

# AUPA e - Newsletter

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Associate Editor: Dolly Seth

## Mantra to Ponder

### TIPS ON MEDITATION

Spiritual masters ask us to practise meditation. Meditation can happen on several levels. Higher the level, less is the use of will power. It is more of being guided by love and inspiration. Few are however on this level. Most of us need to persuade our mind to dwell on elevating, purifying thoughts. Given below is a set of three mantras from an Upanishad, where we find instructions on the practice of meditation.



Assume a posture that facilitates long sitting; be in a solitary spot; be clean; keep your neck, head and the main part of the body in one line. Let go of your identities such as 'I am a man, I am a householder, I belong to such and such a professional

group'; keep your senses under control; bow down mentally before your spiritual teacher. 1

*vivikta-deshe cha sukhāsanasthah  
shuchih sama-greeva-shirah-shareerah  
atyāshramasthah sakalendriyani  
nirudhya bhaktyā svagurum pranamyā*

Turn your attention to the heart lotus within you, which is ever pure and free of extroverted-ness; reflect on the divine truth within you that is transparent and devoid of sorrow. Contemplate on Shiva, who is unthinkable, unmanifest, infinite, serene, immortal and is the source of this vast creation. 2

*hrit-pundareekam virajam vishuddham  
vichintya madhye vishadam vishokam  
achintyam-avyaktam-ananta-roopam  
shivam prashāntam-amritam brahma-yonim*

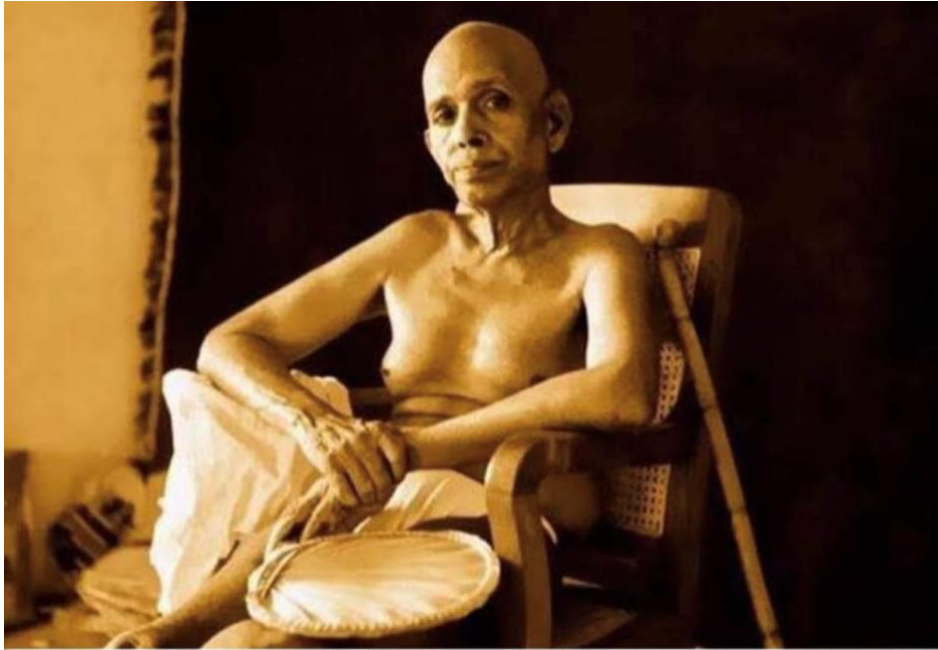
Meditate on the truth, which has no beginning, middle or end. It is all-pervasive, conscious, blissful, formless, and amazing. Meditate on the truth as the Supreme Lord, accompanied by Divine Mother Uma. He has three eyes, blue neck and is every serene. Meditating on Him, you will reach that Source of all life forms, which is the witness of everything and is beyond darkness. 3

*tam-ādi-madhyānta-viheenam-ekam  
vibhum chidānandam-aropam-adbhutam  
umā-sahāyam parameshvaram prabhum  
trilochanam neelakantham prashāntam  
dhyātvā munir-gacchati bhoota-yonim  
samasta-sākshim tamasah-parastāt*

Mantras 5, 6, and 7 of Kaivalya Upanishad from the Atharva Veda

**BE STILL, BUT HOW?**

*Jiva and Siva*

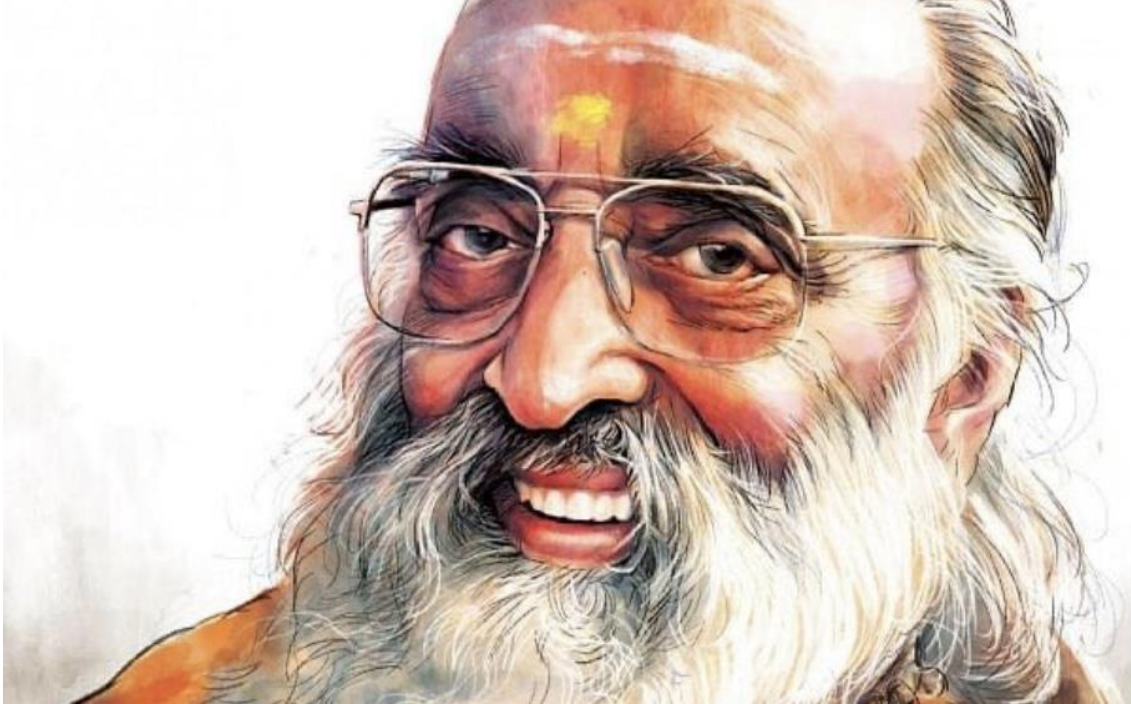


***If the head of the jiva is fixed at the feet of Siva, the jiva will shine as Siva himself. This is because the petty ego, losing its nature of moving (being unsteady), remains still in the real state of the Self, which is motionless.***

**Shri Ramana Maharshi** (in *Guru Vāchaka Kovai*, verse 514)

(This teaching is especially precious to those who have read a lot but suffer from unsteadiness of mind. Devotion to the Lord of the universe can help us derive the true benefit from all the scholarship we gather. Here is one more example of how Bhagavān harmonizes bhakti and jñāna! – Editors)

## OUR TOMORROW



*Man can change his destiny – not by wishing for it – but by working towards it.*

**Pujya Swami Chinmayanandaji**

[It is worth noting that Pujya Swamiji was more for meaningful action than for soothing philosophy. Though he taught lofty Vedānta works, which praise contemplation and meditation, he upheld sincere effort and hard work. He knew the burning need of millions of people, which was to get up and get going. Very few are indeed fit to renounce and meditate. – Editors]



Swami Chidananda

## **GEETĀ IN PLAIN ENGLISH**

Geetā is a great work that guides us in living rightly. When we live unintelligently, we lose peace of mind and struggle with many inner and outer conflicts. Right living therefore is the main topic of the Geetā. Tips on right living are supplied throughout the 700 verses of the Geetā, using different words, phrases or expressions.

Let us take one of the tips: We should take up such work that makes it possible for us to give our best to the welfare of others. Shri Krishna gives us more details on this piece of advice by saying that our focus should be on doing our work in the most excellent way possible and we should not waste our energies on thoughts of possible failure. Every failure, if it takes place, is our learning ground. We need to re-examine whether we were wise in choosing the action and, if yes, whether we performed it in the right way with a spirit of serving others. God takes the responsibility to reward us with good results.

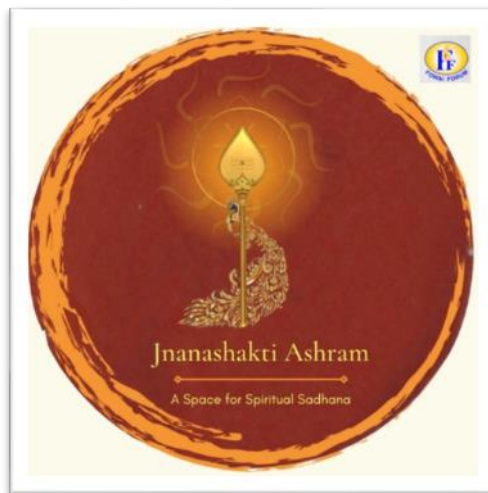
A second tip can be Lord Krishna's advice on the need to constantly remember Him while doing our duties. He, who is God, is all-knowing and all-powerful. Our limited intelligence will be much benefited by submitting to God's will. What is more, such a submission to God with love and devotion acts as a powerful agent of change in the content of our mind. Purer thoughts and nobler emotions will fill our intellect and mind, which can make a big difference in the way we face challenges in daily life.

A third tip is that we should believe more and more in the hidden potential within us. We can be much more loving and lovable than how we perceive ourselves at present. Through faith in God, in noble values of life like truth, nonviolence and self-control, and in spiritual practices, we can discover the divine within us. To be divine does not mean here some supernatural abilities like walking on water. To be divine rather means we can work better, express goodwill towards all against unfavourable circumstances and maintain true cheerfulness amidst success and failure.

Fourthly, as we study the Geeta, we begin to understand more and more clearly how our own unwise actions had previously bound us or limited us, and how good actions now can unshackle us on one hand and empower us to achieve greater heights of loving service to the society around us, beginning with our own family. This loving service is bound to make us feel greater meaningfulness in our own life. When we feel that our life has become very meaningful, we live in happiness and can contribute to others' happiness too.

**Swāmi Chidānanda**

An Update on  
**JNĀNA SHAKTI**  
A Centre for Vedānta Studies



*Slow and steady wins the race. Obstacles have not deterred us. Criticism has not discouraged us. Our mentors have advised us not to mind the world, which may not understand us, but to understand the world and move on.*

*We will soon give you the good news that the work has begun!*

**Team AUPA**



## THE MĀNDUKYA UPANISHAD

### *UNCOVERING THE TURIYA (THE FOURTH)*



The Māndukya Upanishad, with just 12 mantras in it, is all the same considered by many as the most profound among all the Upanishads. When studied with the 200 explanatory verses, called kārikās, supplied by Shri Gaudapāda Acharya (the grandguru of Ādi Shankarāchārya), it is of course a very powerful source of numerous insights of immense value. In this piece of writing, let us take a look at the 12 mantras of the Upanishad proper.

The mysticism of the teachings here begins with the declaration that Om, the sacred sound, is itself all this universe. All that is created and the 'space and time' in which the creation is seen are no different from Om. This Upanishad thus accords an extraordinary place to the sound Om, which apparently becomes everything. It would be interesting to note that the primordial sound Om surpasses the high place that modern physics gives to the matter-energy duo. In physics,  $e = mc^2$  ties together matter (m) and energy (e), with the speed of light – c – joining the equation. In spiritual wisdom, it appears the mystic sound Om, which is certainly above the concept of sound that physics speaks of, is the basis or source for all the five components of the universe, viz. space, time, light, energy and matter.

Om is then described as made of three sounds a (pronounced as u in the word cup), u (pronounced as u in the word put) and m (pronounced as m in the word drum). These three sounds come together to make Om. Symbolically, and in ways that are much more than symbolism, a-u-m are how we see ourselves in the three states of experience, viz. waking, dream and deep sleep.

The Self, which is of the nature of Pure Consciousness (chit), appears as the waking state (*jāgrat-avasthā*), the dream state (*svapna-avasthā*) and the deep sleep state (*sushupti-avasthā*).

First it seems that one goes from waking to dream, and to deep sleep. Then, upon more enquiry and gaining a better understanding of the Upanishad's revelations, we begin to think that the three states (*avasthās*) happen upon the substrate of the Self, one after another. Upon gaining further clarity on the matter, we realize that there is no single space-time domain where these three states happen. Waking and dream have their own, distinct space-time sets. Deep sleep has neither space nor time! Therefore, we conclude that the Self experiences itself as the waking state and dream state. These two experiences are not on the same axis of time. The deep sleep state, really, is not another state at all. It is the Pure Self.

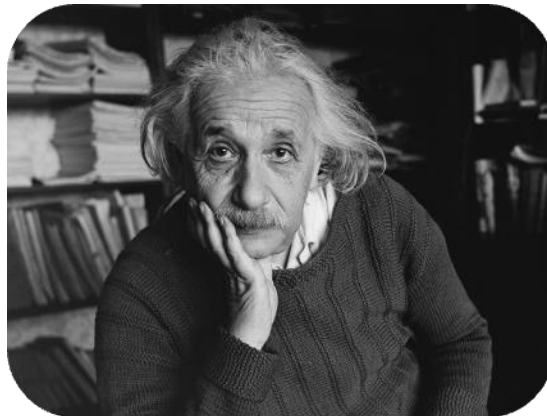
The fourth (*turiya* in Sanskrit) is not really the fourth. The Pure Self is not even the third. It is ever the One without a second. Ideas of second, third and fourth are just part of certain thought development, to be dismissed in higher contemplation.

The next piece will complete the summary of the 12 mantras of the original Upanishad, to be followed by two pieces on the *kārikās* only.

*[This is the eighteenth piece in this series after the Upanishads – Ishā, Kena, Katha, Mundaka, Taittiriya-1 (shikshā-valli), Taittiriya-2 (Brahmānanda-valli), Taittiriya-3 (Bhri-gu-valli), Brihadāranyaka (in four parts), Chāndogya (in four parts), Kaivalya and Amrita Bindu were introduced in the previous sixteen articles. – Editors]*

### Quote of the Issue

## DOES MODERN SCIENCE OPPOSE SPIRITUALITY?



*"Science without religion is lame, religion without science is blind."*

**Albert Einstein (1879 – 1955)**



[This famous aphorism of the greatest scientist of the 20th century has been the source of endless debate between believers and non-believers wanting to claim him as their own. For spiritual seekers, the above words have been reassuring for the great man here acknowledges the limitations of science if the element of faith is kept out. He admits that mere reason cannot go far. He expresses his view that things like intuition, insight and the leap of faith can help scientific research go farther and faster. – Editors]

**Smt. Indira Gautam**  
**Writes from the US**

### **IF WE WANT OUR LIFE TO BE TRULY GOOD**

Though, in a sense, this world is full of wonders and we naturally get attached to the many enjoyments possible on this planet, no one can strongly differ from the words of the wise, who say that life is filled with sorrow.

*On this poisonous tree called the worldly life,  
there are but two nectarine fruits;  
the savouring of verses of wisdom and  
having company of the pious and the wise<sup>1</sup>.*



In the verse above, our life is compared with a tree bearing poisonous fruits. The context is of course what we make of our life, with our egoism and bad habits. Hardly anyone is free from selfishness, which, like a thorn in one's flesh, keeps hurting us.

The verse also offers a way out. We must regularly drink from the fountain of wisdom, especially contained in 'verses of wisdom' called SUBHĀSHITA, and we must not miss SATSANGA, which is association with pure-hearted souls.

*As we think, so we become* – is an old saying with much truth in it. Learning *subhāshitas*, remembering them and trying to live by their guidance can significantly reduce our ego and ego-born desires. Likewise, regular company of saints and saintly people makes us desist from wrong actions, words and thoughts.

In summary, life has problems but there are solutions too. We will do well to equip ourselves with the solutions well in time.

Many best wishes to all of you, dear readers of AUPA, in making your life truly good, virtuous, and happy!

**Indira Gautam**

1 The Sanskrit verse goes as follows:

*samsāra-visha-vrikshasya  
dve phale amritopame  
subhāshita-rasāsvādah  
sangatih sajjanaih saha*

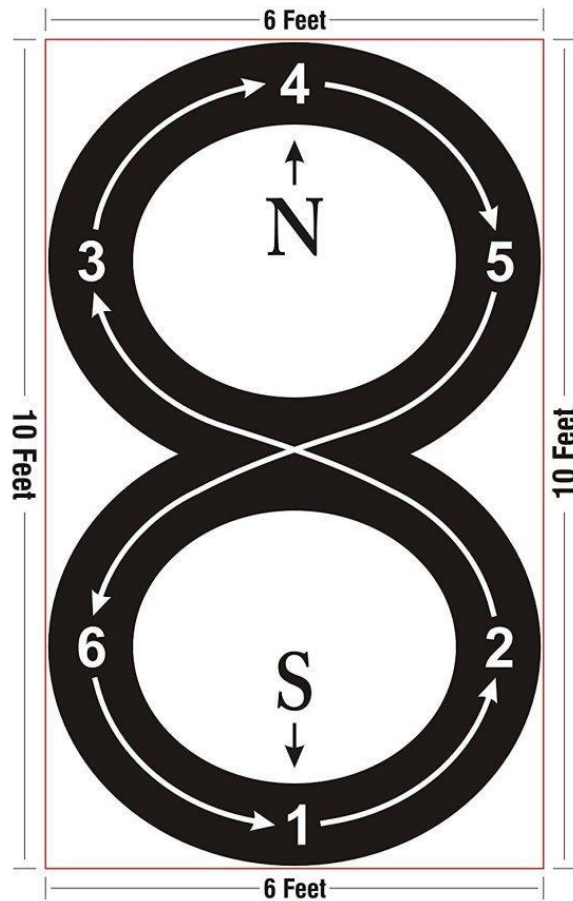
**Health is You**

### **‘FIGURE OF EIGHT’ WALKING EXERCISE**

“Healthy 8” is a walking technique introduced by Siddhas in India a few thousands of years ago. Regular walking itself gives you good health but this ‘Figure of 8 Walking’ gives much more benefits. You will inhale larger amounts of oxygen and any phlegm in the lungs will come out in a short time when you do such walking. Inhaling more oxygen leads to your body getting energized much more than otherwise. Being regular in this ‘Figure of 8 Walking’ can be your way to enhance your productivity and be happier than ever before.

Make it a habit to walk in the shape of '8' both in the morning and in the evening when your stomach is empty. Preferably, walk at 5 am and 6 pm. Make clockwise walking movements along south-north directions for about fifteen minutes. Follow this my walking in anticlockwise movement for 15 more minutes.

By practicing '8' shaped walking regularly, you will experience huge relief out of thyroid, digestion problems, obesity problems, knee pain, weight gain, constipation, arthritis, etc. The eight shaped walking can balance your body's blood pressure and bring down blood sugar levels.



These simple discoveries need to be shared with more people. More and more people should get well and maintain good health without medication

## **MENTAL BARRIERS ARE WORSE THAN REAL ONES**



A marine biologist put a shark into a big tank at the time of a research experiment. Followed by that, he released some tiny bait fishes into it.

As expected, the shark did not wait to attack those fishes and ate them. Later, a clear fiberglass was inserted into the tank which partitioned the tank into two and the shark remained in one side.

A similar set of bait fish was sent to the other side of the tank like before. And the shark attempted to attack those fishes but failed by hitting on the fiberglass.



The shark attempted for several days until it gave up. Later, the biologist removed the glass from the tank but the shark did not try to attack the small fishes.

The shark continued to see a false barrier in the tank and stopped his attempts.

**Moral:** It is quite common for many people to give up after many setbacks and failures. The story urges us to keep trying and never to give up despite multiple failure

## Webinars



**PRESENTED** by Swāmiji on Sundays at 8.30 pm IST

June 11, 2023	246	Understanding Hinduism	Episode 3
June 25, 2023	247	Visiting Kaivalya Upanishad	-



**TO BE PRESENTED** by Swāmiji on Sundays at 8.30 pm IST

July 9, 2023	248	Understanding Hinduism	Episode 4
July 23, 2023	249	Geetā in Plain English	-

To join these webinars on Sundays at 8.30 pm IST, please go to YouTube, FOWAI channel at the time. To join on Zoom, where you get to see other participants and ask questions through voice, please Email [fowaiforum@yahoo.com](mailto:fowaiforum@yahoo.com)



**Nagpur, June 2 thru 7:** Nearly 20 young women and men listened to Swāmiji for almost 35 hours over 6 days as he took up various aspects of Hinduism. They were doing The Leadership School program, which is a 15 months residential course. Some controversial issues like caste and gender discrimination were also examined. Mr Biren Bhuta and a small team of organizers facilitated all these classes at the facility called Nagaloka.



Some of the participants at the 6-day course on Hinduism, Nagpur, June 7, 2023

**ONLINE Talk, IRC Kolkata:** The event finally took place on June 10 where Swāmiji spoke on 'Convergence of Yoga and Spirituality'. Mr Saikat Majumdar of the International Relations Council was the master of ceremonies.



**June 12, Meditation and Study Circle:** The online talk on 'WANTING TO BECOME, A Cause of Sorrow' by Swāmiji, received good response from people in Bengaluru and at other places.

**June 27, 28, 29, Bengaluru:** Many new faces in the audience marked the talks as Swāmiji elaborated (in Kannada) on 'Selected Gems from Shānkara-Bhāshya on Geetā' at the Shankara Jayanti Mandali in Jayanagar 3<sup>rd</sup> Block.



## DHIMAHI

Deriving Holistic Insights into Management  
from the Heritage of India

**Vasanta College for Women, Varanasi, June 16:** Swāmiji delivered an online talk on 'G20 and Vasudhaiva Kutumbakam'. A large number of students of MA and Med were the main audience.

Internal Quality Assurance Cell (IQAC)  
**VASANTA COLLEGE FOR WOMEN**  
Admitted to the Privileges of Banaras Hindu University  
Rajghat Fort, Varanasi

Organises a Special Resource Lecture  
on  
**G20 &  
VASUDHAIVA KUTUMBAKAM**  
by  
**Swami Chidananda ji**  
16 June, 2023 at 12:00 Noon - 01:00 PM  
(Students of M.A. & M.Ed.)

Online Platform : Google Meet

Video call link: <https://meet.google.com/evt-ensf-cbk>

**Sanatana Gurukulam, Bengaluru, June 18:** 'Satya – The Basis of All Spirituality' was the topic on which Swāmiji spoke at the online event. This Gurukulam has launched a number of programs to educate people – young and old – on Indian culture, spirituality and allied topics. Interested people may visit their website – [yogabharati.net](http://yogabharati.net) – for the courses they offer. Ms Arthi was the master of ceremonies.

**Visit to Shri Ramanashrama, June 21 thru 23:** Swāmiji was at the Ramana Ashrama in Tiruvannamalai for three days, during which he met Dr Anand Ramanan, the President of the Spiritual Centre. He also met and had a brief discussion with David Godman, the author of many books on Ramana Maharshi and H W L Poonja. In addition, he went to the Gurubhoomi where the *samādhi* of Swami Shantananda Puri is located, in the village of Pandithapattu.



Meeting with The President, Shri Ramanashramam, June 23, 2023

**Meeting Swami Tanmayanandaji, June 24, 2023:** Tanmayanandaji, an ardent devotee of Shri Ramana Maharshi, lives in Tiruvannamalai, engaged in study and meditation. He is also the head of the Hamsa Ashrama near Hosur/Bengaluru. Swāmiji and Tanmayanandaji know each other since 1998. The two met for an hour or so and shared a lot of spiritual observations.



Swāmiji flanked by Tanmayanandaji and Srinath (from Dallas). The holy hill Arunachala is seen in the background.

**Guru-Purnimā Celebrations, July 3, 2023:** The special day that comes once every year, when we express our utmost gratitude to the lineage of our spiritual teachers, was celebrated in a ceremonial manner at the Juhu Gymkhana. Details will be given in our next issue.

**Talks at Shankara Jayanti Mandali:** After six talks were given in May and June, Swāmiji will deliver three more on 17, 18 and 19 of July on the same topic – Selected Gems from Ādi Shankarāchārya’s Commentary on Geetā. These talks will be in Kannada.

**US Tour:** Along with Shri Bansi Mahajan, Swāmiji will participate in the Parliament of World’s Religions (POWR) in Chicago, August 14 thru 18. He will also visit the Arunachala Ashrama in Queens, New York, towards end of August. He will return to India after this six-weeks tour, the itinerary of which is getting final touches now.

(AUPA is the short form of AUPANISHADA-PURUSHA, the truth of the sacred source called Upanishads. This e-newsletter comes from Project Manager of the website: [aupa.in](http://aupa.in) – Upanishad Wisdom).

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