



Upcoming Events

Dec. 13 - Meditation and Potluck
11AM - 2PM Union City, CA

Jan. 24-25 - Kriya Yoga 1st Level
Union City, CA

Transition in 2008 for Four Years of Change

We are now rapidly approaching the end of the year 2008 and it has proved to be a transitional year, both on the material and spiritual planes. This year has heralded a great influx of spiritual energy into the mass consciousness and this has been particularly felt by those already on the path of expanding their consciousness through self-realization.

On the material plane, this year has been and continues to be one of great changes, from the election of the presidential agent of change to the worldwide collapse of the banking system. The financial system has been decimated because of a wide-spread culture of greed among our financial leaders. Hopefully, these events will lead to positive changes for the benefit of everyone. However, the short-term promises to be painful as most transitions tend to be.

We now have a president-elect who promises to make changes to the economic, health, education, political and immigration systems – in short, an overhaul of our whole way of life. Just by being elected the first black president, Barack Obama has already made a significant change to the politics of the US. His stated policy of inclusion

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Lord Muruga - Divine Warrior

Lord Muruga is less well-known to Westerners than Lord Ganesh, the other son of Lord Shiva. However, Lord Muruga is of great significance to spiritual practitioners of Yoga and especially kriya or kundalini yoga, as he is the lord of kundalini.

He is a direct spiritual emanation from Shiva and is called Kartikeya in North India, Subramaniam Swami in Middle India and Muruga in South India. Always depicted as a teenaged youth, he holds a spear called Vail which symbolizes the awakened kundalini and is accompanied by a peacock symbolizing the full opening of the seven chakras.

Many tales have been woven about Muruga, but the one that I wish to highlight at this time is the one where all the gods were being defeated by the host of demons and they went to Lord Shiva for help. He then placed the youth Muruga in charge of the heavenly army. Subsequently, Muruga was able to defeat the demons and re-



Lord Muruga Statue - Batu Caves

store the gods to their proper positions.

From a spiritual perspective, this story helps to illustrate the war that is fought within everyone one of us between the forces of light and darkness, between wisdom and ignorance. It is by

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What to do with Spiritual Experiences?

Frequently, students email and ask about the experiences that they have during their practice. Should one drop the practice and flow with the visions?

Spiritual experiences can be very inspiring and help to validate that one is on the right path. However, such experiences can also be intoxicating and lead to unrealistic expectations.

It is important to keep in mind and constantly in sight the goal of our practice: Self-Realization. The objective of

our practices is to remove the obstacles that prevent us from realizing our true nature and until that is accomplished, one should practice diligently and regularly as prescribed during the start or initiation into the specific path we are on. Any disruption or discontinuation of the practice is a detour from our goal and should not be entertained.

If an experience happens during prac-

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Lord Muruga - Divine Warrior

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harnessing the power of the awakened kundalini and the force of spiritual virtues that one can defeat the egoic and karmic negativities inherent in all of us.

All practitioners on the path are spiritual warriors – warriors of light. We must be properly armed and powered to defeat the darkness in our hearts.

The five yamas are the virtues that we must all cultivate and arm ourselves with. These are non-violence, truth, non-stealing, non-attachment and focus on the Divine. The five niyamas provide the power to overcome negativity – purity, contentment, austerity, self-study and surrender to the Divine.

The practice of kriya yoga which brings about the awakening of the kundalini energy within all of us is defined as the practice of austerity, self-study and surrender to the Divine. Therefore, the niyamas encompass the spiritual

practice or sadhana that we engage in.

Since the war that we are fighting is an internal war, it does not seem as dramatic as our external wars, but nevertheless, it is more significant and difficult. If you think finding Osama Bin Laden and bringing him to justice seems to be very hard, it is nothing compared to finding the ego and putting it in its proper place!

A warrior has to train and keep fit and be able to utilize the weapons available. Everyday, the spiritual practitioner cultivates the path of light – it is a constant fight to be able to maintain a regular practice in the midst of family, work and other duties.

Let us invoke the blessings, help and guidance of the Divine Warrior – Lord Muruga, in our battles against doubt, laziness, sensuality and a host of other enemies of our spiritual evolution.

Transition in 2008

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and his straightforward, common-sense approach is a bright light in an otherwise bleak period of adversarial and negative politics.

However, the greater the promise the greater can be the disappointment and there may only be so much that one person, no matter how well-intentioned he may be, can accomplish. It is also up to all of us to help to make the changes possible. Although we are mostly focused on spiritual matters, we live in and function in the material world and so we need to consider such mundane matters as the economic conditions. Let us all send our healing energy to help our leaders make the right choices in the coming trying times. Do not underestimate the power that we can harness together.

A change in the world's consciousness will have an impact on the material plane as well, both in the positive nature, but also in creating a negative reaction in certain people. In such a way are created the agents of positive change as well as the agents of negative change. There is always a tug-of-war going on whether we are aware of it or not. Our spiritual practices and the sending of positive healing energy serve to bring positive light energy and will be very necessary for battling the forces of negativity.

There is a great deal of guidance from the Masters on the higher planes that great changes will continue for the next three years culminating in 2012, a pivotal year for the manifested world as well as the spiritual dimensions. What will happen is not revealed, but it can be for good or ill depending on all our combined efforts as well as the grace of the Masters. In the next issue, I will discuss some of the ramifications from the spiritual side which is more in our personal control.

YouTube Videos

YouTube has proven to be a great medium for spreading awareness to a larger audience. A good friend has uploaded video clips containing my explanations of specific aspects of yogic philosophy, as well as some practical techniques.

Please check it out. More videos will be forthcoming.

Access them at this address:

<http://www.youtube.com/user/KriyaNathYogi>

Online Classes

I am starting a new project to spread yogic techniques and practices to those who cannot come personally to a workshop. It is called the Institute for Higher Consciousness, and you can access it at:

<http://www.yoga4now.com>

At the moment there is one free class on Earth Peace Meditation, and one class on Basic Surya Yoga. I am working on a class concerning the Yamas that will be available in a few weeks. Further classes on pranayama and yogic philosophy are planned. Your feedback on this project will be highly appreciated.

What to do with Spiritual Experiences?

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tice, one should detach from it and continue with the practice. There are many such experiences of lesser or greater significance but they are all forms of distraction that can take us away from our goals. The only exception would be an ecstatic state of super-consciousness which is a state of awareness which is beyond mundane visions – an experience of this nature is beyond the mind and therefore the five senses and should not be confused with a mental experience. One needs not be concerned that there would be confusion between the higher super-conscious experience and the lower mental experience – there is no way to detach from a super-conscious state and such a thought would not even be possible.

There will also be spiritual insights and experiences when one is not ac-

tively meditating – during a restful time or even during work – it can happen anytime, and is the side-effect of one's regular spiritual practice and past karmic efforts. One should learn from these experiences and give thanks for them. However, one should not form expectations or become addicted to them. One can become obsessed with insights and blissful experiences and try to duplicate them or even imagining them – this would lead to a negative mind-set if they are not recurring. What a shame it would be if someone drops away from their practice because they are not getting the vicarious experience they want!

It is also important not to fall into the trap of developing psychic powers so as to access the extra-sensory experiences as these are not the fruit of one's

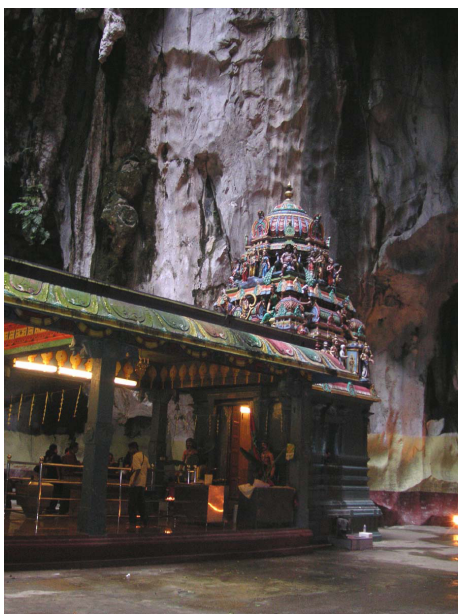
practice and will lead to strengthening the ego, rather than realization of the true self. Psychic experiences are detours from the spiritual path and should be avoided.

In future articles, I will examine some of the major spiritual milestones which have been discussed by the Masters. Normally, it is not advisable to describe the details of the experiences because it might provide mental obstacles to their individual unfolding. There is also the danger that some spiritual seekers in their over-eagerness might simply imagine the experience in their minds – many have been fooled by their minds.

It is not my intention to be overly cautious about spiritual experiences but it is my duty to warn against being taken for a ride by the ego-mind. Enjoy yourself but don't strive or expect the experiences or try to hold on to them.

Batu Caves of Malaysia

While I was in Malaysia, I had the opportunity to visit the ancient limestone Batu caves, which are about 6 miles north of Kuala Lumpur. These are of extraordinary beauty, but what



attracted me to go there was the presence of a Temple in one of the caves. This was built in 1891 and is dedicated to Lord Muruga, the spiritual emanation of Lord Shiva. On normal days, it is a pleasant trek up the 272 steps to the Temple Cave which has a number of skylight openings and has also been called the cathedral cave because of its limestone structures. It is very peaceful and spiritually vibrant in this cave.

On one day of the year, called Thai-pusam, devotees of Lord Muruga flock to the Temple and display their ardor with eye-catching austerities in order to receive divine blessings. On that day, there will be several hundred thousand people singing and dancing up the steps!

Focus on Asanas: Warrior Pose (Virabhadrasana)

This is a great posture to prepare for the spiritual battle against negative forces. It strengthens and firms the legs, hips, and abdomen, back and neck muscles, while improving balance and concentration, as well as expanding the chest for deeper breathing. There are two parts to the asana, first a dynamic one and then a static or holding posture.

Technique:

1. Stand with feet and legs together; hands by the side.
2. Spread the feet as far apart as possible while retaining stability and keeping the heels in line with each other.

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Focus on Asanas: Warrior Pose (Virabhadrasana)

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3. Inhale, raise your stretched arms overhead, keeping arms parallel. Open the chest and keep the shoulders pressed down.

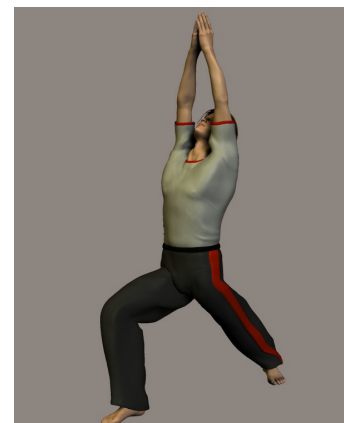
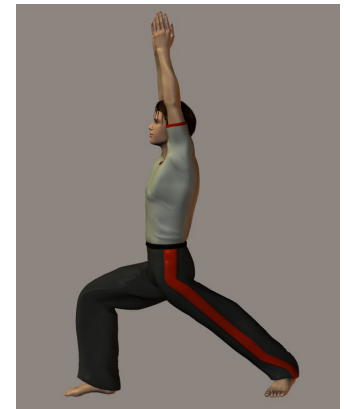
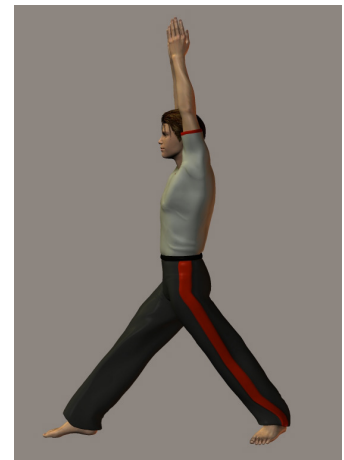
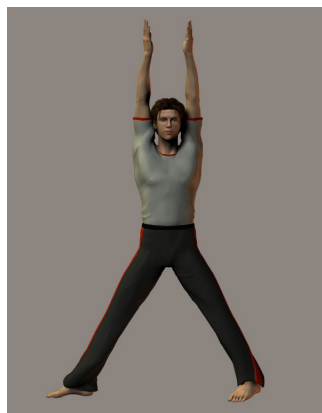
4. Breathe naturally; turn your right leg and foot sideways at 90 degrees angle to the front; turn your left foot in at 45 degrees. Turn hips and body towards right. Inhale and stretch up from the waist through the arms.

5. Exhale and bend your right knee, placing the right thigh parallel to the ground. Center yourself and feel the stretch.

6. Inhale and straighten the right knee; repeat exhalation with bending and inhalation with straightening 7 times.

7. Return to position in #2 and repeat #3 through 6 with the left leg.

8. Return to position in #2 and repeat #3 through 5; now with the right knee bent, hold this position and look up towards your hands with chin reaching upward stretching the front of the neck and fingers touching. Keep your spine and back of the neck extended. Hold this for about 7 breaths and then switch to the left leg.



Thanksgiving

When we awaken and open our eyes
Let us give thanks for one more day of life

When first we begin our daily practice
Let us give our thanks for the guru's grace

When we see the dawning light of the sun
Let us give thanks for spiritual guidance

As we partake of food at break of fast
Let us give thanks for divine source of all

As we perform our daily duty tasks
Let us give constant thanks to the true self

As the bright sun orb crosses mid-heaven
Let us give thanks to creative insights

As day finish and evening approach
Let us give thanks for self-less activity

When we meditate to reality
Let us give thanks to our divinity

When we ready internal fire to feed
Let us eat right and pardon the turkey

When we to bed relax body mind soul
Let us give thanks for day's lessons learned