THE DIVINE VISION

A Periodical on Spirituality and Health



LIFE SCIENCES FOUNDATION

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THE DIVINE VISION

Founded by
Dr. O.P. Kohli

(A periodical on Spirituality and Health by Life Sciences Foundation.)

Devoted to enlightening the mankind on spiritual evolution through techniques of meditation: raising one's limited consciousness to expanded consciousness; enabling on to liberate from threefold sufferingsof physical, mental and spiritual ignorance; and offering spiritual healing when medical facilities and medicines fail to respond.

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(The publication of this periodical is based on sea knowledge in Gita, Ramayana, Vedas and other Hindu Holy Scriptures and teachings of our Revered Guruji 'Premavatar Sri Sri Paramahansa Yogananda')

EDITORIAL

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

The 'LIFE SCIENCES FOUNDATION' completed 20 years and the anniversary was celebrated with great enthusiasm by all members and devotees in the Ashram at Chattarpur farms, Delhi on 12th April 2015. News and Events describes all about this event.

This issue of 'The Divine Vision' is full of very educative articles contributed by Dr. O.P. Kohli and other members of LSF.

An article from Dr. O.P.Kohli on 'Group Meditation and its Healing Power' plus ' How mediation adds value to your life' is very revealing and encouraging for doing regular meditation.

It is said that the most difficult in Human Life is to overcome anger. Anger not only harms the other person but you and leads to all wrong decisions and actions. Dr. O.P. Kohli explains in simple way – technique to overcome anger.

Another article on distant healing (nothing less than a mini miracle) by Dr. Manoj Pabrai narrates how he was personally cured by Dr. O.P. Kohli out of severe pneumonia attack. He felt the positive vibrations sent by Dr. Kohli from his Pooja Room and had a miraculous recovery in ICU.

The subject of Religion, Spirituality and God has been dealt with in 'Topic for Contemplation'.

In general, the world has been moving towards more and more liberation for human mankind breaking all the traditional and proven family systems. USA put a stamp on Gay & Lesbian marriages in all the States of America and other countries are also falling in line. What catastrophe these changes will lead to, in medium and long term on civilisation, cannot be imagined.

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THE DIVINE VISION

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HOW MEDITATION ADDS VALUE TO YOUR LIFE

Group Meditation and its Healing Power

Excerpts from the writings of Sri Paramahansa Yogananda on Group Meditation

By: Dr. O.P.Kohli

Meditation adds value to your life by the following:

Improves Communication Skills

"When the river is calm, the reflection is clearer. When the mind is calm, there is greater clarity in the field of expression. Our sense of observation, perception and expression improve. As a result, we are able to communicate effectively and clearly Meditation makes you free from within, helps you drop the inhibitions and the barriers that prevent effective communication.

Gives Clarity of Mind

Do you sometimes find yourself swinging between different decisions and feel confused? Meditation is a mind without agitation, a mind that is calm and crystal clear. Confusions settle down and the way ahead opens up naturally. The right decisions, which are a combination of intuition and intelligence, can be made with ease in such a calm state of mind.

Nurtures Creativity

Creativity wells up when you meditate. Creativity is the core of our personality; it just needs to be evoked (do we want to say tapped?). Just like we apply heat to pop the corn and it becomes popcorn, meditation taps the inherent creativity.

Refreshes the Mind

Most people wait for months to go on a vacation; meditation gives you an opportunity to go on a vacation within yourself in moments. Meditation makes you fresh and relaxed because this is the time when you close the doors of your daily chatter and spend a few minutes with yourself.

Rejuvenates You

A snake sheds its skin and moves on with the new skin; if cats and dogs have water on them, they shake it off. However, we tend to carry our emotional garbage for years. Meditation helps to shake that off, feel rejuvenated and helps us move on.

Spreads Happiness & Peace

Our mind has the ability to affect our surroundings. Only a peaceful and a happy person can spread happiness

around. Meditation creates a ripple of happiness and peace within you, which then spreads like waves all around.

Develops a Pleasant Personality

Think about what kind of people you like to be with - happy and joyful or sad and depressed? Happy, right? Similarly when we are happy, our personality reflects that and people look up to us for good company. This is where meditation helps.

Gives You an Unshakable Smile

Meditation brings you to a state of being where nothing can rob the smile of your heart. Meditation releases all the toxins and negative emotions stored and each cell becomes so alive and our smile is unshakable no matter what.

Makes You a Master of Time

While your happy times fly, don't sad times seem to drag on? Only in meditation do we transcend time. Meditation adds hours to our day. We are able to do things faster than we normally do. We are also able to find some time for leisure.

Gives You a Glimpse of Infinity

Every cell in our body has the ability to hold infinity. However, different concepts in our mind impede us from perceiving the infinite consciousness that is a part of us. When consciousness is cultured with meditation, we take a dip in the ocean of bliss and experience deep rest.

Heals & Harmonizes

In meditation, healing can happen. When the mind is calm, alert and totally contented, it is like a laser beam- it is very powerful and healing can happen.

Group Meditation and its Healing Power

Helping other people on their spiritual journey is one of the most prominent qualities of an enlightened person. When you begin to see your interconnectedness with the rest of humanity, you will see the suffering in other people, and your compassion for them will naturally grow. One of the ways we can help others is by starting a meditation group. A Meditation Group Can Transform Lives.

While many of us enjoy meditating alone, meditating with others can enhance our spiritual growth significantly. In addition to helping people learn how to meditate, a meditation group can bring a tremendous amount of healing to everyone who attends. This can help

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someone who's having difficulty overcoming the wounds from his past.

There are various other ways a meditation group can be of benefit to its members:

Spiritual support: There is a synergy that takes place when people meditate together. The healing power that is cultivated in a group meditation session is usually greater than when meditating alone. If you open your heart to others in the group, the energy of mindfulness will flow freely for everyone to enjoy.

Help you stay committed to your meditation practice: Many of us have difficulty staying committed to our meditation practice. If we have a commitment to a meditation group, we will be more likely to stay committed to our own practice.

Help us overcome our egos: Some of us have difficulty seeing the world beyond our personal concerns. This self-centeredness is the never-ending source of our suffering because the world will never fully comply with our wishes. Getting involved with helping other will help shift our frame of reference, and help us see how others suffer just as much as we do, if not more.

Learn from each other: Teaching others how to meditate can teach us more than listening to masters' talk about meditation.

Camaraderie: Over time, we develop some wonderful friendships with other members of meditation group. A unique bond is formed when we travel together on the path to inner peace, because we are all searching for freedom from our own suffering.

Benefits of Group Meditation: Excerpts from the writings of Sri Paramahansa Yogananda:

- I well remember Sri Yukteswar's advice when I went to him for training. He said: "Meditate with good companions. They will help you to churn the butter of Self-realization from the milk of your mind. Milk mixes with the waters of worldly delusion and

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cannot float above them. Butter readily floats on those treacherous waters."

- Why shouldn't you strengthen your own vibrations through fellowship with people seeking Self-realization, and by group meditation with them? This practice will fortify your own spiritual convictions; you will find that many seemingly insuperable barriers in your life will crumble and dissolve in the waters of meditation. Your devotion and love for God will commingle with the devotion and love of others. Divine bliss will radiate from you, helping all persons you meet.

- The proximity of others' spiritual vibrations has the power of raising your own. Meditation with other devotees thus helps you to quicken your evolution. They inspire you on your climb up the ladder of Self-realization; and you, by your example, can also be helpful to them.

- Mix with those who love God. Otherwise, dual forces at play in the universe will distract the mind, and He will again be forgotten.

- Group meditation is a castle that protects the new spiritual aspirants as well as the veteran meditators. Meditating together increases the degree of Self-Realization of each member of the group by the law of invisible vibratory exchange of group magnetism.

- Group meditations sustain the yogi's spiritual enthusiasm, inspiring him to meditate when he might otherwise neglect his devotions, encouraging him to spiritualize life's duties when he might otherwise perform them heedless of God, the real Doer.

- If your spiritual progress is at a standstill, or is ebbing, the practice of meditation on God or on any of the Great Ones, in the company of other

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devotees, will uplift you from your precarious state.

- United minds are bigger channels through which God's Power flows in a mightier way to individual souls.

- Group meetings strengthen the individual Self-realization that one has acquired in private at home. Group meetings give a new awakening to members.

- The spiritual relation of souls united in seeking God is stronger and more binding that any other relation. Each person is born into a particular family for one lifetime only but he or she who forms a spiritual bond with kindred souls will walk together the path to God through many lifetimes.

- I want you to know that your presence and efforts are needed. Won't you, therefore, attend your group or center services now, and at all times, and give…your loyal support in every way?

- Those who come to the Self-Realization Fellowship services regularly, not attracted merely by the talks but seeking inward spiritual help shall receive what they seek from God. I want them to know that whether they come now, while I am in the body, or afterward, the power of God shall flow into them just the same, and shall be the cause of their salvation.

- So come regularly. I know that those who do so have changed; I can see it in their eyes and faces. In that regularity and steadiness you shall find God-realization.

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OVERCOMING ANGER

Dr. O.P.Kohli

Some excerpts from the writings of Sri Paramahansa Yogananda

Absence of wrath is the quickest way to peace of mind. Anger is caused by the obstruction of one's desires....One who does not expect anything from others but who looks to God for all fulfilments cannot feel wrath toward his fellow men or disappointment in them. A sage is content in the knowledge that the Lord is running the universe....He is free from rage, animosity, and resentment. Anger defeats the very purpose for which it is aroused. Anger is not an antidote for anger. A strong wrath may cause another to suppress his weaker wrath, but it will never kill that weaker wrath. When you are angry, say nothing. Knowing it is a disease, like the coming of a cold, breaks it up by mental warm baths consisting of thinking of those with whom you can never be angry, no matter how they behave. If your emotion is too violent, take a cold shower, or put a piece of ice on the medulla oblongata and the temples just above the ears, and on the forehead, especially between the eyebrows, and on the top of the head.

Anger gives birth to jealousy, hatred, spite, revengefulness, destructive instinct, wild ideas, brain paralysis, and temporary insanity — any of which may lead to terrible crimes. It is poison to peace and calmness. It is poison to understanding. Anger is a manner of misunderstanding. To conquer others by anger is the method of fools, for anger only rouses more wrath in the enemy and thus makes him a stronger and more powerful opponent. A righteous demonstration of anger to avert evil without causing harm is sometimes productive of good. Blind, uncontrolled anger is revengeful, spiteful; it only increases the evil that you wish to destroy. Be indifferent to those who seem to enjoy making you angry.

When anger comes, set your machinery of calmness in motion to

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manufacture the antidotes of peace, love, and forgiveness which banish anger. Think of love, and reflect that even as you do not want others to be angry with you, neither do you wish others to feel your ugly anger. When you become Christ-like and look upon all humanity as little brothers hurting one another ("for they know not what they do"), you cannot feel angry with anyone. Ignorance is the mother of all anger.

Develop metaphysical reason and destroy anger. Look upon the anger-arousing agent as a child of God; think of him as a little five-year-old baby brother who perhaps has unwittingly stabbed you. You should not feel a desire to stab this little brother in return. Mentally destroy anger by saying: "I will not poison my peace with anger; I will not disturb my habitual joy-giving calmness with wrath."

There are roughly two kinds of people: those who continually lament what is wrong with the world, and those who smile away life's difficulties and remain always positive in their thinking. Why take everything so seriously? How wonderful this world would be if everyone were more positive, more harmonious!

In the jungle of civilization, in the stress of modern living, lies the test. Whatever you give out will come back to you. Hate, and you will receive hate in return. When you fill yourself with inharmonious thoughts and emotions, you are destroying yourself. Why hate or be angry with anyone? Love your enemies. Why stew in the heat of anger? If you become riled, get over it at once. Take a walk, count to ten or fifteen, or divert your mind to something pleasant. Let go of the desire to retaliate. When you are angry your brain is overheating, your heart is having valve trouble, and your whole body is being devitalized. Exude peace and goodness; because that is the nature of the image of God within you — your true nature. Then no one can disturb you.

When you want to create a good habit or destroy a bad one, concentrate on the brain cells, the storehouse of the mechanisms of

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habits. To create a good habit, meditate; and then with the concentration fixed at the Christ centre, the centre of will between the eyebrows, deeply affirm the good habit that you want to install. And when you want to destroy bad habits, concentrate at the Christ centre and deeply affirm that all the grooves of bad habits are being erased.

I will tell you a true story of the effectiveness of this technique. In India, a man who had a bad temper came to me. He was a specialist in slapping his bosses when he lost his temper, so he also lost one job after another. He would become so uncontrollably irate that he would throw at whoever bothered him anything that was handy. He asked me for help. I told him, "The next time you get angry, count to one hundred before you act." He tried it, but came back to me and said, "I get angrier when I do that. While I am counting, I am blind with rage for having to wait so long." His case looked hopeless. Then I told him to practice Kriya Yoga, with this further instruction: "After practicing your Kriya, think that the divine Light is going into your brain, soothing it, calming your nerves, calming your emotions, wiping away all anger. And one day your temper tantrums will be gone." Not long after that, he came to me again, and this time he said, "I am free from the habit of anger. I am so thankful."

I decided to test him. I arranged for some boys to pick a quarrel with him. I hid myself in the park along the route where he used to pass regularly, so that I could observe. The boys tried again and again to goad him into a fight, but he wouldn't respond. He kept his calmness.

Affirmation

"Bless me, that I heal anger hurts in myself with the salve of self-respect, and anger hurts in others with the balsam of kindness."

Further Exploration

- *Where There Is Light* by Paramahansa Yogananda
- *Inner Peace: How to be Calmly Active and Actively Calm* by Paramahansa Yogananda

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- "The Psychology of Touchiness," *Journey to Self-realization* by Paramahansa Yogananda
- Discourse 27 "The Spiritual Dangers of Violence and Anger," *The Second Coming of Christ: The Resurrection of the Christ Within You* by Paramahansa Yogananda
- "Understanding Others" and "Lessons We Can Learn From Others," *Only Love* by Sri Daya Mata

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THE POWER OF PRAYER
WHAT SHOULD WE SEEK IN OUR PRAYERS

Dr. O.P.Kohli

Prayer is a way of reaching out to God or the higher divinities or your own transcendental self. It is a bridge by which you can get in touch with the most sensitive and devotional aspects of your own personality. Through prayers you express your love and devotion to God. Your prayer may be entirely your own creation, weaved by the love of your heart or taken from a scripture. In the Bhagavad-Gita God gives us the assurance that His devotees, who are immersed in the thoughts of Him and soaked by intense devotion to Him, are freed forever from the bonds of mortal life. Prayers align our hearts and minds with the highest purpose of our lives, which is salvation or self-realization. There is no power in the world other than the power of prayer that can take us so close to the heart of God and connect us to Him in ways we cannot even imagine. Such is the power of prayer that even the gods as Indra, Vayu and Agni employed it when they sought the help of other gods like Brahma, Vishnu or Shiva. We can change our lives and our destinies using the power of prayers. Even the most difficult tasks can be performed with confidence when we unite the spiritual power of our prayers with the power of our intentions.

Prayer as a method of worship is common to all religions. Other acts of worship that are closer to prayers in form and structure are hymns, incantations, curses and imprecations. Prayers may be spontaneous or formalized. They may or may not be accompanied by rituals. Devotees in every religion offer prayers to God in their own specific ways for selfish reasons or selfless. Religions do specify the

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way in which prayers ought to be offered. But those who are familiar with the practice know that purity of heart and sincerity of intention are far more important to a prayer than it's mechanical or procedural. Prayers not only purify the people who pray but also those in the vicinity. Prayers enable us to send out powerful vibrations into the world and contribute to peace and social harmony.

We can ask for anything we want in our prayers. There is nothing wrong in seeking some material gain through our prayers. Some may argue that it is an inferior way of praying. But it is praying all the same. Praying is purely a personal act. However group prayers are believed to be far more effective, as several minds are joined for a common cause. When people pray together collectively, it makes them feel socially responsible. It helps them to come together as a group to achieve their common goals and collective welfare.

People generally pray with some specific motive based on the belief that if you pray sincerely you will get what you pray for. You can do it easily from wherever you and in whatever condition or situation you find yourself. In prayers you combine the synergies of contemplation, concentration and devotion. Through prayers you augment the power of your thought with the power of God by uniting your mind with the universal mind and elevate your consciousness to step into the world of God. Our prayers awaken the dormant energies lying within us and make the impossible possible. In moments of exalted awareness induced by prayers, we even experience our oneness with our Creator. Most of us have seen or heard how people were cured of incurable diseases or overcame insurmountable problems through prayers. Many people have documented miraculous events happening in their lives because of prayers.

There is nothing wrong if you pray for purely personal or selfish reasons. It is much better than not praying at all. When you pray, you remember God or think of Him, which in itself is very purifying and elevating. There is virtue in being humble and weak in front of God and ask Him for some favour with humility and expectation. Some people do pray to God for the destruction of others as self proclaimed soldiers of God simply because they follow another faith or hold different beliefs. When a negative prayer is unleashed it goes out into the universe to collect the

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negative energies lying there and returns to the one who delivered it to work through him with ruinous intensity to destroy his chances of entering the heaven.

God is love in its purest form. As the in dweller of everything, He responds promptly to every call and every pull of your love and need for help. In whatever way you worship, He returns your love and devotion. Nothing moves Him as strongly as a call from a distressed soul. If your prayers are not responded, it is not because God is unkind, deaf or dumb. Probably He loves you so much that He does not want you to get hurt in some ignorant or stupid way by seeking the things that are harmful. Probably He wants you to learn some lessons or think about other alternatives. As the knower of all, He is the best judge of everything. It is comforting to know that either explicitly or implicitly, God responds to our prayers. This is the experience of many people in the present as well as in the past. He responds because He does not see you as being different or separate from Him. You are a part of His Body. You are an aspect of Him. For you He is God. But for Him you are inseparable. This is what God is. From His perspective everything is an extension of Himself. In truth, the experiences of countless individual souls are His experiences only. As the Hindu scriptures describe, God is ultimate enjoyer (bhogi) of all. As the silent witness, hiding behind a veil of mystery, He is in touch with every aspect of our lives. He permits the freedom of life to express itself through the exercise of our individual wills. He creates the laws of reward and punishment for Himself in His deluded aspect as individual souls caught in the web of deception and illusion. Whenever there is a genuine cry of help, He comes to the rescue of His separated selves. Ever present, ever active, He never abandons His numerous forms, be they human or animal, living or non-living. Actually, it is we who tend to forget Him or ignore Him most of the time because we are easily distracted by the myriad attractions of the external world. We remember Him usually when we need something or in times of difficulties. Even then if we pray to Him, if we approach Him sincerely and present our problems with faith, we receive His response.

The doors to the heart of God are always open to sincere prayers. God's attention is riveted upon us. Everything happens according to His will. Adversity and prosperity are both His blessings only. We may like one and dislike the other. But for Him both are just tools. From a detached and spiritual perspective, the ultimate purpose of our lives upon earth is to experience life as it comes, unconditionally, without judgment and

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preference. Our prayers therefore ought to be spiritual rather than materialistic. God however responds to our materialistic aspirations, since He is unbound love.

At times we do feel that God has abandoned us and our faith is put to great test. We become frustrated that God's help has not reached us in time. On such occasions some people lose their faith and develop resentment towards God. Truly, the fault lies with us and our weak minds. It is not God who does not listen. It is we who are not sensitive enough to discern His response. It is we who are incapable of breaking out of our own limited thinking and the veil of self induced illusions to see the Truth as it is. God is ever attentive. It is we who are asleep and who need to be awakened from our deep slumber of egoism and selfishness to pay attention to the messages coming from Him.

In praying you have an opportunity to combine the best of both karma yoga and bhakti yoga. From a spiritual perspective, it is good to pray with the right attitude, for a righteous cause. Our prayers should be aimed for our spiritual welfare as well as the welfare of others. Equally important is to express love and devotion to God through our prayers with no particular aim or desire. Prayer is not a substitute for either hard work or diligence. A prayer is an act of worship. It has to be used as part of our spiritual effort to overcome our limitations and realize our true nature. A prayer which seeks to help others is the most effective and noble prayer. It has the ability to manifest God's power upon earth. It can heal the sick and purify the hearts. Finally, a prayer that is made without any expectation or without any desire for the result is the best of all.

Utilizing the Power of Prayer

Excerpts from the writings of Sri Paramahansa Yogananda

- The first rule in prayer is to approach God only with legitimate desires. The second is to pray for their fulfilment, not as a beggar, but as a son: "I am Thy child. Thou art my Father. Thou and I are One." When you pray deeply and continuously you will feel a great joy welling up in your heart. Don't be satisfied until that joy manifests; for when you feel that all-satisfying joy in your heart, you will know that God has tuned in your prayer broadcast. Then pray to your Father: "Lord, this is my need. I am willing to work for it; please guide me and help me to have the right thoughts and to do the right things to bring

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about success. I will use my reason, and work with determination, but guide Thou my reason, will, and activity to the right thing that I should do."

- Prayer often implies the consciousness of beggary. We are children of God, not beggars, and are thus entitled to our divine inheritance. When we have established a connection of love between our souls and God, we have a right to lovingly demand the fulfilment of our legitimate prayers.

- An unceasing demand for anything, mentally whispered with unflagging zeal and unflinching courage and faith, develops into a dynamic power that so influences the entire behaviour of the conscious, subconscious, and superconscious powers of man that the desired object is gained. The inner performance of mental whispers must be unceasing, undaunted by reverses. Then the desired-for object will materialize.

Further Exploration

- *In the Sanctuary of the Soul: A Guide to Effective Prayer,* by Paramahansa Yogananda
- *How You Can Talk With God,* by Paramahansa Yogananda
- "Receiving God's Answers to Your Prayers," in *Journey to Self-realization,* by Paramahansa Yogananda
- "Answered Prayers," in *Man's Eternal Quest,* by Paramahansa Yogananda
- "A Time for Prayer, A Time for Surrender," in *Only Love,* by Sri Daya Mata

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SELF-ACTUALISATION

By

Suresh C. Pahwa

Self-actualisation is a term coined by psychologist Abraham Maslow to describe the ongoing process of fully developing your personal potential. The first thing to note about self-actualisation is that it is a process not a goal. It is essentially awareness and acceptance of the realities of life and death. without resentment or regret and with grace and respect.

Self-actualisation is not restricted to high-profile, high-achieving individuals; you don't have to be famous to self-actualise. You can commence the journey of self -actualise as long as you have open mind, an appreciative heart and an aware consciousness that both life and death can be faced with equanimity.

Self-actualisers feel safe, calm, accepted, loved, loving and alive. They share **Higher purpose.** Self-actualisers have a mission in life. They attempt to solve problems and pursue goals that are outside of themselves.

1. **Self-directed.** Self-actualisers are autonomous; they choose the direction of their own lives. They are independent and resourceful.
2. **Spontaneous.** Self-actualisers are willing to take risks and experiment with their lives. They are unrestrained and uninhibited.
3. **Fresh and renewed appreciation.** Every day provides an opportunity to enjoy the good things that life has to offer.
4. **Social interest.** Self-actualisers take an interest in others. They care about the well being of others and the community in which they live. Additionally, their relationships with loved ones are deep and committed.
5. **Comfortable with being alone.** As well as enjoying close relationships with others, self-actualisers enjoy their own company. They regularly enjoy being alone.
6. **Sense of humour.** Self-actualisers are able to laugh at themselves. Because their sense of humour is non-hostile, they are able to make jokes about others that are not hurtful or spiteful.

7. **Critical thinking.** Self-actualisers are not easily fooled. They are both open-minded and sceptical, willing to consider all ideas, but equally willing to dismiss them if they don't stand up to critical analysis.
8. **Accepting of imperfections.** Self-actualisers are comfortable with their own flaws as well as the flaws in others. Similarly, they calmly accept that life is full of uncertainty and frustration.

How to self-actualise

Unfortunately there is no pill you can take that will turn you into a self-actualiser overnight, but there are some steps that you can take starting now that will head you in the right direction:

1. **Assess your life.** Are you living a life that you find deeply rewarding and meaningful? This is not a "once-only" step. It's a question you'll need to ask yourself regularly.
2. **Assess your motives.** Are you holding yourself back because of fear? Base your life choices on a desire to grow, rather than as a reaction to fear.
3. **Be willing to change.** If your life isn't rewarding you'll need to be willing to change, willing to get off your backside and take a new direction.
4. **Take responsibility**. Don't expect others to make changes for you. It's your life and its up to you to make the necessary changes that will lead to greater fulfilment.
5. **Cherish your uniqueness.** Be prepared to break away from the herd and be different. Don't be afraid to follow your impulses.
6. **Realise your dreams.** Instead of wallowing in wishful thinking, write down your goals and take the appropriate action to achieve them.
7. **Accept your fallibility.** Be willing to say, "I was wrong." Be honest with yourself and with others.
8. **Learn from the good times**. Try to repeat experiences that you find deeply meaningful or awe-inspiring or that lead to feelings of excitement, ecstasy, humility or personal fulfilment.

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9. **Join in.** Get involved in life. Become an active member of your community.
10. **Look for the good in others.** Every one of us has good points and bad. All too often we overlook the good and focus on the bad. Get into the habit of looking for the good in others.
11. **Assess your progress.** Take the time to reflect on all that you've accomplished as well as to honestly assess how you can do more to improve your life and the lives of those around you.

No discussion of self-actualisation would be complete without a mention of Maslow's Hierarchy of needs. Some needs are more basic and therefore more powerful than others. Our basic needs are physiological: food, water, sleep, sex etc. Once these needs have been satisfied, we seek safety and security. Once we feel safe, we are free to pursue love and a sense of belonging. Our next goal is for esteem and self-esteem. It is when you meet these goals that you can more fully focus on growth needs that lead to self-actualisation.

At the end, it is important to realise that purely as per our own judgement and values we attribute to life, whether our life has been meaningful to us. It will become more and more meaningful if we follow the above steps towards self- actualisation.

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REAL LIFE MIRACULOUS CURE BY DR. O.P.KOHLI

Compiled by Dr. Manoj Pabrai

What I describe below is in real life, my own experience of Dr. Kohli's miraculous cure when I was critically ill with life threatening health problems.

On Tuesday, May 25, 2015, I suffered from high grade Fever in a range of 102F – 103F. Being a Doctor myself, I self treated, but the condition worsened. On Wednesday on advice a senior Consultant in Internal Medicine Dr. H. K. Chopra, at Moolchand Medcity Hospital, New Delhi, I was taken to this hospital Emergency, with a provisional diagnosis of Heat Stroke with Vomiting.

On examination they found that my blood pressure was only 70/40 mmHg, I was severely breathless with profuse sweating and pain in back of neck. By an ambulatory x-ray, I was found to have a massive Pneumonia involving almost half of the right lung. I was now transferred to the Intensive Care Unit (ICU) where after further tests provisional diagnosis of Acute Respiratory Failure with Septicaemia leading to Septic Shock and Pneumonia Right side with blood pressure of 60/0 mmHg.

For the benefit of my readers, I describe below the medical terms of Acute Respiratory Failure, Septicaemia, Septic Shock, and Pneumonia. My readers please also understand that if you sincerely believe and trust Dr. Kohli that He will intervene on your behalf, a person on death bed can be brought back to life as it happened in my case. Such miraculous cures are often found in "Autobiography of a Yogi" by my Guru Sri Paramahansa Yogananda.

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Acute Respiratory Failure:

Respiratory failure (lung failure) is a condition in which the level of oxygen in the blood becomes dangerously low or the level of carbon dioxide becomes dangerously high. Conditions that block the airways, damage lung tissue, weaken the muscles that control respiration, or lessen the drive to breathe may cause lung failure.

- People may be very short of breath, have a bluish coloration to the skin, and be confused or sleepy.
- Doctors use blood tests to detect low levels of oxygen or high levels of carbon dioxide in the blood.
- Oxygen is given.
- Sometimes people need the help of a machine to breathe until the underlying problem can be treated.

Respiratory failure is a medical emergency that can result from long-standing, progressively worsening lung disease or from serious lung disease that arises on the spur of the moment, such as the acute respiratory distress in otherwise healthy people.

Severe sepsis and septic shock:

Sepsis is a serious body wide response to bacteria or other infection. **Septic shock** is life-threatening low blood pressure (shock) due to sepsis.

- Usually, sepsis results from certain bacterial infections, often acquired in a hospital.
- Having certain conditions, such as a weakened immune system, certain chronic disorders, an artificial joint or heart valve, and certain heart valve abnormalities, increases the risk.
- At first, people have a high (or sometimes lower) body temperature, sometimes with shaking chills and weakness.
- As sepsis worsens, the heart beats rapidly, breathing becomes rapid, people become confused, and blood pressure drops.

- Doctors suspect the diagnosis based on symptoms and confirm it by detecting the bacteria in a sample of blood, urine, or other material.

- Antibiotics are given immediately, and people with septic shock are given oxygen and fluids and sometimes drugs to increase blood pressure.

Usually, the body's response to infection is limited to the specific area infected. But in sepsis, the response to infection occurs throughout the body—called a systemic response. This response includes an abnormally high temperature (fever) or low temperature (hypothermia) plus one or more of the following: Rapid heart rate, Rapid breathing rate, an abnormally high or low number of white blood cells

As sepsis worsens, organs begin to malfunction and blood pressure may decrease. Sepsis is considered severe if organs malfunction. Septic shock is diagnosed when blood pressure remains low despite intensive treatment. Sepsis occurs when toxins produced by the bacteria cause cells in the body to release substances that trigger inflammation (cytokines). Although cytokines help the immune system fight infection, they can have harmful effects leading to a series of harmful complications

- They can cause the blood vessels to widen (dilate), decreasing blood pressure.

- They can cause blood to clot in tiny blood vessels inside organs.

- Blood flow decreases to vital organs (such as the kidneys, heart, and brain).

- The heart attempts to compensate by working harder, increasing the heart rate and the amount of blood pumped. Eventually, the bacterial toxins and the increased work of pumping weaken the heart. As a result, the heart pumps less blood and vital organs receive even less blood.

- When tissues do not receive enough blood, they release an excess lactic acid (a waste product) into the bloodstream, making the blood more acidic.

All of these effects result in a vicious circle of worsening organ malfunction:

- The kidneys excrete little or no urine, and metabolic waste products (such as urea nitrogen) accumulate in the blood.
- The walls of blood vessels may leak, allowing fluid to escape from the bloodstream into tissues and cause swelling.
- Lung function worsens because blood vessels in the lungs leak fluid, which accumulates, making breathing difficult.

Blood clots continue to form, using up the proteins in blood that make up clots (clotting factors). Then, excessive bleeding may occur.

Overview of Pneumonia - Community-Acquired Pneumonia

Pneumonia is acute inflammation of the lungs caused by infection. Initial diagnosis is usually based on Chest x-ray and clinical findings. Causes, symptoms, treatment, preventive measures, and prognosis differ depending on whether the infection is bacterial.

Community-acquired pneumonia develops in people with limited or no contact with medical institutions or settings. Many bacteria, viruses, and fungi can cause pneumonia. The most common symptom of pneumonia is a cough that produces sputum, chest pain, chills, fever, and shortness of breath.

Pneumonia is an infection of the small air sacs of the lungs (alveoli) and the tissues around them.

I suffered from all the above conditions at their end stage. Day 1 in ICU showed no significant relief I was put on Noradrelanile drip given to raise blood pressure. Normally this medicine raises the blood pressure in 3 – 4 hours. In my case this medicine was given intravenously to me for 36 hours before the blood pressure came 100/70 mmHg **and that too after spiritual intervention of Dr. Kohli.**

My White Blood Cell Count was 49000 cells per micro liter of blood on admission to the ICU. White blood cells (leukocytes) are an important part of the body's defense against infectious organisms and foreign substances. To defend the body adequately, a sufficient number of white

blood cells must receive a message that an infectious organism or foreign substance has invaded the body, get to where they are needed, and then kill and digest the harmful organism or substance.

Too few or too many white blood cells indicate a disorder. Leukopenia, a decrease in the number of white blood cells to fewer than 4,000 cells per microliter of blood, frequently makes people more susceptible to infections. Leukocytosis, an increase in the number of white blood cells to more than 11,000 cells per microliter of blood, may result from the normal response of the body to help fight an infection. However, an increase in the number of white blood cells can also result when the regulation of white blood cell development is disrupted and immature or abnormal cells are released into the blood.

Now with all of these conditions I asked my wife (I was too weak to even lift a mobile phone) to call Dr. Kohli and requested His spiritual intervention.

Dr. Kohli told me later that he went to his Pooja Room and meditated continuously for my recovery. At the end of 25 minutes the bad vibrations and ill effects coming from my body in the hospital stopped and he felt evil effects wearing off replaced by good vibrations. I felt the good vibrations entering my body **in the form of a high voltage electric current spreading in my body, horizontally, from head to toe up and down 3 times.** Initially I was apprehensive when I felt this current spreading in my body as at that time I did not realize that good vibrations in the form of current was being sent by Dr. Kohli's miraculous cure. After this I started improving. At the end of 36 hours in the ICU my blood pressure started improving and Doctor's in ICU slowly withdrew Noradrenaline drip to raise my Blood Pressure. Breathing improved significantly, although I continued on 24 hours Oxygen for 5 days into my stay at the hospital. Dr.

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Kohli continued to meditate and offered special prayers for me morning and evening. At the beginning of 2 days in ICU, I improved to such an extent that I could sit up in bed, started on semisolid food and attempted with support to stand up. At the end of the 2nd day, much to the surprise of Doctors in ICU, I was recovering so fast that it was unbelievable to Doctors and paramedical staff. They commented to each other that Dr. Pabrai's recovery was a miracle cure.

I was then sfifted to a room outside the ICU as the Doctor's believed that I no longer required intensive care. My TLC (white blood cell count) which on admission in ICU was 49000 cells per micro liter of blood lowered to 39000. When by beginning of 3rd day it came to 26000 with Oxygen level in blood, increasing with carbon dioxide becoming negligible and Pneumonia improving, I was shifted out of ICU.

It took another 8 days for TLC count from 26000 cells per micro liter of blood to reduce to 11500 cells per micro liter of blood and Pneumonia improved up to 80%. The Doctor's then discharged me from the hospital.

At the end of 7 days outside the hospital my TLC count came within normal limits to 6,800 cells per micro litre of blood with Chest x-ray normal with no trace of Pneumonia or any other abnormality.

My miraculous cure from Death bed to absolutely normal took place by spiritual intervention of Dr. Kohli and the Grace of my Guru Sri Parmahansa Yogananda.

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THE ROLE OF A GURU IN ONE'S SPIRITUAL SEARCH

Compiled by Dr. Manoj Pabrai

Some excerpts from the writings of Sri Paramahansa Yogananda

'He alone is the true teacher who is illumined by the light of true Knowledge.' – Sri Ramakrishna.

"Na guroradhikam tatvam na guroradhikam tapah
Tatvajnanat param nasti tasmai Sri gurave namah"

There is no higher truth than Guru. There is no stronger purification than to serve Guru. There is no greater knowledge than to know God, who is indivisible one. Therefore I bow to my honest, reverend Guru

"Guru Brahma Gurur Vishnum Guru Devo Maheshwaraha
Guru Saakshat Para Brahmam Tasmai Sree Gurave Namaha"

Guru is verily the representative of Brahma, Vishnu and Shiva. He creates, sustains knowledge and destroys the weeds of ignorance. I salute such a Guru.

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The Role of a Guru

The Guru in Gita (verse 17) aptly describes the Guru as "dispeller of darkness" (from gu, "darkness" and ru, "that which dispels"). A true, God-illumined guru is one who, in his attainment of self-mastery, has realized his identity with the omnipresent Spirit. Such a one is uniquely qualified to lead the seeker on his or her inward journey toward perfection.

"The blind cannot lead the blind," said Sri Paramahansaji. "Only a master, one who knows God, may rightly teach others about Him. To regain one's divinity one must have such a master or Guru. He who faithfully follows a true Guru

becomes like him, for the Guru helps to elevate the disciple to his own level of realization."

The Guru-disciple relationship is the highest expression of friendship, for it is based on unconditional divine love and wisdom. It is the loftiest and most sacred of all relationships. Christ and his disciples were all one in spirit and the Guru and those who are in tune with Him are one with Him in spirit, because of the common bond of God's divine love....One who partakes of this relationship is on the way to wisdom and freedom.

For success in the divine search, as in every other aspect of life, it is necessary to follow God's laws. To understand the secular knowledge available in a school, you have to learn from a teacher who knows it. So also to understand spiritual truths it is necessary to have a spiritual teacher, or guru, one who knows God.

When you are moving blindly through the valley of life, stumbling in darkness, you need the help of someone who has Divine eyes. You need a Guru. To follow one who is enlightened is the only way out of the great muddle that has been created in the world. You will never find true happiness and freedom until you meet your Guru, he who will be spiritually interested in you and who will have the wisdom to guide you.

Within your heart cry constantly for God. When you have convinced the Lord of your desire for Him, He will send someone — your Guru — to teach you how to know Him. Only he who knows God can show others how to know Him. When you find such a one, you will realize that God doesn't teach through mystery, but through illumined souls. God is invisible, but He becomes visible through the intelligence and spiritual perception of one who is in constant communion with Him. There may be many teachers in one's life, but there is

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only one Guru. In the Guru-disciple relationship a divine law is fulfilled, as demonstrated even in the life of Jesus, when he acknowledged John the Baptist as his Guru.

He alone who is God-realized, and who has been commanded by God to redeem souls, is a Guru. One cannot be a Guru merely by thinking he is. Jesus showed that the true Guru acts solely at God's behest, when he said: "No man can come to me, except the Father which hath sent me draw him." He gave all credit to the power of God. If a teacher is without egotism, you may know that God alone resides in his body temple; and when you tune in with him you are in tune with God. Jesus reminded his disciples: "Whosoever shall receive me, receiveth not me, but Him that sent me."

The teacher who accepts personally the adoration of others is merely a worshiper of his own ego. To find out whether a path is true, discriminate according to what sort of teacher is behind it, whether his actions show that he is led by God, or by his own ego. A leader who has no realization cannot show you the kingdom of God, no matter how large his following. All churches and other hindu temples have done well, but blind belief in religious dogma keeps people spiritually ignorant and stagnant. Many times you may have seen vast congregations singing God's name, but God was as far away from their consciousness as the distant stars. No one can be saved just by attending church or a temple. The real way to freedom lies in Yoga, in scientific self-analysis, and in following one who has traversed the forest of theology and can lead you safely to God.

Guru a Living Embodiment of Truth

Such a guru, ordained by God to help individuals in response to their deep prayers, is not an ordinary teacher; but is a human vehicle whose body, speech,

mind, and spirituality God uses as a channel to attract and guide lost souls back to His home of immortality. We meet various teachers in the beginning, through our vague desire to know truth. But a guru is a living embodiment of scriptural truth and an agent of salvation appointed by God in response to a devotee's incessant petitions for release from the bondage of matter.

Delusion is destroyed by good company, by the company of saints, and by devotion to the messengers of God. Even the thought of saints will help you to remove delusion. It is not personal association so much as attunement of thought with the messenger of God that destroys delusion. The true Guru has no desire to place himself in the hearts of others, but rather to awaken in their consciousness the consciousness of God.

"Ordinary love is selfish, darkly rooted in desires and satisfactions. Divine love is without condition, without boundary, without change. The flux of the human heart is gone forever at the transfixing touch of pure love.

Guru the Best of Givers

To the world God speaks only through His enlightened devotees. Therefore, the wisest of all actions is to tune in with the will of the Guru who is sent to you by the Lord as a response to your soul's desire. He is not a guru who is self-proclaimed as such; he is a Guru who is asked by God to bring others back to Him. When there is a little spiritual desire, the Lord sends books and teachers to further inspire you; and when your desire is stronger, he sends a real Guru....

There are teachers who expect their followers to be always at their beck and call, ready to obey instantly; and if they don't, the teacher becomes angry. But a spiritual teacher who knows God and is truly a Guru never thinks of himself as a teacher at all. He beholds God's presence in everyone, and feels no

resentment if some students disregard his wishes. The Hindu scriptures say that those who tune in with the wisdom of a true Guru make it possible for the Guru to help them. "Comprehending that (the wisdom from a Guru), thou, O Arjuna! wilt not again fall into delusion."

The friendship that exists between Guru and disciple is eternal. There is complete surrender; there is no compulsion, when a disciple accepts the Guru's training.

When love is developed between the Guru and disciple, the disciple has no desire to manipulate the master, nor does the master seek control of the disciple. Supreme reason and judgment govern their relationship; there is no love like this.

The Guru is the awakened God, awakening the sleeping God in the disciple. Through sympathy and deep vision, a true Guru sees the Lord suffering in the physically, mentally, and spiritually poor, and that is why he feels it his joyous duty to assist them. He tries to feed the hungry God in the destitute, to stir the sleeping God in the ignorant, to love the unconscious God in the enemy, and to waken the half asleep God in the yearning devotee. And by a gentle touch of love, he instantaneously arouses the almost fully awakened God in the advanced seeker. The Guru is, among all men, the best of givers. Like the Lord Himself, his generosity knows no boundaries.

Guru Stotram (Prayerful glorification of the Guru)

Akhand-Mandalakaram vyaptam yena characharam. Tatpadam darshitam yena tasmai Shri Gurave Namah.

My Salutations to that reverential teacher, who opened my eyes, by applying the divine collyrium of self-knowledge in my eyes, which had got blinded by the cataract of ignorance.

Agyan timir-andhasya Gyananjan Shalakaya. Chakshur-oonmeelitam yena tasmai Shri Gurave Namah.

Guru himself is the creator, sustainer and the destroyer. He is verily the very transcendental divinity, (the timeless life-principle, which is the very essence of the creator etc.) My reverential salutations to that glorious teacher.

Gurur-Brahma Gurur-Vishnu Gurur-Devo Maheshwarah. Guru-sakshat Para-Brahma tasmai Shri Gurave Namah.

My Salutations to that reverential teacher, who revealed to me that which pervades everything in this world, whether animate-inanimate, or movable-immovable.

Sthavaram jangamam vyaptam yat kinchit sacharacharam. Tatpadam darsh-itam yena tasmai Shri Gurave Namah.

My salutations to that glorious Guru, who revealed to me that self-effulgent divinity (the pure unconditioned consciousness) which pervades all the three worlds, with all its movable and immovable objects.

Chinmayam Vyapi yat-sarvam trailokyam sacharacharam. Tatpadam darsh-itam yena tasmai Shri Gurave Namah.

My Salutations to that reverential teacher, who is like a sun for the blossoming up of the lotus like mantras of upanishads; and at whose lotus feet lie the beautiful flowers, symbolizing the best of jewels of vedas.

Sarva-Shruti shiro-ratna virajit-padambujah. Vedantambuja Suryo yah tasmai Shri Gurave Namah.

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My Salutations to that reverential teacher, who is verily the eternal consciousness, which is of the nature of peace. He transcends space (& time), the concept of zero, the primordial sound and all parts.

Chaitanya Shashwatah shanto vyomatito niranjanah. Bindunaad kalatitah tasmai shri Gurave Namah.

My Salutations to that glorious Gurudev, who is established in Knowledge and Power, who is adorned with the garland-of -Knowledge and who grants both worldly prosperity and spiritual liberation.

Gyanshakti-samaroodhah tattwamala vibhoosh-itah. Bhukti-mukti -pradata cha tasmai Shri Gurave Namah.

My Salutations to that reverential teacher who by imparting the Self-Knowledge, has burnt away the very bondage of actions in a whiff, which had even though taken infinite lives to accumulate.
Aneka-janma-sampraptah-karma-bandha-vidahine. Atma-gyan-pradanen tasmai Shri Gurave Namah.

Even by the very sipping of the charanamruta (the water with which the feet of guru are washed), we get blessed by the eternal wealth (of liberating knowledge), and which dries up the endless ocean of seeking & the subsequent sorrows. My Salutations to the lotus-feet of that glorious Gurudev.

Shoshanam bhavsindhoshcha gyapanam saarsampadah. Guroh-padodakam samyak tasmai Shri Gurave Namah.

There is no higher truth than the Guru, no higher penance than (service to) the Guru, and there is nothing higher than Realisation of the Knowledge of

the truth imparted by the Guru. My salutations to such a Gurudev, who is himself that very timeless truth (and who has taken up a form to bless his disciples like us with real knowledge).

Na Guror-adhikam tattvam na Guror-adhikam tapah. Tattva-gyanat-param nasti tasmai Shri Gurave Namah.

My Lord is the Lord of Universe; My teacher is the teacher of the entire universe; and my Self is the Self of all. My salutations at the lotus-feet of such a Guru, who has revealed such knowledge to me.

Man-naathah Shri Jagan-nathah Mat-guru-shri jagad-guruhu. Mad-atma sarva-bhutatma tasmai Shri Gurave Namah.

The Guru is the beginning of the Universe, yet he himself is without a beginning, the Guru is the highest deity, and there is none higher than the Guru. My reverential salutations at the lotus-feet of such a Gurudev.

Gurur-adir-anadish-cha Guruh-param-daivatam. Guroh-parataram nasti tasmai Shri Gurave Namah.
Tvameva mata cha pita tvameva tvameva bandhushcha sakha tvameva. Tvameva vidya dravinam tvameva tvameva sarvam mama-dev-deva.

O God! You alone are my mother, my father, my brother, and my friend. You alone are the knowledge, my real wealth. You are everything for me. You are verily my God alone.

For further exploration:

- "The Guru: Guide to Spiritual Freedom," *Finding the Joy Within You* by Sri Daya Mata

- *The Guru: Messenger of Truth*, audio recording by Sri Mrinalini Mata
- *The Importance of a True Guru*, audio recording by Brother Anandamoy
- "Letters on the Guru-Disciple Relationship," *God Alone: The Life and Letters of a Saint,* by Sri Gyanamata

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GURUJI -Dr.O.P.Kohli's Healing Powers

Contributed by : Mrs.Geeta Pahwa

Article contributed by Dr.Manoj Pabrai "REAL LIFE MIRACULOUS CURE BY DR.O.P.KOHLI" in this issue of 'THE DIVINE VISION' is indeed very revealing and is best described by Dr. Pabrai, who is a medical doctor himself, and understands the miraculous nature of recovery through prayers and vibrations sent by our Guruji- Dr. O.P. Kohli inspite acute medical complications.

I have been associated with Guruji for about 20 years and have seen many sufferings of his devotees and general public being cured by healing touch or even distant healing/vibrations over phone. He is blessed with powers from God as a result of many many years dedicated pooja and meditation which starts at 2.30 AM in the morning.

From our close association and discussions in the *pooja* room in his house we observe that with his miraculous powers he has intuition on the forth coming medical problems of his devotees. In my case, he had prewarned over a year back about medical problem on right side of the body. Just after two months on investigation it was found that there was growth in colon on right side. Guruji helped in curing me and with his blessings and prayers I am now feeling fine. Not only does he inform of future problems but also advises the best preventive cure, if possible, to reduce or totally eradicate the problem.

As per objectives of LSF Guruji helps the members and devotees to address their medical problems by personal hearing on every Saturday, at his residence, in Paschim Vihar. Meetings are possible only with pre-appointments due to limitation of time and space.

We all pray for his long life and good health so that Guruji continues to serve the humanity without any motive for money.

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TOPIC FOR CONTEMPLATION

God , Religion and Spirituality

By Suresh C. Pahwa

An interesting quote given by Buddha says:

"Believe nothing , no matter where you read it or who said it , no matter if I have said it, unless it agrees with your own reason and your own common sense"

God may be the product of human imagination, but when you look around, especially at the galaxy of planets whirling about in such orderly fashion, one wonders about the Creator. Deep contemplation leads us to believe that God is beauty, love, joy and everything that exists like space, air, water, fire and earth including us.

However, the times are changing; a modern man, with a wider perspective and better education has a questioning mind and does not easily accept the words of preachers and sages and also what is written in our ancient scriptures. He questions everything; wishes to the truth behind existence, its purpose and meaning and the presence of God. This is perhaps the reason why Buddhism is so attractive and convincing to modern world since it avoids the world 'God' and considers our existence to be illusory in this world of desires and attachments.

Commonly inter-twined to concept of God is the subject of religion and spirituality. The modern world talks and believes more in terms of spirituality rather than religion. Both, however, finally come to believe a Higher Power of some kind called God or Almighty.

We believe in what our mind tells us. The truth is that real part of our mind is the subconscious mind where the infinite, limitless, non-dual, pure energy, which is absolute, having no relativity, resides in the form of spiritual awareness. This is where the Divine presence of God exists. Any external or separate God for each religion is the product of our imagination and

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expression of human mind only. It is only when religion matures into third level of spiritual practice that they merge into one, in unity with one God for all.

God can only be experienced in awareness. The ignorance of man lies in his belief that God is definable entity.

The earlier we contemplate and realise God in awareness of compassion, selflessness and non-attachment, the earlier we can be set free from this illusory world of *Maya.*

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DEVOTEES' QUESTIONS

Answered by: Bhai Sahib

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 How does one achieve steadiness of Pran?

Ans. The Yogi' say that long hours of meditation for a long time will have to be practiced.

By doing 12 *Pranyams* accurately you get to '*Pratyahara'or* retreat your organs; By 144 you get '*Dharana'or* an understanding by which you can steadily obstruct your mind ; By 1728 *Pranyams* you attain a good stage of meditation; Sitting in one place on one *asana*, the mind gets concentrated as if in a *Void* or above the usual level and by 20736 *Pranyamas* you attain *Samadhi* where all the acts of *Indriyas* and *Pran* are curtailed (Text -44 –Spiritual Gita by Shree Shyam Charan Lahiri)

Qn.-2 When does a prayer work?

Ans. The best time to pray is at night, when there is less disturbance and distractions. If necessary, sleep a little in the evening so that you are wide awake when you have your prayers at night. At first it will seem hard, but as you keep on trying it will become easier.

As soon as your will becomes powerful, God begins to answer and then you will not be able to contain your joy. If you commercialize it, you will lose that power and God will respond to you no more. He comes only when you are sincere and when you love Him for His own sake and not for fame and glorification of your ego.

Question 3 : What is Kriya Yoga?

Ans: An ancient science developed in India for use of God –seekers. Its technique is referred to and practiced by Lord Krishna in the Bhagvad – Gita and by Patanjali in the Yoga Sutras. The liberating science, which leads the practitioner to the attainment of Cosmic Consciousness, is taught to YSS/SRF members. Shri Lahiri Mahasaya (1828-1895); Guru of Swami Yukteshwar Ji (1855-1936) and disciple of Mahavtar Babji (deathless avatar) revived the ancient science of Yoga, called Kriya Yoga.

Qn.4. How does the intuition operate?

Ans: Intuition comes when mind is still. There will be flashes of it when there are no thoughts.

Intuition is guidance from the soul appearing naturally in human beings, but due to our turbulent mind we do not give it a chance. We are so taken up with this restless mind and worldly activities that poor intuition cannot operate.

Qn5. What is theme of the "Yoga Vashsha Ramayana'?

Ans. The *'Yoga Vasishta'* is an important scriptural composition by Valmiki. It is a dialogue which took place between Sage Vasishta and Prince Rama in Ayodhya over a period of 18 days in which the Rishi

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removes the doubts confusing the mind of the young prince on role of mind and human intelligence.

Qn.6. **What happens once we get to know the Self?**

Ans. Once you become Self-realized , says Rishi Vasishta, there will be no more desires or greed; you will be fearless; you feel eternality; you will have feeling of gentleness, amiability , benevolence and many other qualities which make your mind and intelligence beautiful – not necessary your body.

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NEWS AND EVENTS

1. LSF members visiting Churches &Temples in Goa

In Feburary 2015, visit was made by few members of LSF to Goa to see ancient Churches and Temples plus the famous calm sea beach resorts.

Meditation at sunrise on the beach with vast ocean in front can be the best experience for peace loving members and devotees of LSF.

TEMPLES

1. Shri Mangeshi temple

The temple is located at Mangeshi Village in Priol, Ponda taluk, Goa.[1] It is at a distance of 1 km from Mardol close to Nagueshi, 21 km from Panaji the capital of Goa,[11] and 26 km from Margao.

The famous Mangeskar family was settled in this area before they shifted to Mumbai.

This temple is one of the largest and most frequently visited temples in Goa.

The main temple is dedicated to Bhagavan Manguesh, an incarnation of Shiva. Bhagavan Mangesh is worshipped here as Shiva linga. According to the legend, Lord Shiva had manifested into a tiger to scare his wife Parvati. Paravati, who was frightened at the sight of the tiger, went in search of Lord Shiva and cried out, "Trahi Mam girisha!" (Oh Lord of Mountains, save me!). Upon hearing the words, Lord Shiva turned himself back to his normal form. The words "mam girisha" became associated with Lord Shiva and over time the words got abbreviated to Manguirisha or Manguesh

Other Dieties -The complex also has shrines of Goddess Parvati and God Ganesha. The other deities in the temple are Nandikeshvar, Gajana, Bhagavati and the Gramapurusha Deva Sharma of the Kaudanya gotra. The subsidiary shrines to the rear of the main building house house Devtas like Mulakeshwsar, Virabhadra, Saanteri, Lakshminarayana, Suryanarayan, Garuda and Kala Bhairav.

Temple complex- The 400-year-old Shri Mangesh temple dedicated to Shiva stands out with its simple and yet exquisitely elegant structure. The temple architecture consists of several domes, pilasters and balustrades. There is a prominent Nandi Bull and a beautiful seven-story deepstambha (lamp tower), which stands inside the temple complex. The temple also has a magnificent water tank, which is believed to be the oldest part of the temple

The Sabha Griha is a spacious hall which accommodates over 500. The decor includes the chandeliers of the nineteenth century. The central part of the Sabha Griha leads to the Garbha Griha where the image of Mangesh is consecrated.

Daily rituals[-Like most temples in Goa, Mangueshi Temple has a large number of pujas being performed daily. Every morning, Shodshopchar pujas, namely Abhisheka, Laghurudra and Maharudra, are performed. This is followed by Maha-Aarti at noon and Panchopchar pooja at night.

Every Monday, the idol of Manguesh is taken out for a precession in the Palakhi accompanied by music before the evening Aarti.

Festivals- The annual festivals celebrated in the temple are: Rama Navami, Akshaya Tritiya, Anant Vritotsava, Navaratri, Dussera, Diwali, Magha Poornima Festival and Mahashivratri.

2.Maruti Temple

In the centre of town, the small, pastel-coloured Maruti temple was built in the 1840s at a site where the monkey god Hanuman was covertly worshipped during more oppressive periods of Portuguese rule. After temples had been destroyed by the Portuguese, devotees placed a picture

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of Hanuman at the fireworks shop that stood here, and arrived cloaked in secrecy to perform their pujas.

In April 1843 the picture was replaced by a silver idol and an increasing number of worshippers began to gather here. Eventually the business community of Mapusa gathered enough funds to acquire the shop, and the temple was built in its place.

The intricate carvings at the doorway of the temple are the work of local artisans.

Visit was made on Tuesday and the temple was full of devotees with long queues for *darshan and prasad* of very special big Laddos.

Churches

Goa is famous for its old heritage of Portuguese churches which, till date, have been very well maintained.

Roughly 30% of Goa's population is Christian, 65% are Hindu and 5% Muslim. But statistics don't reveal the complex religious concoction that typifies the population's belief. Christians and Hindus frequently pay respects to festivals of one another's faith, and in Goa's whitewashed churches, Christ and the Virgin Mary are often adorned with Hindu flower garlands. Fittingly, Goan temple architecture is a hybrid, blending Muslim and Christian elements into traditional Hindu designs. Domed roofs, for example, are a Muslim trait, while balustrade facades and octagonal towers are borrowed from Portuguese church architecture. Their most distinctive features, however, are their 'light towers', which are atmospherically decorated with oil lamps during festival periods. Churches bear the hallmark of Portugal, many of them cruciform and constructed of white washed stone; even most humble village churches have sumptuous interiors, lots of carving, painting and chandeliers.

1. CAVENEROUS Se Cathedral Church

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At over 76m long and 55m wide, the Cavenerous Sé Cathedral is the largest church in Asia. Building work commenced in 1562, on the orders of King Dom Sebastian of Portugal, and the finishing touches where finally made some 90 years later. The exterior of the cathedral is notable for its plain style, in the Tuscan tradition. Also of note is its rather lopsided look resulting from the loss of one of its bell towers, which collapsed in 1776 after being struck by lightning. The remaining tower houses the famous Sino de Ouro (Golden Bell), the largest in Asia and renowned for its rich tone,

The huge interior of the cathedral is surprisingly plain. To the right as you enter is a small, locked area that contains a font made in 1532, said to have been used by St Francis Xavier. Two small statuettes, inset into the main pillars, depict St Francis Xavier and St Ignatius Loyola. There are four chapels on either side of the nave, two of which have screens across the entrance. Of these, the Chapel of the Blessed Sacrament is outstanding, with every inch of wall and ceiling gorgeously gilded and decorated – a complete contrast to the austerity of the cathedral interior.

Opposite, to the right of the nave, is the other screened chapel, the Chapel of the Cross of Miracles . The story goes that in 1619 a simple cross (known as the Cruz dos Milagres) made by local shepherds was erected on a hillside near Old Goa. The cross grew bigger and several witnesses saw an apparition of Christ hanging on it. A church was planned on the spot where the vision had appeared and while this was being built the cross was stored nearby. When it came time to move the cross into the new church it was found that it had grown again and that the doors of the church had to be widened to accommodate it. The cross was moved to the cathedral in 1845, where it soon became, and remains, a popular place of petition for the sick.

2. Convent of St Cajetan

Modelled on the original design of St Peter's in Rome, this impressive church was built by Italian friars of the Order of Theatines, sent here by Pope Urban VIII to preach Christianity in the kingdom of Golconda (near Hyderabad). The friars, however, were refused entry to Golconda, so settled instead at Old Goa in 1640. The construction of the church began in 1655, and although it's perhaps less interesting than the other churches, it's still a beautiful building and the only domed church remaining in Goa.

Though the altar is dedicated to Our Lady of Divine Providence, the church is named after the founder of the Theatine order, St Cajetan (1480–1547), a contemporary of St Francis Xavier. Born in Vicenza, St Cajetan spent his whole life in Italy, establishing the Order of Theatines in Rome in 1524. He was known for his work in hospitals and with 'incurables,' and for his high moral stance in an increasingly corrupt Roman Catholic church. He was canonised in 1671.

. The largest of the altars on the right-hand side of the church is dedicated to St Cajetan himself. On the left side are paintings illustrating episodes in the life of St Cajetan; in one it appears, quite peculiarly, that he is being breastfed at some distance by an angel whose aim is remarkably accurate.

Adjoining the church, the Convent of St Cajetan is nowadays a college for recently ordained priests; next door, immediately to the west, you'll see a freestanding basalt doorway, atop five steps, which is the only remains of the grand palace of Goa's 16th-century Muslim ruler Adil Shah. This was later converted into the notorious Palace of the Inquisition, in whose dungeons countless 'heretics' languished, awaiting their dreadful fate. The palace was torn down in the 18th century and its materials repurposed for building in Panaji.

3. Church of the Holy Spirit

Margao's whitewashed main church was first built in 1565, on the site of an important Hindu temple. Before demolition started on the temple, local Hindus managed to rescue the statue of the god Damodara, to whom the building was dedicated. It was secretly moved to a new site

in the village of Zambaulim, around 30km southeast, where there is still a large temple today.

However, the new church didn't last long and was burned to the ground by Muslim raiders the same year it was built. It was soon replaced and a seminary was established, but both were subsequently destroyed, again by Muslim forces, after which the seminary was moved to Rachol, to the northeast.

The present church, built in 1675, remains in use as a parish church and is finely decorated inside. The impressive reredos (ornamental screen) is dedicated to the Virgin Mary, rising from ground level to the high ceiling, made more distinguished by the gilded and carved archway that stands in front of it. The church doors are usually unlocked throughout the day, and access is via the side entrance on the northern side.

LSF 20TH ANNIVERSARY (12th April 2015)

The LSF 20th anniversary which falls on 13th April was celebrated on Sunday the 12th April 2015 so that members and devotees located all over India can come to Delhi for celebrations.

20 years is a long time this foundation has been getting bigger and stronger under the able guidance of its founder Dr. O.P. Kohli also known as Bhai Sahib or Guruji.

Over 400 members/devotees gathered at the Ashram located at Chattarpur farm , Delhi as early as 7 AM to welcome Bhai Sahib Dr. O.P. Kohli to the site of celebrations and hear his most enchanting discourse on meditation techniques and other interesting facts on the evolutionary process of this universe. Fortunately the weather was very nice and the stage was set outside in the lawn.

DISCOURSE

The programme started with the discourse of Bhai Sahib . He spoke on Kashmiri Shiva on the world of Maya was created by Lord Shiva to test His own powers and later to recognise these He decided to come back in this creation as Shiva. The universe, once created, was self evolutionary and self sustaining from sand/dust to minerals to microbes

to plants/shrubs to insects to birds to animals and progressing to human beings with intelligence increasing at every stage.

During the discourse Bhai Sahib talked on Turya State for deep meditation and explained the need of meditation in our daily life for peace , happiness and enriching our living irrespective of the profession we follow.

The discourse was followed by questions session wherein members tried to clarify certain doubts in their lives and spirituality in general.

This was followed by meditation session for about 15 minutes in which all members received good sacred collective vibrations in presence of Guruji.

BHAJANS

This was followed by some melodious bhajans sung by some devotees with *dholki music.*

HAVANA

Was arranged by Mrs. Arora who also spoke earlier on 'NEED FOR DONATIONS TO LSF' for this good Foundation to continue and serve the physical, mental and spiritual needs of all.

BHANDARA & PRASAD

The programme ended with simple *bhandara* which was enjoyed by all.

All members made contributions to LSF funds by giving donations in cash/cheques and left the venue after personal meeting and blessings from Guruji Dr. O.P. Kohli.

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The main objective of LIFE SCIENCES FOUNDATION and publication of 'LIFE SCIENCES' Periodical on 'Spirituality and Health' is to serve the humanity at large.

There is no profit motive for the authors, the printers, the editor and the publisher.

The spiritual knowledge in the periodical and other activities of LSF will lead many from darkness to light.

All DONATIONS and proceeds from ADVERTISEMENTS will go to LSF TRUST and shall be used only for meeting the Aims and Objectives of the Trust.

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(We look forward to contribution in the form of cash and kind from all devotees to keep up the sacred task of Life Sciences Foundation. We expect many more like minded people to join LSF when they visit our web-site: www.lifesciencesfoundation.com *)*

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2) Please contact the secretary or any member of Executive Committee for any details.

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