



## Upcoming Events

**Jan. and Feb. - Private Classes**  
California

**Contact for more information:**  
[workshops@rudrashivananda.com](mailto:workshops@rudrashivananda.com)

## The Light That Enlightens

Spiritual practitioners sometimes wonder what it is that is happening when they pursue their sadhana since their true nature is unchangeable and is beyond all actions. What is the effect of their hard work on that which cannot be affected? Why is there a need to persevere in the spiritual practice in order to realize one's true identity when we are already That and only need to remember?

Verse 15 of the Ishavasya Upanishad gives a precise answer:

Reality is covered by a golden lid  
The practitioner of Truth beholds That;  
When unconditioned light removes it.

This verse describes the penultimate state before final realization, liberation and union with the absolute. It is the summit of our spiritual practice.

As we strive to realize our true nature, we practice spiritual meditations to remove the karmic conditionings of our minds so that we can attain the higher consciousnesses which are beyond the normal sensory mental equipment. However, even in higher consciousness, we are operating in the realm of phenomena, that is, conditioned existence.

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## Is Meditation Escapism?

It is tempting especially in times of great upheavals, natural disasters or even personal challenges to try to think about them instead of persevering in one's own spiritual practice. There is a sense of guilt among some spiritual seekers to sit and meditate while there is turmoil about them.

This is a fallacious mode of ego-tripping – literally, the ego is trying to trip us up, because no amount of thinking will solve the world's problems which are due to our own collective ignorance of the true meaning of life and who we are in essence. It is only by the power of meditation that we can perceive and experience reality and bring the bliss and peace from that experience into our daily activity.

Meditation is not an escape from reality but rather the means for reality to be revealed to us. Instead of the erroneous perception of reality due to our limited ego consciousness, we become exposed to the transcendental mode of

super-consciousness. A person who has experienced the true nature of divine consciousness becomes fearless in the pursuit of helping her fellow members of humanity and in the betterment of the world. This enlightened spirit in a human body will never lack energy or enthusiasm to help others.

As more people meditate, they become beacons of light and sources of inspiration for the rest of humanity to spur them on to better themselves. When one becomes open to the bliss within, he affects everyone around him in a positive way, radiating peace and calmness in the midst of turbulence.

It is the responsibility of every living being to become a beacon of light by meditating and realizing the reality of their true nature and the nature of reality all around. Therefore, persevere in your meditation in the knowledge that you are not only working towards your own happiness but also helping to solve the world's problems.

## Harness The Power of 2013

As we bid farewell to the hopes and fears of 2012 with more than a few sighs of relief, we should begin to formulate our aspirations for the coming year. What do we want and what can we achieve in 2013?

For those of us on the path of spiritual evolution, our cherished goal is for the freedom of higher consciousness. How does such a lofty goal translate to practical and achievable objectives?

Higher consciousness must perforce

lead to changes in behavior, habit patterns and emotional maturity. Conversely, as one uses one's will to make changes to behavior patterns, one's consciousness changes. This is because we are overcoming our karmic predispositions.

The following is a list of achievable improvements in our external behavior which will promote a shift in mental and emotional patterns and lead to

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# Harness The Power of 2013

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higher consciousness:

- maintaining a balance between spiritual and material life is necessary in dealing with the stress of modern living. A congenial means of acquiring the necessities of life for oneself and one's family complements our efforts in spiritual progress. It is best to avoid the temptation of avoiding one's duties in pursuit of personal liberation.

- maintaining a balance between our spiritual progress and our physical, emotional and mental well-being. The cultivation of self-healing techniques complements the techniques of Self-Realization. It is more difficult to pursue spiritual evolution with a damaged vehicle.

- Develop a compassionate attitude towards all life, respecting the cycles of nature and refrain from violating the bounties of mother earth.

- Develop a loving attitude to all humanity - man and women, irrespective of color or caste, rich or poor, irrespective of religious or cultural affiliations.

- Resolve all conflicts whether with friends, relatives, co-workers or complete strangers from a non-violent base.

- Respect one's own body and mind by being discriminative in the influences that we allow to affect them. For the body, this requires an attention to our diet - less quantity and more on quality - fresh and nutritious food in proper balance. For the mind, this requires paying attention to what movies and television shows we watch and what music we listen to.

The power of 2013 lies in the cultivation of Balance in all aspects. We will make more progress if we attune ourselves to this shift in energy. Happy New Year!

# The Light That Enlightens

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tence due to the causal chain of duality.

The light of the supermind is still a reflected light that is trapped in the object-subject duality of the manifested universe. There is a barrier that is characterized as a cloud of golden light that envelopes the manifested universe and separates it from the unconditioned and un-manifest absolute reality – paramatma.

Even when we are merged with the manifest light, we are not able to penetrate this barrier. Only when we have removed the most subtle of traces of karma and its potential arising that the unconditioned Light within us is revealed. This is the Light that enlightens for It dissolved the golden barrier that hides our true nature.

Om Tat Sat!

## The Benefits of Shakti Healing

Everyone is constantly looking for the better or best healing methodology because we all get sick at some time or the other and we want to feel better all the time.

Some look to the modern medical infrastructure to get the newest wonder drug to eliminate whatever they are suffering from while others run after the latest alternative healing modality. Energy healing has become an important part of alternative remedies especially with the popularization of Reiki and Pranic Healing over the last 20 years.

I had experimented with various energetic healing systems and was working with other compassionate souls in the San Francisco area during the early 1990's to help those suffering from serious and terminal illnesses. Although we were able to help somewhat and ease the pain of many of those we vis-

ited, I was very dissatisfied with the overall lack of results from our healing efforts. The very few who were healed seemed to me to have done so from their own will and optimism and with minimal help from others. There was little correlation between our efforts and the resulting healing rate.

One of the limitations that I discovered early on was that the spiritual state of the healer had a strong impact on the amount of energy that could be channeled for healing. A spiritual practitioner who was initiated into various healing systems and taught the appropriate techniques seemed to be much more effective in energy healing than one who had no previous spiritual practice. This can be attributed to the more refined and expanded energy body of the practitioner.

A second limitation was the source

of the energy. It was easily discovered that those who tried to use their own life-force or pranic energy would soon get exhausted versus those who were trying to channel the universal life force energy.

Another limitation that I encountered was that the ego-centric healer would often be ineffective and may actually pick up negative energy as a result of the healing attempt. Even though in most of the systems, the healer needs to put himself in a mode of being a channel for the universal energy, it was nearly impossible for him not to become involved emotionally or otherwise with the outcome of the healing. Dispassion does not come easily to a healer!

My search for a more effective healing system turned towards the Himalayan tradition of India from which most of the modern systems had directly or indirectly borrowed and in a strange

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# The Benefits of Shakti Healing

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turn, I discovered that my spiritual Master, Yogiraj Siddhanath, was also the Master of the ancient healing modalities of India. He has formulated a unique system called Shakti Healing based on these ancient techniques utilizing the energy of the Sun and of the Universal Mother.

It was immediately apparent that the Shakti system solved the energy source limitation because it was calling upon the highest energy source there is – the Cosmic Mother energy which is beyond all the other 6 levels of energy sources beginning with the personal prana. The Shakti energy is invoked

by the power of ancient mantras in the divine Sanskrit language together with the appropriate yantras visualized as temporary gateway and receptacle.

The techniques in the Shakti system are powerful but easily learned, making them effective even for those without prior experience in such things. There are also a variety of techniques to target the physical, energetic, emotional, mental and karmic distress of the sufferer.

Another positive aspect of the Shakti system is the emphasis on self-healing versus healing others. This is a solution to the channeling limitation of

someone who has not yet achieved Self-Realization. The greatest benefit from self-healing is that if someone who is suffering from a particular malady makes the effort to apply the techniques, the healing effect is multiplied many times! This is because the cause of all maladies is one's own bad Karma, which in turn is caused by one's own actions in the past. The most effective cure is therefore to overcome the Karmic cause by one's own healing actions in the present.

Even those who are not in distress in the present will benefit by practicing the self-healing techniques because they will remove the future cause of maladies – a preventive maintenance program.

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## A Meditation For Christmas

Christmas is a time for celebration and also a time to commemorate the birth of a great spiritual Master and World Teacher - the Lord Jesus. Although from a purely historical perspective, December 25th is most probably not the date of Jesus's birth, it is one of the best day of the year to meditate and make spiritual progress by connecting with his power and blessing.

Let us meditate on one of the many deeper significances of this special time of year. It is the potential for the birth of Self-Realization in all sincere seekers. It is the path blazed by Master Jesus - the path of liberation from the cycle of death and suffering that we should celebrate as the true gospel of good tidings for all humanity. For sincere seekers, Christmas becomes a time to celebrate not only the birth of a Master, but the potential re-birth of all of us.

One of the symbols of Christmas is that of the Star that heralded the birth of Jesus. It is the Soul-Star that we will all perceive as we awaken to our

true nature and in course of our Self-Realization. In the yogic mysteries, we are taught that when we are born, our soul-power is forced to scatter into the five sensory gateways of hearing, touch, sight, taste and smell. We then enter into a bondage to these sensory perceptions as our feelings, emotions and mental states become conditioned by them.

During our spiritual rebirth, we must reclaim our soul-power from the five senses and reconstitute our Soul-Star - the five-pointed star at our third-eye center - the star of Bethlehem.

Let us begin by siting in a quiet space with all the lights turned off and keeping the back straight but relaxed. Focus your attention on the incoming and outgoing breath in your nostrils for one or two minutes and then mentally repeat 'amen' twelve times after letting go of the breath. Move your attention to your tongue and concentrate there for a minute or two before mentally repeating 'amen' twelve times at the tongue. Then focus your attention on your eyes, feel-

ing the eyeballs and the eye-lids for a few minutes before mentally repeating 'amen' twelve times there. For the sense of touch, we focus on the skin of our face, neck, hands and feet, mentally repeating 'amen' while concentrating on our skin. Finally, we bring our attention to our ears and the sense of hearing - repeat 'amen' twelve times. We have now purified the five sensory organs.

Focus your attention now on the third-eye center in the third-ventricle of the brain - midway between the mid-eyebrow and the back of the head. Mentally repeat 'amen' twelve times. Now, watch your breath as it enters and departs from your third-eye for at least five minutes. If you do not yet see a ball of light at the center, then visualize a five-pointed star there. As you inhale, visualize the star growing bigger and as you exhale, let it return to its own size.

This simple meditation will help us reform the soul-star that heralds the dawn of Christmas and the re-birth of Self-Realization. It is practised anyday to make that day into Christmas.