EDITORIAL

Life is eternal and death, as per Hindu religion, is just departure of soul from one body, which has performed its God defined duties, to another deserving body in order to carry on and exhaust its *Karmas*. For all who are born, death is definite and in fact the time clock starts ticking in the reverse direction from the moment one is born. We all know these facts well and yet one gets a shock and brings in grief when a close relative or friend passes away. Mr. GL Arora, a leading devotee of Guruji Dr . O.P.Kohli and leading contributor to vibrancy of 'Life Sciences Foundation' activities passed away after brief illness recently leaving a vacuum which cannot be filled easily. Mrs.&Mr. Arora were always forerunners for LSF *Havanas* in the Ashram and Mr Arora's appeals to the members of LSF for liberal contribution in cash and kind still resound all over. May God bless the departed soul with eternal peace and give sufficient strength to Mrs Arora and rest of the family to bear the unbearable loss.LSF will always remember their valuable contributions to the Foundation.

Life in LSF, and in general, has to carry on and we all are putting in our little might to keep it going and fulfill the objectives of the Foundation. During last LSF anniversary in April 2011, we had made a fervent appeal to the devotees to contribute liberally towards renovating the crumbling LSF Ashram to replace the termite effected wooden doors and windows, the toilets, water system, lighting etc. With kind courtesy of member and devotee Shri Amrit Ji , the place has been beautifully renovated now and gives a new look. Our special thanks to Shri Amrit Ji for carry out such a difficult and expensive job. Mr Khan's time contribution in this respect is equally valuable.

This issue of 'The Divine Vision' contains some very thought provoking articles by 'Bhai Sahib' Dr.O.P.Kohli on Divine Love and God as Light and Sound with Its play through seven *Chakras* in creation and maintaining the human body. Similarly articles from Dr. Manoj Pabrai on meditation and removal of curses by cleaning of Spirit. All articles are simple and can easily be understood by common man.

'The Topic for contemplation' discusses the delicate topic of balancing the life so as to enjoy the present and also create happy and peaceful future.

We look forward to all members and devotees of LSF to contribute in cash and kind so that LSF continues to serve the humanity to its best ability.

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ॐ THE DIVINE VISION

Volume XXV October , 2011

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FAMILY LOVE TRANSMUTED INTO DIVINE LOVE

By

Dr. O.P.Kohli

Love is the form of the Divine. Love alone can merge in love. When one is filled with Divine love, he can experience oneness with the Divine. Happiness arises from pure love. This is also the source of Truth, Righteousness, Peace and Forbearance.

Love will never be enough when the ego personality is making the decisions in our life. The ego personality tends to make a list based on outer characteristics to fulfill its needs. When this happens love will always fall short. Love becomes one sided looking for a partner to fulfill a role. Then each person is really all about just getting their needs met rather than being in service to their partner. There is always a hidden agenda.

How we fill the roles we do in this world depends on how spirit based we are in how we live our lives. When we come from the perspective of knowing that comes from our heart that we are a Spiritual Being fulfilling a purpose then we come from a love based way of being. Our choices then come from the ability to receive what is appropriate for us rather than from trying to survive to maintain a false sense of security. Our ego personality becomes absorbed into our Soul energy and our personality defects begin to fall away.

When we recognize that we are love, which is what we do when we identify with who we are spiritually, we see everything through the eyes of our Divinity. The Shadow Self that surfaces due to our fears from past traumas is transmuted into appropriate action in our relationships particularly between man and woman. Living from this perspective we evolve all the relationships we participate in. Love is then felt because both the

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masculine and the feminine aspects of life are viewed as equal. Our ego personality becomes absorbed into our Soul energy and the personality defects begin to fall away.

The reason love fails to be seen as enough is because of a lack of awareness. True spirit based love is going to bring to consciousness everything that shuts out love in order for us to open further to receive love in a more expanded way.

This Divine Love brings our thinking and feeling together. Sometimes that means standing back to give a person the opportunity to make their own choices even if that means they will choose to give their power away to someone else to make their choices for them. If we don't give them the space to choose for themselves we create ego based parent-child / husband-wife relationships.

cannot make someone wake up spiritually. All we can do is empower them in relationship by being the example of what we desire in relationship.Emotional pain can be numbed out temporarily but any unresolved heart issues are going to eventually manifest as pain in the physical body. This is why we have increased cases of heart disease, breast and lung cancer. Everything starts as an energy pattern in the feeling body that you cannot see (unless you are spiritually awake) before it ever becomes a physical problem. This is why it is important to be transmuting any discordant patterns in our energy field. Much of what we sense fails to even be ours but we take it on unconsciously because we lack awareness. We recognize this when we take the blinders off our inner vision by developing our awareness beyond our 5 physical senses.

Basically anywhere we fail to be receiving in the connection with who we are spiritually is where we will also fail to be able to receive physically. Love will never be enough when we are only trying to take care of our physical needs. We

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must operate from wholeness of being from the inside out in order for love to be enough for us in our lives.When we say that love is not enough it is because we have high expectations of a partner fulfilling a need for us. This is usually the male or female principles we look to a partner to handle for us. When we take care of our own needs by integrating those principles of life within us we are able to receive an expansion those needs being met by a partner. This is because we no longer have an attachment to having someone else to do it for us. We are then able to attract more of that which is in resonance with us.

We become true co-creators in life because we have more love to offer a partner from that place of wholeness. The Love we give and receive becomes unconditional because it is sourced from our Divine Selves.

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GOD IS LIGHT, SOUND AND FEELING

By
Dr. O.P.Kohli

In the beginning was the Word, and the Word was with God, and the Word was God Himself.

All things were made and came into existence through Him; and without Him was not even one thing made that has come into being.These are the very words of Veda. ***Prajapatir vai idam asit:*** *In the beginning was Brahman.* ***Tasya vag dvitya asit;*** *with whom was the Vak (or Sound)...* ***Vag vai paramam Brahma;*** *and the Vak (Sound) is Brahman"* There is a "Divine Science of Light and Sound" which helps one to become one with the light and sound of the Supreme Divine. The Masters of this Divine Science teach how all of creation came into being. Creation came into being though ***the light and sound of the creator.*** This sound is called OM or AUM. It is part of mantras and chants used by monks and other meditative schools of thought. This Shabd or Naam is the creative power of the Lord & manifests itself as the divine light & sound. When God Almighty manifests Himself as the power which brought everything into existence, that power, that manifestation is called Naam or Shabd. Mostly every yoga system believes in the 7 chakras within the body, many are designed to take the individual from the first charka called Muladhara to Swadhisthana, Manipura, Anahata, Vishuddha, Ajna and lastly Sahasrara or crown chakra.Every system of yoga uses some form of energy to travel within. Near the sacral plexus and associated with the function of elimination is the 'Nadi' called 'Kundalini' which lies coiled like a serpent. This is the root of all the nadis. From it twenty four smaller nadis spring forth, which support the body. Out of these ten carry the pranas to different parts of the body. Among these, Ida, Pingla & Shushmana are the major nadis,

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which control the breath. They reach only as far as the Third eye. Those who practice pranayam end their journey at the Tisra Til (third eye) where the nadis end & pranas merge in Kutastha Chaitanya or Christ Consiousness, the place of their origin. Kundalini ends its journey at the crown chakra which is its origin. **But Saints start their journey where others end.** The Sahansrar chakra is the first stage of the path of the masters which is the terminating point of mostly all the yoga systems. How do Saints achieve this? Well they travel through a power called shabd or naam or divine melody within. This force originates from the highest realm of consciousness & descends till our eye centre. When the meditator ventures within & brings his consciousness to the third eye they catch this melody & travel to higher realms. Since its originating point is beyond all the lower realms it takes the practitioner directly to the realm of Anami or the Supreme abode of the Nameless One. Saints explain to us that there are 12 mansions within or major chakras. ***The higher stages after Sahansrar*** are *Trikuti, Daswan Dwar, Maha sunn, Bhanwar Gupha & Sachkhand*. These make up the 12 grand charkas of the cosmos. However when subdivided the total centres of consciousness according to the saints comes up to 22 which are also described by Sant Kabir in his amazing poem *"Kar Naino deedar mahal mein pyara hai"* "Behold within this body resides your beloved". The Divine Science of Light and Sound teach us that it is with this current of light, sound & energy that we can travel back to the supreme abode since it comes from the highest realm.

Now let us see what the mystics tell us about this mysterious power called shabd or naam. In this world there are many types of names given to God such as Almighty, Waheguru, Allah, Hari, Narayan, Swami etc. All the names of God which exist are attributive & descriptive names of God, which tell us about his qualities & powers. But the Naam or Shabd power which the saints talk about is something which cannot come in the written or spoken

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language. Thus saints tell us that they do not refer to any word or mantra as God or that creative power, but it's the Divine music within which is the real shabd or naam - Aum (OM) heard with open ears by advanced saints of all religions. It's the creative power which brings this creation into being which the saints call as shabd power or naam.

After understanding the secrets of this enigmatic power called shabd the next question arises, where can we find this power? That's where the Guru's immense grace & mercy comes to our rescue. When a master initiates a disciple into the mystic path he or she attaches our soul currents to shabd or naam & turns our soul currents from their usual tendencies of outwards & downwards to inwards & upwards. During initiation the Master teaches us how to meditate on the sound current which comes from the very being of God. Our body has nine openings or gates i.e. the two eyes, two ears, two nostrils, one mouth & two lower openings. When we withdraw our consciousness from all these gates our soul which resides at the eye centre collects its currents & then the tenth hidden door, known as third eye or divine eye etc. is opened through which we begin our journey.

Between the two eyes is the Master The messenger of the Lord. Between the black and the white moles is the shinning star, and within the star dwells That unknown and unseen Lord. Between the eyes shines a tiny petal and within the petal is the hidden door. On that door adjust your telescope and thus with ease go across the world's deadly sea.

Between the eyes, through the practice of meditation on this Divine Holy Spirit, the sound current, the Masters tell us that we can travel back our eternal home. They also tell us about the path of 5 melodies, keeping in mind the 5 grand divisions of the inner cosmos i.e. *Sahasrar, Trikuti, Daswan Dwar, Bhanwar gupha & Sachkhand*. They also talk about the fact that the Master and Shabd are one.

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MEDITATION – FOR PERSONAL GROWTH

By Mr Suresh C Pahwa

Meditation is normally take as a religious practice undertaken by old or senior aged people to contemplate on God and thank Him for all He has provided in their life and to take care of them in this life and all lives beyond. It is more often confused with religious practices of Hindus whereas it is truly spiritual exercise and far above all religions and dogmas with much richer rewards in the immediate present life and future as well.

In the complexity of modern life, full of stress and strain, meditation seems to be emerging as a true device for personal growth and for inculcating positive attitude to the life at large.

Meditation is intensely personal and spiritual experience. The desired purpose of meditation technique is to channel normal waking consciousness into more positive direction by totally transforming one's state of mind. To meditate, simply means to turn inwards and to concentrate on the inner Self. The entire process of meditation usually entails three stages of concentration, meditation and finally enlightenment or absorption. Once attention gets engaged, concentration turns into meditation and through continuous meditation, the mediator merges with the object of concentration, which might either be the present moment, your Guru or The Divine Entity. With time, the continuous practice brings in success and rewards of achievements with positive outlook and confidence. It brings in peace of mind, unconditional happiness and all what is required for personal growth.

The meditation gradually leads serious practitioners, under guidance of truly realised Gurus, to Self-Realization and Self –Awareness. This

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knowledge of "Pure Being"- The Self, has been popularised by Sri Sri Parmahansa Yogananda in India, USA and worldwide through Yogoda Spiritual and Self- Realization centres.

Humanity is increasingly turning towards various meditative techniques in order to cope with increasing stress of modern lifestyle. Peace of mind is a must and pre-requisite for any personal growth and more and more people are directing their gaze inwards to provide them with strength and calmness to face the challenges. The modern psychotherapists do agree with the benefit of meditation practices as state of relaxation and higher state of consciousness are both achieved by meditation.

Yogoda Satsanga society of India , Ranchi offers a well defined scientific technique initiated by Sri Sri Parmahansa Yogananda for meditation and Self- Realization.

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If you meditate, you will find much more happiness than you have ever known. All knowledge will be given to you from within.———
Sri Sri Paramahansa Yogananda

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SPIRIT CLEANING AND REMOVING CURSES

By
Dr. Manoj Pabrai

Psychic attacks and curses can occur either deliberately from another person's desire to do harm or inadvertently sent from the subconscious thoughts and feelings from another's resentments, anger, rage and so on without their full awareness.

When someone is experiencing a curse or psychic attack, they may feel as though they have lost their center, their ability to focus is impaired or they may feel like energy and power are leaking out from their body causing them to feel drained, usually from the third chakra around the navel but also from the fourth or heart center where the leakage may feel like grief, sadness or depression.

The person under attack may have a run of 'bad luck' with strange, unwelcome occurrences happening frequently or their timing may be off causing them to miss out on important events. They may experience people avoiding or staying away from them or they may see agreements or pacts that they've made with others dissolve or be abandoned or broken for no apparent reason. Sometimes negative energy intrusions will manifest in the form of nightmares, strange obsessions or as uncontrollable emotions, persistent phobias or recurring fears.

Each of us sends out various degrees and qualities of energy into our environment via our thoughts, emotions, intentions and feelings. When these energies are negative, what we 'send' out there becomes a negative influence in the energy fields of other people or life forms including pets and plants usually in a non-conscious way. As people, we can easily make each other sick often without realizing it.

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I will define curse as a negative force that is deliberately or ritually sent to the receiver / victim's energy field from the mind and will of another person for the purpose of weakening them, making them ill, making them off balance, confused or disoriented or otherwise doing them some kind of harm either mild or severe.

I will define psychic attack as similar to a curse but of lesser potency; a negative force that is sent into the environment of another via hateful thoughts, resentments or anger but without an accompanying ritual. This kind of energy is often charged with strong negative emotions and the person who is feeling and sending these negatives will often imagine doing harm to the other's name or reputation, health or well-being, adding more potency to the attack by doing so.

Negative influence I will define as the 'spilling over' of another's own toxic emotions into the environment and personal energy field of others in a non-conscious or unintended manner. This is usually the case in personal relationships or families where one's partner's or relative's negative psychic and emotional energy is causing others to feel drained, sick or otherwise disoriented and off balance. I have observed frequently that many people with heart problems in particular are simply absorbing too much negative energy from another family member without the knowledge or skill to discharge or cleanse their energy field.

Or what is often the case is where both partners are locked into a battle of control or of wills,

throwing negativity into each other with the intention of throwing the other partner off balance, making them feel vulnerable and/or dependent and therefore more susceptible to emotional control or manipulation.

Of course we can also 'curse' ourselves with worry and resentment with how much we hate this or that, this person or thing. All we are really

doing in that case is pulling whatever it is we hate or worry incessantly about into our energy field with our repeated negative attention to it. In no sense can a resolution occur under these circumstances unless it simply comes about of itself in spite of us or as 'divine intervention'.

In order to receive or be victimized by negative energy from any of these sources there must first be an opening in one's own energy field, a place for the negativity to enter. If there is no entranceway such as a victim or 'poor me' mentality, *then nothing 'bad' can come in to affect us no matter what others may be throwing out.*

It is imperative seal our leaks first, closing any portals to these kinds of influences. When the sealing of leaks becomes a regular practice, then any negative forces that may have been sent toward us will gradually lose their potency to influence us since there will be nowhere for them to enter, in that case they will rebound or 'boomerang back', returning to their original sender-owner with unpleasant consequences.

One way to seal your leaks is to use what is called, the 'tortoise breath', this is done by breathing as slowly as possible from the belly, until you feel your field become more compacted and 'solid'. Breathe as slowly as possible in an inaudible manner for several minutes, up to a half-hour or so, a couple of times each day, especially a night.

Devotees of my Guru Sri Paramahansa Yogananda, through His Student lessons of YSS of India, are taught a special breathing technique before starting meditation and this technique can be followed at other times also. This achieves a state of breathlessness and thoughtlessness which assists in using higher techniques taught, via student lessons, and finally aids in the practice of Kriya Yoga. This technique prevents a devotee to be victimized by negative energy forces besides bringing other positive changes.

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It is a good idea if you feel that you have been cursed to do the tortoise breath right at bedtime and in the middle of the night when the negative forces are strongest. It's also a good idea first thing in the morning when awakening from sleep. You may also retain the breath in for up to 10 seconds each time to increase the effectiveness of this practice. After awhile you will feel your field begin to 'solidify', and a new strength will come into you. The tortoise breath is also one to use when there is a lot of anxiety or fear energy that needs to be dispersed. What the breath does is that it condenses our energy field and allows us to feel that which is essential to our being.

Along with this, imagine a golden white light descending from the heavens into your crown at the top of the head, the sixth chakra and medulla oblongata which is directly behind and across from the sixth center on the inner pathway within the brain. Breathe this light all the way down into your lower abdomen and navel, usually the sites most affected by the negative psychic energy. Feel this prana charged light neutralizing, dissolving and banishing all negative psychic influences.

As a yogic discipline, breath retention or *Kumbhaka* is one of the most direct means of effecting changes in consciousness. Breath retention invigorates us by filling the whole body with life energy or *prana.* In particular, breath retention stabilizes the mind and in turn seals our leaks while stimulating and forcing the *Kundalini Shakti* to enter the central channel. This will help to purify us and keep our energy field free of external negatives.

Intentionally created thought forms and negative emotions can attach themselves to their 'target' only if there is a similar thought or emotional structure within the intended victim; ***like attracts like.*** So the best way to be protected from these influences is to seal our leaks, heal our energy bodies and breathe in divine light and love energy thereby removing our

'attractors'. Any thought or feeling structure that we hold within acts to attract more of the same to itself within our energy field so that the more we imagine, hold and receive divine light and healing energies to ourselves the less we are available to being attacked or influenced from outside agents or the negative intentions and thought / feeling clusters of others.

When dealing with a possible curse or psychic attack it is important to:

- Stay out of blame as "blame attracts more of the same".
- Stay out of self-pity sentiments like *'why me?'* Which is blame turned inward. Yet it is important to understand where the influence is coming from and how we may have participated in its creation. Self-pity in particular only draws more toxic energy to us in order to confirm and reinforce our condition of feeling victimized.
- With appropriate bodily movements, like hands pushing out from the lower belly, say, *"I send all negative influences and bad energy back to their source and creator"*. Then imagine cutting an invisible cord at the belly where we are likely to be connected to the source of the negative energy and see it like a rubber band that snaps back to wherever it originated from.
- Then say, *"I am unaffected and immune to all negative psychic influences"*, doing a wide and expressive sweeping and clearing movement with hands and arms, then see the negative influences dissolve and disperse before they reach your energy field. You may need to do this many times before you feel relief or a sense of safety.
- Imagine and feel yourself surrounded by a golden divine white light that acts to protect you and seal you off further from all unwanted influences.

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- Don't get into arguments or heated debates with anyone. Any form of resentment or anger will keep your energy body open to the forces you are trying to protect yourself from. Instead cultivate being fierce, which is focused, intense awareness that has no anger in it or inclination to do harm. This acts as a powerful protective shield around your energy body.

- Deny permission for any and all negative influences to enter your energy field or affect you *"in any way, at any time, by any means, for any reason*", using words like, *"no", "away" and "out now"* with a commanding tone of voice, exaggerated gestures and fierce attitude.

- Finally rest in thankfulness and gratitude, feeling and knowing that you are protected, safe and free from all adverse energies, malicious oppositions, curses and negative influences.

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THE BENEFITS OF MEDITATION

by

Dr. Manoj Pabrai

Meditation is an altered state of consciousness which removes distraction and allows a person clarity and awareness. It is a skill of paying attention in a restful way to the flow of life in your body. Research has shown that meditation can aid in health related issues, both physical and emotional.

The idea behind meditation involves ridding the body and mind of negative energy, while bringing in positive energy. This positive energy relaxes the mind and by keeping a mind relaxed, one can focus on healing different parts of the body and soul.

Keeping the mind healthy and happy can benefit a person's overall health. Emotional problems can trigger physical effects in the body. One of the most emotionally damaging psychological problems is Stress. As seen above, stress can lead to a variety of illnesses.

Neuroscientists have found that mediators shift their brain activity to different areas of the cortex - brain waves in the stress-prone right frontal cortex move to the calmer left frontal cortex. This mental shift decreases the negative effects of *stress, mild depression and anxiety.* There is also less activity in the amygdala, where the brain processes fear.

Over the past 40 years, dozens of universities in the United States, Europe and India have conducted hundreds of studies on the effects of meditation on human physiology and behavior. The research results point to meditation as producing benefits on many levels of life simultaneously – *body, emotions, mental functioning, and relationships.*

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Following are some of the conditions which benefit from the correct and regular practice of Meditation:

- ❖ Greater Orderliness of Brain Functioning
- ❖ Improved Ability to Focus
- ❖ Increased Creativity
- ❖ Deeper Level of Relaxation
- ❖ Improved Perception and Memory
- ❖ Development of Intelligence
- ❖ Natural Change in Breathing
- ❖ Decrease in Stress Hormone
- ❖ Lower Blood Pressure
- ❖ Reversal of Aging Process
- ❖ Reduced Need for Medical Care
- ❖ Reduction in Cholesterol
- ❖ Increased Self-Actualization
- ❖ Increased Strength of Self-Concept
- ❖ Decreased Cigarette, Alcohol, and Drug Abuse
- ❖ Increased Productivity
- ❖ Improved Relations at Work
- ❖ Increased Relaxation and Decreased Stress
- ❖ Improved Health and More Positive Health Habits

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How Can Meditation Be This Beneficial?

It is interesting to wonder, how could something as simple as meditation be so beneficial? The answer is in the Physiology. Meditation is something the body knows how to do, and does willingly if you set up the conditions and allow it. The body knows how to enter a profound healing state. All you have to do is pay attention in certain ways, and tolerate the intensity of what you feel as you let go of stress.

One of the main reasons meditation is so beneficial is that it is instinctive and natural. When you meditate, you are accessing your body's own built-in ability to heal itself and tune itself for action.

So one answer is that meditation is a built-in ability of the human body. The word meditation is just a name we give to the situation where we give the nervous system, the brain and senses a chance to tune themselves up. More than a chance – meditation is giving total permission for the nervous system to do its healing thing. And since this is an innate thing, the body and brain are very good at it.

And when we don't meditate, it is as if we are "meditation-deprived." In other words, we are not adding something weird to our life – we are just giving ourselves something we need. What is weird is to NOT meditate. In other words, it is unnatural to go through life deprived of a time each day to rest more deeply than sleep, and let go of all the stresses that keep you wound so tight.

If this is true, then this is part of why meditation has such powerful effects – because it is a way of giving into the powerful mind / body healing dynamics that we already have within us, as part of our genetic heritage. Or, you could say, God put it there.

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How Do I Get These Benefits?

You only get the benefits of meditation if you actually meditate everyday – ***that is one key***. And in order to meditate every day, you need to find a technique and an approach that truly suits your individuality and the rhythm of your day. That is where Instinctive Meditation is so useful – because you don't just learn a technique, you learn how to adapt meditation to fit the direction of your life. It is most beneficial to take the help of a Guru to lead you on the right path.

Can Meditation Be Harmful?

Yes, absolutely. When a meditation technique does not fit you, the main damage is usually in your relationship to yourself. You damage your ability to skillfully pay attention to your internal life. First of all, you will not want to do a meditation that does not suit you – which is good. But usually people blame themselves when they "fail" at meditation. And if you make yourself do it anyway, you will probably do some kind of harm to yourself. It's not really "the meditation" that is harming you, it is that you have bought into the idea that if you impose an unnatural technique on yourself, that it will be "good for you."

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ANGER IS DANGER

By

Ms. Tanya Gaind

It is said that "Nuclear Weapons" will not be harmful if there is no Anger.

What is ANGER?

ANGER is part of the word DANGER.

Anger is our conditional response to life when they do not match our pictures or line of thinking. Anger is not power but weakness which brings no benefit. It disturbs peace; Promotes negativity; Kills creativity; Depletes energy; Clouds judgement; Causes emotional imbalances; Sours relationships and exhibits lack of self control.

Anger is nothing but ignorance of 'True Self'. It is the result of excessive ego and self centeredness, discontentment and nothing short of temporary madness.

Apart from emotional imbalances anger brings in long list of health hazards like:

- Burns Brain Cells
- Disturbs sleep
- Raises blood pressure
- Brings tiredness and exhaustion
- Harms heart, kidneys and other vital organs
- Quickens aging
- Damages nervous system
- Shortens life span

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- Causes indigestion

Similarly anger plays havoc with your personality as under:

- Depletes Energy
- Takes away happiness
- Clouds judgement
- Ends in repentance
- Causes emotional imbalances
- Sours relationships
- Results in irritable nature

There are four types of anger:

1. Some people are angry from inside and angry from outside too. They pass on their anger to others. They take positions such as, "I am right and you are wrong."

2. There are others who are angry from within, but calm externally. This proves very bad for health as this builds up tension and does not release it.

3. Third type of people are calm from inside and angry from outside. They use anger as tool for handling situations, when necessary.

4. Fourth type is those who are calm from inside as well as outside. They do not even pretend to be angry.

Many publications and books have been written to overcome this deadly disease of anger. We must remember that anger harms you (the angry person) first and then others. Some of common measures to get rid of anger are:

1. Be receptive and attentive.
2. Take deep breaths

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3. Take a balanced diet
4. Read spiritual books
5. Listen to the truth and speak truth
6. Don't use language that provokes anger.
7. Express your minds desire
8. Learn to forgive others
9. Postpone the anger consciously by saying, "I will express my anger tomorrow."
10. Think about the negative consequences that will emerge as a result of your anger.

God is always merciful, never angry. Meditation leads us to calm our mind and removes the negativities in us. It enhances inner power like tolerance, patience, accommodation and makes us more caring, forgiving, loving and merciful which are all important antidotes to anger.

Let us resolve today that we shall not be angry ever and shall try to solve differences by our discriminative power which God has gifted to all human beings but is seldom used.

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TOPIC FOR CONTEMPLATION

How to live a balanced life?

By

Suresh C Pahwa

There are two aspects to human life: One that relates to the physical body, the material, and the other that relates to the inner self or the soul, the spiritual. Life essentially means the best balance of the two aspects as imbalance towards any one may imbalance the living of individual and/or the family he is responsible for in the present life.

We generally engage our time and effort in satisfying our material requirements, the worldly pleasures. The egoistic nature of human being makes him greedy for materialistic things, attachment to worldly objects and people. Whereas examples of egoistic people suffering and coming to ruin can be seen all around us, it is extremely difficult to challenge or change such person.

Knowing that overindulgence in sense objects and being egoistic is bad yet most of the mankind suffers from this imbalance. The main cause of this helplessness is the mind. The mind is always dissatisfied and especially the mind which refuses to listen to inner consciousness leads to all kind of excesses. New hopes and ambitions arise once the old ones are fulfilled and this goes on and on. For momentarily pleasures of the body mind misguides all the time leading to bad habits and the man becomes a slave of his senses.

The '*Topic of Contemplation*' today is to think about your own present state of mind and find ways and means to come out of the slavery of senses.

Spirituality means to keep in mind the awakening of the soul even while remaining active. The inner self or the soul is called *Antaratma*. Listening to the inner voice of the soul results in eternal peace, satisfaction, bliss and surprisingly the acquisition of both material and spiritual benefits. Here, priority is given to the soul compared to the body. This has been my own personal experience and it is indeed wonderful.

In simple words this means that bodily requirements are kept to a minimum and the principle of "simple living and high thinking" is adopted. This means a person who takes care of his soul has to practise restraint over the senses and remain satisfied with minimum resources. Initially it is difficult to change but with focused practice it becomes a habit with inbuilt pleasure.

If, for example, food intake is kept low, it has the double benefit of enabling longevity and protection from diseases. The consumption of too much sugar, salt and fat can lead to diabetes, high blood pressure and multiple diseases.

An excess usage of other senses also causes problems. For example, watching too much television or too much exposure to computers damages eyesight. Listening to loud music affects hearing. Overindulgence in sexual activities is unhealthy. People who practise restraint never experience financial crisis, nor do they remain in debt. They maintain a healthy body with healthy mind. They are called people of character and are respected in society.

To lead a balanced life is inherent desire or wish of all human beings and one can achieve it with bit of spirituality and ear for *Antaratma* advice. This is the easiest path which leads to blissful life.

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Personal Experiences of Devotees

These experiences describe LSF services to the sufferers through personal healing powers of Dr. O.P. Kohli which are always available to devotees & members of LSF without any charges.

1. Ms.Bimla, Delhi

I am 41 years old and had been suffering from inflammation surrounding the heart. The pain was like that of coronary thrombosis; terrible breathlessness, swelling in abdomen and the ankles.

I tried many medicines but these gave me only temporary relief.

I me Dr. O.P. Kohli in a spiritual discourse at LSF Ashram. He listened to my problems and gave me two months *talismas* to use with certain precautions.

I am fully recovered now and thankful to Dr. Kohli for his self-less services to his devotees.

2. Ms.Jasbir, Jammu

I am 35 years old. I had been suffering with a burning sensation in passing urine. The medicine gave me only temporary relief.

With a stroke of luck I met Dr. Kohli during his visit to Jammu. He gave me two months *talismas* to use after chanting of certain *mantras*.

I used the *talismas* with all precautions as advised and am now feeling quite comfortable.

May God bless Dr. Kohli with more healing powers.

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3.Ms. Priya, Ludhiana

I am 25 years ol and had been suffering from the inflammation of the urinary bladder. The medicines were of little use in curing the problem.

I met Dr. Kohli during his visit to Ludhiana. He listened to my problem and told me that lining of bladder gets inflamed in newly married women. In acute cystitis urine passes with pain in the urethra. The quantity of the urine increases. There is severe tenesmus. Control is almost lost. The urine may at times have blood in it.

He gave me two months *talismas* to use with certain precautions. I adhered to his instructions and am feeling quite comfortable now and get sound sleep at night. Dr Kohli also advised me that sharing of problems and asking for help does not mean that we are weak or incompetent. It usually indicates our advanced level of trust. Dr. Kohli also told that millions os souls in this world and other realms are not yet aware of the potential they have to know realities beyond mind and senses. He suggested deep meditation for the complete unfoldment of their innate capacities and qualities.

4.Ms Bala, Jammu

I had been suffering from a mental disturbance which was acute and of short duration, usually reflecting a toxic state. It involved illusions, hallucinations, excitements, restlessness and forgetfulness. The medicines gave me no relief.

I met Dr. Kohli through a friend of mine at Jammu. He analyzed my case and told me that I was suffering from an ailment of delirium which is caused by shortage of oxygen to the brain due to heart failure or on account of brain damage or due to severe vitamin deficiency.

He gave me two months *talismas* to use after chanting of certain mantras. Thank God, I am feeling quite comfortable now and having sound sleep without any mental disturbance.

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5. Mr. Wani, Srinagar

I am 35 years old and had been suffering from acute depression. There was a loss of interest in normal activities of life. A morbid sadness or dejection prevailed all the time without any particular reason.

I met Dr. O.P.Kohli during his visit to Srinagar and he gave me hope, encouragement and reassurance. He also gave me 2 months *talismas* to use with certain precautions.

After the treatment I am feeling better now and there is no more depression at all. I feel to be wanted and loved by all. May God bless Dr. Kohli for his relentless service to humanity without expecting anything in return.

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Devotee's Questions and 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 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.

Qn.2 What is the cause of sorrow?

Ans: The cause of sorrow is ego consciousness with its blinding and binding power.

Man's discontent with what he has and craving for more also leads to sorrow.

Qn.3 What is the Spiritual Eye?

Ans: When Sri Lahiri Mahasaya initiated his wife into *Kriya Yoga*, and touched her at that place; she said, "He touched my forehead. Masses of whirling light appeared; the radiance gradually found itself into the opal – blue spiritual eye , ringed in gold and centered with a white pentagonal star."

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That is the spiritual eye and reflected there. Everyone can see it, if we shall keep on trying.

Qn.4 What is Holy Vibration?

Ans: If you see the light with closed eyes that is the Holy Vibration.

If you feel God's love, that is the Holy Vibration. If you can see and feel all, that is the best and you are connected with the seat of virtue and with the presence of God within you.

Qn.5 What is the cause of restlessness**?**

Ans: The finite mind generates countless ideas within itself which weakens it and veil perception of truth. These cause impressions and tendencies in the mind which are latent or dormant. When the mind is rid of them, the veil vanishes in a moment like mist at sunrise, and with it the greatest sorrow also vanish.

Qn.6 What can we do in difficulties of various kinds when dealing with another person?

Ans: When having difficulty relating to another person, try to improve your communication with that person while removing calm and radiating good will.

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NEWS AND EVENTS

1. VISIT TO NASHIK TRIMBAKESHWAR

Bhai Sahib along with other devotees of LSF visited Nashik Trimbakeashwar on 12th March 2011.

Nashik being the best trade of silk fabrics and clothes received importance in the European market. From there it was exported to Arab countries. The fossils received from the historical places of Nashik and other close by regions increases our knowledge of the life style and cultural and economic growth of ancient Nashik.

Lord Rama during His exile of 14 years visited the town of Nashik. According to the description of SKand Puran Maharishi Kashyap directed Lord Rama to conduct the *Shradh* ceremony of his dead father Shri Dashrath Ji , in the Godavari river which is situated in Nashik. Even toady people from different corners of the country conduct the *shradh* ceremonies of their close ones here in Godavari River at Ram Kund Ghat for the peace of the departed souls. Shri Chitarao of Stara built this Ramkund Ghat in 1689 near Panchvati where Lord Rama spent 12 years during his exile.

There was a small temple in ancient town which was re-built by Sardar Rangarao Adekar in 1772 with Rupees 23 lacs . The construction of the temple took 12 years. There are three corrodors in the temple and in the third corridor the images of Lord Rama, Laxman Ji and Goddess Sita are established. A great festival is celebrated on the occasion of Ramnavami.

The Kumbh festival is held here after every 12 years and the Monks belonging to Vaishnav religion bathe here. There are other temples of

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Laxman Kund, Kapleshwar temple , Sunder Narain Mandir, Kalaram Temple, EK Mukhi Datta temple, Naro Shankar Ghanti Rameshwar Temple, Bhadrakalas Temple, Tapovan, Sita cave, Someshwar Temple, Pandav Caves, Jain Caves, Bhakti Dham, Chamani Ganesh Temple, Mukti Dham, Kalika Temple, Ved temple and Goddess Saptash Rangi Mataji temple are close by . People are so much diverted towards these temples that they, just by sitting down and thinking about, get conscious communion with God as if He is guiding them in every action.

2. VISIT TO SHRI TRIMBAKESHWAR TOWN

This small town was built about 500 years ago by Nana Sahib Peshwa. Brahmagiri Parvat is 28 kms away from Nashik city and at the height of 3000 feet from sea-level. There are good roads and the devotees are provided with all the facilities.

According to *Puranas*, while digging the earth in the Prayag region, a gold embedded box of Lord Brahma was found in which a beautiful girl child was lying. She was so beautiful that even Lord Brahma Himself was puzzled if this was His creation. He started thinking how this beautiful girl is going to get a life partner like her. It was during this time that He heard a celestial Voice, "Who so ever would complete the revolution of hills, islands and earth thrice and will reach you first, only that person can marry this girl. As a result all the sages, priests, gods and deities started the revolution. Gautam Rishi during this revolution saw a cow delivering her calf and he revolved round that cow thrice and came back to Lord Brahma. His doubts were cleared by a celestial voice and accordingly the girl Ahilya was married to Gautam Rishi . Lord Brahma made a request to Gautam Rishi – to stay at Trimbakeshwar town for the rest of his life. Gautam Rishi agreed and stayed at this Gautam Ashram for the rest of his life.

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Shri Nana Sahib Peshwa built a temple in the year 1677-1708 which is called Kedapanthi temple of Shri Trimbakeshwar. It is east facing surrounded with stone walls and of five domes embedded with costly gems. This temple is known for its neat and tidy atmosphere. The moment one enters the temple the priests are found chanting Shiv Mantras.

There are innumerable *Lingas* with a great aura and presence around the world. But the main ones are just twelve. Trimbakeshwar is one of them on the banks of river Godavari. It is the temple where self- established Lord Shiva is the greatest of all the deities. We can also find the images of Lord Brahma, Vishnu and Mahesh in the Jyotir ling of Lord Shiva in Trimbakeshwar. There is a hole equal to a pot under the Shivling where Lord Brahma, Vishnu and Mahesh have been established in the shape of a thumb. This Shivling is embellished by devotees continuously with the water of Ganga Godavri.

We has Parikarma of this temple thrice, meditated there for 2 hours at the ecstatic Vision of Lord Shiva and returned to Pune where we stayed in a hotel for one day and then came back to Delhi.

3. LSF Anniversary Celebrations- 10th April 2011

16th Anniversary of 'LIFE SCIENCES FOUNDATION' fell on 13th April 2011 but was celebrated by Bhai sahib, members of LSF and other devotees on a large scale on 10th April (Sunday). The Venue, as usual, was Ashram & meditation center, Chattarpur Farms, New Delhi.

The place was specially decorated with flowers on the occasion, Havana and *Bhandara* were arranged to celebrate the anniversary which was attended by about 400 members/devotees.

The programme started with discourse by Bhai Sahib covering all important aspects of spirituality, importance of meditation for peace and happiness and general guidelines to devotees for living tension free life by following the right path given by our Guru ji, Sri Sri Parmahansa Yogananda.

Havana was arranged by Mrs and Mr GL Arora followed by Aarti and Bhandara.

In line with aim and objective of LSF medical camp was also simultaneously arranged at the Ashram for the members to take advice from leading Cardiologist Dr B.L.Prasad and Neurologist Dr Ajay Bharagav.

Devotees and members contributed liberally towards upkeeping of LSF ashram and fulfilling its aims and objectives. An appeal was made for renovating the ashram and few devotees volunteered to separately contribute for the cause.

The programme which started at 08.30 AM was concluded at 13.00 hours with grand success under blessings of Bhai Sahib.

4. Visit to the holy Province of Shingnapur- Shri Shanichar.

Bhai sahib along with devotees of LSF visited the Holy Shrine of Shri Shanichar at Shingnapur on 16th july 2011 via Delhi-Pune.

It is 35 kms from the Ahmad Nagar district in Nashik; 65 kms from Shirdhi Dham, from Newasa Taluka about 6 kms and from Dhodgaon about 5 kms. It is small village with the population of about 3000 people. The fame of the town is spread within and beyond the country. The reason of the fame are firstly the devotional place of Shani Maharaj and secondly the houses and shops are without doors/locks.

Here in Shingnapur is the main idol of Shani Maharaj . Shani God is considered to be the son of the Sun. He possesses a special place among the nine planets. The colour of Shani is light black. The mantra regarding Shani's diameter is:

" Nilanjansamabhans Raviputram Yamagarjam.

Chhayamartandsambhutam Tam Namam Shanecharam"

The humble devotees visit this place for their harmony and progressive activities and experience the grace of Shani Maharaj.

5. Visit to Jammu- Mundan Ceremony

Mundan ceremony of Aarav, son of Mr.Raman Kohli and grandson of Bhai Sahib, was held in Jammu on the Janamashtmi day 22nd August 2011. To celebrate this big event a dinner was hosted by Smt. Kamla Kohli and Dr. O.P Kohli at Tripple S Farms , Akhnoor road, Jammu on 23rd August.

Devotees of Bhai Sahib from all over India travelled to Jammu to attend the occasion and bless the child with good health and wisdom. Over 500 people attended the gala function and 'Who is who" the famous personalities of J& K state were present.

6. Visit to Mansar Lake in Jammu

Bhai Sahib and other devotees of LSF visited the Mansar Lake , 60 kms from Jammu, on 9th September 2011.Mansar Lake in Jammu is considered not only an abbreviated form of the name of that great lake of Holy Mansarovar situated at a height of 14950 feet above sea-level on mount Kailash but also shows its sanctity .

According to legend both the lakes, Mansar and Surinsar date back to the time of Mahabharta and were caused by an arrow shot by Arjuna who , in present of the Sheshnag, went to the netter world (underworld)causing a hole by shooting an arrow in the earth at the site of Mansar and after defeating the serpent king came out by shooting another arrow at Surinsar.

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Another legend ascribes the origin of Mansar to an arrow shot of Babbaru Vahan, a sin of Arjuna born of his union with Alupi , daughter of Sheshnag during their wanderings in exile in this area.

There is a shrine of Sheshnag on the Eastern bank of Mansar. There are also ancient temples of Shiva, Narrismha Avtar and Durga on the bank of the lake. Some historians trace the origin of the term "DUGGAR" to the area between the two lakes –DWIGRAT.

Mansar attracts devotees from far and near especially on Baisakhi, Chaitra Cuaudash and Shivratri festivals to have a purificatory bath.

Newlywed couples consider it auspicious to perform three Prakramas to seek to seek blessings of Sheshnag. Some Hindu families perform *mundan* ceremony of their male children at Mansar. This lake is surrounded by green forest of pine and mango. About a mile in length and half a mile in width, the lake looks enchanting with lotus flowers and swimming ducks. Fishing is not allowed in the lake for religious reasons.

JKTDC has a sell maintained Tourist Bungalow, self –contained huts with all modern amenities and catering facilities to suit every taste.

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