



Sanatana Mitra

JUNE 2010



RUDRASHIVANANDA.COM

Upcoming Events

Jul. 10 - Kriya Yoga
Avila Beach, CA

Jul. 11 - Breath Healing
San Luis Obispo, CA

Aug. 8 - Kriya Review
Union City, CA

Aug. 21 - Chakra I
Union City, CA

Aug. 22 - Emotional Healing
Union City, CA

What are you listening to?

It is surprising that most of us spend very little time considering with what kinds of sounds we bombard our sense of hearing. We probably spend more time on what we eat and what we wear. There is less awareness of the impact of sounds, such as music and songs to our well-being. Those on the spiritual path need to take extra care because of the impact of sounds on our subtle bodies and life-force energy.

Of course, you will say that we have likes and dislikes as far as music and songs are concerned and that many of us spend significant time shopping around or downloading our favorites for listening. However, just as with food, we may like something that is bad for us, judging our audio selection based on attachment is not particularly worthwhile. But is there any harm?

We need to be aware that since all sounds are vibrations and these vibrations have been shown to affect the very molecules of our bodies – con-

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Open To Higher Consciousness

There are numerous impediments to our accessing higher truths and opening ourselves to the natural states of higher consciousness.

The most devastating hurdle is our innate ignorance. It is difficult to understand what this ignorance actually is and how it operates within us because the operation of our minds are conditioned and controlled by it and so even when we try to figure it out, we are utilizing its surrogates and being handicapped.

In order to better understand ignorance, we can look at what we can consider to be wisdom. In the broadest terms, I would consider wisdom to be the ability to receive, decode and transmit information efficiently and correct-

ly. Ignorance operates to disrupt this process. Conventionally, it is said that wisdom increases with age, but this is actually untrue – what is confused with wisdom is actually the accumulation of experiences and information. In fact, as a person ages, ignorance is reinforced and older persons are generally unable and unwilling to correctly receive, decode or transmit new information wisely. Unfortunately, what used to take many years of ignorant living to produce, has now been compressed into a short time-frame due to the vast communication networks, free distribution of mis-information and faulty mis-education system. I hope this doesn't sound too negative but one has to keep in mind that the culture of ignorance is

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Harness Creativity At Will

Whether you are a creative in the traditional sense of being an artist, musician and writer, or need to apply creativity into solving your problems such as a programmer or marketer, we can learn to harness our powers of creativity better with yogic techniques.

One of the easiest ways is to change the active brain lobe at will using breathing techniques. The right brain is correlated with higher inspiration and creativity and the right brain is connected with activity of the left nostril. It has been well known for thousands of years that our nostrils are not always both opened fully at the same time – one nostril is usually more open than

the other and this changes every few hours. It has been discovered that when the left nostril is more opened, there is more activity on the right brain. Therefore, if you find that your right nostril is more opened and you need to harness your creativity rather than your rational, analytical powers, you should change the dominant nostril to the left side – close your right nostril with the right index finger and breathe only through the left nostril for about 15 minutes. This forced left nostril breathing will activate the right brain activity.

Another method is to utilize the harmonic vibration from one of the creativity mantras of Saraswati, who is

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Open To Higher Consciousness

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the normal mode for human society for tens of thousands of years.

Our ability to receive information is impeded by the filters of our prejudices – all of us have been programmed and imprinted with certain modes of bigotries, no matter how free-thinking we consider ourselves to be. It is important for us to actively try to remove these pre-judgements that color our perceptions in order for us to be open to new information.

Our ability to decode and integrate new information is impeded by the filters of our pre-conceptions or reality beliefs. Our beliefs give us tunnel-vision and so we can only perceive a narrow segment of reality but think that we know the whole of it - we need to broaden our awareness of reality and the possibilities in our reality universe.

Our ability to transmit new information is impeded by our editorial and

censorship filters. Even when one can receive new information and process it correctly, one can still be inhibited from acknowledging the new world vision and sharing it with others due to its divergence from accepted norms – one can still doubt the reality of one's higher experience and reject the higher consciousness through self-repression. Some may be inhibited due to the fear of repercussions from peer, society or religious institutions. Others may be inhibited due to doubts about the applicability of the higher reality to the general populace – hence, secret societies and elitist approaches. It takes courage to share a new reality to others and it requires a high degree of integration of the experience of higher consciousness to do so appropriately for those struggling with lower consciousness limitations.

It is a long and difficult battle to rid

one-self of ignorance operating from one's life-programming, and it is even more liberating when one can rid one-self of the ignorance from our past karma – it is easier to understand that we are limited in our world-view and inheriting our dogmas and prejudices from our life experiences but there is a deeper factor from our past live experiences, which may be more hidden.

Paradoxically, the young child is wiser than the adult because the child is still willing and open to new experiences with less prejudice – the more we stuff ourselves with pre-conceptions, beliefs and dogmas, we lose the ability to expand the scope of our reality. We can become more and more open to higher consciousness as we reject the web of ignorance and open ourselves to the wisdom approach to new information.

What are you listening to?

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sider the experiments of a Japanese scientist on the effect of various words on water molecule ... positive words make beautiful and symmetrical crystal patterns while negative words make grotesque and misshapen patterns... our bodies are 70% water.

On a yogic perspective, we would consider the mantric properties of all sounds including words and music. These vibrations affect the chakras or energy centers in the subtle body and since these chakras affect the distribution of life-force or prana to the physical, emotional and mental bodies as well, the vibrations affect all levels of our being. If a particular sound pattern affects the heart center positively, it would heal physical heart maladies and evoke the emotion of love while another

sound pattern might harm the heart and evoke the emotion of hatred. Unfortunately, the music of most popular songs stimulates the first and second chakras while their words negatively affect the heart or throat centers.

Classical Indian musicians are quite aware of the affect of the sounds on our well-being, emotions and thought patterns. Certain music patterns evoke patriotic feelings while others cause sadness – this is the science of the ragas. Each note of the musical scale affects one of the chakras more than the others – there are seven notes, one for each chakra. In addition, each chakra is resonant with certain consonants and vowels more than others and so we can actually analyze how certain sounds and words will affect the chakras.

Unfortunately, it is a hit-and-miss for modern musicians and song writers and they have no clue about what they are doing to their listeners, who in turn are blind to the serious damage that can be done to them – it is like taking a slow poison.

Not everyone would like to listen to classical Indian music or spiritual chants all the time and so we should exercise our discrimination in determining the affect of contemporary songs and music. Even for those that we like, we need to become aware of how they affect our physical, energetic, emotional and mental well-being – there can be long-term damage that will impede our spiritual progress.

Harness Creativity At Will

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the cosmic creative power and can be accessed for our microcosmic activities. The following is a Saraswati stotra which is chanted aloud:

Ya kundendu tushaar haara dhavalaa,
ya shubra vastraavrutaa
Ya veenavara danda manditakaraa, ya
shweta padmaasana
Ya brahamaachyuta shankara

prabhurutibhi: Devyai sadaa vanditaa
Saamaan paatu Saraswati bhagawati,
ni:shesha jaadyaa pahaa.

O goddess Saraswati, pure and radiant as the full moon and the frost, wearing a garland of jasmine flowers in the your white robes, seated on your lotus throne; with the veena on your lap;
O one from whom has originated the

three, Brahma, Vishnu and Shankara, O one, who is surrounded and respected by all gods, may you bless and protect me and remove every vestige of laziness and sloth from inside me.

This mantra should be chanted at least 27 times before undertaking any creative efforts. Those who undertake creative work at all times, usually chant this mantra 108 times every morning.

The Attributes of Self-Realization

(inspired by the Upanishads)

The seeker all desires under control
With deep respect the Master approaches
For that direct knowledge of the One Truth
That wisdom light of liberating Self

The divine Guide in grace gives good counsel
Abide in faith and highest devotion
Attain to Self in profound meditation
From soul-mind to Self to God Absolute

Within light effulgence of heart chakra
Discover that transcendent consciousness
In patience and perseverance aspire
Such blessed state to completely immerse

Purify mind, heart, thoughts and emotions
Renounce desires and discipline ego
Meditate on God without distraction
Liberation with Eternal unite

Seated alone in comfort and quiet
Body and back, head and neck, straight to keep
Worldly thought and relationship renounce
Salute with devotion the teacher guide

With calm serenity in heart lotus
That without beginning, middle or end
Realize That One, of wisdom and bliss
Formless, glorious, one with creation

Creator, preserver and destroyer
Imperishable, all-power, all-life
All that is and all that ever shall be
All-love, all-joy, and the death of all-death

Within seven chakras Om meditate
Destroy limitations and ignorance
Know That Self in all and That all in Self
Gain light within, becoming one with God

To express self, Spirit evolved bodies
Each new life molded by old karmic deeds
Discard psycho-physical consciousness
Attain bliss of unity consciousness

From That is born life, mind and five senses
From That is born five great elements
From That is born all the worlds and all souls
Now remember: That thou art; Thou art That

Know That as the object of enjoyment
Know That is the subject, the enjoyer
Know That is the process of enjoyment
Realize That as freedom from bondage

I am independent of the three states
Witness, knower and pure consciousness
Pure, perfect, tranquil and immortal
Eternal, transcendent Shiva, am I

Subtler than the subtle, greater than the great
The universe of manifold forms
The timeless One of cosmic creation
Eternal, transcendent Shiva, am I

I am the doer with no hands or feet
I need no eyes to see, no ears to hear
I am formless and beyond mind and intellect
Immutable and pure consciousness

All knowledge and wisdom by Self reveal
Self, the revealer of Truth – Self, the Truth
Beyond good, evil, or mind creation
Indestructible, birth-less and formless

In sacred heart, Supreme Self realize
Free from existence and non-existence
Pure and perfect, free from two, three and five
That witness of all, the absolute One.