or Aversion (according to the input of the stimulus)

c) Act: through the motor organs (feet, vocal chords, hands, sexual organs, and excretory organs)

In this level, human beings act like animals, motivated by basic instincts (survival and reproduction). These instincts mustn't be denied. They must be accepted, regulated, channeled and refined.

Dreams are an expression of the subconscious mind. They contribute to process the daily experiences or to satisfy inner desires. While dreaming, blood pressure is raised, more oxygen is consumed, hormones are triggered, pulse and breath change in rhythm, the temperature of the brain raises, closed eyes move rapidly within the orbits, etc. It is a psychic catharsis. Yogis can induce this effect through deep meditation. The majority of individuals spend one third of their lives sleeping and one fifth dreaming.

Hypnotism is a phenomenon of the subconscious mind.

#### **4. MANOMAYA KOS'A – The Conscious Mind**

2 Functions:

- a) Reflective Thought: Intellectual and analytical processes, responsible of problem solving (questioning, comparing, deducing)
- b) Memory: According to Yoga there are 2 types: Cerebral and Extra-cerebral memory.

The vibrations received by our senses activate the nervous system and the conscious mind. This leaves an impression in the mind, more or less durable, according to the intensity of such vibration. Memory is the re-expression of this vibration in the brain, by the revival of a previous experience.

#### **5. ATIMANAS KOS'A – The Supra-mental Mind**

This level of the mind corresponds to INTUITION (creative discernment beyond logic). These are spontaneous experiences and discoveries. According to Michael Angelo intuition happens when our soul contacts God's spirit. Einstein revealed that he discovered relativity not through logic, but through intuition.

Intuitive dream. Mendeleev saw the periodic table of chemical elements in a dream. As soon as he woke up, he copied it. Jung explored the supra-mental state through dreams and distinguished ordinary dreams from transcendental dreams (filled with symbols and archetypes). These extrasensory experiences are psychic vibrations coming from higher states of consciousness. These states may be drug-induced. But when one penetrates in the subconscious without appropriate training, the result might be psychosis. In the same way as a small lamp may be burned with excessive voltage, the contact with the cosmic current might burn our minds.

#### **6. VIJNANAMAYA KOS'A – The Subliminal Mind**

This layer of the mind corresponds to Discernment and Detachment. 99% of universal vibrations are not perceivable. Our senses only capture a small spectrum thereof. Viveka is the capacity to transcend all illusion and perceive the eternal essence within every ever-changing form. Viveka is seeing God in everything. Vairagya (detachment) is to renounce to all finite attachment, in God's name. Through Viveka and Vairagya, the Holy man develops the higher virtues: kindness, patience, serenity, joy, humbleness, pure love, magnanimity and absolute concentration.

## **7. HIRANYAMAYA KOS'A – The Causal Mind**

This is the golden layer of the mind. A radiant current of light and love enlightens the self. The experience of the Divine Love, impossible to describe with words.

Atman: Soul – the wonderful inner self. When the mind becomes synchronized with the Infinite. The state of benevolence: Ananda.

### **ASHTANGA YOGA – PATANJALI**

Ashtanga Yoga is a method of 8 steps towards Enlightenment. It is a safe and gradual system of practices also known as Raja Yoga. Ashtanga is a part of Raja Yoga, sometimes known as synonyms. The apprentice seeks the integral purification of his existence, which enables the materialization of the spiritual light, and the understanding of the Divine Wisdom.

8 Steps:

- 1) YAMA: Self control restraints regarding others (ethical code)
- 2) NIYAMA: Self control practices (personal observances)
- 3) ASANAS: Postures
- 4) PRANAYAMA: Control of Prana (vital energy) through Breath control
- 5) PRATIAHARA: withdrawal of the senses
- 6) DHARANA: Concentration
- 7) DHIANA: Meditation
- 8) SAMADHI: Enlightenment, experience of the Self, state of super consciousness (transcendence of duality), sublime realization of the human being.

#### **1. YAMAS**

Yamas are restraints enabling the individual to have a perfect relationship with others. These are:

- a) AHIMSA: non-violence, benevolence, compassion towards every living being; not killing. Do the least possible harm, and the greatest possible good. Patience and forgiveness.
- b) SATYA: Truthfulness, veracity, prudence, correct gestures, good and sincere communication.
- c) ASTEYA: Do not steal, absence of greed, capability of resisting desire, honesty.
- d) BRAMACHARYA: sensual continence, moderation. Regulation of desire, attraction and pleasure.

- e) APARIGRAHA: share and distribute personal wealth, don't accumulate. Abandon greed and cultivate generosity and service.

## 2. NIYAMAS

Niyamas are observances enabling the individual to have a perfect relationship with oneself. These are:

- a) SHOACA: cleanliness, psychophysical and environmental impeccability. Purification practices.
- b) SANTOSA: mental contentment, serenity and capability of feeling at ease with what you possess and what you do not possess. Enthusiasm, positivism, optimism, joy. Acceptance of difficulties, welcome them as lessons for your personal growth.
- c) TAPHAS: Austerity (there are no such things as few and too many), discipline, sacrifice, moderation, correct habits (sleep, exercise, nutrition, work, recreation, relax). The correct use of your faculties (avoid the ill-use, abuse and disuse).
- d) SVADHIAIA: self study, spiritual study. Permanent evaluation through Sacred Texts and Teachers.
- e) ISHVARA PRANYDHANA: surrender and devotion of a higher intelligence. Acceptance of human limitations. Obedience to Teachers, receive teachings as instructions.

Yamas and Niyamas are interrelated. They are interdependent. The improvement of one, results in the improvement of the other. The same happens with all 8 limbs of Ashtanga Yoga. The improvement of one, implies the betterment of all. All virtuous deeds are included in this Yogi Moral Code. Yamas and Niyamas conform a subtle Universal Law, which rules the mind of men. Its profound understanding is unveiled only with constant practice. This practice governs the health of our body for they produce psychic stability. The practice of these 10 ethical-moral regulations purifies the 10 sensory organs. He, who establishes himself in these restraints and observances, generates pure inputs to the brain, which promotes clarity of mind and perfect bodily function. Patanjali established that "Yamas and Niyamas are not bound to any social class, race, place, time or any personal or cultural circumstance and constitute a great commitment." This is the law governing the mental universe and Karma. If actions are aligned with Yamas and Niyamas, the effect will be beneficial, if not, suffering will befall. Without Yamas and Niyamas, Enlightenment is impossible.

### **Patanjali's Ashtanga Yoga and the 7 levels of the Mind**

Asanas and the Physical Body: controlled and adequate nutrition and the harmonious functioning of the endocrine system (overcome mental and emotional disorders)

Asanas, Yamas and Niyamas and the Energetic Mind: physical exercise and breathing practices as well as adequate nutrition.

Yama (external restraint) and the Conscious Mind

Niyama (internal observance) and the Conscious Mind

Perception – Inner Process (desire/aversion)-Action. Purification of the mind, the senses and mental tendencies.

Pranayama and the Conscious Mind

Reflection and memory

Pratyahara and the Supra-mental Mind

Intuition and Discernment, extra sensory perception, telepathy, clairvoyance.

Dharana (concentration) and Subliminal Mind

True discernment, transcend the human condition, and see God in everything.

Dhyana (deep meditation) and the Causal Mind

Samadhi: supreme union of Atman (Soul) with Brahma. The individual consciousness dissolves into the Cosmic Consciousness

### **First Initiation**

#### **Vows**

“The bad karma committed by me in the past was a result of my rage, greed and ignorance. Of all this, I sincerely repent.”

I promise to establish myself in Ahimsa: non-violence, seeking the greater possible good and the less possible harm.

I promise to establish myself in Satya: truthfulness, even though I feel that the truth is not convenient, I will always speak the truth.

I promise to establish myself in Asteya: I will not steal in action or in thought. I believe that I already possess the greatest treasure of all treasures in the Universe: Yoga.

I promise to establish myself in Brahmacharya: I will regulate the sensual and sexual pleasure to protect my vital energy and keep my magnetic field strongly charged. I will correctly use my energy.

I promise to establish myself in Aparigraha: I will not accumulate objects unnecessarily; I will try to be of service and distribute wealth intelligently to help others.

I promise to establish myself in Shaoca: I will take care of my body as the only real instrument to progress spiritually. I will purify it to attain physical, psychic and spiritual harmony. I will mainly focus in the purity of my thoughts

I promise to establish myself in Santosa: I will be content, joyful and optimistic even when facing difficulties. I will try not to be overwhelmed with emotion. I will try to irradiate enthusiasm.

I promise to establish myself in Taphas: I will be austere, disciplined and practice sacrifices to strengthen my will power and my mind. I will practice detachment and equanimity.

I promise to establish myself in Svadhiaya: I will try to understand and put into practice the lessons of my Teachers.

I promise to establish myself in Ishvara Pranydhana: I recognize a superior force as creator and controller of the Universe, Master of all Masters.

I will try to establish a strong bond with such superior force (my own spiritual connection). This intention of unity is Yoga. I acknowledge that everything is God, therefore I will be careful of everything. This is my great commitment and when I achieve to establish myself in it, I will become a true instrument of Good.

I accept Patanjali's Yoga as a precious path leading to self-enlightenment and service. I will struggle to comprehend and multiply these teachings.

I pray to God, the Saints and all Teachers for guidance in this task.

I am grateful for being able to have access to this Knowledge.

I accept any suffering that may befall, for I know it comes to settle my karmic debts. Nevertheless I pray to God to grant me the possibility of transforming my consciousness without the need to experience more suffering, for I promise to commit myself to be exemplary in the practice of Yamas and Niyamas.

## **5 trainings towards True Consciousness**

These trainings constitute the foundation of a happy life, for they transform the mental vibration, leading the apprentice towards Enlightenment. They nourish and make life worth living. One of the techniques to be mastered is the capability to transmute negative into positive by transmuting the mental vibration. Tertan Sogyal, Tibetan Mystic man said: "I will not be impressed if someone could change the floor into ceiling or fire into water. The true miracle is to liberate at least one negative emotion".

All trainings establish suffering as the consequence of incorrect actions and attitudes. Suffering is rooted in ignorance and selfishness. The antidote is to learn the lessons imparted by Master Love-Wisdom-Happiness.

Such antidote may be named as Knowledge. Not related exclusively with intellect, but with sentiment (right hemisphere of the brain), with emotional intelligence. With the development of both hemispheres.

## **Trainings**

- 1) Conscious of the suffering resulting from the taking the life of beings, I undertake the training to develop compassion and protect life. This precept applies to all living beings not just humans. All beings have a right to their lives and that right should be respected. Starting with my thoughts and my way of living.
- 2) Conscious of the suffering resulting from exploitation, social injustice, theft and oppression, I undertake the training to avoid taking things not given. To develop generosity, cultivate love and act regarding the wellbeing of others. This precept goes further than mere stealing. One should avoid taking anything unless one can be sure that is intended for you. Gandhi wrote: “ Without the cohesive force between atoms, these would fall apart and we would cease to exist. Even in lifeless matter this force exists. In living beings this cohesive force is called Love.” Fear, which is related to hatred and violence may be transmuted into love. I commit myself to practice generosity, sharing my time, my energy and my resources with those in need. I commit myself not to steal and not to possess anything which is not intended to be mine. I commit myself to respect the property of others and to prevent anyone from taking advantage from someone else’s suffering.
- 3) Conscious of the suffering resulting from sensual misconduct, I undertake the training to develop my sense of responsibility to safeguard the integrity of individuals, couples, families and society. I am committed to avoid sexual intercourse without love or long-term commitment. In order to preserve my own happiness and that of others, I am decided to respect my commitments and those of others. I will strive to protect children from sexual abuse and prevent the separation of couples and families as a consequence of sexual misconduct. This precept is often mistranslated or misinterpreted as relating only to sexual misconduct but it covers any overindulgence in any sensual pleasure such as gluttony as well as misconduct of a sexual nature.
- 4) Conscious of the suffering resulting from false speech and from the inability to listen, I undertake the training to speak with love, seeking to diminish pain and convey joy and happiness. Conscious of the fact that words can be a source of happiness and of suffering, I am determined to learn to speak the truth, using words which inspire trust, joy and hope. I commit myself to avoid lying and deceiving; this precept covers slander as well as speech, which is not beneficial to the welfare of others.

Words are energy. If you decide to adhere to the positive pole of its

vibration, then your words become an instrument of happiness with the power to heal and unite.

- 5) Conscious of the suffering resulting from the irresponsible consumption of substances which cause intoxication and heedlessness, I undertake the training to preserve my physical and mental health through the practice of full consciousness while eating, drinking and consuming, always bearing in mind my own welfare and that of my family and my community. I am committed to only consume products, which preserve happiness, joy and peace in my body and my mind, as well as my family and society. I commit myself to avoid consuming any toxic food or product, including TV programs, magazines, books or conversations. I am conscious that those actions act as poison to my body and spirit. I am decided to transmute violence, fear, rage and confusion, which are in me and in society. A proper moral conduct and diet are indispensable for my own transformation. There is a Chinese proverb, which states "We must broaden the horizon of love until it includes our town, then our province, then the world." The best way to Love is loving consciously.

## **8 Practices to elevate the vibration of the mind suggested by Buda Shakyamuni**

1. Do not greed, do not procure self-praise.
2. Satisfaction (money, glory, sex, food, sleep)
3. Not identification (be separated) with confusion. Procure tranquility.
4. Do good deeds
5. Never lose control and be relaxed in our forms of expression
6. Meditate (train our mind to find peace)
7. Wisdom (different from knowledge)
8. Avoid discussions.

These practices result in happiness.

## **6 Paramitas or perfections**

Undertake the vow of doing "the greatest possible good and the least possible harm." If you are not prepared to do the greatest good, start by not doing any harm.

Buddhists initiate in BUDA, DHARMA and SANGHA.

Buda: The example of the Teacher, the goal.

Dharma: The teachings, the everyday practice, the path.

Sangha: the Buddhist community, the brothers in practice, the pairs who aspire towards the same goals.

Paramitas:

- Generosity
- Morality

- Patience
- Enthusiasm
- Concentration
- Wisdom

Generosity: to give what is helpful and good and to give without selfishness. This is the root of all Perfections.

Morality: It means avoiding misdeeds and wrongdoings. It is the discipline of training in positive actions and developing virtuous qualities.

Patience: “the Science of Peace”. Involves coherence in our thoughts, words and deeds. The individual doesn’t identify with the exterior and purifies our ego. It is a gift, a way to practice generosity.

Enthusiasm: It increases our positive behavior and strengthens our willpower. It includes living with joy and mental contentment. It is rooted in the feeling of being satisfied with the place we occupy in life, feeling the energy of one’s purpose.

Concentration: It is the medium for self-realization and the achievement of true wisdom (beyond the subjective mind). It is the result of the exercise of the other perfections. It develops intelligence and memory as it purifies the mind. It rises from the quiet mind, from letting go of all passions.

Wisdom: the ultimate happiness (enlightenment) is the goal, the result of Buddhist practice.

Om Mani Padme Hum (compassion mantra)

### **How to quiet the mind (Patanjali)**

This is achieved by practicing benevolence, compassion and interacting with noble people (in spirit and actions) and with indifference towards vice.

Patanjali says: be careful.

1. **Sympathize with the joyful.** Be happy for those who are happy. Be benevolent with those who are happy. Share their joy and cultivate their friendship. Avoid feeling envious, jealous and greedy.
2. **Be compassionate with those who suffer.** Be amiable and courteous. Exercise service towards others and all beings.

A Rabbi disappeared every Saturday night. Intrigued, one member of the congregation followed him one night. He discovered that the Rabbi disguised himself as a peasant and went to the village to help a paralytic woman by cleaning her cabin and cooking her the Saturday meal. The “spy” told the congregation that every Saturday the Rabbi went to “Heaven and beyond”.

We are One, everything is the Same. When you are conscious about this Unity

you will learn that whatever you do will affect you.

One day, Kartikeya, son of Parvati (hindu Goddess of love and compassion) scratched a cat on its face. Then he went to his mother to kiss her. But when he reached her, he saw that his mother's face had a scratch on her cheek.

- Mother – he said – what happened?
- It's a scratch made with your nails – answered Parvati to her son.
- But, Mother, there is no way that I could harm you in any way for I love you so much. – said Karikeya
- Dear son, don't you know that nothing exists in this world but me? I am the eternal creation. When you scratched the cat, you scratched me.

**3. Rejoice with the Saint, be happy for the virtuous and with those who are worth praising.**

Surround yourself with virtuous people, Saints, Teachers and those who inspire you with their example.

No one like Buddha understood human suffering and developed compassion and benevolence. Evil Devadatta was Buddha's cousin, always jealous and seeking to dishonor Him, even to kill Him. One day, while Buddha strolled quietly, Devadatta threw a heavy rock from a cliff, intending to end His life. The rock landed at the side of Buddha, and He realized what happened but remained calm and smiling. Days after this incident, Buddha met his cousin and saluted him affectionately.

- Aren't you angry, Sir? – asked Devadatta with great surprise.
- Of course not.
- Why not?
- Because you are no longer the same person who threw that rock at me, and I am no longer the same person I was at that moment either – said Buddha

Everything changes constantly. For those who know how to love, everything is forgivable. Try to surround yourself with virtuous people.

**4. Try to stay indifferent to vice, the vicious and the imprudent.** Try not to suffer for the errors of others. Be indifferent to criticism. Be caring, compassionate and selective in your relations. Love yourself above all. Others need you to be well. Thus you may achieve the supreme goal.

There was a King who offered a great reward to that artist who could convey the perfect peace in a work of art. Many artists tried. The King judged all their work, and only two of them moved him. One, represented a tranquil lake surrounded by mountains reflecting the bright sky on the water like a mirror. The other, showed also mountains, but these were dark and threatening, and the sky was wildly tempestuous. Nothing in that painting was peaceful. But the King looked deeper and he saw a delicate bush blooming in the stony ground. And in that bush there was a nest, and in that nest a little bird rested calmly. So the King chose the second painting.

To be in peace doesn't mean to be in a calm place. To be in peace is to keep a peaceful heart even when we are immersed in trouble, suffering and pain.

## **Perfect Human Renaissance**

Human renaissance is enriched with the practice of Dharma. It presents as essential characteristics 8 freedoms and 10 special gifts or spiritual qualities:

“A human life is precious”

(Buda) Lama Zopa said: “These extremely rare 18 characteristics are joined in this body. It is like a dream. All the jewels and possessions are insignificant compared to them.”

Which are the odds that when throwing peas against the wall, one of them sticks to it? As difficult as this, is to possess the 18 characteristics.

Imagine a turtle living in the abyss of the ocean, she is blind and ascends to the surface of the water once every 100 years. Imagine a circle of wood drifting in the vastness of the ocean. The possibilities that the turtle's head meets the circle when she surfaces are proportional to the chances we have of acquiring these 18 characteristics.

Through these 18 characteristics we may experience temporal happiness (in this life), future happiness (in our next reincarnations) and we may also achieve the absolute freedom, and the complete awakening of our Self.

## **8 types of freedom**

We are free from the following 8 unfavorable conditions:

1. Being born in hell (fear, pain, paranoia, suffering)
2. Being born with a voracious spirit (pretas) with an unfulfilling urge, without the capacity of feeling content with what we have.
3. Being born as an animal (without intellect, enslaved, fearsome and dependent)
4. Being born in the world of the Gods (obsessed and established within pleasure; or deep in contemplative states) or Demi Gods (titans and envious Gods; always struggling to achieve the status of the Gods)
5. Being born as barbarians, in a land lacking spiritual and ethical values.
6. Being born with severe physical or mental impediments
7. Having erroneous conceptions about Karma and enlightenment
8. Being born in a time lacking the manifestation of a Buddha (our time is the age of Buddha Sakyamuni)

## **10 spiritual qualities**

There are ten favorable conditions for the practice of Dharma. We may rejoice in the acknowledgement of them

1. Being born a human

2. Being born in a central land (where Dharma is possible)
3. Having all our sensory faculties
4. Having a basic ethical behavior, i.e. not accountable for any of the 5 atrocious actions (hurting Buddha, killing Arahats, killing our father, killing our mother, creating division in the spiritual community)
5. Believing in Dharma
6. Being born in a time with the manifestation of a Buddha
7. Being blessed with the fortune of accessing the teachings of Buddha regarding Dharma (other Buddhas have not shared this knowledge in their time)
8. Living in a time in which the teachings of Buddha are available.
9. Living in a time in which these teachings are practiced and passed on (through the devotion of our Teachers).
10. Living in a time which favors the practice of these teachings. There are books, teachers, institutions and opportunities.

In the words of Shantideva: "Freedoms and qualities are hard to find. Through them one may understand the meaning of human life, if I do not profit from them now, when will I be blessed with such a precious opportunity?"

#### **4 incommensurable states of the Mind (Buddha)**

Buddha has taught the 4 sublime stages of the mind: love or loving kindness (metta), compassion (karuna), joy (mudita) equanimity (upekkha). In Pali (the language of the Buddhist sacred texts) these 4 stages of the mind are known as Brahma-vihara. This may be translated as excellent, sublime or superior stages of the mind or the sacred abode, home of the Gods or house of Brahma. These are sublime stages for they express the manner in which life should be lived (sttesu samma patipatti). They are the answer to every correct social interaction. They are tools for the removal of tensions, they provide peace when there is conflict and heal the wounds of suffering. They level social barriers and arrange for the construction of harmonious communities, they awaken forgiveness and generosity. They ignite joy and hope and promote human sense of brotherhood instead of selfishness. Through the practice of these 4 stages one may become like Brahma, abolishing hatred, prejudice and separation. They are referred to as homes (viharas), for one must become the residence of Brahma. Our mind must become a sacred temple where we feel at home, safe. Our mind must be a place of love, compassion, joy and equanimity; these are the 4 incommensurable states of the mind.

#### **The process of Union with the Divine**

Destroy sensuality. This is the first stage. Desire means slavery, the abolishment of desires is freedom. The denial of selfishness promotes liberation. He who surrenders to merit instead of criticism, he who engages in useful activities without prejudice, he who is indifferent to bodily pleasures and participates in friendly and compassionate conversations, he who offers the correct advice at the right time is in Union with the Divine. "You can experience joy and absolute freedom forever. The practice of constant virtue

is the path for such purpose.” Hua Wu Ching – Lao Tse.

The second stage in the Union with the Divine is studying the sacred texts diligently, meditating its contents. This stage is the “search”. “The sacred texts only point the way to God. When you know where you are going, what is the purpose of the books? One must surrender to the Divine. A person received a letter from his house in the fields in which his relatives asked him to send certain things. When he was on his way to acquire such things, he couldn’t find the letter. He had lost it, so he looked thoroughly for it until he found it and read it again. Please send us 5 kilos of marmalade, 100 oranges and 7 meters of cloth. Once he knew what he needed, he threw away the letter and hastened to acquire the things. In the same way the sacred texts only show us the means to achieve the Divine. Once we know what we need, the next step is to walk towards it. The Goal is Realization.” Sri Ramakrishna

The third stage in the Union with the Divine is to listen to the Teacher explaining the sacred texts. Let go of your pride and vanity, your envy and greed. “When you are greedy you close yourself to life: the expansion, the sharing. When you start to attach yourself, you have lost your way. Things are not the targets. Your inner self is the target.” Osho

Due to our ignorance, we are prisoners of our minds. Through the continuous practice of meditation and virtue one may find the Divine within oneself.

The fourth stage in the Union with the Divine is consecrating your mind to the sublime. “Let me have only what takes me closer to you, Lord. Let me feel only that which allows me to see Your omnipresence. Let me feel the chains that tie me to Your Love” Rabindranath Tagore

The fifth stage in the Union with the Divine is the immense happiness resulting from seeing You in everything.

The sixth and seventh stages in the Union with the Divine are impossible to describe in words. They are beyond Heaven and Earth.

With effort and faith in these divine forces, the doubts of the mind melt like snow under the sun. You will be able to resist the forthcoming tempest of passion, and achieve Samadhi

The Truth vibrates in everything. Can you feel it in the trees, in the mountain, in yourself?

“Do not think you will achieve this by accumulating knowledge. Knowledge often generates doubt. And doubt drives you to learn more. The wise understands that every being flows from the eternal, from an indescribable source. This mystery is fulfilling. The wise recognizes there is something perfect and superior. Discover the harmony within you. If you achieve this, everything else will heal” Hua Wu Ching – Lao Tse

### **The Path to Purity**

The first step is submitting the mind to the Divine. The second step is to strengthen the intellect. The third step is to advance continuously and enthusiastically toward the Divine through the practice of meditation and self-observance.

The selfish mind cannot grasp the concept of the Supreme. One must surrender oneself to the Divine. Only when achieving absolute control over the mind one may abolish desires. The restless mind filled with desire is turbulent. Overcoming desire will lead you to spiritual realization.

One becomes that which we love and serve sincerely. Love the truth and you will become the truth. Consecrate your meditation to the wellbeing of everything and everyone. Stop thinking about something and it will disappear. Then you will find peace of mind. If your heart still struggles with desires and aversions you will have an agitated mind. He who achieves serenity, even in the endless succession of joy and grief and never leaves the center will become a celestial being.

### **Guide to a Pure Mind – Confucius**

All men have the duty of upgrading spiritually. To set our intentions right we must act in accordance to our natural tendencies. Rarely we recognize flaws in those we love nor we value the virtues of those we hate. What you disapprove of your superior, do not practice with your subordinates, nor practice what you disapprove of your subordinates with your superiors. The virtuous heart never acts in a manner which is not aligned with virtue. Do not do to others what you do not want done to yourself.

Control yourself, all the more so at home. Do not take part, not even in the most private place, in anything that may bring shame upon you. To know what is right and not choose it is cowardly. Those who at all times maintain self-observance rarely go astray from the righteous path. The prudent man is meager in his speech but active in his deed. Generally man loves more the external beauty than virtue. It is equally wrong failing to achieve the objective than exceeding it. He who babbles incessantly scarcely puts into practice what he speaks of. The noble man never fears his words may prevail over his actions. The man who does not meditate and acts precipitately will encounter great failure. Be strict with yourself, but tolerant with others. Thus, you shall avoid envy and resent. Unsteadiness and impatience destroy the most elevated purposes. All suffering and happiness are summoned with our actions.

When God sends us calamities, we may overcome them. But when we are the responsible of such calamities, we will succumb to them. It is necessary that we learn about evil so we can avoid it and surrender to the practice of benevolence.

### **Guide for a Happy Mind – Lao Tse**

Those who are eager to comprehend the Truth, enjoy the realization of all the tasks and services which life brings upon them. When they have fulfilled their

task and service, they rest, clean up and feed, satisfied. The simple path is the path of happiness, peace, virtue and abundance.

Look after those who deserve it. Also, in the same manner, look after those who don't deserve it. When your virtue is expanded regardless of its direction, your feet are firm in the Tao (righteous path). There is only one way to purification: the practice of virtue. Offer your assistance to others, give away your time, your capacities and possessions in any occasion and place when needed. If your disposition to provide happiness is limited, then your capacity to receive it will also be limited. This is the subtleness of Tao. Those who seek to find unity, must practice virtue without distinction. Dissolve duality: good-bad, beautiful-ugly, high-low. Abandon mental conditions whatever their origin. Free your mind from any interference preventing your comprehension of the Universe in harmonious unity. These practices are the beginning of your liberation.

The ego is like a monkey jumping around the jungle: absolutely fascinated by the world of the senses, leaping from one desire to the next, from one conflict to the next, from a self-centered idea to the next. If you threaten him, he will fear for his life. Let that monkey go. Suppress the senses. Let go of desire, conflict and ideas. Let go of the fiction of life and death. Be centered. Observe. And then forget where you are. Keep your mind free from distinctions and divisions. When your mind is silent and detached, all things exist in harmony and you are able to perceive the subtle truth. Bow to these teachings. Practice their truth. Irradiate their light to others. You will be blessed.

The ordinary individual needs tolerance. The enlightened needs no such thing as tolerance, for he does not distinguish anything as separate. He is free from duality. Deprived of resistance, simply learning and being. To love, to hate, to expect: these are all attachments; obstacles to the growth of our true self. The enlightened is detached and can relate with anything without any condition. Some help others to receive recognition. This is senseless. Others seek enlightenment for the sake of their own pride. In the best scenario these will understand half of the Truth. But those who better themselves for the wellbeing of the entire world, will be blessed with the complete Truth. Seek for this Truth, practice it daily and share it humbly with others. You will be experiencing the Divine.

There is no specific method to walk the Tao. To choose one method would create duality. The rigidity of the external methodologies is useless. One must rid oneself from structures.

The Tao manifests when:

- Language turns redundant and the mind is dissolved
- Clarity and purity are adopted
- Sincerity is unconditional
- You become the Tao.

There are two types of blessings:

- The mundane blessings, which are brought upon you after the realization of good deeds. These are related to the mind and are limited to space and time.
- The integral blessings, which befall upon those who experience the Great Unity. These are not bound to the ties of the mind, nor time nor space. They belong to the limitless harmony of the Tao.

There are two types of wisdom:

- The mundane wisdom, which results from the conceptual comprehension of the experiences. It is a consequence of the experience, therefore it prevents you from directly grasping the complete Truth.
- The integral wisdom, which implies the permanent involvement in each moment: the observed and the observer merge in the light of the Pure Consciousness, and there are no mental concepts veiling such Light

The blessings and wisdom, which befall upon those who walk the Tao and to those who encourage others to walk beside them, are infinitely greater than all the mundane blessings and wisdom combined.

An elevated individual cares for the wellbeing of everyone and everything. Accepting the energy of such responsibility. The person who is not enlightened receives random inputs through his senses, which are limited in their range and capacity. This partial information is transformed into judgments, originated in prejudices, which in turn may result from the twisted ideas of somebody else. These false statements and ideas build up a memory system, which is highly selective. Distortion upon distortion: the mental energy flows through filters which are deformed and inadequate, and the more we use the mind, the more confused we get. To dissolve the mind we must do nothing. Turning off the mind is a process of non-action. Avoid attaching to what you think and feel. Avoid any separation. Then you will recuperate your inner perception and see yourself as part of the All. If you purify your mind, everything will be purified in turn. The mind is the ruler of the human life. Stop thinking and confusion and attachment will disappear. Let your inner wisdom manifest. Calm your emotions. It will seem as if you have a different brain. Happiness and suffering are simple stages of the ego.

Space and time are neither real nor permanent. Dual thinking is a sickness. Religions are distortions. Materialism is cruel. Blind spirituality is unreal. Chanting is no more sacred than listening to the sound of water flowing. Praying is no more sacred than breathing. The attires of a holy man are no more sacred than working uniforms. Do not let yourself be deceived by spiritual shallowness. Live a quiet, simple life, free from ideas and concepts. Find satisfaction in the practice of regardless virtue. Irradiate your light upon the world and thus enlighten your own darkness. Let your virtue become a temple for yourself and for others. This is to become the Tao.

## **Ayurvedic Purification of the Mind: Panchakarma according to Charaka**

**Pancha: five**

**Karma: action**

**Panchakarma: The 5 Actions of Ayurveda to detox the body and calm the mind.**

These 5 actions are considered in the Ancient Medicine as the most simple, profound and effective method of rejuvenation of the body, the cleansing of the subconscious and the purification of negative Karma.

“Doing nothing is also medicine”. Prudence is recommended for many diseases. To treat is to know exactly what to do and what not to do, when to do it and in the simplest possible manner.

In Ayurveda there is no “never” nor “always”. Each individual has his own particular form. Before initiating Panchakarma, the therapist must identify the cause of the imbalance, even though it is difficult to isolate only one factor. Therefore it is advisable to establish a general treatment focusing on the dosha, which presents the greater imbalance, for doshas are the main cause of health and sickness in a physical level. Even in those sicknesses, which are not originated in the physical level, such as the fevers caused by the planets, the curses or black magic, it is necessary to identify the dosha implied and only then balance it.

There are 3 therapies in relation to the localization of the action.

1. The Scientific therapy: adequate diets, activities and remedies according to the season and the climate, in the physical level.
2. The conquering of the mind: the mental restriction respect of unhealthy objects and bad habits.
3. The Divine therapy: which includes all kinds of rituals and spiritual penitence.

The intervention of the medicine in the physical level has four manners:

- a) Diet
- b) Activity (exercise)
- c) Purification
- d) Palliation

For mild sicknesses: controlling the diet (including fasting)

For medium sicknesses: controlling diet and medication

For strong sicknesses: active purification

When the pathology of a sickness presents more than one dosha, some Teachers state that the balance must be organized from the head down, i.e., starting with Kapha, then Pitta and then Vata. Shushruta states that regarding the importance of the digestive fire, one must start balancing Pitta, then Vata

and last Kapha, especially in the presence of fever and diarrhea. Another point of view states that being Vata the most powerful dosha, the treatment must begin with Vata, then Pitta and last Kapha.

Vaghabata states that the treatment must begin with the dosha presenting the greater imbalance, and this is generally the common approach to Ayurveda. In order to fulfill Panchakarma, the patient must be sincerely and strongly motivated, and also he must completely trust the therapist and truly surrender to this significant depuration process. Panchakarma offers atomic and cellular refreshment, a modification of the psychophysical patterns, a positive restructuring of the body, and a higher vibration frequency more in synchrony with the Self.

This process must be undergone with great faith and devotion, an optimistic spirit, joy and strong willpower. Great consciousness is required. The sensory organs are cleansed, giving way to a more sensitive exchange between the external and the internal world, resulting in an improvement of the internal processes. Panchakarma detoxifies and stabilizes the emotional body; the cleansing of the physical body produces by osmosis a depuration of other dimensions of the self.

The 5 actions may be summarized as follows:

1. oil therapy
2. Sweat therapy (sauna)
3. Emesis/purgation therapy
4. Nose cleanse therapy
5. Blood cleanse therapy

Panchakarma is recommended for those individuals presenting any dosha imbalance, resulting from bad habits, the climate, or other factors. Panchakarma is also known as the treatment of the harmonious effect. During the detox process, each patient undergoes an individual treatment.

- 1) An important portion of the Ayurvedic diet is the oil therapy. To lubricate, to rub, to cover with oil to produce smoothness, moisture and unctuous texture.

It is an important treatment for Vata imbalances (nervous). The internal oil therapy consists in drinking hot ghee with water or milk during 3 days in the morning, and increasing the amount of olive oil in the diet. The administration of external fats is continued until the patient presents signs of internal fat production. The introduction of greasy substances in the body produces, in a cellular level, the separation of the toxins, which are soluble in fat, therefore preparing the patient for purification. The oil therapy is indicated for: a) those who need detoxing; b) those who suffer mental and physical fatigue, those who excessively consume wine or sex, those who have conjunctivitis, eye problems, nervous disorders and insomnia.

Contraindications of oil therapy: The oil therapy is not administered when the patient needs a dry treatment (in case of obesity, arthritis,

Kapha excess, significant mouth and anal secretion, indigestion, excessive thirst, weakness, anorexia, those who have undergone treatments with enema or nose cleanse, pregnant women or those who have recently gave birth).

Attention: Note that during the ghee ingestion, the level of cholesterol in blood rises, but this will automatically decrease to normal levels after emesis or purgation therapy.

The oil therapy promotes the elimination of toxins through the intestines, which is assisted by the ingestion of herbal laxative infusions. Then, the patient undergoes a massage treatment known as Abhyanga. It is a complete massage in which oil is rubbed and introduced through the skin to promote the dissolution of toxins in tissues (during a purification treatment of 14 days, 5 or 6 abhyanga massages are administered to the patient, sometimes requiring 5 specialists for just one patient). Another recommended treatment is a daily smooth self-massage, with the palms of the hands, which results in longevity, strength, decreases fatigue, tones vision and prevents insomnia. It is effective in Vata and Kapha imbalances. In some cases the Shirodara massage therapy is recommended, which consists in pouring hot oil in the space between the eyes.

- 2) Sweat therapy (sauna) treats rigidity, heaviness and cold in the body. Other means to generate heat in the body is to rub castor oil (massage), specific cataplasms, adequate clothing and central heating, exercise, localized vapor of mustard and sesame (Indian) seeds.
- 3) Emesis therapy (throwing up). In Ayurveda the chronic Kapha disorders are treated successfully with a treatment known as Vamana (emesis) for asthma, bronchitis, sinusitis, high respiratory tract disorders such as laryngitis and pharyngitis, urinary disorders, metabolic disorders, indigestion, intoxication, excessive salivation, obesity, erysipelas, hemorrhages of the lower body, anemia, lymphadenopathy nausea, diarrhea, elephantiasis and diabetes.

Contraindications: for weak patients, children, elderly patients, those with excessive thirst, poorly nourished, those practice excessive sexual intercourse and physical activity, pregnant women, those with intestinal parasites, nervous disorders, hemorrhages in the upper body, heart pain, ascites, fantum tumors, poor digestive capacity, dizziness, prostate inflammation, chest pain, urine retention or headache. The emesis therapy must be preceded by an oil and sweat therapy. Being also psychotherapy, the patient must prepare for treatment reciting a prayer.

Sings of emetic therapy:

- Adequate vomit
- Excessive vomit
- Inadequate vomit (no vomit)

- Pulmonary phlegm purge (expectorating)
- Gas release (carminative herbs)
- Destruction of pathogen agents by using herbs which purify the blood, the lymph and the bile (alterative herbs)

Fasting is included occasionally. To treat headaches, eye disorders or fever) oil with herbs is introduced in the nose cavities. The subsequent phase of the treatment, after 14 days of cure, is 28 days of adaptation. Attention must be paid to nutrition and life style recommendations. This 28-day period is known as brihmana, which means consistency. Food tones nourish and restore tissues (dhatu)

Panchakarma is recommended for rheumatism, nervous conditions, metabolic and digestive tract disorders and psychosomatic illnesses.

Toning is indicated for patients presenting weakness, chronic conditions, pregnant women, and elderly, anemic, sterile, impotent, nervous exhaustion, emotional disorders and chronic insomnia.

### **General Treatments for the Doshas**

**Vata:** the main treatments for Vata are heat and oil, applied internally and externally. Vata must undergo mild purifications; the recommended treatment is enema. The flavor for Vata is salty. Any kind of massages is welcome. Vata must cleanse anguish so bandages are recommended.

**Pitta:** Pitta is fire, so it must be cooled down. Preferred purifications are purges and blood cleanses. Pitta is settled in the digestive tract and in the blood. The flavor for Pitta is bitter. Cold showers and white clothes are ideal.

**Kapha:** Kapha needs intensity and action to overcome its natural lethargy. The flavor to balance Kapha is spicy. The main recommended treatment is vomit and also purge.

### **Palliation**

Before treatment, the therapist must evaluate if the patient's body is impregnated by Ama (toxins). If it is, the patient must undergo 2 days of fasting. Then the forces of the patient and the illness must be measured. If the patient is stronger than the illness, purification by Panchakarma is recommended.

If the illness is stronger than the patient (or in case of pregnant women) the palliation treatment is recommended to restore balance in Doshas. There are 7 methods.

Fasting is the most important medicine. There are different types of fasting: i) without eating or drinking, ii) drinking only water, iii) drinking soups and juices and iv) eating only one nutriment (mono diet).

Fasting triggers a process in which the body digests ama, reignites the digestive fire, cleans the energy channels and eliminates the excess humidity in the tissues. Total fasting (even of water) is normal in Ayurveda in cases in which the patient is absolutely impregnated with ama and has lost his appetite completely.

## **Shiva's Cleansing of the Physical and Astral (Psyche) Bodies**

### **Sat Kriyas – the 6 preliminary practices**

Signs of success in Hatha Yoga are: lean body, face glow, clear voice, radiant eyes, no sickness, ejaculation control, gastric fire stimulation and Nadi (meridians) purification.

When Kundalini ascends through Susumna, the whole body lightens up, not just the conscience. Changes manifest in every aspect of the Self. 2-72

Kundalini (the spiritual energy) is prevented from rising from Muladhara Chakra where it resides to higher Chakras due to the interference of 3 Granthis (knots). These are: Brahma Granthi (in Muladhara chakra), Vishnu Granthi (in Anahata chakra) and Rudra Granthi (in Anja chakra).

With the awakening of Kundalini, both hemispheres in the brain activate; perception transcends the sensory organs and one enters in deeper states of consciousness. Beyond the individual consciousness lies the experience of the Divine.

### **Satkarmas or Satkriyas – 6 preliminary purifications**

**Dhauti**

**Basti**

**Neti**

**Trataka**

**Nauli**

**Khapalabhati**

Dhauti

Swallow (as guided by Teacher) a strip of cotton, 3 meters in length and 10 centimeters wide and then gently pull it out. This purification successfully cures asthma and 20 other disorders caused by phlegm. With practice Yogis control and revert the peristaltic reflexes (Apana Pavana) and throw up. This technique is known as Garjakarani or Vaman Dhauti.

Basti

In Utkatasana submerged in water up to the waist and inserting a thin tube in the anus, contract the anus so that water enters into the

intestine through the tube in order to cleanse the intestine and then flush the water out. This process is known as Basti (enema) and one must dominate Nauli to practice Basti. With the assistance of Nauli water is sucked up into the intestines and then eliminated again. Today this technique is applied as an Enema in order to cleanse the lower segment of the intestine. This sat kriya cures languor, spleen disorders and Tri-dosha (air, bile, phlegm) based conditions.

#### Neti

Neti produces a thorough cleansing of the nose by introducing a rubber catheter or waxed cotton through one nostril and gently pull it out through the mouth or through the other nostril alternately.

This technique is very helpful for people with respiratory problems or narrow nostrils. It strengthens the vision and quickly destroys any illness above the shoulders.

#### Trataka

Sit; fix your eyes in one point, without blinking stare at that point until tears drop from your eyes. It improves mental and psychological functions.

#### Nauli

Stand upright with legs slightly apart and bend your shoulders. Bend forward, keeping the back straight. Bend the knees slightly and place both hands on the thighs. Draw in the muscles along the sides of the abdomen and at the same time contract the muscles that run parallel to each other in the center of the abdomen (Rectus abdominus). In this way a strong suction effect is produced within the whole abdominal cavity. With practice one may move the rectus abdominus in a circular motion, with the strength of a twister. This practice ignites the gastric fire, re establishes digestion and produces wellbeing while destroying disorders and illnesses. This is the supreme kriya.

#### Kapalabhati

Quick practice of Rechaka (controlled exhalation) and Puraka (uncontrolled inhalation). Voluntary exhalations and involuntary inhalations. This practice is effective to destroy disorders caused by phlegm. The practitioner must perform this Pranayama having achieved a certain level of purification, with a lean body, without phlegm disorders and other toxins.

#### **Dharana: mental concentration according to Mouni Sadhu**

Concentration refers to something, which has a common center, or moves towards a center. It is expressed as the focus in one point. Concentration is the action of focusing the attention toward a center. We know that many scientists and researchers, whose ideas are very useful for humanity, stated that many of their findings were a result of their capacity of thinking strongly and concentrated. This is the case of Isaac Newton, Thomas Alba Edison, Luis Pasteur and many others,

who were aware of their extraordinary concentration powers and their ability to use them, i.e., to focus exclusively in the object of their investigation, excluding everything else. Concentration is not the target. It is only a necessary ability, a tool that enables man to rise to a superior level of consciousness.

Can you really close your mind to an annoying or obsessive thought using your will power?

Where do your thoughts come from?

These are the answers sought to be found through the study of concentration.

True concentration is an ability to set the thinking machinery in halt and then observe it.

Are you able to determine with absolute certainty that you are thinking, and only thinking about only those things, which you are willing to think about, and therefore you are aware of the origin of such thoughts and feelings?

Are you capable of suppressing the input of thoughts or even limit their duration of such thoughts for as long as you want?

If you are unable of controlling your main tool (your mind and its thoughts) your life occurs using and accepting something that is originated beyond your comprehension. The study of concentration rids us from slavery and takes us into the world of cause and effect.

### **Concentration and spiritual quest**

If we analyze the lives of Yogis and Mystic men, we find that their extraordinary quality is to live a conscious life, focused, and dedicated to only one idea, which for them is the supreme Idea. Concentration is key to practice yoga. Human consciousness is designed to take in and become One with Everything, i.e., God. The future can be modified with consciousness. There is no such thing as inexorable fate.

Who is competent to study concentration?

“He who knows what he wants”. The practitioner must have a defined aspiration and must be aware that the only way to achieve it is through concentration. The desire to conform life within a logical and reasonable model, to obtain the most of our talents, to achieve mental peace and to develop a strong will power which enables us to aim our life toward our goals. It is a psychological law that the inner most powerful force of man can result from pure and healthy inspiration, and with a strong will power, which is rid, from passions, fears, instincts and hypocrisy. Free from any external compulsion.

Without this freedom we cannot approach concentration. To practice a

philosophy of life and concentration techniques may be harder than obtaining a college diploma. The idea of self-control and its practice is real and fruitful, but only for those who are able to see it. There must be an inner motivation to approach the art of concentration.

### **Conditions to success**

1. Extreme physical weakness, which conditions will power.
2. Excessive daily activities which avoid having time to practice continuously and systematically
3. The lack of a firm self conviction and the intuition of success
4. The recognition that you are not your mind. The mind is your servant, not your master. Many times the interests of the mind are opposed to the interests of the individual.

### **Recommendations**

The ordinary man is often born without this faculty (concentration). Concentration is the key that opens the door to a new perception of your life, free from illusion. When you have reached a certain level of control over your mind, you will confirm that the real reward is in the practice of the exercise of focusing your attention in one thing and one thing only, not in the result. Your inner peace is established when you achieve to quiet your stream of thought to its minimum expression.

### **Methods from Orient or Yoga (the mind before the heart)**

It has been demonstrated that when real concentration is achieved, breath is slower and rhythmic. Moreover, breath can be detained without any consequences for our body.

Many have studied and have become greatly skilled in the art of controlling breath, but have failed in controlling their minds, not even getting close to the state of Samadhi.

By focusing consciously in one problem, man is capable of achieving the right solution. Meditation seeks to control the mind and to purify the heart.

The wise person, who knows who he is and what he wants and really needs, avoids all problems. True wisdom is the infallible remedy against mistakes and suffering.

### **Tradition of the West (the heart before the mind)**

The attention is focused first in the moral purification of men, in the devotional aspect. The mind is subordinated to the heart. First the practitioner must purify his emotions.

Men often lack the necessary vigor to undertake effort.

“Do not fix your attention in the ever-changing aspects of life, focus in that which is responsible for everything: the Self” – Sri Maharshi

## **Obstacles**

Samskaras are the first obstacles, which must be conquered in order to elevate our inner state and enable concentration.

Those who are prisoners of bad habits are not capable of concentration. If they are unable to overcome the consumption of harmful substances, how can they even pretend to find sufficient strength to control their minds?

## **Inner Attitude: key to realization**

Attitude is the opportunity to success.

“... like a mustard seed, which a man took and planted in his field. Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that the birds come and perch in its branches.”

Concentration is one of the safest paths, which always contributes to our inner development.

## **What is the mind?**

The mind is only a bunch of thoughts. Stop thinking and tell me where does the mind go?

The mind is the cause of slavery of the Self as well as its freedom.  
Viveka Chudamani

The mind cannot discover the mind. Something superior must replace it, which is the power we have to act correctly without thinking.

## **Different states of consciousness.**

Lets suppose that a man loses its five senses and becomes totally insensitive to the external world. Therefore the external world and our senses are interdependent. In the same way a man whom doesn't know how to concentrate cannot “see” beyond his thoughts and feelings.

## **Tools for Meditation (Samatha). Revered Thubten Saldon**

We simply observe our breath, how the air enters and leaves our body. We observe our sensations in our nostrils, itchiness, heat, cold, just observe. When our thoughts, feelings and sensations appear, we simply let them pass by; we do not cling to them. To practice meditation

we must train our capacity to surrender. Let go of our desires, our expectation and our hopes. Be present and content. Mental peace lies in the present moment. To be present means to recognize the experience, whatever it may be, tiredness, itchiness, pain, emotional suffering, boredom, impatience. We become our own witness, an impartial spectator who is not affected by emotions or judgments. We just observe and let go.

Our mind is like a blue clear sky with passing by clouds. These clouds are our thoughts. The training is to observe how these clouds come and go, without attaching to any of them. We watch how they come and how they go. We do not adhere. Very smoothly and with loving discipline we draw our attention to our breathing. When we identify with a thought or an emotion we immediately enter into a story, which awakens our feelings and sensations. This prevents us from quieting our mind. So we must come back to our breath. We are not trapped by the past or by expectations. We are content in the present. This is an essential attitude when meditating. Mental contentment is what keeps our mind in the present. Whatever the experience, we only observe. Without identification.

### **Cause and effect (Dalai Lama)**

Even though our current situation has been determined by past actions, we are still responsible for our future, and therefore we must direct our actions along the path of virtue.

**Non-virtuous actions committed with our body:** having killed in a previous existence results in a short existence filled with sickness, and a tendency to kill again which assures more suffering in future lives. Theft causes lack of resources and the possibility of being victim of robbery and a tendency to continue stealing. An improper sexual conduct, such as adultery, will result in a life in which partners won't be trustworthy and suffering will result from infidelity and betrayal.

**Non-virtuous actions committed with our words:** such as lying leads to a life in which others will ill-speak about the liar. Lying also results in a tendency to continue to lie and not being trustworthy. To speak unkindly with the intention of breaking relations apart will bring about loneliness and a tendency to judge others. Despotic speech results in abuse and brings about rage. To murmur results in lack of attention and babbling.

**Non-virtuous actions committed with our mind:** Greed condemns us to a state of perpetual dissatisfaction. Malice results in fear and a tendency to hurt others. Prejudices rooted in false beliefs result in lack of comprehension and non-acceptance of the truth, and condemn the person to stubbornly adhere to erroneous principles.

### **The 6 Reigns of Existence**

Samsara, the wheel of life has six reigns of existence, according to Buddha. Three superior corresponding to Gods, demigods and humans. Three inferior corresponding to animals, avid spirits and infernal beings.

In association with the expressions of the mind (Vrittis), these reigns of existence can be related to Chakras.

Muladhara + Swadisthana = infernal beings

Swadisthana + Manipura = avid spirits

Manipura + Anahata = animals

Anajata = humans

Vishuda = demigods

Ajña + Sahasrara = Gods

## **7 Hermetic Principles (Kybalion)**

### **1. MENTALISM: THE ALL is MIND; The Universe is Mental.**

This Principle explains the true nature of "Energy," "Power," and "Matter," and why and how all these are subordinate to the Mastery of Mind. One of the old Hermetic Masters wrote, long ages ago: "He who grasps the truth of the Mental Nature of the Universe is well advanced on The Path to Mastery."

### **2. CORRESPONDENCE: As above, so below; as below so above**

Just as a knowledge of the Principles of Geometry enables man to measure distant suns and their movements, while seated in his observatory, so a knowledge of the Principle of Correspondence enables Man to reason intelligently from the Known to the Unknown. Studying the monad, he understands the archangel.

### **3. VIBRATION: Nothing rests; everything moves; everything vibrates**

This Principle explains that the differences between different manifestations of Matter, Energy, Mind, and even Spirit, result largely from varying rates of Vibration. From THE ALL, which is Pure Spirit, down to the grossest form of Matter, all is in vibration — the higher the vibration, the higher the position in the scale. The vibration of Spirit is at such an infinite rate of intensity and rapidity that it is practically at rest — just as a rapidly moving wheel seems to be motionless.

### **4. POLARITY: Everything is Dual; everything has poles; everything has its pair of opposites; like and unlike are the same; opposites are identical in nature, but different in degree; extremes meet; all truths are but half-truths; all paradoxes may be reconciled.**

"Good and Evil" are but the poles of the same thing, and the Hermetic understands the art of transmuting Evil into Good, by means of an application of the Principle of Polarity. In short, the "Art of Polarization" becomes a phase of "Mental Alchemy" known and practiced by the

ancient and modern Hermetic Masters. An understanding of the Principle will enable one to change his own Polarity, as well as that of others, if he will devote the time and study necessary to master the art.

**5. RHYTHM: Everything flows, out and in; everything has its tides; all things rise and fall; the pendulum-swing manifests in everything; the measure of the swing to the right is the measure of the swing to the left; rhythm compensates.**

The Hermetics have grasped this Principle, finding its universal application, and have also discovered certain means to overcome its effects in themselves by the use of the appropriate formulas and methods. They apply the Mental Law of Neutralization. They cannot annul the Principle, or Cause it to cease its operation, but they have learned how to escape its effects upon themselves to a certain degree depending upon the Mastery of the Principle. They have learned how to USE it, instead of being USED BY it. In this and similar methods, consist the Art of the Hermetics. The Master of Hermetics polarizes himself at the point at which he desires to rest, and then neutralizes the Rhythmic swing of the pendulum which would tend to carry him to the other pole.

**6. CAUSE AND EFFECT: Every Cause has its Effect; every Effect has its Cause; everything happens according to Law; Chance is but a name for Law not recognized; there are many planes of causation, but nothing escapes the Law.**

This Principle embodies the fact that there is a Cause for every Effect; an Effect from every Cause. It explains that: "Everything Happens according to Law"; that nothing ever "merely happens"; that there is no such thing as Chance; that while there are various planes of Cause and Effect, the higher dominating the lower planes, still nothing ever entirely escapes the Law. The Hermetics understand the art and methods of rising above the ordinary plane of Cause and Effect, to a certain degree, and by mentally rising to a higher plane they become Causers instead of Effects. The masses of people are carried along, obedient to environment; the wills and desires of others stronger than themselves; heredity; suggestion; and other outward causes moving them about like pawns on the Chessboard of Life.

**7. GENDER: Gender is in everything; everything has its Masculine and Feminine Principles Gender; manifests on all planes.**

This Principle embodies the truth that there is GENDER manifested in everything — the Masculine and Feminine Principles ever at work. This is true not only of the Physical Plane, but of the Mental and even the Spiritual Planes. On the Physical Plane, the Principle manifests as SEX, on the higher planes it takes higher forms, but the Principle is ever the same. No creation, physical, mental or spiritual, is possible without this Principle.

**Mental Transmutation**

“The mind, as well as metal and other elements, can be transmuted, from state to state, from degree to degree, from condition to condition, from pole to pole, from vibration to vibration. True Hermetic transmutation is a practice, a method, a mental art”.

The word transmute means to change the nature, the substance and the form, becoming another, a different thing.

Mental transmutation is the art of transforming or changing the states, qualities, forms, and mental conditions into another. It is a kind of mental chemistry, a special practice of mystic psychology.

### **The Divine Paradox**

“The false Wise man recognizes the relative unreality of the Universe and imagines he can defy its laws. He is an arrogant fool who will be crushed by the elements, as a consequence of his foolishness. The true Wise man, knowing the real nature of the Universe, applies its Laws against the laws: the superior vs. the inferior, and through alchemy transforms the undesirable into the valuable and thus triumphs. The key is to apply the superior forces against the inferior, vibrating in the highest frequency. Transmutation is the weapon of the Master”.

“The Wise man serves the Superior in the inferior. He obeys the higher laws, but in his own circumstance, and governs and orders the inferior planes. While doing this, however, the Wise man becomes a part of the beginning, he is immersed in the Law, understands its movements, he is an active agent of the Law. The same happens with the professional swimmer, he comes and goes at his own will in the river, he is not drifting in the tide like a log. The swimmer and the log, the wise and the ignorant, both are subject to the Law. He who understands this is in the good path.” Kybalion

### **Mantras Divine vibrations**

Mantras are mystic formulas, words of power.

MAN = Reflection; TRA = save

MAN + TRA = salvation through reflection

Sai Baba

In the Hindu culture, Mantra is the scientific managing of sound. Through the mystical combination of sounds, consciousness is unveiled (the veil of ignorance is lifted) and the practitioner is closer to the divine entity invoked by the mantra.

Mantras may be chanted, murmured and silently hummed in mental repetition or written. They are sets of letters, words or phrases. Bijamantras are monosyllabic and extremely powerful due to the amount of energy they condense. These are often included in other

mantras. Bija means seed. Each letter guards a hidden mystical meaning. The sounds representing the Elements are bijamantras: Ether (Om), Water (Hum), Fire (Hrim), Air (Ah), Earth (Tram). The sounds governing each Chakra are bijamantras.

The repetition of Mantras, always in threes or as multiples of 3, being the number 3 a sacred number. Three is the Brahmanic Trimurti or Trinity: Brahma-Vishnu-Shiva (or its Christian equivalent: Father-Son-Holy Spirit). Three are the functions of the brain (Ahamkara, Chitta, Buddhi), three are the Gunas (qualities of Nature: Tamas-Rajas-Satva), etc.

Mantra is the sound or vibration which frees the mind.

The patterns of mantras organize the brain and the mind with rhythm, sound, concentration and breath. The mind limits the Self. Mantras transform the practitioner while removing the barriers created by the needs of the ego, which prevent him from acting from the real Self.

Each mantra is like a spiritual DNA, which naturally restructures the mind and stimulates the brain. Mantras are based in the science of sound. To rotate the tongue around the 84 reflex points of the palate produces a maximum impact in the endocrine system. When the Mantra is established as vibration in the nervous system and in the subconscious, each cell in the body vibrates and the consciousness pulses with the pattern of the mantra.

There is a connection between the movement of the tongue and the chemistry of the neurotransmitters in the brain. This connection is made through the 84 meridian points in the superior palate, like a keyboard of a computer connected to the consciousness of the astral body. Words are perfect neuro-stimulators, which activate many sectors of the brain. When combined with repetitive movements and with the powerful limbic influence of breathing, they become a potent tool to elevate our mood, augment the range of feelings and command mental perception and consciousness. Language is irrelevant. Each primary sound vibrates in a different part of the mouth. Words need the motion of the tongue to articulate the sounds and speak, engaging both brain hemispheres. Not all combinations have healing powers.

With the pronunciation of each primary sound a message is sent directly to the hypothalamus, a central area in the brain in charge of controlling impulses and feelings, and also contributes to integrate the activities of both hemispheres. The system of nerves (or meridians) and glands is regulated by complex bio-rhythmical combinations. The rhythm and quality of breath combined with the adequate sound is interpreted like a code in the hypothalamus. This activates neurochemicals so that the pituitary gland can trigger the rest of the glands to stimulate our immunological system. The endocrine system releases hormones into our blood stream, which affect our moods,

vitality and energy. The channel is through the limbic-hypothalamic-pituitary axis. The hypothalamus receives inputs from the neocortex. The cells in our body and our senses are transformed when chemical messages are received which trigger emotions, metabolic activities and psychic actions. It is the nexus between our body and our mind. In Orient, this is associated with the Third eye, the human intuitive faculty that enables us to know things, which our mind cannot understand in a conscious level.

The subtle regulation of our breath can change the type, form and range of the hormones delivered in our system. This, in turn, changes our metabolism, providing extra supplies of energy and balances our moods.

When our breath slows down (4 breaths per minute or less) a channel between the hypothalamus and the pineal gland is activated. This special flow of energy is known as "Amrit", the inner nectar. This produces the feeling of inner peace and it is the ultimate self-healer.

Mantras are a tool to free the mind. It is the perfect antidote to negative Karma. It contributes to develop the virtues.

### **The Buddhist prayer for repentance**

My erroneous actions of the past were a result of my rage, greed and ignorance. Of all that, I repent.

### **Shiva's 7 laws of success**

1. DETERMINATION. Nothing is obtained without determination. It is the firm belief in success.
2. FAITH. Move towards faith (why are we here?) advance towards self-realization and service.
3. RESPECT OF THE TEACHER. Surrender physically, psychologically, spiritually, with all your being.
4. EQUALITY. Universal equality. Overcome the complex of inferiority and superiority
5. DISCIPLINE. Conduct regulation, control over senses.
6. DIET. Moderate and selective
7. NOTHING. There is no seventh law. We come from nothing, we will become nothing.

### **5 social-spiritual natures of men**

41/18 The Soul manifests with certain natural tendencies (thinkers, warriors, merchants, workers) according to the governing Guna at the moment of conception, the circumstances of life and karma.

42/18 Brahmines: (Thinkers) Self-control, discipline, purity, tolerance, rectitude, knowledge of the Truth, transpersonal realization are the

natural expressions of Brahmines.

43/18 Ksatriyas (Warriors): heroism, determination, courage, mercy, and chivalry.

44/18 Vaisyas (Merchants): cattle breeding, agriculture and commerce are the natural tendencies of merchants.

45/18 Realization is achievable when life is lived according to the natural tendency (Sva Dharma)

46/18 Perfection is achieved when one experiences daily realization, developing a social work with the consciousness focused on the devotional service of the All.

Each incarnated Soul brings forth innate qualities. Each human being, thus, has intrinsic talents. These natural tendencies will lead the individual to express them due to the vibrational affinity. One is born with these talents, which are not learned. But one must develop the three remaining expressions in order to achieve success in the social world.

Suppose you are born with the natural tendencies of a Merchant, but you are unaware of the effort produced by working with your hands and bodily labor (sudra). Or you are not able to grasp the inner reality of a Brahmine (scientist, poet, spiritual guide) who takes the ideas from the ether (dreams, visions, inspiration) and materializes them. Or you do not have the sensitivity of a Warrior to understand the risks of every task and you do not think about the energy invested in the protection of life and in assuring the safety and health of others (fireman, guard, policeman).

You must face the social world from the perspective of your own spiritual realization. You must comprehend how every being undertakes his job in each place. You must feel what the soldier feels when guarding a fort. You must learn what it feels to dream and think through intuition. You must work with your hands, create, repair, hard work. You must learn to determine the correct price, the worth of something beyond personal convenience. Through this engagement you will incorporate and develop human virtues.

These four aspects of the social Being must be combined into one new spiritual Being (Sad Vipra).

SAD VIPRA: (Spiritual Being) Moralistic, spiritualist. A pacifist. Incorruptible. Expanded chakras. Strong ethical and moral principles. Idealist. Universalist. In love with humanity. Bodhi-satva = enlightened mind. The future leaders of the world will be Sad Vipras: the change of the human vibrational state. The commitment with compassion and with Karma Yoga (happiness through the correct action). Sad Vipras are

Buddhas of social work. A man who has developed both hemispheres of the brain. Love and effort; intelligence and suffering; dreams, will power, illusions and materialization. A humane and sensible leader. Without gender, with both feminine and masculine qualities, father and mother of society. Always seeking for the greatest good and the least harm possible.

If you understand this from your own little self, then you will replicate India, separating people in casts, classifying them at your own will, without understanding that all souls in this planet have certain spiritual characteristics and all of them are seeking for spiritual realization accordingly. There must be a sense and a reality of equality.

These classifications mentioned in Bhagavad Guita are spiritual tendencies of the Soul. They must be interpreted through the eye of intuition. Look with the eyes, see with the Soul.

### **BRAHMA CHAKRA – DHARMA Sri Anandamurti**

Brahma Chakra means wheel of life. The natural evolution of the individual consciousness with the turning of such wheel. The cosmic consciousness is achieved when the turning of the wheel is complete. According to the Vedic Philosophy, everything originates in Brahma and everything ends in Brahma. All exists in Brahma. Therefore, everything you perceive as separated from Brahma is an illusion (Maya). Maya (perceived through the mind) is also Brahma.

These Sutras of Teacher Sri Anandamurti provide an ample and distinct approach to the mystery of life. Your origin and destiny in this world conform a wheel and an existential path. You will gather every experience in the path to your own sanctity, which you will achieve when the wheel stops turning, at the same time that your mind becomes clear as crystal.

Slokas: teachings

Sutras: numbers

Sutra: thread, chain

Brahma: God, The All, The Absolute.

Chakra: circle, wheel

Dharma: Nature, mission, destiny.

#### 1.1. shiva Shakti atmakam brahma

Brahma: God. Formed by Shiva and Shakti

Shiva: masculine energy. Purusha = witness of creation

Shakti: feminine energy. Prakriti = Divine mother.

Contains 3 Gunas or threads:

Satva: Pure essence: "I exist"

Rajas: Movement, action: "I do"  
Tamas: inertia "I have done"

1.2. shakty sa shivasya shakty

Shakti is the force of Shiva.

Shakti = energy.

According to Kybalion, gender is present in everything. Everything has a masculine and a feminine pole in permanent interaction and interchange. The same happens with Shiva and Shakti, Yin and Yang. None can exist without the other. Both are unity.

1.3. tayoh siddihih saincare pratisaincare ca

Shiva/Shakti is saincare and pratisaincare.

Saincare: Movement from ether to solids

Ether – Air – Fire – Water - Earth

Pratisaincare: Movement from minerals to Saint

Minerals – Plants – Animals – Humans – Saints – God

1.4. paramashivah puruso ttamah vishvaya kendram

The Supreme Consciousness is the nucleus of the Universe.

"Under and beyond the Universe of time, space and change lies the substantial reality, the fundamental truth" Kybalion

"You once were". When the subterranean flame is delivered from its prison and devours the form, you will still be you, as you once were, immutable, when time ceases to exist." Rig Veda

"Everything is one. What is here, it is elsewhere, that which is not here, does not exist. Viswasara Tantra

"All cosmic existences are but a part of the same body" Taisen Deshimaru

"What we call an isolated particle is nothing but the product of its interaction in the environment. Therefore, it is impossible to separate any part of the Universe from the remaining portion" Dr. F. Cafra

Where do I start? Where do you end?

Kendram: nucleus

Vidyamaya: force pulling towards God

Viksepii Shakti: force pulling away from God

Avaranii Shakti: can't see the center, the dharma, nor God.  
Hladinii Shakti: happiness and benevolence  
Krupa: Prakriti divine grace

The same force guiding the stars, guides you.

1.5. pravttmukhii saincara gunadharayam

Saincara: extrovert movement, expansion towards divine complexity.

1.6. nivrrtt mukhii pratisaincara gunavakasayena

Pratisaincara: introvert movement: when the individual consciousness acquires de magnitude of the cosmic consciousness. "In the same way that you participate in the life of your family, your city, your country, you should learn to participate of the cosmic life. The Earth travels within the Universe, dragged by the Sun, and humans inhabit the Earth, like in a spaceship among the stars. We are cosmic citizens capable of participating actively in the life of the universe"

It is time to abandon limited notions which we have learned through education, families, society and embrace the elevated and universal notions" Omraam Mikhael Aivanhov

1.7. drk purusa darshanan satishca

Purusa (the witness) and Prakriti (the action of seeing). According to the Kybalion: the Law of Correspondence (as above, so below; as below, so above). This knowledge applied to the individual: the understanding of your active energy (shakty) leads to the understanding of your soul (shiva).

1.8. gunabandhanena gunabhiviyktih

When the cosmic energy (gunas) express in your material body you become independent.

The physical body is created by 5 fundamental factors (elements) and a static principle (prakriti)

#### **4 stages of consciousness**

- awake
- dreaming
- sleeping (no deaming)
- unity – Samadhi

The difference between sleeping and death is that during deep sleep

the mind functions are active. In death the vital energy is in balance with the Universe, the functions of the mind and the vital energy leave the body.

## **10 vital energies VAYU**

### **5 inner energies**

Udana: throat, vocal chords and voice

Prana: between the belly button and the throat (anahata)

Apana: between the belly button and the anus (urinary and fecal excretion)

Samana: belly button (balance between prana and apana)

Vyana: all the body (regulates the blood and the nervous system)

### **5 external energies**

Naga: (snake): to expand the body: jump, yawn

Kurma: (turtle): to contract the body

Kraka: spasmodic movements (sneezes, sighs, cough)

Devedatta: sleepiness

Dhanainjana: all of the above and present until death.

### **3 kinds of death**

Physical death: there is no parallelism between the physical and psychic vibration (accident, old age, sickness)

Psychic death: by shock, stress, fear, depression (the disturbed mind infects the body)

Spiritual death: there is no parallelism between the physical, psychic and spiritual bodies

## **Reincarnation**

No object in this world is lost, it may change its form, but it is never lost. Nothing is destroyed, everything transforms. After death, objects become invisible for some time, until Prakriti gives them their new form.

## **Samskaras**

To avoid creating samskaras, you must devote your actions to God before acting. Practice devotion: sadhana.

3 ways to avoid samskaras:

- Detachment from the fruit of the action
- Abandon the pride of the action (ego)
- Surrender your actions to Brahma

States to burn samskaras:

- Coma
- Death
- Sadhana

When the result is not immediate, it means that it will be greater.

## Types of Samskaras

1. Sahajata: born with it
2. Pratyamnlaka: created in the present
3. Aropita: imposed
  - a) Jagatika: imposed by the world, through contact with plants, other persons, etc
  - b) Pariveshagata: through contact with society and family.
  - c) Kartavyagata: by responsibility: i.e. the soldier who kills another
  - d) Shikagata: racism, education, casts, nationalism.
  - e) Vrttigata: habits: dirty talking, disrespect.

## Dharma

Purpose of life.

Human Dharma:

- 1) Svabhavika dharma: basic (physical)
  - Ahara: Eat
  - Nidra: sleep
  - Bhaya: fear/safety
  - Maethuna: sex
- 2) Bhagavata dharma: (spiritual)
  - Desire of God

Vrittis in Muladhara chakra relate to dharma

- Kama: physical desire
- Artha: intellectual desire
- Dharma: psycho-spiritual desire
- Moksa: spiritual (bhagavata dharma)

## 4 stages to Bhagavata dharma:

- Vistara: mental expansion
- Rasa: flow toward infinity
- Seva: service toward others (vahyika) and toward God (antarika)
- Brahma: the goal

Devotion: love, surrender to the Supreme, without ego.

## 2.1 anuku'la vedaniyan sukham

Happiness is a congenital mental state. The vibration and the activity of each vritti in each being are different. The tendency of the mind is to seek for objects to satisfy the vritti according to the percentage of each vritti. If the object harmonizes the vritti, then pleasure is the result (sukham). If the object disturbs the vritti, then suffering is the result. Saints have harmonized vrittis, therefore no matter the input, the result is always supreme pleasure.

## 2.2. sukha'nuraktih parama'jaevii vrittih

The deep desire for happiness is the original impulse of the human being. We seek to harmonize our vrittis (mental tendencies) through objects according to their vibration.

## 2.3 sukhamanantama'nandan

Infinite pleasure is benevolence. Pleasure and benevolence are generally distinguished. Ananda is happiness, supreme pleasure or pleasure of the supreme. This is only achieved in God.

## 2.4 anandam'brahma – itya'hum

Supreme pleasure is Brahma. We must overcome our fear of God. The path is meditation.

## 2.5 tasminnupalabdhe parama'trs'nanivrittih

When Brahma is experienced, all pleasures disappear. The desire to Know God remains.

## 2.6 brhadessana pramidhanamca dharmah

The desire to pursue greatness is Dharma (fundamental character) of humanity. When one is conscious about the fact that freedom is in God that is Dharma.

## **4 doors**

There are 4 doors in the path to Bhagavata Dharma

1. Dyatamana: initial stage, material bonds (physical, political, health and economic troubles)
2. Vyatireka: stage in which you begin to experience psychic pleasure, inner joy. It is a stage that is achieved once the first stage is solved, through kirtan and meditation.
3. Ekendrisha: total control of the five sensory organs and of the five motor organs. Then you achieve the 8 hidden powers.
4. Vashikara: Spiritual realization. Unity with the cosmic consciousness. The final stage of bhagavata dharma.

## 2.8 visaye purusa vabhasah jivatma

The reflection of the cosmic consciousness in the sole object is known as jivatma, the only soul.

Jiva = only

Atma = soul

Parama atma = cosmic soul

Reflection = image

All entities are reflection of the cosmic consciousness. Any and all entities, inanimate and animate, all reflects the cosmic consciousness according to their capacities. More complex entities reflect the cosmic consciousness strongly.

2-9 armani satta samthitih

Every entity ultimately becomes Atman. We must find God in us.

2-10 otah protah yoga'bhyam sam yuktah purusohttamah

The cosmic nucleus Purushottama is connected to each individual entity and with all entities collectively. Men can think one thing at a time, Purusha is connected to everyone at the same time.

### **3 types of Devotion**

1. A person feels: Parama Purusha belongs to everyone, including me.
2. A person thinks: Parama Pursuha belongs to me, therefore He belongs to everyone.
3. The person says: Parama Purusha belongs to me and to me only. I exist only to Him and for Him only. Nothing exists but Him and me.

### **Mahayana Buddhism**

This is the practice in the Chinese Buddhist temples.

Fo shuo pa ta yen chue ching

The Sutra of the 8 knowledges of the great beings, predicated by Buddha.

#### **First knowledge**

The world is impermanent. The earth is full of dangers and exposed to destruction. The four great elements are cause of suffering, they are void. The 5 components of man are unreal, dependent. The mind is the source of evil, the body is impurity.

Comments:

The 4 elements are earth, water, fire and air.

The 5 components of man are: the body, perception, sensation, will and conscience.

To understand the unreal and ephemeral nature of our existence is essential.

The path is absolute detachment through practice.

#### **Second knowledge**

Many desires produce suffering. Infinite reincarnations produce exhaustion

and passion and desires. One is the master of our body.

Comments: desire is the origin of suffering. To control the mind is to be free.

### **Third knowledge**

The mind is insatiable, always wanting more and more, multiplying bad actions. Oppositely, there is Bodhisattva (he who is permanently established in absolute satisfaction, he lives happy with little and wisdom is his goal, so he never steps outside the righteous path)

Comments:

Bodhisattva = compassion

It is the perfection of knowledge, the moral, intellectual and spiritual progress and reveals the true nature of things.

### **Fourth knowledge**

Instability vitiates. Practice purifies, it appeases the 4 Maras, liberates us from Skandhas and from Dhatus.

Comments

Vice is opposed to energy.

Energy is the second perfection. Effort, work, strength, will power to get to the goal.

Maras: 4 gods of vice

Skandhas: components of men

Dhatus: senses (eyes, nose, ears, tongue, skin, mind)

### **Fifth knowledge**

Samsara rises from ignorance, thus Bodhisattva permanently meditates and studies. Listening increases wisdom and eloquence, so his teachings transform others and leads them into the path of happiness.

Comments

Ignorance is the source of all suffering.

Eloquence is the fruit. It is a power to convince others, which results from spiritual practice.

Happiness is the Ultimate Goal.

### **Sixth Knowledge**

Poverty (unsatisfied needs) produces hatred. Unwillingly one takes the wrong path. Therefore Bodhisattva practices donation, considering friends and foes as equals. He forgets past offences, He doesn't hate bad men.

Comments

Generosity, charity, service is the first perfection. To see everyone as our equal, compassion and service is the first step.

## **Seventh Knowledge**

The 5 desires of sensual pleasure lead to excess and suffering. One must not concentrate in the mundane happiness, but focus on the three robes and the bowl permitted by Dharma. Thus, the will to abandon one's safety in the path of the true form, to practice compassion for all beings.

### Comments

Three robes: three allowed clothing

Bowl: allowed plate to receive food

Brahmacharya: religious life, purity, continence and chastity

## **Eighth Knowledge**

Samsara is a fire, which consumes everything. It produces suffering and affliction. Let Mahayana rise in yourself. Everywhere you go help others, empathize, feel their suffering, procure everyone's happiness.

### Comments

Compassion and urge of wisdom is the path to freedom.

Bodhisattva sacrifices his own freedom and happiness and takes on the suffering and pain of others, as a manifestation of his compassion, and impulses others into the path to Nirvana (happiness). The Mahayana attitude is to act as vehicle for others to go from ignorance to enlightenment.

## **Po iye po lo mi to sin ching**

Sutra of perfection of knowledge and Sutra of the heart.

Bodhisattva Avalokiteshvara practiced profound perfection of knowledge and apprehended that the 5 Skandhas are void and thus he overcame suffering.

Oh Shariputra! Void is no different from form. Form is void, emptiness is the form. The same happens with sensation, perception, will power and conscience.

Oh Shariputra! All Dharmas are essentially void. They do not rise or disappear, they are not pure or impure and they do not increase or decrease. In void there is no form, nor sensation, nor perception, nor will power, nor consciousness, nor eyes, nor ears, nor nose, nor tongue, nor hands, nor body, nor mind, there is no sound, nor smell, nor taste, nor tangible nor thought, nor Dhatu, nor ignorance, nor old age, nor death, nor suffering, nor path, nor knowledge, nor goal. There is nothing to be achieved so the mind is free from conditions and obstacles. There is no fear, nor error, nor illusion. This is Paranirvana!

All Buddhas of the 3 times (past, present, future) achieve Absolute Enlightenment through absolute perfection of knowledge. The supreme Mantra, that which equals the unequal and has the power to erase suffering.

The Mantra of the perfection of knowledge must be recited as follows:  
GATE GATE PARAGATE PARASAMGATE BODHI SVAHA (chieh ti, chieh ti,  
po lo chieh ti, po lo seng chieh ti, pu ti sa po jo)

#### Comments

Skandhas are the 5 Dharmas (factors of existence); Man rises from the union of the 5 components (sensation, perception, will, conscience and form)

Rupa is the form, the color, and the external appearance. It is how we see things. Emptiness is the true nature of things.

Dharmas have no substance so their true nature escapes human rationality.

Dhatus are sight, hearing, smell, taste, touch and mind.  
Skhanda are: form, ear, color, taste, tangible and dharmas.

6 types of consciousness are: dhatu eye, dhatu form, etc.  
dhatu conscience from the eye to the mind (passing through every sense)

#### Obstacles or conditions

1. ignorance
2. karmic residues
3. conscience
4. individuality
5. 6 dominions (senses and respective objects)
6. contact between senses and objects
7. sensation
8. desire
9. attachment
10. existence
11. being born
12. old age and death and every suffering thereof.

#### Fo shuo a mi to ching

Amitabha sutra predicated by Buddha before 1200 monks regarding the pure land of true happiness, the residence of Amitabha. To be born in such land, one must worship Buda Amitofo.

This Sutra describes this pure land and its way of living.

#### 7 enlightenment factors:

1. wisdom to discern true from false
2. energy and enthusiasm to walk the path
3. joy and contentment
4. calm and serenity in body and mind
5. self observance, attention and purification of our memory
6. concentration of the mind, meditation
7. equanimity, indifference to perturbing influences

## 8 steps of symbolized by pure water

1. correct comprehension
2. correct thought
3. correct word
4. correct action
5. correct way of life
6. correct effort
7. correct self observance
8. correct concentration

## 5 roots:

1. faith
2. energy
3. attention/memory
4. concentration/Samadhi
5. wisdom

## 5 powers:

1. faith
2. energy
3. attention/memory
4. concentration/Samadhi
5. wisdom

## 7 factors to Enlightenment

1. study of dharma
2. energy to practice it
3. joy derived from practice
4. serenity of body and mind
5. attention – memory
6. Samadhi – concentration of the mind
7. Equanimity or indifference towards interference

## 4 applications of our attention

1. body
2. feelings
3. mind
4. doctrine focused in the unsubstantial nature of everything

## 4 correct efforts

1. put and end to the existing evil
2. avoid the appearance of evil
3. promote the appearance of good
4. multiply the existing good

4 bases of extraordinary power (conditions to advance in meditation)

1. concentration of will
2. concentration of energy and effort
3. concentration of attention
4. concentration of thought

All of the above constitute the 37 elements of the path to Enlightenment.

### **Ethical Code (Native)**

Each morning when we wake up and each night before sleeping, one must express gratitude for the life flowing inside us, for every manifestation of life, for everything good which the Creator has granted me and to others, and for the opportunity of growing each day a little more. We must be thankful for the thoughts and actions of the day before and for the decision of committing to perfection, which gives us the power to struggle to achieve it. We must ask for good things to happen which are beneficial to all.

Respect:

To respect is to feel admiration and esteem towards somebody or something, focus on his or its wellbeing and treat him or it with deference and courtesy. Respect is a fundamental law of life. To treat everyone respectfully, from the youngest of children to the oldest of men. Treat old people with special respect, our parents, our teachers our authorities. Do not demean anyone. Avoid hurting other hearts as if it had the same effect as a lethal poison. Do not touch anything, which doesn't belong to us. Speak in low voice, especially to old people and strangers. Never interrupt others when they are speaking. Respect everyone's privacy. Do not disturb anyone who is in silence or in isolation. Do not walk between two persons who are speaking. Never speak ill of anyone, not in their presence nor in their absence. Treat the Earth as you would treat your Mother. Show respect for the mineral, vegetal and animal world. Avoid polluting the air or the soil in any way. Show a profound respect for every belief and religion however diverse. Listen with your heart. Be a loving host. Understand that what hurts one, hurts all.

From the book "The Sacred Book"

From the Great Council of Elderly North Native American

## **CHAPTER 2**

### **Life in one day**

Live life in this way:

No memory (positive or negative).

No identification. No attachment. Only presence, here and now, with a proactive and optimistic attitude.

No past. It only happened for you to get to this very moment. Adversity strengthened your spirit and happiness rejoiced your heart. If they appear in your mind, just smile. Only the wonder of the present moment exists for you, now and always. This moment is the eternal Universe. The future is a fantasy. If you live in the future you lose your life.

One must order, project and prevent, but do not dream. Be practical and realistic. Life is a game but do not play with life. Be serious but laugh a lot. Love a lot.

You are reborn every morning and you die each night. Only one day to live. How would you live? Imagine you are a tourist, that you came from another planet to enjoy one day in the wonderful Earth.

### **Be Friendly**

Speak smoothly. Smile from your heart. Look into the eyes of others with tenderness when addressing them. Eye communication is essential. Be happy with the joyful and compassionate with those who suffer. Abandon the vicious and injurious. Come together with the virtuous and exemplary. Never criticize nor point out flaws in others. Be humble and self observant. Accept, say sorry and thank you. Do not change the world, change yourself. Spiritual practice begins with the intention of becoming a better person. Perfection is achieved through the realization of the soul. May that be your greatest goal.

Practice impeccability (inside and outside). Your body is the temple of your soul. Your soul is divine, worthy of a palace. May your body be a place of dreams, so God can irradiate His light through you. Eat, exercise and rest adequately. Be strict with your practice, but leave time to have fun. Play with children and be like them. Sing, dance, and develop some type of art. Study the sacred texts and learn about life. See God in everything and in everyone. Be austere and disciplined and from time to time undertake some sacrifice (sacred-office). Be continent, avoid overwhelming, the center is the safest place. Offer gifts, do not accumulate unnecessarily. Distribute the wealth which life offers to you. Procure the spiritual and material enrichment of humanity, only then your life will have value and you will live forever. Serve, bow to everyone. Imagine you are in the presence of your Teacher.

Dedicate at least 2 minutes per day to silent meditation. Breathe consciously and pay attention to your thoughts. Keep an active inner dialogue and with God. Ask for His help. He will know the way to grant you what you need. Remember that everything passes and God never abandons you. Pray, pray, pray, repeat God's name (whichever you prefer) He will answer when you call Him.

### **Duties**

Try to live a long and healthy life.

Accumulate the necessary wealth to live a dignified retirement.

Enjoy and develop your personal talents and qualities.

Exercise your virtues.

Love your planet.

Share your experience with young generations, write a book, record a cd or make a film. Communicate forever.

Love supremely, to the utmost of your capacity. Make love, eat delectably, sing, dance and enjoy.

Be wise, not full of knowledge.

Make your dreams come true. Be a magician.

Build a home including all Reins (mineral, plants, animals).

Make art.

Be professional and exemplary.

### **Inner Prayer**

Dear Lord (God, Teacher, etc.): "You are the force that drives my spirit"

Inner thirst causes initiatives. Insight is the nutriment you need to trek into the territory of Truth. Motivation includes "motive" and "action". Without motive, cause, there is no action. And there without action, there cannot be any realization. If you do not advance towards the goal, you will turn into stone. Laziness is spiritual poverty's best friend. You must find your own motives for your actions. Then time will not be enough for you to realize your dreams and your energy will overflow. Life will seem short and you will not waste it. You will not get sick and you will never feel tired. Maybe sometimes you will feel fatigue, but you will smile while resting, feeling happy and renewed.

YOU ARE THE FORCE OF YOUR DESIRE  
SUCH DESIRE BECOMES YOUR WILL  
SUCH WILL BECOMES YOUR ACTIONS  
SUCH ACTIONS BECOME YOUR DESTINY

This Hindu quote is a synthesis of life, applicable to virtue and vice.

**We pray:** Through prayer and meditation we ask the Divine to grant us the power to recognize the Virtuous Path leading to our Happiness and the strength to take it. That Your Divine Love manifests, that Divine Wisdom fills our minds, that Enlightenment and eternal Benevolence are bestowed, that all the merits of leading a spiritual life shall be received by those who need them the most, so that our human life shall have a true meaning. Amen.

Lord:

You are my comfort,

You are my inspiration,

You are my support and I pray to Thee with fervor and passion.

You are the source of peace and forgiveness, of love and devotion,

Father,

Deliver us from evil

Grant me the wisdom to be free

Father, Thank You

Father, Forgive me  
Thank You, Thank You, Thank You  
Forgive me, forgive me, and forgive me.

Father,  
Have mercy for me  
Enlighten my mind and expand my heart,  
Awaken my consciousness, stir my soul.  
Make me a vehicle of You  
Grant me Your Love and Wisdom  
Show me the True Path  
Deliver me from ignorance  
Keep me humble, pure and calm  
Show me how to serve You, for I am Yours, without You I am nothing  
Let me spread the love I feel for You  
Let my actions make You happy  
Guide me with Your Presence every moment  
Visit me in my dreams and in my meditations,  
Strengthen me with Your love, so I can serve You well  
Thank you, Father, for giving me the opportunity to pray.

#### Song of the Heart

I sing devotion  
I sing prayer  
Words of the soul  
Voice of love  
Presence of God  
Voice of the heart  
Presence of God  
Voice of Love  
Subtle contact  
Divine vibration  
Channel of the Superior  
Presence of God  
Voice of the heart  
Presence of God  
Voice of Love  
Sublime expression  
Religious experience  
Mystical harmony  
Presence of God  
Presence of God  
Voice of the heart  
Presence of God  
Voice of Love

Dedicated to all the Teachers who awaken Love in our hearts. And to those who teach us how to live in the path to self-realization.

## **Motivations and Free Will**

Priorities, urgencies, desires, needs, sensibility, inclinations, mental tendencies, motivations, interests, impulses, instincts, emotions, will, fantasies, dreams, memories, thoughts, analysis, reflection, reason, unreason, all of these condition our options.

There are few or maybe any true personal elections. Actions are conditioned by many physical characteristics, psychological factors, moral qualities and spiritual natures of each individual. Moreover, there are family aspects, social conditions, economic factors, personal and circumstantial issues associated to our time in this planet. Who is really a free thinker?

Therefore, our free will is relative. In the Mystical field, occasionally there is the influence of the Divine Will, which governs experience, which at some point everyone has felt. Admitting this diminishes our personal power. There is a belief in Orient, which states that man incarnates different lives, and each past life conforms a mental continuum, which conditions the existence of each forthcoming birth. This states that this consciousness attached to the soul is the guardian of Karma and manifests and conditions present and future situations with mathematical exactitude. The natal astral card.

Also, it has been said that when the individual possesses weak physical, energetic and emotional bodies, as a result of ongoing erroneous behavior, it is possible that demons enter such consciousness and control the Self. Additionally, in case of spiritually advanced souls, the Angels and Teachers come from other dimensions to act as their guides.

You must be aware of the power of the collective mind, which induces the masses and seduces them to act in manners, which the individual would never choose. The influence of the seasons, the climate, cataclysms, stars, the moon, the planets govern the psyche. In Samkya philosophy the minds (phenomenic world) operate under the influence of the 3 Gunas, one luminous, the second passionate and the third dark. These conditions the result of each action. There are also conditions regarding the manner in which we eat, exercise, rest, as well as the way in which our senses generate brain inputs. All of this conditions our biopsychology and health.

I believe that our precious present is clearly conditioned by everything I have mentioned before, in addition to many other realities to which I am visionless. I believe that my free will when writing these texts is relative, as well as the fact that you are reading it. Something brought me to this discovery, which is nothing, of course, and it doesn't belong to me either. This is crazy and funny, also.

## **Free will, causes, priorities and options**

This manifestation refers to the weaving of the flower in the loom of life. The four colors mentioned in the title are interconnected and are woven in your life according to the degree of understanding and subtlety of your vision. Although

maybe it is a tapestry already designed beforehand by the All. One may believe that each thread belongs to a different skein. One may think they are not at all linked.

Of course, one may add new colors. But four pigments are enough for an artist to paint an infinite palate. From the sacred observation of life's mystery, one may deduce that our priorities are conditioned by our causes (past); that our options and our decisions are not as free as we might think they are. It is the image of the loom. The interaction of our causes is governed by our needs and interests, present or past. This is why our decisions and our freedom of thinking are also conditioned.

I believe that the percentage of modification in the final design of the loom is conditioned by the connection that the mind has with the soul, and in turn with the Universal Soul. It shall depend on the initiation stage in which one stands in the pyramid of the conscious evolution. There is a complot between micro and macro. The interconnection is between the personal and the universal. Also order, harmony and interdependence between figures and shades, for there are infinite weavers. Order in harmony and synchrony.

When the individual soul is consciously connected with the Universal soul, the result is a garden of flowers and deep joy, pulsing in celestial silence. Then the gardens of our neighbors may be colored and adorned, for the Great Spirit of the Universe fosters perfect beauty. The existence of the Enlightened is freed in the material aspect, but enslaved spiritually. This is the Truth, one frees oneself to become a Slave.

### **Mysteries of life**

We will not ask ourselves why are we here, where do we come from nor which is the purpose of our life in this planet. These questions will be answered by Divine inner revelations.

Are we a part of a Universal plan? Do we really govern our life? Does luck exist?

According to merits and demerits, or in the manner in which we plough, we harvest. Orient has defined this plough/harvest process as Karma, which Yogis know as Kripa, the divine grace. Kripa is the touch of the magic wand, which changes your life, it is the Divine Love manifesting through celestial beings, angels, teachers or deities of any type. Such manifestation will crystalize according to the capacity of each consciousness to receive and understand the superior force. The Teacher appears when the disciple is ready. They come to you, they show you, they guide you, they teach you, they care for you, they love you.

You must be confident that in the process of purifying your Karma, your teacher shall appear in all his divine grace to guide you to your destiny.

Do you want to meet your Teacher?

Well then, be worthy. Purify yourself; find the way. Look for earthly teachers and start with the first steps. Take care of your body and your mind. Be yourself. Surrender.

If you do not know where to start, you may begin by repeating this prayer: "Lord, show me the path leading to You"

### **Benevolence and Divine Joy**

May all beings be blessed with wellbeing

Free from affliction

Free from hostility

Free from bad luck

Free from anxiety

And may we all remain happy

Free from suffering

And may we all keep our good fortune

And may our actions procure everyone's wellbeing

May we harvest the fruits of virtuous actions

That we may our benevolence leads us to Divine Grace and a superior consciousness.

### **Wisdom**

#### **2-27 tasia saptadha pranta bhumih praña**

The ultimate goal (Liberation) is achieved by the 7 divisions:

This gradual process is defined as follows:

1. Be conscious about what must be avoided: suffering.
2. Eliminate the causes of such suffering: the obstacles.
3. Abandon all the achieved through concentration techniques (Nirodha-Samadhi)
4. Practice discursive knowledge
5. Appease your mind by ceasing vacillations and inner conflicts
6. Vanish and dissolve the constitutive elements of the primordial matter, as the collapse of the summit of a mountain, which can never be rebuilt.
7. Free the spirit, reduced to its untainted nature, only pure light

### **Magnetic fields**

**"Everything is subject to vibrational and gravitational processes, attracting the spheres of consciousness in correspondence with inner vibration" Kaivalya Upanisad II**

The vibrational processes are those involving sound and systematized movement. Agitation and excitement appear.

The gravitational processes are those involving magnetic forces, which generate the convergence of certain energies. Gravitation is the phenomenon by which all material bodies attract others directly according to their mass and inversely to the squared distance.

Magnet: it is the natural oxide of iron, which attracts iron and other metals.

**Recognize** the inverse force and oppose it with the power of Will. This will strengthen your magnetic field and your personal vibration will be subtler. Destiny will encounter you with other entities and their karmas. To experience, share and grow. The more you refine, the happier you will be.

**Transformation:** control over the non-virtuous aspect and the development of virtues. This is the way. When you reach the goal, your vibration will be pure light. One must observe oneself from a scientific and mystic point of view. Science has not been able to certify technologically what the Rishis saw and experienced 10.000 years ago. The human being is a micro cosmos in micro movement, synchrony and subtle movement, with a particular frequency. Such vibration produces a particular music, which one must finely tune. The Soul attracts and generates a vibrational and gravitational field. The Soul is the Nucleus, the Divine Atom is the Magnet.

### **Fine-tuning the musical instrument in the orchestra of life**

You are vibration and you resonate with a certain tune. This sound (which the human ear cannot perceive) synchronizes with other consciousness. It is your duty as a Divine instrument, to be finely tuned. Harmonize yourself and vibrate as an angel. The Divine Director will guide you. Thus everyone, including the deaf, will hear your music. Your pure heart will irradiate the music of Celestial Love. The magic sounds of the Superior Rein will flow through you. You will inspire others. A chain of brothers will be formed, and life in this planet will change. Beings from other planets will come to listen to the Earth sing. The Universe will resonate with the sound of Humanity, and the All will smile with satisfaction.

Be open to experience this Great Possibility. Meditate, meditate, and meditate.

### **Change of Luck**

Our magnetic field is what draws us together. We must all struggle to elevate our vibration. Such is the essence of life and of spiritual growth.

Anyone who is suffering shall make a greater effort. Success is achieved through will power, which shall be trained like a muscle, to overcome obstacles. Consciousness will lead the way. At one time of the day the world must stop. You will no longer be enslaved by your mind. You will change your destiny, changing your present.

An intense physical practice is the best medicine. Sun salutations and asanas

are the best suggestion. You will rest on your back, paying attention to your breath. Then you will direct your thought towards your will.

The practice of the voluntary attention is a superior exercise. Do not move the body and the mind will follow. You will be aware of the world surrounding you and see it with new eyes. Your magnetic field will glimmer with radiance and you will repel error and attract virtue. Just like a magnet, you will draw and repel according to your vibration. Try this for 1 year. If your life does not change dramatically, stop doing it. Take this opportunity. Peace and success are the prizes.

## **Material objects**

There appears to be an unreasonable reason regarding the objects pertaining to our daily life. We have learned that everything is relative, therefore the value given to the material objects depends on the type of love with which one relates to them. Our vision is always subjective. This is why someone may feel fascinated by or attracted to one object in particular and somebody else feels absolute indifference or even rejection respect of that same object.

We also know that certain objects are emotionally charged. That disposition or care towards something creates a bond, a flow of energy. All objects are capable of occupying a place in the lives of the subject. One may feel drawn to those objects, which make you feel pleasure and reject those objects, which evoke pain. Everything depends on the amount of love in the relation object-subject.

Objects are not relevant in themselves. You came to life naked and you will leave naked. The only wealth worth keeping is the inner treasure, which is perceived through wisdom applied to our relation with objects, the way we decide to live our lives and the respect we show towards it.

You should not discard anything, even if it seems insignificant to you, remember that it may be of great importance to somebody else. Moreover, you may be used to have something that you no longer appreciate it as you should, and you realize it the moment you lose it. You may learn from such experiences that our routines have diminished our capability of wonderment about simple things. In the same way, observe to what extent you are attracted to things, your wishes and worries. Do not let them invade your inner space. Enjoy everything, but do not feel attachment.

Also, be conscious of your great wealth, for we all have abundance. There is a law, which safeguards and balances these realities. Everything happens for the Soul to evolve through experiment (mind) and experience (consciousness). Objects are not the problem; the problem is man. Situations are not the problem. Objects exist for our realization. In your relation with them try to rid yourself from being possessive and selfish, never say "this is mine". Your relation with objects may cause you suffering if you relate to them incorrectly, with an excessive attachment, dependence, or if you desire to

possess them, if you are afraid to lose them, or if in any manner your relation conditions your freedom.

Live as if you are a tourist, for our lives on Earth are similar. If something appears in your life, it is for a reason. Nothing happens without a plan. Whatever happens to you happens because you have summoned it. You are responsible. There is no luck in life; luck is designed by living.

What is important, then? You are important, and others are important. Objects are important, for without them we could not achieve realization. One must learn to relate to objects correctly, with wisdom, giving them a just place, between sacred and natural. One must be very conscious respect of immaterial objects (thoughts) and evaluate correctly the worth of material objects. Observe the way in which the believer worships an image and the attitude expressed upon the altar. Everything is sacred. Therefore, what consecrates or profanes the objects is our inner attitude. Never exaggerate over worshiping or disregarding. Detachment is not a synonym of disdain. Everything is worth respect, for it holds a lesson. Detachment is wise; disdain is foolish. Practice respect towards objects. Show reverence when entering a room, be gentle when receiving something and offer gifts with a nod. Be respectful; what would become of you without things? Objects are a means to practice retribution, as we take notice of the effort and energy invested in their existence. Everything is a part of the All; be detached but show interest. Care, respect and be thankful for you deserve no less than abundance and prosperity. Be respectful of the inner spaces of others. Protect silence and promote concentration. Practice intuition. You will be surprised about the consciousness you will develop regarding yourself and the world. And remember: only God can clothe the naked man, and only the cloaked man is worthy of God.

### **Pleasure, beauty, love and happiness**

In this wonderful human life, intensity can only exist when the ego is absent. There is a sense of beauty and love, which transcends the pair of opposites: the beautiful/the ugly; love/hate.

There is a beauty and a love, which is not opposed to ugliness and hatred. Beyond ourselves, where the subject disappears, where the mind is in complete silence, there is pure beauty and true love. Endless, without cause and effect; without polarities. "Love exists in the silence of the mind". When the thoughts are calm, the mind is silent and there is love. In silence there is no loneliness, for it belongs to the mind. In the complete silence of the mind there is beauty and love. Therefore, there is happiness, which is beyond pleasure (which is also mental).

When one denies pleasure, one also denies the perception of beauty. Taking delight in something which we deem beautiful fills us with joy. This kind of gratification can be the threshold into love and the Divine.

Loneliness exists in the mind. "The loneliness of not being loved". The inner

void. Be open to pleasure and beauty and joy, integrate pleasure. Love, be happy.

### **The couple and spiritual practice.**

Reality changes when one partner starts a spiritual practice and the other doesn't share the same interest. What happens then? A part of you takes distance and you feel confused. Why? Everything is in permanent change. We are a universe (oneself) and we interact reciprocally with another universe (our relationship), which is also ever changing. Buddha named this constant movement as impermanence. Really, we are someone new every day. We renew daily. Each experience changes us, each breath renews us, and each thought creates a new mind. But we believe that relations and life will be permanent and static. Being attached to this ignorance, not accepting and not adapting to the constant process of change, is a source of suffering.

When a partner in a relationship awakens certain interests and intentions to change, it modifies the relation with the other partner, consciously or unconsciously. This is a fact, and it is inherent to our human nature. During this process, sometimes questions are wrongly posed and sometimes answers are wrong. This causes interference. These are obstacles of life, which the couple must face together. These are opportunities to grow. There appear new feelings: fear, jealousy, anger, reproach. This is an energy coming from the Soul. These are not ephemeral manifestations of the ego. These are from the heart. There is frustration and true anger because one partner loses power over the other. A new reality has settled in the relationship. One partner is seeking for the meaning of life. When the Soul is drawn to the True Path, it cannot be reverted. And the conjugal relation is modified energetically. A war for power begins. One partner may believe that the other will not change. Egos fight between them, forgetting the real reason why they chose each other in the first place.

“Love is the reason we are together, to love one another is the cause of our relationship”. If the consciousness of both partners were not awakened at the start of the relationship, I doubt that the real reason was love, for love is a conscious act. The cause of the relationship was a variety of selfish love, since it was founded in desire and self-indulgence. Then, karma must be adjusted and life must be reconsidered, procuring not to harm nor be harmed. It happens that at the beginning of the practice, one devotes a lot of time to oneself. It is the path to self-knowledge. You are trying to know yourself in order to relate to the Divine. You read many books and with passion; you discover another way of living, a new universe. You change inside, and everything around you also transforms. If you believe something or someone is not convenient, you remove it from your life. You will not allow anything to come between you and your practice. You will not lose your center or your inner peace.

Your partner may not understand what you are going through. Now, you sit like Buddha in a corner, in silence, with your eyes closed. You sing in another language, which you don't even understand. You change your eating habits,

your taste in music and your friends; all your passions mutate (you are attracted to different vibrations).

“You are complicating everything”, “What are you doing?” “You call *this* spirituality?” “You think you are different, you think you are better than me, you are arrogant and vain. I don’t know you anymore” And your partner may also ask “Why are you doing this?” and you may answer “To feel better, to be in peace, I want to change my life, I want to be healthy and look healthy, I want to be happy, I want... I want... I want...” Then you complete the circle, overwhelming your partner. You make him/her feel useless and he/she is angry. And these feelings are certainly justified for you now have less time to share with your partner due to your commitment to this ridiculous and bizarre practice. Also, you are admitting that your life was chaos (thanks to your partner) until you discovered this liberating practice. Your partner will hate you and the practice. He/she will be angry.

When your partner asks you “Why are you doing this?” answer “Darling, this practice, this discipline will help me to tame my mood and you will see me always content, you will enjoy me very much. I will no longer be this foolish and naïve person, I will understand you and comfort you better. I will be more conscious. I will look better in my body and you will enjoy this intensely, I will provide you great pleasure. I will be more sensitive and will serve our relationship paying more attention to details and beauty. I will have more energy to share myself wholly with you. I was a disperse person, now I can concentrate in your interests and our interests. I will be capable of loving you more. Through this practice our relationship will flourish, you’ll see. Let me practice (without interfering) for one year, if at the end of that time you are not happier, if you do not notice any true and positive change in me, then we will discuss this again. Now I ask you, dearest, to let me practice and love me, for the benefit of our love, for the benefit of both of us. Accept this new change, maybe you can understand me, maybe you can join me.”

### **“Render to Cesar the things which are Cesar’s; and to God the things that are God’s”**

It is important to establish the difference between matter and spirit, density and subtleness, the concrete and the intangible. You will understand things better according to their vibration. To classify them is very helpful. Use the teaching to establish order in your life, separate things before putting them together. Render to Cesar the things, which are Cesar’s, but remember that Cesar is God’s. Bear in mind that matter is a part of the spirit, for everything is Spirit. Your body is spirit, your mind is spirit, and your spirit is spirit. Everything begins in Him and ends in Him. Therefore, be aware that when you eat or excrete you bodily wastes, you are also manifesting the Great Spirit. When you sing, work, laugh, dance, serve, rest, you are manifesting the Great Spirit. There are no differences, and yet there are. Remember duality in this Earthly-Spiritual world. When you say “God willing”, you also say “God unwilling”. Do not wash your hands like Pontius Pilate. Take responsibility as the spirit you are, reprogram, meditate and execute. God is always willing. He wants you to be responsible of yourself. Things are spirit. Do not be unworthy or indifferent.

Not everything is God's responsibility. Never think that "things happen for a reason, maybe this is not for me, and it is not time". It's true that you are in God's hands, He is The Omnipresent Spirit, but your actions cause reactions. And if you wait for Him to act, maybe that day will never come. "Render to Cesar what is Cesar's, and to God the things that are God's". Act so that the Great Spirit can manifest through you. Become a beautiful Cesar, act like a great Cesar and thus, make God happy. Love, trust and serve.

## **Love Sutras**

When two personalities merge, they react chemically, creating a new compound. Such manifestation, which is humanly Divine, produces an expansion in the consciousness of each individual. The following Sutras are the emanation of this new compound. This is a creation inspired by the union of two psyches, which have merged chemically in the laboratory of life, under the energy and fire of Love.

**Sutra 1-1- The election of living a spiritual life is a "great challenge" which requires "great courage".** "There are no shades, no place for indecision". Courage and bravery are the emblems of the spiritual force. Any type of conquer requires a strong decision focused on success. Your actions must be firm. The ultimate goal, to conquer oneself, requires strong desire, solid confidence, robust determination and an enthusiastic spirit. Chose your spiritual goal according to your convenience. Maybe you will change it with the passing of time. The goal will not cause you struggle. Practice without expectation. Discover a method, a system, and stick to it. Make your life a practice, and follow the rules. Errors are a part of your learning. There will always be obstacles. Bigger obstacles result in deeper practice. We all have an inner Samurai, a noble and implacable warrior.

**Sutra 1-2- Duties are those self-observances, which are the result of true discernment and a meditative consciousness.** If you find it difficult to make a certain decision in your life, this means that true discernment has not yet matured in your heart. If genuine love and truth (wisdom) are not present in your life, then you will probably suffer. Maybe time is not right or maybe it is not your path. Make a pause, breathe, think and meditate. The answer is within you and you will not find it in your mind. You will be sure when your consciousness manifests. There will be no doubt, nor error. The manifestation of our consciousness is perfect. Everything depends on the amount of love.

**Sutra 1-3- Prayer must be permanent. Ask the assistance of the Universal Spirit, invoke His Presence, remember Him at all times.** Denying His omnipresent power keeps our conscious asleep. You will not achieve anything alone. You own nothing at all, life is a Divine gift and a mystery. Be thankful to Him. Your thoughts, your passions, your aversions, everything is part of the game of life; remember this always. The mind is a tool capable of constructing and destroying. Acknowledge the lack of control you have over your life. Surrender yourself to Him. If your memory is clear and your heart is noble, then the Divine force will be with you all along. But this trip

(the Love of God) is one way only and suffering will disappear. Your devotion will flourish and He will manifest through you. You'll see. Keep your mind with Him, this will make troubles fade away.

Somebody asked a Wise man "Do you believe in God, Master?" and the wise man answered: "No, I KNOW God."

### **The power of connection**

"With great power comes great responsibility"

To live consciously has a great power and this implies a great responsibility. The personal relation you establish with God must reflect in every aspect of your life. The cause is your surrender to His Love. The effect is your mental and spiritual expansion. You grow as you come closer to Him. It is not about faith and trust. Surrender is an act of the Soul. You know, you really experience the magic and gifts of life. Life is a Gift and it is Magic. You experience this force and this power as you awaken and see with the eyes of you spirit.

"Great power demands great commitment". In your will to serve the Force lies your safety, growth and prosperity. In the seed of you loving surrender lies the sacred potential. The connection is the power. The strength of your love is the Force. When you feel your connection with the Force, serve the Light. You will confront the dragons and defeat them. Remember that "with great power comes great responsibility". The connection you make is a challenge, if you do not cherish it, you will lose it. You will have to discern, detach and let love guide you. Never hate. Hatred is the energy of the dragons. You must defeat your inner and external dragons. When you face a dragon outside of you, pay close attention and see if you also have such dragon inside you. When you rid yourself of your dragons, there will be no more obstacles. That is Enlightenment; you will become Buddha. You will no longer have Dragons to defeat. Buddha doesn't have to struggle any more. Buddha is not a soldier; He is a General. He teaches soldiers how to fight.

### **Repression and positive effort**

The transformation of the mind requires a positive effort. Mental repression is a negative effort. The difference lies in that when repressing the mind you are struggling against something. This implies violence. When you are transforming your mind you are positively occupied. Your efforts are focused in doing something, not fighting against something. For example, if you fight directly with rage and anger, you are repressing; but if you turn your effort into transforming the energy of anger, then your effort is positive.

Repression means that you have closed the natural flow of energy and you haven't opened an alternative exit. Repression is blockage. You fight against rage, so you block it. Where does the energy of rage go? Such energy will create inner conflicts and the mind will struggle, you may get sick, your body will suffer or you may undergo emotional disorders. You have closed the natural exit of such energy; you will feel very uncomfortable.

Project Forgiveness of Dr. Fred Luskin, Stanford University, USA has demonstrated through empirical research that when we forgive after a painful experience, the forgiver experiences relief resulting in physical and emotional wellbeing. Resentment is an obstacle for our personal growth. Our body needs to release the chemical negative substances producing stress, back pain, dizziness or even heart disorders. Psychologist Charlotte Van Oyen, of Hope College, Michigan investigated students who after forgiving offences presented a lower heart pace and a lower blood pressure. Also brain scans are different before and after forgiving. This shows that forgiveness affects a particular area of the brain. The solution is changing the energy, the door, the path, the exit towards the positive flow, the energy will have a new destiny. If you create a new path for such energy, it will flow naturally through it. If your goal is the Superior, there will be no repression, the flow will be natural and safe. Man is a flexible potentiality. We may fall below our own nature, we may be corrupt and insane. Or we may transcend, become superhuman, Buddha.

The goal is to identify the Good, and commit to it. Use the opposites to transcend your negativities. The path is the practice of the virtues. This is sage, natural and transforming. When you flow in the positive effort, there is no place for repression.

### **Desires, dreams and longings**

There are many inclinations and dispositions in your life. It is a great exercise to identify and differentiate them. There are celestial dreams and earthly dreams. Celestial dreams knock at the door of your Soul and you cannot hear them. These dreams are vested in transparency. Their subtleness can only be grasped by our intuition. Surely you can meditate about which dream drives you: celestial or earthly. From this discernment comes the rest, for it is the filter of the heavier stones and those stones, which have attached the precious metals and crystals.

What about you? What happens with you when you close - consciously or unconsciously - the doors to your own Self? Have you asked yourself, for example, which is the motive of your suffering, pain and anguish? What kind of hunger have you regarding your body? What does your body need to function correctly and to be healthy and age well? What does your unstable and restless mind need? What is the temptation that leads you so easily towards incorrect practice? Do you want everything? Are you jealous and possessive? Are you proud and arrogant about what you have? Are you sharing or sharing yourself? Do you think you have what you deserve and therefore you feel it is yours? Do you really believe that you possess anything? Do you believe that you are the owner of your life?

Think. How did you get here? You are not even capable of determining if you have been responsible or if life spontaneously has put you here and now. And you have evidence that everything functions perfectly. Why do you forget this so easily? Or is it that you are too busy doing things which your ego determines are vital? Why is it so hard for you to stop and meditate?

You have already created sufficient chaos in your life. Stop now. Be alert, meditate, pray, ask for God's help. It is time for you to go to the garden of your heart and harvest a mature fruit, which flavor incites you to harvest more fruits as such, so you can awaken your consciousness and lead you to path which will only bring you beauty. It is the path to your heart, to meet your real Self, bow humbly to life and say this prayer: "God, have mercy of me. My reality is poor. I am little, Father. I cannot understand correctly why did You send me to this life, why do I have this body and this mind. Why do I exist? Help me please. Teach me; show me. Fill me with Your light. Have mercy of me. I pray, help me, make me aware and attentive of your voice. Help me, please."

Beyond your bodily needs, do you feel that you are made of pure Love? Do you feel that you urge to exchange such energy with others and with the cosmos, in the same way as you need to breath? Do you believe that you have come to this life to find the greatest of treasures? Are you drifting aimlessly? Does your life have a purpose? Have you listened to your Soul? Are you willing to become the vehicle of your divine longings? Have you asked yourself if the cause of your suffering is the lack of attention you paid to your Superior Being? Be alert. Meditate. Reprogram yourself and start walking the path leading to yourself. Give yourself the opportunity to manifest your true self and you will find the meaning of your life. If not, you will continue to tumble in the dark, with an obscure heart, a sad smile and unclear eyes. You are the Universe itself; an infinite source of wisdom, happiness, peace and love. Everything is perfect as it is. Think, what is your dream, what is the utter longing in your heart? Why are you here? The ultimate reason of a dream is to sparkle the energy for it to become true.

There is a mission and a destiny for you; and it is only up to you to accomplish it. Do not seek outside any more. Stop. Do not waste your time and energy. Look inside you. There is the answer. The Truth is inside you; there you will find God. Stop. Do not delay this anymore; find yourself. I want to see you happy, simply because you deserve it, it is God's gift, a life of fulfillment and joy.

You are prepared for failure and suffering, but you are unprepared for success and happiness. You have been told that the more you suffer now, the happier you will be afterwards. This is false. The enlightened man can be happy now and afterwards. He has the power to transform every instant in a moment of joy, because he has committed himself to develop his intelligence, and his capacity of decoding his inner self. There, inside you, very close to you, lies the mystery you need to unveil in order to be happy. Discover it. Do not handle the keys to your happiness to anybody or anything. The moment you find yourself, you can share yourself with everything that comes your way, but from your sacred center. When you are not in your center, you are blurred. You cannot focus, nor be of service to others. When you are centered, when you are focused, your capacity to help yourself and others multiplies y quantity and quality. The world needs more people like this.

Imagine a world in which everyone is in the path of fulfilling their own Dharma

(life's purpose, mission). Imagine the beauty, imagine the love. This is God's will for you and for humanity as a whole. You will find your own happiness when you find your way to your own destiny. Quit living a borrowed life. Quit being a second-hand individual. Quit being a photocopy. Quit being a sheep, become a Lion. Be original, creative, independent, audacious, and brave. You must be courageous and strongly determined to take the path towards yourself. But it will lead you to the Sublime, a greater consciousness, and you will experience the genuine unselfish joy, when your actions and thoughts are originated in love and compassion. So, when you are forced to decide, you will chose to heal others before yours. And you will discover that when healing others, you heal yourself. To give and receive is the same energy flowing both ways. May God bless you even more, for you are already blessed with life, and life is Pure Love.

### **A glass of water in the desert.**

Here I share my thoughts and appreciations regarding the relationship between men and women, resulting from personal experience, subjective observations, dialogues and comments.

The actual reality regarding "spiritual development" and the manifestation of certain sensibilities of men and women, make this subject very appealing. I have decided to approach it in order to further understand the dynamics of the opposite polarities. Given sexuality manifest within an integral context of the individual, this approach is made from the following reports: "Sexuality and Yoga", "The couple and the spiritual practice" and "Pleasure, beauty, love and happiness". With the adequate information, I will try to present my essay with logic, reason and intuition. I acknowledge my inclination for the classificatory Oriental psychology and its humanistic and mystical shades, which will inevitable taint my statements. I must add that this is a fascinating subject to me. I will procure to be objective and open my passionate heart, which seeks the duality of human love (man-woman) as well as the unity of love (individual-God).

1. Need pulses in the Self. Our bodily nature requires contact and union. We must accept this. Our Divine nature claims for happiness, which is inherent to our being. Such happiness is in the pleasure of the sense. It is erroneous to think that the satisfaction of our bodily needs and the pleasure we get from our senses are not a genuine treasure. What is more Divine than our God-given bodies and senses? Can you deny the essential purity of every thought, reason, feeling or intuitive perception? Do not deny anything about you. You are the wonder of existence. You are happiness incarnated. Whatever distances you from that is product of the corrupt mind. If you purify your mind, you'll experience such genuine happiness, even through your body. Without your body, without your sense, you will cease to exist. There is nothing more sacred than your body and your senses.
2. The psychic tendency of the Self is incomplete. Therefore, we feel unsatisfied and lonely. These are the memories of previous

experiences. We may feel nostalgic and even depressed. This hunger and thirst may have an unconscious nature, which is inherent to the Self.

3. The search for satisfaction, sensorial pleasure and desire are cause of restlessness of the Self. Your nucleus needs nourishment, you feel the hunger and you experience the need to satisfy such hunger through different types of vibrations according to the origin of such need. Your dense body is satisfied by the pleasure of the senses. Your nucleus, your Self, needs the subtle pleasure of giving and receiving Love. When you lack the receiver of the energy of your love, you feel lonely. Your Soul is thirsty and you seek for a glass of water in the desert.
4. You are incomplete and want to feel complete. Only when you love you feel complete. This is why you project your need upon someone else. You need that someone else. And you only learn how to love when loving that someone else. Your polarities merge, conforming a new compound made of bipolar energy, a new energetic creature. This is known as dual love. The best of you is awakened the moment you are united with your loved one.
5. Happiness lies in the love of lovers, in the exchange of feminine and masculine polarities, united by the music of life and dancing to the rhythm of love. Happiness is resonating in all cardinal points of your Universe.

The woman (receptive), with her inherent disposition to receive love and develop the art of love, is “ahead” of man displaying a more sensitive, deep and conscious nature. Man, on the contrary may appear unaware of the longing of love and the ignorant of such expression of the Soul, for his energy is connected to the left hemisphere of the brain. Men are aloof regarding this feminine quality. This does not mean that men are incapable of loving as deeply as women, but their incapacity is the result of an incorrect program acquired through education and social behavior.

Men find women’s feelings undecipherable. He doesn’t understand, he can’t synchronize. Only the poet, the artist, the sensible seeker, may come close to this feminine quality. Each Self projects its own deficiency. Therefore the conscious woman is attentive to herself. An open woman may recognize the difficulty of relating to a sensitive man, for he is like a glass of water in the desert. Society fosters sexual encounters for men. But it is not the case for women. Society limits women by recommending: “Save yourself, be careful, wait for love”. This reality distances man and woman even more. Man has to struggle to live his manhood with a higher vibration while developing his dormant right hemisphere which has been programmed by the social sub-conscious.

What can a conscious woman expect in this time of humanity? What

are the chances she meets a sensible man? Will she recognize him and drink avidly from this glass of water in the desert? This is a mental world, a world of desire.

What will happen on a magical level with the minds desperately seeking to drink from the glass of water in the desert? What happens to the man-glass of water? Which are the forces to conquer without suffering any harm? What happens to the thirsty women, before, during and after they drink the water? One who achieves to master his/her own desires, will recognize the dark forces and distinguish the magic.

Women use all their powers and complete the magic cycle during her masturbation (nearly all women practice it) focusing all her psychic energy in this intimate act and visualizing the image of the desired man. This is the greatest trap. She may be able to drink from the glass of water, but she will be forced to let go of her darkness and that will cause her suffering. Maybe to both.

The same happens in the oneiric world. Dreams contaminate the psyche and interfere. Also, for those who meditate and let their libertine desires flow into the cosmos, projecting their passions like a boomerang. Thus the loom of suffering is weaved, with the thread of ignorance and selfishness and desires. A thirsty woman may use her witchcraft to drink from the glass of water in the desert, but she shall take responsibility for her turbulent karma.

### **One Unique Universal Truth**

Truth is unique, but inhabits within the multiplicity. When you experience this in your heart it will unchain you from the ancient dogmas and turn you into a respectful being. You join the Brotherhood of the world. The comprehension of the Truth depends on the moment the psyche is going through. It is true that the Truth is unique, but it is also true that the perception of such unique Truth is subjective. The spiritual realization of the Truth is achieved in different stages of experience and in different dimensions of the Self.

To reveal such Truth is subject to synchronicity, something that is achieved while experiencing the wonderful, perfect and mysterious life. The more mystical you become, the greater your sensitivity and consciousness to acknowledge the gifts of the Great Spirit. You begin to perceive Its sacred halo in everything that exists. And the more sensitivity you achieve, the closer you get to mysticism. All your experiences are steps bringing you closer to the Truth. The more you reveal the designs of the Great Spirit and flow synchronically with It, the more practical you become when solving the troubles of the material world. With your thoughts merged with Heaven and your attention set in your walk, you live close to the Truth: the Universal Truth.

When you are aligned with the divine force, wonderful things happen,

even those, which you thought were mathematically improbable. At this stage, when you connect with the Universal Truth, your understanding of the ways of the Great Spirit is even less. You feel as if you are a part in a Universe, which exists, in perfect order, and nothing happens without a reason. You begin to feel as if you are an essential piece of a sacred puzzle. You finally understand that your attitude, your thoughts, your words, your actions are relevant when completing the beautiful puzzle of life. Who knows why or for what purpose? But... wonderful... isn't it?

### **Sisters and Partners**

Really, those who achieve to master their minds are genuinely free. We are all seeking for happiness and she is the little sister of inner peace. The practice in life must be focused to achieve inner peace. If anything causes turbulences it must be rejected. Probably the mind will resist, finding excuses or justifications. But know this: happiness goes hand in hand with inner peace.

Without inner peace there is no health  
Without inner peace there is no joy in life  
Without inner peace there is no space for love.  
Without inner peace there is no communion with the Divine.

Meditate and seek for an answer. Be strict in this principle: **I will bring to my life whatever brings about my inner peace.** This practice will reward you with great happiness.

### **Look and/or See**

Eyes are the organs of sight. But you see with your consciousness. You have eyes to look and a third eye to see. You have an ordinary vision and inner sight (in-sight). When you look, you must also try to see. You must learn to recreate and feel at the same time. You must train your eyes and fine-tune your inner sensitivity. Whenever you look superficially you must also see deeply. There is beauty in the forms, but do not limit your vision to contour, you must see through. Outside there is external beauty and inside there is real perpetual beauty. Look deep and see what is real in everything. Don't be superficial, be profound. Look in someone's eyes and touch their soul. Dive into the soul of others, find each other, and make contact. Practice looking and seeing simultaneously, you'll feel alive and more conscious. Your heart will ignite and your mind will comprehend. Be firm in your eye contact but don't make others uncomfortable, blink to ease the tension, let the other person express himself through you, do not compete in concentration.

Be aware of the moment and attentive of the other person. Look and see. Observe, feel, and connect. You will experience the magic of the souls and the concordance, which they always manifest. Just let them express themselves, let them dance. Looking is for the mind and the

desires. Seeing is for the soul. Enjoy every dimension of your Self. Look and See. Be yourself, always conscious. Omn Shanti.

### **A Present Mind**

We are generally very superficial. We live our life from the external dimension, without conscious insight. To live a profound life we must exercise the “absolute attention”. This is different from concentration. Attention implies affection, caring, love and is engages the entire Self. Absolute attention is being in love. It is a state of love, of infatuation with oneself and for oneself. No exterior conditions. It does not require the presence of somebody else. It cannot be projected. There is no need to exchange. One just “is” very much in love with everything.

Attention is the action of intentionally register facts in our psyche. For instance, be attentive to praise and criticism, only observe the fluctuations of our ego, without judgment. Only being attentive and diligent. Focused in the absolute perception of who we are. Deprived of analysis, or thoughts, or memory, only consciousness. A healthy mind is a mind without conflict.

In our present state of mind we are fractured, therefore confused. We cannot perceive clearly because there is disorder. A healthy mind is in complete psychological freedom. A free mind is a diligent mind. A diligent mind is an attentive mind. Diligent is not negligent, on the contrary. Diligent is careful, precise, orderly, affectionate, detached, sensible and correct. A diligent mind is a healthy mind. A mind like this doesn't repeatedly repeat, it is original and flexible, it naturally and spontaneously adapts.

A healthy mind is a present mind. A present mind is a mind without movement. Without movement doesn't mean static. On the contrary, it is very dynamic. The dynamism of a present mind acquires a different dimension. A mind without movement is a silent mind, and when the great silence is installed, then the Divine manifests, and all that is sacred and true become clear. The silent mind is beyond reason and feeling, in a state of silence, without thought, without time. The Self enters its own timeless dimension. The conscious state is a perfect combination of love and wisdom. From that state of mind Peace and Happiness emerge.

### **Project or Perceive**

I'll try to interpret from my own point of view another “illusory” aspect of the mind. When I refer to “Project” I mean when the individual takes information from the exterior world and filters it through his mind, his memories and fantasies, his desires and needs and the longings of his heart. Inputs become distorted, reality mutates. The perceptive mind changes existence or the natural and instantaneous moment of an object. A projection is a fantasy, the object does not exist in itself as it

is; it becomes a mental creation (what yogis call Maya: the illusion).

When I refer to “Perceive” I observe that the mind grasps reality as it is. The mind receives the input and the psyche doesn’t process it nor filter it. The mind takes information from the environment without prejudices nor illusions, no passion, no instinctive aversion. To perceive is to see and feel the true nature of things, just as they are. The psyche tends to adjust, for this is its nature. During perception, the act of perceiving does not require any primary judgments, only what is perceived is received. Even after the intervention of intuition and intelligence, the perception of reality is still untainted.

To Project is to filter through our subjectivity. Perceive is to see reality as it is. To explain it I will use an analogy. I will describe something that happens every year to me as a teacher. As it may, my life has taken me to practice, understand and teach Hatha Yoga and Raja Yoga, as well as the teachings and psychological studies of wise men such as Buddha, Hermes, Krishna, etc. The mere fact of being in contact with these vibrations has bestowed me with a certain charisma. This is not my merit. It happens to every teacher. It is the result of practice. Through practice I have gained a certain power. This magnetism is inherent to the practice. If I stop practicing, it fades away. If you are disciplined in the practice, then its energy (prana) irradiates through you. But the second you stop practicing, the mind becomes blurry, you lose objectivity, you lose perception. Therefore you start projecting by filtering reality through your subjectivity, identifying yourself with the objects/situations. If you practice, you are closer to happiness. If your practice weakens, so do you, and suffering appears. When practicing, the individual is conscious about the different shades between projection and perception. The more elevated and subtle the practice, the more elevated and subtle his realization in life. With practice, the mind gets stronger, and the consciousness becomes more perceptive. Without practice, the mind starts projecting and you are trapped in your own illusions. A slave of your mind. Things cease to be what they really are, and reflect your own weaknesses. It is a senseless game. One must be aware of the rules.

The mind is uncertain and fantasizing. Projection blurs our consciousness. Projection is the source of suffering. Psychological suffering is rooted in this virtual appreciation.

Perception is the source of happiness and joy. In my experience, I lead a Yoga Teachers’ Training Course which I call Course to Self-Knowledge. Apprentices are different every time, but perception and projection are constant.

What does the apprentice see in me? Really he doesn’t see me as I am. He projects, idealizes, fantasizes and arguments a variety of illusionary combinations. Then, through his own projection he develops a certain affection and admiration towards me. His subjectivity is

moved. His feelings and constructions are not real, they are fabricated by the mind. This is projection, not perception. A state like this is easily modified. The apprentice may simply love me or hate me, be attracted to me or feel rejection. For projection is subject to the oscillations of the mind. It is a superficial state. It is fragile. It doesn't stand on solid ground.

As the Course advances, and the apprentice develops his own practice, his mind gets clearer. He begins to "perceive". The teacher is the same, at the beginning of the course and at the end. The inner process of the apprentice is transformed. His consciousness inputs and processes reality in a different way. He becomes free from the trap of his own mind.

One must learn how to discern real from false. When one perceives, one is capable of love. When one projects, probably feelings may oscillate between love and hate, passion and aversion, fascination and rejection, idealization and criticism. A mind that projects is filled with prejudices. If you project, you live within duality. You just need time for it to manifest. And you will bounce from one polarity to another, and suffer consequently.

A mind which perceives is stable. The pendulum is steady in the center. Such a mind doesn't fluctuate between good and evil, it perceives the real Self. A mind that perceives doesn't deceive. It is not enslaved by passions or aversion. A mind that perceives is in the center of the Self.

When a mind perceives, it is capable of love. It is the manifestation of the real consciousness and it is timeless. Reality is perennial, Illusion is erratic. True love and the capacity of loving are constant. It is real, therefore it is perceived. If you love, you perceive with intuition, not through the eyes of the mind.

If you see, you perceive and exist outside the timeline of the mind.  
If you look, you project and exist in the temporal fluctuations of the mind.

## **The Mystic**

Mysticism fundamentally includes, among other aspects, everything related to thought. Or those thoughts classified in the "four forms or possibilities" which are:

1. The thoughts originated in the mind
2. The thoughts originated in the soul
3. The thoughts originated in another Self
4. The thoughts originated in the Universal Mind, or Cosmic Consciousness (Yogis) or Collective Unconscious (Jung) or God (religions) or Great Spirit (native)

The Mystic develops the capacity to distinguish which of these four types of thought is expressed in the mental screen (chitta).

The first type of thought has a double nature, both come from inside the individual:

1. The thoughts originated in our own mind. Memory (past), imagination, projection into the future, analysis, comparison, deduction, investigation, inference, reason, mental continuum (experiences from past lives or processes of the Soul reincarnated with existential wisdom)
2. The thoughts originated in our soul. This is not tainted with our subjectivity. I call it pure thought. It has its own vital force and power. A thought of the soul is precise and exact. It has no space or time, and therefore it can adapt to any circumstance. Imagine that you set off an arrow and hit the bull's eye at the perfect time. Like an archer who hits the mark at the precise moment. This resembles the pure thought. A detached thought. It knows no error. It is not steered by conveniences, passions or aversions. It is not selfish. Therefore it results in happiness for the individual and others. It is driven by discernment and pure intuition, it results from the interaction of both cerebral hemispheres.

Error results from the mind. It reflects the needs of the individual. Therefore it is selfish and conditioned. It is negligent and charged with subjectivity. It produces doubt, it is unstable and results in confusion and suffering. The majority of the human thoughts of this time are of this kind. This is due to the lack of connection between the psyche and the Soul. It seems that we will soon enter the Golden Age, in which everyone is in touché with the superior Chakra Sahasrara.

The second type of thought has also a double nature, but these are originated outside the individual:

3. The thoughts originated in another Self. In order to recognize this kind of thought, one must achieve a silent mind. The brain must send out Alpha Waves.
4. The thoughts originated in the Universal Mind. This is a quality of a Prophet or Saint. "It is the voice of God". This happens to very few individuals.

The vedas (sacred texts of ancient India) were revealed as inner voices to the Rishis (wise men who lived in the Himalayas 10.000 years ago). A thought of this type is timeless. Prophecies are an example of these thoughts.

**Divine Love. Human Love.**

You have awakened.  
You ignited my heart  
Changed my thoughts  
I do not recognize myself any more  
You have created magic  
Enchanted forests  
And perfume of sandal  
Stars made of water  
Dancing for us  
At our feet, a tapestry of red hats  
The hum of the river, the sounds of the water  
You blew strange and difficult winds  
Happy trees bid us adieu  
The gift of Love, Love  
A priceless gift bestowed  
Vested us with good fortune  
Good Love  
Love and gratitude  
You are welcome

Thank you God for the life you gave us, thank you God for uniting us.

(tables)

