EDITORIAL

This issue of 'The Divine Vision' provides wisdom and knowledge to those treading on the sacred spiritual path.

Article by Bhai sahib Dr O.P Kohli on ***KRIYA HATH YOGA VERSUS KUNDALINI PRANAYAMA*** *Explains in simple words the difference and complexity of various yogas such as Kriya Yoga, Gyana Yoga, Raja Yoga, Bhakti Yoga, Karma Yoga Tantra yoga etc etc and the superiority of Kriya yoga over others as it is based on bypassing the monkey mind on the path of spirituality. He explains that in the practice of Kriya yoga you are not at all concerned with the distractions that are tossing within your mind. If your mind lacks the fundamental qualification of concentration, and is swayed by passions, depressed by worries, psychotic or neurotic, even if you are on the worst of mental planes, it makes no difference in kriya yoga. Whether you are tamasic, rajasic or sattvic, it makes no difference.*

Other very important and useful contribution in this issue is 'The meaning of each word used in Gayatri Mantra'. We normally recite this holy mantra without understanding the true meaning of words used by the great Rishis. Even though the mere recital and vibration of the mantra are beneficial but if while reciting one understands the meaning of each word the mantra has manifold and in depth impact on the receptivity of the brain. The main message through this mantra is that man should only pray to God for blessing him with wisdom in order to be capable enough to decide the right from the wrong and the will power to follow the path of righteousness. .

Dharma- The path of righteousness is beautifully explained by Dr. Manoj Pabrai in this issue.

The other interesting and useful advice from Dr. O.P Kohli is through – THE WISHING TREE which is implanted in us and grants what we wish whether good or bad. Hence it always pays to be positive in wishes, thoughts and approach as this alone leads to positive results. This is simple to understand and follow but we invariably tend to forget this and live in fear and negativity.

In the 'TOPIC FOR CONTEMPLATION' attempt is made once again to meditate and concentrate on Spiritual power of God undisturbed by any other thoughts just for 10 minutes per day out of 24 hours and see the miracle effect of peace and guidance from above.

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ॐ THE DIVINE VISION

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KRIYA HATH YOGA VERSUS KUNDALINI PRANAYAMA

By: Dr. O.P.Kohli

Although there are varieties of practices for awakening the inner power, most of them have brought man into conflict with the mind. Right from the beginning, man has not been able to make any tangible progress in spiritual life, because most of his time has been spent in fighting, controlling and suppressing the grosser tendencies of the mind. Since the tendencies of the mind are endless affairs, man has had continual problems with the mind. Even if one is able to control and pacify the mind for a period of six months, it is no guarantee that the mind will not lose its gales once more. After many years of quiet, the mind again becomes restless over petty matters. Therefore, it is necessary to discover a way which does not involve and confront the mind.

With this purpose in view, the ancient yogis designed a way for bypassing the nature of the mind in spiritual life, which was known as the path of Kriya yoga. This path is a combination of powerful practices based on Hatha yoga. In the practice of Kriya yoga you try to influence the mind through the body, just as you influence the mind through the ingestion of certain chemicals.

People have always known that the mind can be influenced. When you try to change the mind through the mind, it is Raja yoga. When the mind is influenced through self-enquiry, it is Gyana yoga. When you transform the mind through emotion, it is Bhakti yoga. When you try to change the mind through selfless service and detachment, it is Karma yoga. When you change the nature of the mind through herbs, it is part of Tantra yoga. When you try to influence the mind by adjusting and balancing the chemicals of the body that is Hatha yoga.

In the practice of Kriya yoga you are not at all concerned with the distractions that are tossing within your mind. If your mind lacks the fundamental qualification of concentration, and is swayed by passions, depressed by worries,

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psychotic or neurotic, even if you are on the worst of mental planes, it makes no difference in kriya yoga. Whether you are tamasic, rajasic or sattvic, it makes no difference.

In Raja yoga you have to be constantly aware of the functions of the mind. You have to make your mind consistent and one-pointed, otherwise you will fail. But in Kriya yoga the constancy of the mind is not important; you are concerned with the practices only. The practices are done on the physical plane and the mind has minimum involvement. It is not necessary to be consistent and one-pointed, but you have to practise the kriyas in the manner specified.

The tradition

Kriya yoga is a compilation of practices taken from hatha yoga and different sources in tantra. For example, vipareeta karani mudra is a posture of hatha yoga, but in hatha yoga we do not teach the other details. Similarly, maha mudra and maha bheda mudra, the two most important kriyas, are also taught in hatha yoga, but not in detail. In the same way, naumukhi mudra is also taught in hatha yoga, but not in its complete form. In hatha yoga it is called shanmukhi or yoni mudra, in which you close the seven gates: two ears, two eyes, two nostrils, and the mouth. In naumukhi, however, all nine gates including the urinary and excretory orifices are closed. This leaves only the tenth gate open for the passage of prana and kundalini. So, in kriya yoga we teach a little more than we teach in hatha yoga. In our century the practices of kriya yoga are being taught by many people, but they have been simplified to a great extent. I do not want to simplify these practices, however, because if I do, future posterity will not know what Kriya really is. Although many people today are unable to practise kriya yoga in its complete form, they may be ready to practise it in a year or two, providing they know what it is.

Relationship between kundalini and kriya

Kundalini yoga is not a practice but a system, just as hatha yoga is not a practice but a system. Kriya yoga is one part of kundalini yoga; it is a practice and not a system.

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The word kundalini has to be explained properly. According to the modern writers, kundalini is a coiled serpent, but according to tantra, the word kunda means 'a deeper place'. When you make a fire sacrifice you make a small square hole in the ground in which you put the fire. When the fire is burning you offer oblations. When you offer oblations the fire blazes, so the word kunda literally means 'a fireplace in a hole'. Kundalini is Shakti; fire is Shakti. Kundalini yoga is the science of fire in the kunda. In this deeper fireplace the fire burns in dormant potential form. This is the sleeping kundalini. This fire is not physical fire; it is known as the yogic fire, which is also generated through pranayama. The external fire is only a symbol.

In the deeper place in Mooladhara chakra there is an **oval shaped astral lingam**. The word lingam has two meanings- phallus and causal body, but most people only understand the first meaning. The lingam in mooladhara is the causal body or you can say the unconscious of modern psychology. This is the total libido. In Kundalini Tantra and in Kriya yoga, we conceive of three places for the Shiva lingam- in mooladhara, ajna and sahasrara. In mooladhara the lingam is hazy; in ajna it is smoky, and in sahasrara it is luminous. The word Shiva here means the 'individual soul'. This is the relationship between kundalini yoga and kriya yoga. Kriya yoga is a practice of kundalini yoga.

Kundalini yoga has many more practices, not only kriya yoga. But the practices of kriya yoga are the easiest, the best and the most powerful. Furthermore, kriya yoga is most suitable for the people of these times because it does not lay down any restrictions regarding food, habits, marital life, etc. By following the path of kundalini yoga and practising kriya yoga, you can awaken your spiritual personality without interfering with your mind. Let your passions, jealousies, pride and prejudice continue. Live with your depressions and elations, pleasure and pain. They do not stand as obstacles on the path of spiritual awakening.

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The Meaning of Gayatri Mantra

By: Dr. O.P.Kohli

Rishis have selected the words of various Mantras and arranged them in such a way that they not only convey some meaning but their chanting also creates specific energies. Gayatri is a mantra which inspires righteous wisdom. It means that the Almighty God may illuminate our intellect, which may lead us on the righteous path. This is the most important prayer. All the problems of a person are solved if he is endowed with righteous wisdom. Having far-sighted wisdom, a man is neither entangled in avoidable calamity nor does he tread a wrong path. A wise man intuitively finds solutions to his problems. Those who lack this clear-sightedness find themselves always facing problems and ever living from crisis to crises. The worship of Gayatri mantra bestows the boon of righteous wisdom. The teachings of and the powers incorporated in Gayatri mantra fulfil this purpose. Righteous wisdom starts emerging as soon as Jap of this mantra is taken up as a Sadhana.

Om bhurbhuvah swah tatsaviturvarenyam bhargo devasya dhimahi dhiyo yo nah prachodayat

Om! Brahma or Almighty God

Bhuh embodiment of vital spiritual energy (Pran)

bhuvah destroyer of sufferings

swah embodiment of happiness

tat that

savituh bright, luminous like the Sun

varenyam best, most exalted

bhargo destroyer of sins

devasya divine

dhimahi may imbibe

dhiyo intellect

yo who

nah our

prachodayat may inspire

In short it is a prayer to the Almighty Supreme God, the Creator of entire

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cosmos, the essence of our life existence, who removes all our pains and sufferings and grants happiness beseeching His divine grace to imbibe within us His Divinity and Brilliance which may purify us and guide our righteous wisdom on the right path.

A man gets imbued with divine qualities contemplating and meditating on this **meaning of Gayatri**. One should contemplate on these feelings daily and regularly. Three prayer-filled meditations are given here which should be silently recited and projected on the mental screen through imagination.

1. "The Almighty God, who is known as pranav pervades all the three Lokas, viz, **Bhooha-lok, Bhuvaha-lok and Swaha-lok**. He is Omnipresent. The cosmos is physical manifestation of God who pervades its each and every particle. I am seeing Him everywhere. I would always refrain from evil thoughts and evil deeds and perform true worship of God by extending cooperation in promoting happiness, peace and beauty in this universe which is His creation".

2. "This **(tat)** God is extremely bright **(savitur)**, most exalted **(varenyam)**, devoid of sin **(bhargo)** and divine **(devasya)**. I visualise this Divinity within me, in my soul. By such contemplation, I am becoming illumined, virtues are growing in all the layers of my being. I am being saturated with these virtues, these characteristics, of God."

3. "That God may inspire **(prachodayat)** our **(naha)** intellect, wisdom **(dhiyo)** and lead us on righteous path. May our intellect, the intellects of our family members and of all of us, be purified and may He lead us on the righteous path. On getting righteous wisdom, which is the greatest achievement and is the source of all the happiness in this world, we may be able to enjoy celestial bliss in this life and make our human life purposeful."

We should contemplate and meditate on these three prayer-filled meditations slowly and pausing for a moment on each word and an imaginary picture of that word should be drawn in the mind.

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While contemplating upon the first meditation, it should be imagined that God pervades all the three Lokas, the earth, heaven and Patal (nethermost world). God should be visualised pervading these Lokas in the form of light, heat and electricity, life force (Pran) etc. This vast universe is the living physical image of God. The Sadhak should try to visualise in his imagination a glimpse of the All-pervading Omni-present God just as was given to Arjun by Lord Krishna. He should imagine that God is all around him and he is sitting in God's lap. It should be pondered how evil thoughts and evil actions could remain lodged in his mind and body in the presence of the Omni-potent Divinity. He should imagine that each and every manifestation of this universal Godhead is adorable and that well being lies in selfless service of this universe, this vast humanity and in beautifying God's creation.

While reflecting on the second meditation, one should imagine the extremely bright and luminous, supremely exalted God adorned with all divine qualities, seated on the throne of Sadhak's heart. God can be also visualised in the form of Virat Purush, Ram, Krishna, Vishnu, Gayatri, Sarsvati etc. and in the flame of a lamp.

God can be meditated upon in male or in mother's form according to one's own sentiments. God is female as well as male. Gayatri Sadhaks prefer to meditate on the Almighty God in the form of Gayatri Mata. Brilliance, supreme excellence, utmost piety, purity and divine righteousness should be visualised in the beautiful image of Gayatri Mata. It should be imagined that such a beautiful and virtuous divine power permanently dwells in the sadhak's heart and permeates all the pores of his body.

While thinking on the third meditation, it should be felt that the divine power of Gayatri has caught the intellect and feelings of our head and heart and is guiding them on the path of righteousness. We are pure, concerted and enthusiastic and are getting attained to move in the direction of righteousness with the grace of **Gayatri Mata**.

These three kinds of prayer filled meditations embodied in Gayatri are

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symbolic of Gyan-yog, Bhakti -yog and karma-yog. In fact, contemplation of the meaning of Gayatri amounts to immersion in the Triveni of these three kinds of yog.

By such contemplation, the meaning of Gayatri Mantra is fully assimilated in the heart of the Sadhak. The result is that in a short time his mind gets diverted from evil thoughts and evil deeds and he starts taking enthusiastic joy in righteous thinking and good actions. Howsoever little this tendency may be in the beginning it is almost certain that if the practice persists, the inner-self of the Sadhak becomes more and more awakened and the ultimate aim of life draws closer and closer.

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The Wishing Tree

(Excerpt of story described by Dr OP Kohli on LSF Anniversary day)

There was once a hermit named Hari who almost wore the soles off his feet travelling through the rocky heights of the Himalayas in search of a certain Wishing Tree.

Indian legends describe such miraculous trees as endowed with perpetual vitality and specially imbibed with magic power to fulfil any wish or idea of the person sitting under the tree.

Hari wanted to possess a wishing tree. Though the saint had learnt to consider the union with God as the greatest desire, but the hermit had not yet freed himself from lesser desires and had many lessons to learn.

Hari's awakened intuition led him to recognise that tree. He wanted to test occult powers of this strangely endowed creation.

Hari closed his eyes and thought, 'If this is a wishing tree, I desire the instantaneous materialisation of a mighty castle. The castle appeared near the tree surrounded by landscaped grounds and trees and gardens. It appeared very natural as if it had been there always.

Then being encouraged he made another wish, He be attended by bright eyed damsels and should be served with rare foods in golden plates. Instantly a feast was spread before him, as per his wishes, and he saw graceful maidens with sparkling eyes smilingly serving him.

Then Hari wished for a mighty army to protect him and guard his newly acquired treasures. And so did happen. There was a mighty army garrisoned near the castle and armed guards stood besides all the doorways. The hermit walked up the marble stairs and inspected part of his new domain and then retired

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to a secluded room on the ground floor. The low windows overlooked the garden and the deep forest beyond it. The big room he selected was so huge that its distant corners were shadowy and scary. The fear of jungle beyond and wild creatures began to haunt him.

Hari, unmindful of the miraculous powers of the Wishing tree, which fulfilled good or bad imaginations and fears, began imagining, 'The jungle is close by and the beasts are hunting for their food. If a tiger comes through the open window to get me, it will be my end.' Just as the fearful thought enveloped Hari, a ravenous tiger bolted through the castle window and carried off the terror frozen hermit.

Sri Swami Yukteshwar Giri Ji would often quote the story of 'The Wishing Tree' to make people understand that one should be positive with positive thoughts for future. God has granted wishing tree to everyone but it depends as to how we benefit from this grant. One should not concentrate upon failures, fears, diseases, ignorance as this all leads to lack of God communion. Always focus your mind on good things and positive achievements and the wishing tree will lead you to your desired goals.

"AS YOU THINKETH, SO YOU BECOMETH"

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Positive Thoughts- Lead To Happiness

Suresh C Pahwa

***Have you ever thought about the fact that there is never a moment when you are not thinking—that whatever happens in this world begins with a thought*?**

To manage your thoughts is true key to positive thinking leading to success and happiness. Many people say that the thoughts cannot be controlled as these are governed by natural instincts and responses of any individual and very much depend on the circumstances and conditions in which he has to live. While this is true to some extent but there is always a remedy and scope of improvement if one resolves to improve and follow set of rules given by our spiritual gurus.

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1. RESOLVE TO BE POSITIVE

The first simple rule is to resolve that henceforth, whatever the circumstances, I would be positive in approach since positive thoughts lead to positive actions and negative thoughts would lead to negative actions. This firm resolution of being positive strengthens your will power and solves half the problem. In the process you resolve to adopt the right path of action and achieve positive results.

Such resolutions help to change our character and habits and gradually these go deep and get imbedded in us.

2. BE AWARE OF YOUR THOUGHTS

This is not as difficult as it seems. Watch your thoughts as a detached observer without identifying with them. In the beginning one tends to be carried away with thoughts, which is natural. Whenever you find this

happening, take yourself out of the thoughts and watch the flowing thoughts as an outside independent observer.

3. IDENTIFY NEGATIVE THOUGHTS.

Since you are independent observer to your thoughts you will not get disturbed. Do not try to justify or condemn or control them. It will be easy to identify the thoughts and categorise as positive and negative. Once this is done, one has to concentrate on the negative thoughts and analyse the reasons for emergence of such thoughts.

Analysis is the first strategy to be adopted to understand the emergence of negative thoughts but soon to dropped and replaced by resolved efforts to nip them as they take birth.

4. REPLACE NEGATIVE THOUGHTS WITH POSITIVE THOUGHTS.

Thoughts have the power to materialize themselves because they are instrument in channelizing energy towards the physical action. The most critical part of replacing negative thoughts with positive ones is the time factor. This should be instantaneous, if possible, as any time lapses will weaken the will power for replacement. The shorter the interval between the disinfecting and the replacing stage, the better it is.

Initially it is firm resolution and will power required for switching over to positive thoughts and actions but gradually we start seeing the benefits and happiness emerging and tend to adopt these transitions automatically.

5. HOW TO MAINTAIN AND STRENGTHEN THE POSITIVE ATTITUDE

You are bound to look at the external situations and the remarks of others which can harm us through our thoughts—but only to the extent our thoughts allow them to. So think positive. Talk

positive. Read positive quotable quotes of great people. Surround yourself with posters and cards bearing positive messages. Keep them on your table. Hang them on the walls. Paste them near the bathroom mirror and on the doors.. Keep them on the refrigerator. Have them on the dashboard of the car and other suitable places where you see often and every day.

These simple reminders will help us to filter the bad from the good during discussions and interaction with external world.

6. REINFORCEMENT OF POSITIVE THOUGHTS

This can be achieved by attending spiritual talks and discussions at regular intervals. Apart from daily prayers and meditation face to face interaction with your chosen guru or spiritual teacher, at least once a week, will greatly help in injecting reinforced positive dose. Such opportunity offers frank discussions and advice on such matters or thoughts which are stubborn and difficult to replace with positive ones.

7. WHEN TO START THE PRACTICE

It is natural tendency to postpone any such resolutions with simple logic and reasoning that we have to survive in this rough world and our positive thoughts and actions alone will not change the world. It is true that in this selfish and corrupt world there is no room for honesty and it appears that honest ones will only continue to suffer. But the ill gotten money never gives happiness and the end is always disastrous.

Why not to start the positive and honest way to live from today and enjoy the balance part of life in peaceful happy way rather than affluent treacherous life in which there can be bubble burst any day ?

Tomorrow may be too late- let us start following the positive path of righteousness from today.

Dharma - Path Of Righteousness

Dr. Manoj Pabrai

Dharma is the path of righteousness and living one's life according to the codes of conduct as described by the Hindu scriptures.

Moral Law of the World

Hinduism describes dharma as the natural universal laws whose observance enables humans to be contented and happy, and to save himself from degradation and suffering. Dharma is the moral law combined with spiritual discipline that guides one's life. Hindus consider dharma the very foundation of life. It means "that which holds" the people of this world and the whole creation. Dharma is the "law of being" without which things cannot exist.

According to the Scriptures

Dharma refers to the religious ethics as propounded by Hindu Gurus in ancient Indian scriptures. Tulsidas**,** author of *Ramcharitmanas*, has defined the root of dharma as compassion. This principle was taken up by Lord Buddha in his immortal book of great wisdom, *Dhammapada*. The *Atharva Veda* describes dharma symbolically: *Prithivim dharmana dhritam*, that is, "this world is upheld by dharma". In the epic poem Mahabharata, the Pandavas represent dharma in life and the Kauravas represent adharma.

Good Dharma = Good Karma

Hinduism accepts the concept of reincarnation, and what determines the state of an individual in the next existence is Karma which refers to the actions undertaken by the body and the mind. In order to achieve good karma it is important to live life according to Dharma, what is right. This involves doing what is right for the individual, the family, the class or caste and also for the universe itself. Dharma is like a cosmic norm and if one goes against the norm it can result in bad karma. So, dharma affects the future according to the karma accumulated. Therefore one's Dharmic path in the next life is the one necessary to bring to fruition all the results of past Karma.

What Makes You Dharmic?

Anything that helps human being to reach god is dharma and anything that hinders human being from reaching god is adharma. According to the *Bhagavat Purana*, righteous living or life on a dharmic path has four aspects: austerity (*tap*), purity (*shauch*), compassion (*daya*) and truthfulness (*satya*); and adharmic or unrighteous life has three vices: pride (*ahankar*), contact (*sangh*), and intoxication (*madya*). The essence of dharma lies in possessing a certain ability, power and spiritual strength. The strength of being dharmic also lies in the unique combination of spiritual brilliance and physical prowess.

The 10 Rules of Dharma

Manusmriti written by the ancient sage Manu, prescribes 10 essential rules for the observance of dharma: Patience (*dhriti*), forgiveness (*kshama*), piety or self control (*dama*), honesty (*asteya*), sanctity (*shauch*), control of senses (*indraiya-nigrah*), reason (*dhi*), knowledge or learning (*vidya*), truthfulness (*satya*) and absence of anger (*krodha*). Manu further writes,

"Non-violence, truth, non-coveting, purity of body and mind, control of senses are the essence of dharma". Therefore dharmic laws govern not only the individual but all in society.

The Purpose of Dharma

The purpose of dharma is not only to attain a union of the Soul with the Supreme Reality, it also suggests a code of conduct that is intended to secure both worldly joys and supreme happiness. Rishi Kanda has defined dharma in Vaisesika as "that confers worldly joys and leads to supreme happiness". Hinduism is the religion that suggests methods for the attainment of the highest ideal and eternal bliss here and now on earth and not somewhere in heaven. For example, it endorses the idea that it is one's Dharma to marry, raise a family and provide for that family in whatever way is necessary. The practice of dharma gives an experience of peace, joy, strength and tranquillity within one's self and makes life disciplined.

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CHIKUNGUNYA

Dr. Manoj Pabrai

Chikungunya fever is relatively a rare form of mosquito transmitted viral fever caused by chikungunya virus (CHIKV), an arbovirus of the genus Alphavirus (family Togaviridae) found in parts of Africa, India, Thailand and Malaysia. It causes febrile illness with debilitating joint pains and is spread by mosquito bites from the Aedes aegypti mosquito. The name is derived from the African local dialect Swahili or Makonde meaning "bent up" position in reference to the stooped/contorted posture of persons so infected as a result of the arthritic symptoms of the disease. Like dengue, chikungunya too is a disease of tropical and subtropical regions that occurs epidemically.

Chikungunya, myth and fact

There is a myth prevailing in some areas that chikungunya (chicken guinea as said by those folks) is a disease someway associated with chicken and should avoid consuming chicken at times of chikungunya epidemic breakout!!! The fact is that chikungunya is in no way related to chicken or Guinea.

How Chikungunya spreads?

Chikungunya disease is noncontagious i.e., not an airborne infection. The chikungunya virus is spread by the bite of an infected mosquito. Mosquitoes get infected when they feed on a person infected with the chikungunya virus. Infected mosquitoes then spread the virus to other humans when they bite.



Aedes aegypti (the yellow fever mosquito), a household container breeder and aggressive daytime biter which is attracted to humans, is the primary vector of chikungunya virus to

humans. Aedes albopictus (the Asian tiger mosquito) may also play a role in human transmission in Asia, and various forest-dwelling mosquito species in Africa have been found to be infected with the virus.

What are the symptoms of Chikungunya infection?

After an incubation period of 3 to 12 days, there will be a sudden onset of flu-like symptoms including a severe headache, chills, fever (up to 104°F), joint pain, nausea, vomiting and rash involving the limbs and trunk. Particularly, the joints of the extremities become swollen and painful to touch. There can also be headache, conjunctival infection and slight photophobia. Children may display neurological symptoms. The fever lasts only two days and recedes abruptly while other symptoms viz., debilitating joint pain, insomnia and severe prostration prolongs for a few days (5 to 7 days to a few weeks in some cases).

How is Chikungunya diagnosed?

Sudden severe headache, chills, fever, joint and muscle pain are the common chikungunya symptoms. Due to similarities in clinical presentation with dengue, limited awareness and lack of lab facilities, chances are there that Chikungunya may be misdiagnosed as dengue. The diagnostic tests include detection of antigens or antibodies in the blood using ELISA or molecular techniques like polymerase chain reaction. The antibodies detected by serological assays like ELISA require an IgM capture assay to distinguish it from dengue fever.

How to prevent Chikungunya?

As the disease is spread mainly by the mosquitoes Aedes aegypti or Aedes albopictus which are the same mosquitoes that spread dengue too. A person with Chikungunya fever should limit his exposure to mosquito bites in order to avoid further spreading of infection and should stay indoors preferably under a mosquito net.

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Chikungunya treatment and prognosis

No specific chikungunya vaccine or antiviral treatment for Chikungunya fever is available in allopathy. Treatment is symptomatic with rest, fluid supplementation, analgesics and antipyretics. **Aspirin should be avoided**. Antimalarial drug Chloroquine Phosphate (250 mg/day) may be found effective in some cases. Movement and mild exercise may improve stiffness and morning joint pains.

Chikungunya is a self-limiting infection and most patients recover fully from Chikungunya virus infection over time. They get better after a few days; however, sometimes joint pain can persist for a longer period although other symptoms might have disappeared. As this virus can cause thrombocytopenia (decreased platelets) that result in bleeding, care should be taken that the drugs used do not further drop the platelets or cause bleeding due to gastric inflammation or ulcer (eg: Aspirin usage).

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Topic for Contemplation

The Inner Silence

By Suresh C Pahwa

Our Guru Ji Sri Sri Parmahansa Yogananda and Daya Mata always used to say that God is the answer to every problem that we face in life. It is He, who in silence of our mind, imbibes the wisdom of righteousness and strengthens our will power to follow the path of righteousness. Once we are on this right path our present, near future and far future are automatically taken care of by Him. Knowingly or unknowingly we start performing all our duties for Him as He becomes our constant companion and guides us silently through our super-consciousness at every step.

It is the Inner Silence where one gets glimpses of the Self.

If the inner silence is so important to be with God and get His guidance what attempts are we making to achieve this? First of all we must understand the true meaning of Inner Silence. God is ever-existing, ever conscious, all powerful, ever new Bliss- ***SATCHITANANDA*** . The soul is ever-existing, ever conscious, all-powerful, blissful manifesting as individualised Being. It is by meditation that one realises this spiritual linkage. You are made in the image of the Divine – but you are ignorant unless this truth is realised through meditation under guidance of Guru .

We are today lost in externals of religion- in rituals and forms. The purpose of *pujas*, masses, and rites should be simply to inspire devotees to seek God within. Otherwise such outer forms of worship are useless.

As a first step let us resolve to put some time aside – may be just 10 minutes per day- when we contemplate on God and God alone. Let whole mind be absorbed in God and throw everything else out of your mind. Plunge deeper and deeper into omnipresence of the Infinite and let His love flow through our hearts. If sincerely followed- just 10 minutes out of 1440 minutes of the day can transform your life. Gurudeva Sri Sri Parmahansa Yogananda has brought all his wisdom and teachings to us through YSS and SRF and we can follow the laid path of Kriya Yoga – but let us take the first step today.

Personal Experiences of Devotees

By: Dr. O.P.Kohli

Instead of describing individual problems and solutions, as per usual practice, we are summarizing the issues since during visit to Jammu and Kashmir very big number of followers met Bhai Sahib to seek solace from their physical and psychological problems and it is difficult to describe each case.

During visit to Kashmir and Jammu, Bhai Sahib met many Hindu, Sikhs, and Muslim patients suffering from different diseases such as cyst, dermatitis, dropsy, eczema, bruised feelings, fungus infections , arthritic pains, gout pains, dysentery, burning sensations, constriction, constipation and cancerous growth in the breast and rectum. Some of the patients were living on borrowed time.

Bhai Sahib patiently listened to the problems and told depth of love and concern that Guru Ji Parmahansa Yogananda had for his disciples! By clinging to the faith and to the scientific healing affirmations of Guru Ji and the practice of daily meditation will clear their sins and they will be cured of all ills..

Bhai Sahib also exposed a few psychological kinks and the way to put things right in order to gain divine knowledge. God will turn their mourning into joy.

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Devotee's Questions & Answers

Bhai Sahib Answers

It is not feasible to print in this column all the questions & answers which are asked by the devotees during various discussions & discourses by Bhai Sahib. However, an attempt is made to give the frequently asked & interesting questions which can be helpful & a source of knowledge & inspiration to all.

Qn.1 What are the methods of controlling the senses?

Ans. Control of senses is vitally linked to control of the *Prana* in the body. For example a man has determined not to eat sweets, he may not be successful with will power alone, but he can conquer temptation scientifically by the technique of withdrawing his mind and energy from the nerves of the taste and banish the thought and sensation of sweetness.

If the telephone is disconnected, its message is cut off instantly. The Yogi must be expert switchboard operator for his sense telephones. The *Kriyayoga* technique is the highest *Pranayama* , the art of switching off the life force from the five senses.

Qn,2 How can we gain superiority of mind over the body?

Ans. Look after the body , but be above it .Put up a great mental barrier between your mind and body.

Affirm,"I am apart from the body. No heat, cold and sickness can touch me. I am free"

With the above your limitations will become less and less. You must train your mind to be completely apart from body consciousness.

Qn.3 How can we be always cheerful?

Ans. Cheerfulness is the best antiseptic that you can have plus the thought that you are all right. Life force enters the body through the agency of our interested, joyous attitude. It does not respond to a half –dead will.

Perform your daily activities with courageous cheerfulness and then you will see that a flood of vitality will move through all your muscles and through your entire body.

Qn.4 Where is the secret door to divinity?

Ans. You will have to unlock the sacred spinal door by the practice of scientific meditation. Short cut is Kriya Yoga techniques by Yogda Satsang Society of India.

Qn.5 Why is suffering so widespread on earth?

Ans. Pain or suffering is a cause effect principle operating in one's life. In this materialistic world bad *karmas* are inevitable and as per this cause effect principle sufferings are widespread and increasing. Unless the bad karmas are exhausted or replaced by good karmas, the sufferings will continue.

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NEWS AND EVENTS

1. LSF ANNIVERSARY CELEBRATIONS

The LSF anniversary was celebrated on 8th April 2012 in the Ashram and meditation centre at Chattarpur farms, New Delhi.

Aimed at offering a balanced foundation for living a truly successful life in today's world, the programme like the previous year , included meditation, yoga techniques, chanting, lectures, *satsang* and to practise the principles of co-operation , friendship, respect, right attitude, self discipline and service to others.

There was gathering of about 400 people sitting quietly and listening to the significance and importance of the scriptures from Ramayana, Mahabharata, Bhagawad Gita and other sacred sayings.

Bhajans favourite to Guru JI Parmahansa Yogananda were sung by Ms Mamta Jha and Ms Punam Gupta.

A story of Wishing Tree from a scripture was narrated by Bhai Sahib which helped the audience to better understand the importance of making God as part of their lives. Bhai Sahib said that enriched by joyous and trying experiences alike, let us go forward with eyes as the horizon of positive and worthy goals.

Since it was a great message from Dr. OP Kohli to all those present at LSF function , we give the story of 'THE WISHING TREE' as a separate item in this issue of 'The Divine Vision'

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Mrs Arora told the importance of charitable donations with examples from early scriptures.

The programme also had arranged free Aryuvedic treatment courtesy specialist Dr Seema Dargan and many members availed the opportunity. She told the audience that the highest ideal of cure is rapid, gentle and permanent restoration of the health or removal and annihilation of the disease in its own extent, in the shortest, most reliable and most harmless way, on easily comprehensible principles.
The function had Havan conducted courtesy Mrs Arora and later *bhandara & prasad.*

Every one appreciated the new look of the ashram and thanked those who contributed toward this achievement. Liberal donations were made by all towards auspicious missions of LSF and up keeping of the ashram. It was a great reunion of members of LSF who arrived to attend this function from all over India.

2. **Visit to Jammu and Kashmir (J&K)**

A LSF party composed of Bhai Sahib (Dr. O P. Kohli) Vijay Kohli, Vicky Kohli, Dr. Razdan , Mr Subash and few others visited J&K starting journey on 2nd June 2012.

The tour programme was inaugurated with meditation and sayings of Guru Ji Sri Parmananda Yogananda. To listen to the talks of Bhai Sahib more and more tourists joined the group. Even some security guards and workers of the Hotel left their duties to join the religious gathering. This type of programme was also organised a few evenings later under the auspices of Tourists' Hotels/Hut authorities. The participants were encouraged to

harmoniously develop body, mind and soul for a balanced life and performing their duties in a cheerful, selfless spirit.

Kashmir

Through the ages Kashmir has remained another name for paradise. A dream garden, painted a view each season and never fading in its compelling beauty throughout the year.

Spring comes in gentle pastel shades- pink, blue and white and in summer slowly brightening hills and valleys. The deep mellow richness of the red gold autumn turns the trees to fire and then suddenly it is winter, clean, white and hushed, coloured only by snow revellers on the world famous ski slopes of Gulmarg. And more- the charm of a house-boat, lapping journeys on a *shikara* past floating gardens, golf on greens, which roll at the foot of the majestic Himalayas. The golf course at Gulmarg is the highest natural course of its kind in the world. And fishing, camping, trekking riding in the vistas of the unimaginable scenic splendour in winter, the finest ski slopes stretching out an invitation –that is Kashmir.

The party visited Srinagar and listened to the soft murmur of river Jhelum. Its waters have flowed gently for ages through the centre of the state capital. The Dal Lake brightens slowly in the early sunshine with colourful reflections of the beautifully decorated houseboats. The net work of waterways laces the city together, and life flows alongside.

The Mughal Gardens have been laid out along its shores 400 years ago in a symmetrical profusion of flowers and fountains. The shops in the city are crammed with endless treasure troves of Kashmir's renowned handicrafts, all at bargain prices and yet priceless in their delicate beauty.

From the slopes of Dal Lake, the ruins of Hari Parbat Fort, the Hazratbal mosque, Shankaracharya temple and the Mughal Gardens show a panoramic view of Srinagar's beauty.

From Srinagar party went to Gulmarg

GULMURG

It is located on an altitude of 2653 meters and set amidst surrounding mountains' 52 kms from Srinagar. This round- the- year resort is set like a bright gem among towering peaks. The meadow of flowers changes colours with passing of the seasons. The heart of Gulmarg is its international golf course, green, rolling and the highest in the world. In winter Gulmarg coats itself with thick, soft snow turning the slopes into finest ski gradients. Trained instructors are available and the equipment can be hired. Gondola chair lifts are available to reach the heights of skiing, skating curling, ski-bobbing and tobogganing activities.

There are several huts, tourist- bungalows and hotels. The party stayed in the Pine-Palace Hotel for few days. The circular road girdles this Hotel through the pine scented trees providing panoramic views across the valley of the massifs of Nanga Parbat, Harnukh , the shrine of Baba Rishi, the rushing stream of Ferozepur Nallah, the excellent camping sites and the sunset peaks of Apharwat ridge. Mr. Nazir , the owner of the Pine Palace Hotel was very kind and hospitable to the LSF party. Keeping aside all the engagements he was so glued to the party that he forgot day and night. His hospitality, treasure of love, peace and understanding produced a great change in us. Physically the devotees felt stronger than ever before, emotionally much more stable and content and mentally quite secure, positive and creative. May God bless him with all comforts of life

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and a new way of looking at life as suggested by Bhai Sahib, Dr O. P. Kohli.

PAHALGAM

The party then visited Pahalgam.

Located 96 kms from Srinagar Pahalgam is heralded by gushing silvery streams of ice- water and densely wooded mountains. Soaring mountains and glistening glaciers, streams rushing past, softly whistling air does wonders for one's overwrought nerves by bringing a new sense of peace during meditation.

This resort is the ideal base for those interested in trekking, mountaineering or camping. There are many tourist huts, tourist bungalows and a good number of well-run hotels with all amenities. The party stayed there in a hut facing River Liddar and mountains at a commanding height. On the return journey we saw the ruins of the famous Sun-Temple at Mortand, the sprigs at Mattan and up ahead the holy hill side cave shrine of Aishmuqam . The staff of the hut at Pahalgam was very cooperative and they offerd all comfortable amenities.

The devotees of Lord Shiva in thousands were going to the Amarnath Cave via Chandan wadi, Sheshnag Lake and Panchtarni.

The party had a very nice time in Kashmir. A great calm descends during meditation. The devotees experienced a sense of caring, a sense of humility, a sense of gratefulness and tremendous sense of peace within.
After a week's programme the party left for Jammu, The Gateway to the Valley. The gilded temple spires glittering from afar, Jammu, the winter

capital of J&K, is parked picturesquely like a jewel on the summit of the first sloping ridge which rises from the plains of Punjab. The river Tawi flows along the forest hills and the tall peaks of Trikuta range and provides a mountainous backdrop. Jammu is also the state's railhead. Trains from all parts of the country stop here. The onward journeys have to be made by buses, coaches or cars/taxis. We visited Raghunath temple, Amar mahal palace, Baghi Bahu Fort and enjoyed the exquisite beauty of Patni Top, Kud and Batote. Because of shortage of time we could not visit Vaishnodevi , Sudh Mahadev, Sanasar, Mansar and Surinsar lakes, Shiv Khori and other best known temples of the city. The party, after few weeks' visit returned to Delhi with positive approach to life.

3. **Guru Purnima**

Guru Purnima was celebrated this year on July 3rd, 2012. It is an occasion when disciples express love and gratitude to their Guru.

Swami Shankara said," There is no known comparison in the three worlds for a true Guru."

On this sacred day hundreds of disciples gather in Ranchi Ashram and other Ashrams in the country to express their love and gratitude to their Gurudeva Sri Sri Parmahansa Yogananda and the Paramgurus.

A special meditation was conducted at the residence of Bhai Sahib, in the morning followed by traditional *puja*. Then *Pushpanjali* was offered to Guruji as a symbol of devotion and reverence. The presence of Guruji was very much perceptible at this time. Then CD's of *bhajans*, *shlokas* and poems dedicated to Guruji were played. Several devotees related anecdotes from their lives on telephone to Bhai Sahib showing how they

had received tangible help from the Guru at the time of their need. It was thrilling to see how deeply our beloved Gurudeva has touched the hearts of so many.

Guru Purnima celebrations ended with delicious meals brought by Pahwas' from home. It was like a big family coming together to celebrate the fatherhood of God. We pray that our Gurus bless the family of LSF with ever-deepening of love, devotion and longing for the Divine.

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