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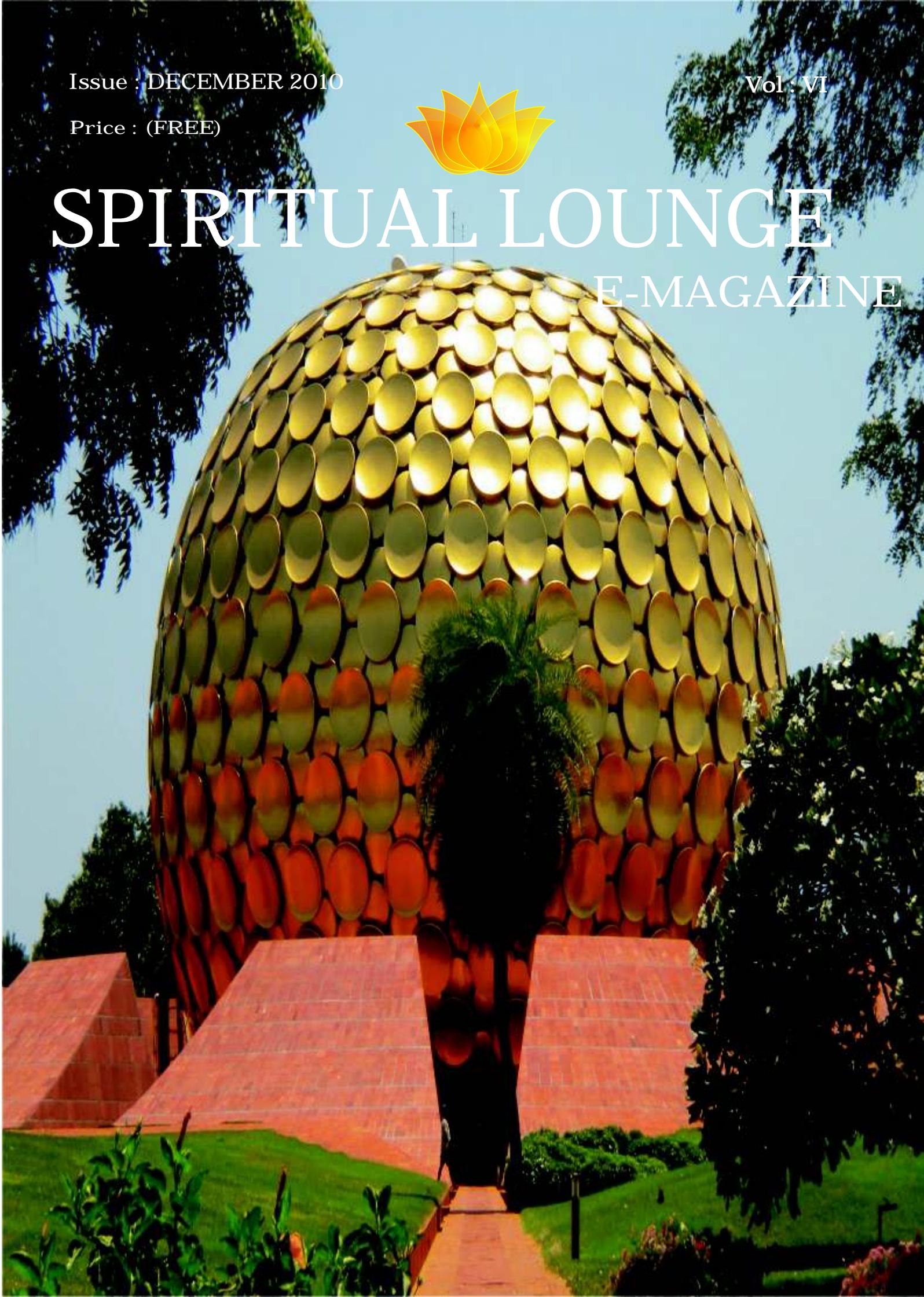
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SPIRITUAL LOUNGE

E-MAGAZINE



Dear Readers,

Our sincere apologies for the late release of this month's e-magazine.

As usual the e-magazine strives to publish articles that are interesting and this can happen only with your full support, not just as readers but as writers too. Please send in news, features, articles, stories, reviews and so on related to spiritualism.

It does not matter where or who you are? What matters are that we are all souls in the quest of self-realization and seeking true wisdom. It does not matter if you are big or small or better known. Finally, it is about the individual journey we all have to undertake and reach our individual goals set for us. No one has walked on our individual paths before us, nor will any one else follow. Each has their path carved for themselves and each has to walk on it all alone.

Thank you all for your feedbacks to the previous issues of the Spiritual Lounge E-Magazine. Help us to continue giving you quality e-magazine that you and I can be happy reading and sharing it with the world. Feel free to pass this e-magazine to all your family, friends, associates, colleagues, social acquaintances, clients and so on.

Please do also extend the support financially in terms of adverts and commercial product sale as well. It will help in reducing the cost of the e-magazine. We are also inviting people who wish to market the e-magazine for us and collaborating with us.

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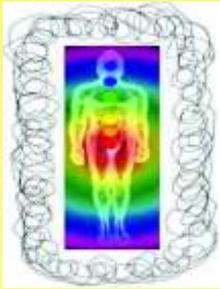
Thank you all once again



Dhara Kothari

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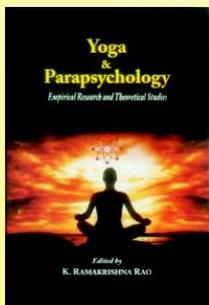


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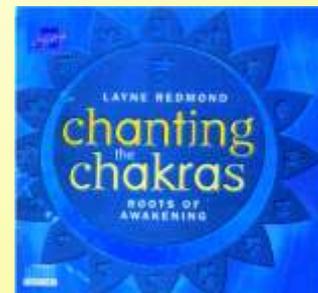


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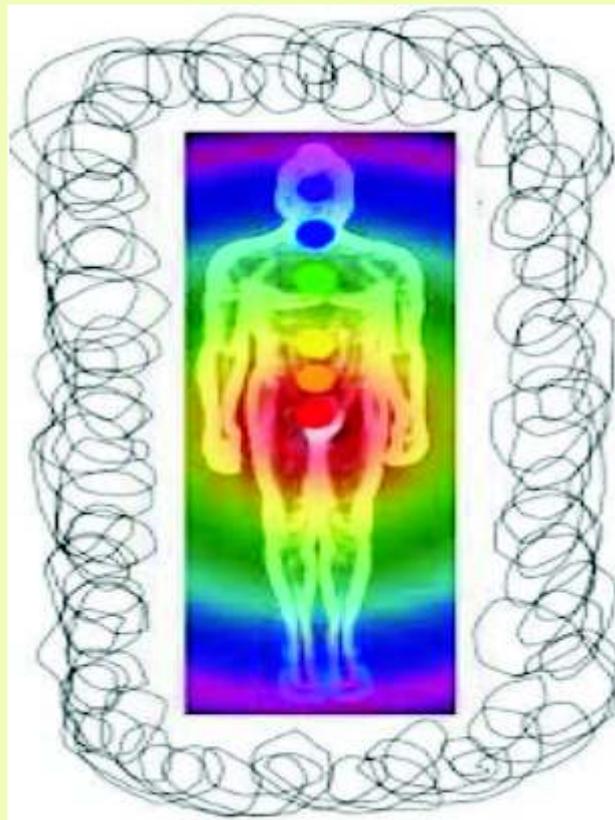
Technique to enhance the power and size of Hands and finger Chakras

There is a very ancient technique called the Kar Nayas to enhance the power of the palm and finger Chakras. This Kar Nayas is practiced before performing any kind of ritual with the hands. The process is very easy, and by experience I have found out that this technique which is generally practiced with Sanskrit Mantras is equally effective if done with 100% attention and faith without the Sanskrit words used. The Kar Nayas technique is as below:

- 1) Sit comfortably and easily with your spine erect, head straight, shoulders relaxed and a smile on your face.
- 2) Keep your palms facing the ceiling and pinch the center of your palms with the nails of your middle fingers, so attention remains in the center of your palms.
- 3) Loosen your fists with both your palms.
- 4) Take deep breaths and concentrate totally on both your palms.
- 5) Slowly shift your attention to the tips of both your thumbs and open them with total awareness.
- 6) Slowly shift your attention to the tips of both your index fingers and open them with total awareness.
- 7) Slowly shift your attention to the tips of both your middle fingers and open them with total awareness.
- 8) Slowly shift your attention to the tips of both your ring fingers and open them with total awareness.
- 9) Slowly shift your attention to the tips of both your little fingers and open them with total awareness.
- 10) Now that both your palms are open bring your attention to

the center of your left palm and slap it with the middle and index finger of your right hand bending your other fingers.

11) Open your right palm again and bring your attention to the center of your right palm and slap it with the middle and index



finger of your left hand bending your other fingers.

12) Keep both your palms facing the ceiling and bring your attention to both palms and you will feel the palm Chakras and the ring Chakras of both your palms activated and rotating.

Kundalini:

Means ring; there is a coiled energy at the base of our spine at the Mulaadhar Chakra. It is coiled in three and a half rounds like a snake so it is called the Kundalini Shakti which means the coiled energy.

It makes an upwards movement

with the help of the clock wise movements of our seven main chakra. In the same way it crawls downwards with the anticlockwise movements of Chakra.

The Kundalini Shakti is red in colour and its nature is that of Tej or Fire element so it is said that the upwards movement is its nature like the nature of fire is to move upwards.

The upwards movement of the Kundalini makes a being intelligent and blissful. The downwards movement of the Kundalini makes a being lethargic, foolish and depressed.

The easiest movement for Kundalini, as per the nature is to move upwards in a straight vertical direction.

Human being is the only species among living beings who have their spine erect in a straight vertical position; who have the Kundalini more activated then any other living being, and are hence the most intelligent and developed than any other living being on this planet.

As per its nature it is easy for a Kundalini to travel upwards then downwards. But somehow most of the humans are so surrounded by stress that the upwards movement is rarely observed. People who maintain a good posture are naturally blissful and intelligent.

The Downward flow of Kundalini:

If the person is blissful all he needs is a little anger that makes his eyebrows twitch and pulls him down. So from Sahastrar the energy comes down to Aangya Chakra. After anger the person feels a chock of guilt in the neck. So from Aangya Chakra the energy comes down to Vishuddhi Chakra. If the guilt increases then it turns into hatred or fear of the heart. So from Vishuddhi Chakra the energy comes down to Anaahat Chakra. If hatred or fear is not attended then it creates a burning sensation of greed or jealousy in the stomach. So from Anaahat Chakra the energy comes down to Manipur Chakra. That brings depression further lower. Thus from Manipur Chakra the energy comes down to Swadhistan Chakra. That finally leads to suicidal tendency and the person feels there is nothing left in this world, he has hit the rock bottom, so from Swadhistan Chakra the energy comes down to Mulaadhar Chakra.

The Upward flow of Kundalini:

If the person is totally negative towards life and has suicidal thoughts in his mind. Then a slight change towards creativity will help him to shift his focus. Whence, the Mulaadhar Chakra starts generating positive energy instead of negativity. After which the person feels like sharing or exhibiting his creation, making the energy move upwards from Mulaadhar Chakra to Swadhistan Chakra. After exhibition, comes the time to share it with people. The generosity moves the Kundalini Shakti to the navel to Manipur Chakra from Swadhistan Chakra. Generosity always gives way to love which rises energy from the Manipur Chakra to the Anaahat Chakra. Love brings a lot of gratefulness transporting the

Kundalini Shakti to the Vishuddhi Chakra. A grateful person is full of awareness of the aid and help received from the world and that sends the energy to the higher plane of Aangya Chakra from the Vishuddhi Chakra. Awareness if sustained will bring the person back to his or hers original nature that is bliss and the energy is at its peak at the Sahastrar.

Seeing the Aura

'Those who have eyes will see' - Jesus Christ

Seeing an Aura is an easy task for people who believe in it and very difficult task for people who do not believe in it. There are three types of beliefs needed to learn something

i. Believing in your self, knowing you can and will see an Aura.

ii. Believing in the technique. There are many techniques if you get stuck in choices then it will be difficult. Know the technique you are following, which is in your hands right now is the best.

iii. Believing in the master who is training you.

1. If you doubt any one of the above the doubt for the other two will follow, it is best to doubt the doubt as soon as it arises, and this is the best way to remove it.

2. The second most important after the faith is patience, without patience you will reach nowhere.

3. When everyone including the children can see the Aura by little practice, this means two things to me;

i. Aura really exists and people seeing it are not hallucinating nor lying.

ii. Seeing Aura is a natural process and can be developed by every human being.

How did I start seeing the

Aura?

When I was in my teens I would buy books on meditation from the little money that I had saved and buy it from an old book dealer. I brought an old magazine one day in which an article mentioned that by doing Agani Tratak (fire gazing) for fifty two days one can start seeing Auras.

The method was mentioned on the side, of gazing at an incense stick burning at a distance of ten feet. Another technique method was of Pranayam. It is dangerous to do Tratak without Pranayam.

I was very excited and that very day I started following that process. In past I had really benefited with the type of meditation mentioned through that particular organization's magazine.

I performed that particular meditation for six days and I could see a white cloud floating in my room, I tried to figure it out and felt it knows that I know about its presence in the room. I figured out that this might be a sprit and it started flowing towards me and I had to pull a bed sheet to cover myself as I was not wearing anything as per the instructions mentioned in that magazine and that spirit was in-between me and my cloths and I just ran out of the room.

Since then I was so scared that I stopped doing all types of meditations and was afraid to enter my own room. One thing was for sure that I started seeing sprits but could not see the Aura. It was like buying a ticket to fly to London and but I was reaching Tokyo.

After a while, I restarted doing the same meditation as I was determined to see the Aura, but

even after continuous efforts I could not see the Aura and I had lost patience. I over did the Agni Tratak. I would request my siblings and friends to volunteer and sit in a dark room in front of me so I could see their Aura. But they got fed up of me, making me more restless and after every failure it would make it even more difficult for me. Finally after several trial and error attempts I just dropped the idea.

After several years when I used to travel to small villages of Maharashtra and Karnataka due to my grand fathers business in which we had to visit Sugar Factories. There were many unknown Sadhus (Hindu saints) in the small villages, who had some type of special powers or some great wisdom, hence, I made it a point to learn something from any Sadhu I met. Sometimes, such enthusiasm became dangerous for me and only by the grace of God I survived and continued my quest.

One day, I had to visit a small village called Mangalweda near Pandharpur which is one of the biggest pilgrimages in Maharashtra. I had to visit a factory close to Mangalweda, after which I came back to Mangalweda and proceeded back to Pandharpur and onwards to Sangli where my grandfather had his base.

Since I had some time on hand, I visited a small temple built near the bus stand in which I literary had to crawl inside. There I saw a Sadhu sitting inside doing Agni Tratak on an incense stick. We both got a little scared seeing each other and I rushed out and then gathered my self and waited for him. Within a few seconds even he was out with his blanket which he used as his Asana.

I touched his feet to show respect and asked his name, he blessed me and said his name was Ramaanand, I asked him if he was doing Agni Tratak? He did not bother to answer, his disinterest made me more curious of him, so I continued the conversation prodding him that 'I have done this for quiet a while just to see the Aura but I do not think it helps in any way.'

Immediately he got into an eye contact with me and said, "it is not necessary to do Agni Tratak to see the Aura, you can see the Aura without it, it is not very difficult." I got so excited that I started pleading him to teach me the technique to see the Aura. He was reluctant in the beginning but later he put an offer to put me off, he said, "you will have to pay me all the money you have right now in your pocket."

I was taken back but thought for a while that he is saying this only to put me off and I knew that these Sadhus only give knowledge to the person deserving after testing them. Besides I was not very sure after so many failures whether he will be able to teach me, hence I agreed and followed him inside the same temple.

Within fifteen minutes I could see the Aura of the Sadhu, and the idols. After coming out I could see the Aura of the temple, trees, people, of everyone and everything around. I was very pleased and he blessed me saying that I will be able to teach this technique to others who will believe in it too.

Then he demanded his fees, I promptly agreed to give him all the money I have except Rs.100 as I needed for the bus fare to reach Sangli. He became angry and asked me to pay all the money I have, so without bargaining I gave

him all the money I had. I walked to the Purchase officer's house which was nearby and borrowed the money from him to return to Sangli.

Later I have been able to teach many of my students to see the Aura the way I could and here I am going to share this technique with you. Throughout the years I have also noticed that one can easily see an Aura via a video or a camera mode of mobile phones. The Aura is very easily as well as clearly visible if the person is shot from a distance with a white background.

Techniques to see the Aura with naked eyes:

Pranayam:

For any kind of meditation or technique it is necessary to follow some dos and don'ts. This and any technique has to be followed by a Pranayam if you want to see success. Pranayam is the breathing exercise; it also means controlling or formatting the vital breath. Pranayam is useful for Aura seeing technique is called Nadi Shodhan Pranayam; it has other benefits too; like it helps to activate both the sides of your brain, it enhances ones intuitions, etc.

Nadi Shodhan Pranayam technique is as under:

a. Keep your back straight, head straight, eyes closed and shoulders relaxed; keep a smile on your face and drop your body weight on the ground that you are sitting. Be sure that you are not crossing your hands or legs unless you are sitting crossed legs in Sukh-Asana (crossed legs poster), or Padma-Asana (lotus poster).

a. Keep your right hands thumb on the right nostril, your

index and middle finger in between the eyebrows where your third eye is placed and your ring and little finger on your left nostril.

b. Your left hand must be on your left lap facing the ceiling open or in Chin Mudra that is, the index finger lightly touching the thumb.

c. Releasing the breath through both your nostrils pushing your stomach in and remember that when ever you breath in, and your stomach will come out and whenever you breath out your stomach will go in, this is a thumb rule.

d. Now we will start the first round. Block your right nostril by pressing it with your right hand thumb and very slowly breathe in through your left nostril.

e. Then block your left nostril by pressing it with your right hand ring and little finger and very slowly breathe out through your right nostril releasing it by loosening your right hand thumb.

f. After breathing out completely keep your left nostril blocked by pressing it with your right hand ring and little finger and very slowly breathe in through your right nostril.

g. Then block your right nostril by pressing it with your right hand thumb and very slowly breathe out through your left nostril releasing it by loosening your ring and little finger. Thus breathing in from your left nostril and breathing out from your right nostril then breathing in again from your right nostril and breathing out from your left nostril completes one round of Nadi Shodhan Pranayam.

h. In this pattern follow nine rounds breathing very slowly. Completing nine rounds must take at least five minutes.

i. After completing nine rounds rest for two minutes sitting quietly and observing the

breath and then becoming aware of the body and the surrounding and slowly and gradually opening your eyes or start chanting Aum.

This is the best Pranayam for the beginners who are interested in learning any art of divination or wanting any kind of Siddhi (super natural powers). Siddhi or super natural powers also called Apashu Shakti which means power which is beyond the control of any living animal (even humans). A power that does not control or destroy; a power which is non violent and a power which called love or innocence.

Chanting the Pranav:

There are three natural sounds in the universe they are AA, OU, and MM.

If you see any person belonging to any religion, cast or colour; in any part of the world they will only cry out in these three sounds when in pain emotionally or physically and the best thing is no one has taught us to do so, these sounds come out of our mouth naturally.

It is amazing that all the religions of the world have combined these three sounds called the Pranav by the Hindus to form a spiritual sound. Like the Hindus, Jains, Buddhists and Sikhs pronounce it as 'AUM'; the Christens pronounce it as 'AMEN'; the Muslims and Parsis pronounce it as 'AAMIN'; the Jews pronounce it as 'SHALLAUM' and so on.

These sounds represent the trinity of god head; AA represents the creator or the father and the vibrations of AA are felt in the stomach region where all the reproductive and creative organs like stomach and genitals are placed, OU represents the Sustainer or the son and the vibrations of OU are felt in the

heart region where all the sustaining and nourishing organs like heart, lungs and ribs are placed and MM represents the destroyer or the holy spirit and the vibrations of MM are felt in the head region where the brain is placed.

Like the Pranayam the chanting of Pranav in odd numbers of times is also very important for any kind of meditation or technique.

Please note that it is not advisable to chant any of the Pranav that is, AUM, AAMIN, AMEN etc. in even numbers of times.

Chanting the Pranav technique is as under:

1) Keep your back straight, head straight, eyes closed and shoulders relaxed; keep a smile on your face and drop your body weight on the ground that you are sitting.

2) Your hands must be on your lap facing the ceiling open or in Chin Mudra that is the index finger lightly touching the thumb.

3) Be sure that you are not crossing your hands or legs unless you are sitting crossed legs in Sukh-Asana (crossed legs poster), or Padma-Asana (lotus poster).

4) Take three deep breaths, remember that when ever you will breath in your stomach will come out and whenever you will breath out your stomach will go in, this is a thumb rule.

5) Take a deep breath in to chant AUM or any form of Pranav you like and breathing out very slowly you start chanting the long Pranav in a way that it vibrates your whole being.

6) Take another deep breath in and breathing out you start chanting the long Pranav in a way that it vibrates your whole being.

7) Take another deep breath in and breathing out you start chanting the long Pranav in a way

that it vibrates your whole being. Please remember that the Pranav must not be chanted at even number of time it must only be chanted only in odd number of times to activate the right kind of energies in your system.

The first technique to see Aura taught to me by the Sadhu in Mangalweda:

A. After doing your Pranayam and chanting Pranav for three times sit comfortably and easily in a lightly lit, almost dark room having a white wall as a background.

B. Get a volunteer to sit still in front of you at a distance of seven to ten feet that is two to three meters and be sure that he or she has a white background behind him or her.

C. Open up both your palms and bring them four inches near each other keeping little distance in-between your fingers.

D. Relax your shoulders and take deep breaths.

E. Start moving your hands very slowly, moving your palms closer and away from each other, without touching each other for ten to fifteen times.

F. You will feel as if you are moving your hands inside a bucket full of water. The current or flow which you will feel on your hands will vary at different places as the proportion of energy is different at different places.

G. Now bring your palms again four inches to each other and very slowly start rotating them in clockwise motion one after another for ten to fifteen times. By this you will feel the male energy of the place.

H. Now bring your palms again four inches to each other and very slowly start rotating them in anticlockwise motion one after another for ten to fifteen times. By this you will feel the female energy of the place.

I. You will observe that

either the male or the female energy is dominant at different places depending on the type of people operating or the type of worship happening there. If you are checking these energies on the top of the mountain then you will find the female energy dominating the male energy. That may be the reason that Hindus created all the goddess temples on the mountain tops, and women are dominating among tribes living on the mountain tops around the world.

J. Make a ball of the energy by pushing one palm preferably the left one near the other; you will feel a ball of energy forming inside your right palm.

K. Make the ball denser so that you can literally feel its weight in your hand or you can feel it bounce back in your palm if you try and throw it up in the air.

L. Take the dense ball of energy in both your palm and keeping your eyes open place it inside your eyes and start gazing very easily at a person or a thing placed in front of a white background without blinking your eyes. Do not stare just gaze easily. The best spot to gaze is at a person's third eye, in-between the eyebrows.

M. Don't try to look around the person look at the person, and within a few second you will see the Aura of that person.

N. Now you can shift your attention to some other object or person placed in front of a white background within no time you will also see the Aura of that person or thing.

O. Please note that if you are trying to watch the Aura of a picture and the picture is of a dead person you will not see any Aura around his or hers picture, as the dead body and the picture of a dead person does not have an Aura.

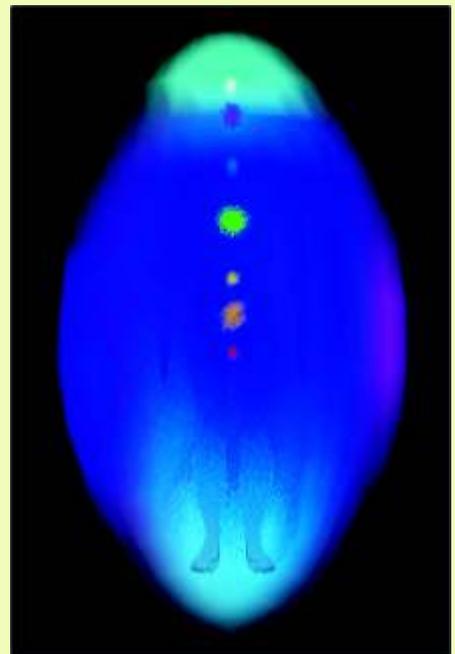
P. Be patient and confident and you will start seeing the Aura.

Q. With further practice you will start seeing different colors, Chakra, sizes and shapes of Aura.

People who believe in simplicity, and have faith that they can see Aura via this technique will surely start seeing Aura but people who have a concept that it is difficult to see the Aura with such an easy technique will have to go for the second technique which is difficult.

In the next issue we will learn another technique to see the Aura and the negativity in an Aura.

Hitteshguruji is Practicing and Teaching Astrology, Meditation, Vastu and Aura cleansing and his clients include celebrities from Media and political field. He is conducting Aura and Chakra cleansing classes and is soon



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The Key

We see what we want to see. I would rather put it as: we see what we are capable of seeing. All of us have the potential to become great. Greatness is inherent in each of us. It is our free will and the choices we tend to make that shapes our attitude. Therein lies our capability.

'A course in miracles' tell us to keep just one goal in life; a goal to find PEACE. In fact most of us try to do it. The challenge is to know that peace is actually within ourselves. Happiness is the essence we all are. Somehow we start to believe that happiness is an 'outside' thing. We have to FIND HAPPINESS. When we have not lost something how do we find it. When the key to a world of immense divine treasure and ecstasy is given to us by the universe, why do we need to look for the key. The key is in our hands. We do not see it because we see what we want to see.

We are all born with an infinite mind. The mind that knows. As we experience life, as we hear other people with finite minds, our mind too becomes finite. We tend to see the boundaries in situations, in ourselves, in the world. Our imagination, capabilities and expectations become fixed. We tend to doubt our potential. We lack the courage to step out of our comfort zone. We start believing that we are separate from the omnipotent, omniscient, omnipresent universe. We start believing in boundaries. As Lao Tzu so wonderfully puts it,

And with expectation, one will always perceive the boundary
Thus without expectation, one will always perceive the subtlety.

I believe it is important to see and know the boundary which comes with our finite minds. The boundary too is perception. Therefore when one has an infinite mind, the one can perceive both the boundary as well as the space beyond it.

We need to constantly ask ourselves one question: WHO AM I? As we go through life the answer will change. Since the Self is already there at the center of our Being, Self-awareness is actually a more correct term. The trick lies in distinguishing the Real (the infinite) from the unreal (the finite) and that is accomplished entirely by moving our attention away from the unreal and keeping it focused on the Real, the experience of I-AM. Once we are aware who we are or at least who we can truly become, then we are already in the realms of the infinite.

Then, we will think in terms of only the infinite, then

we perceive others and ourselves as part of the Universe, then we can easily go beyond our comfort zone, then we will understand that we are a limitless being, then we can forgive others and ourselves, then we truly are...

Then we would be able to answer the eternal question that Rumi so beautifully asked us, "Why do we stay in prison when the door is wide open?"

Dr. Abhijit Das

DAWN



Early Morning



Photograph by Jiten Soni

Leading with Spirituality– 4

“Awareness is the flower which blooms but never dies, but keeps on growing as we grow in awareness.”

With the ever increasing pressures of the materialistic society we live in, we are becoming more and more absent minded. We can't notice the people (and their actions and behavior) around us, leave alone things like nature. The stress is taking the light away from our mind, causing the opposite of enlightenment, an embankment.

To become more and more aware and bring light back in our minds, the first thing which we need to do is to live in the moment. But that seems a very difficult task to people today as either we live in the past-the guilt, the grudges, the memories or we live in the future-the expectations, the plans, the worries and the gift of the present is ruined in the process. Living in the moment is itself a type of meditation (called mindfulness). Mindfulness is an opportunity to experience joy and to appreciate the present moment.

It is all the more important for leaders to live the moment as it makes us clear-headed and therefore helps us in being keen observers of human behavior and things. In fact we can say that “Awareness is the beginning of the leadership journey. Self-awareness is the beginning of the awareness journey. Spirituality is the beginning of the self-awareness journey.”

Meditation can be a tool suitable for everyone to begin spirituality. According to Oxford American Dictionary, meditation is 'the act of thinking deeply or focusing one's mind for a period of time, in silence or with the aid of chanting, for religious or spiritual purposes or as a method of relaxation.' Becoming compassionate is useful in making our meditation more effective. J. Krishnamurti says, “The flowering of meditation is goodness, and generosity of the heart is the beginning of meditation.” Meditation provides rest to our restless mind. William Penn says, “True silence is the rest of the mind; it is to the spirit what sleep is to the body, nourishment and refreshment.”

Look at nature, put your mind completely there, and soak in the peace, right into every fiber of your body, total immersion. The more aware we are of ourselves, the more aware we can be of our own true desires and intentions. The more our intentions are aligned with our inner being and our life's purposes, the happier and more fulfilled we are. We also can gain insight into our unique talents (gifted to us by higher consciousness or karmas) by reflecting on our life experiences and connecting with our higher or true self. If we have to define self-awareness we can say it refers to the conscious understanding of our thoughts,

feelings, and actions and how we relate to people and environment. Increased self-awareness can help us gain deep insights into not only the factors that influence our external world but also our internal beliefs, values and morals.

Pray, chant and meditate to increase your self-awareness and detach from outcomes and develop flexible attitude towards change. Remember self-awareness is a process, not a destination. Keep intentions centered on compassion, integrity and respect for humankind. To help you tide through the bad phases and obstacles, network with like-minded individuals and develop rock solid determination.

Remember the deeper states of awareness in your daily life and your whole life becomes a meditation. Watching your mind, enables you to actively see what does not serve you and let such thoughts simply fall away. Communication with higher consciousness on earth is difficult as the body is being pulled by gravity and mind by ego. However, meditation can overcome these obstacles and allow the spirit to align with higher consciousness.

In awareness meditation (a type of meditation) one simply observes what is coming up in one's awareness by naming or expressing loudly what one is going through: “I am aware of the pen on the table.” “I am aware that traffic jams make me very uncomfortable.” Most people will do this for three or four times and then lose track. The exercise, if repeatedly done provides complete calm and clarity leading to meditative awareness. As the mind calms you can notice even subtle things and find that you start naming thoughts, feelings, and sensations as soon as they start to come up.

There are lots of other spiritual tools like chanting, blanking of mind and so on which are as useful as meditation. For a person who is truly aware, it is easy to connect with his consciousness to seek wisdom, happiness and emotional strength from his own spirit. Our best guru is looking back at us in the mirror. So get in touch with your inner wisdom. In fact once I wrote on Facebook, “A childish person seeks knowledge, a growing up person seeks wisdom and a grown up person seeks awareness.” Developing self-awareness is like setting the centre of our life. Benjamin E. Mays says, “The circumference of life cannot be rightly drawn until the center is set.”

After self awareness, comes awareness of our surroundings. Aware people can even see the gifts that others have even before they themselves are aware of them. For instance, you may become aware, that the old ways of managing and directing employees are no longer effective and paradigm shift in our approach may be required. To become truly aware we need to look at our surroundings with all our senses. One needs to look into the eyes, the hearts and souls of people around oneself to feel what they feel, to know what they think, expect or desire. With such enhanced awareness you would be able to understand your team members and command their genuine respect.

As a leader one is often expected to introduce change which tends to meet with stiff resistance. If one wants to change something, one must first become aware of it, otherwise one cannot change. However, things that you are not aware of do change you, which is not a good thing of course. With increased awareness levels we start realizing, "We don't see things as they are, we see them as we are," helping us realize our biases and prejudices. In the beginning of one's spiritual journey, one gets few hints at answers (to the questions in mind), later complete answers and over a period of time a strong sense of intuition which will start making intelligence obsolete. One then sets on the path of quick and wise decision making and true leadership.

*Dr. Amit Nagpal
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POEM

Failures Steps to Success

Every failure has their own way to reach to success,
not because they think of failure but a step to success.

Everytime we work hard someone else takes the credit for the same,
but don't you worry everytime you face this you are becoming strong.

Everytime we think too be over happy with the things we buy,
But the role of family makes things let it go for a while.

Everytime we get low marks in our exams we feel bad,
but don't you worry that's the time when you love practical things and makes you go ahead.

No matter how many times you have wasted your time on things you wanted to look for opportunities and
you didn't get it,
instead think of times which makes you happy to live your life.

No matter how much you are creative but your creativity is not shown,
one day your creativity will be spoken by the whole world around you.

No matter how much ever you love someone and you are not been loved by them,
that's the stone of failure to success to always live with confidence and positivity in your heart and live for
your happiness to your life.

- Jiten Soni

The Divine Current

In truth within our limited unawakened form we are able to appreciate only a fraction of the Absolute. With Kundalini however that appreciation is increased tremendously compared to the unawakened state.

Divinity has no such restrictions.

As we are molded from the divine and yet entangled into believing we are not so; are we allowed to rediscover that which is ours already? Kundalini allows this to be experienced on tactile levels as well as all the other levels within its p u r v i e w .

The absolute IS!

It is what you see all around you and what you are at your core. It is as in the song that was given for me to share: See love in all things.

All things mean all creation. Shakti Kundalini is as a manifestation of the overt divine current into the grossly physical systems. The physical will need to come into a degree of frequency for this to occur. When a spirit takes a body the body is in fact designed specifically for that spirit from the divine current. Through this design certain variables are given into the construction of the body and these variables are the spiritual properties of soul evolution of the being that is going to occupy that body.

This is where Karma comes into the picture.

As the body is developed and the evolutionary values (karma) are added to it the determination of the ability or not of the

ensouled individual attaining the manifestation of the divine current (Kundalini) while in the body is made.

Through this determination the pattern of probability is offered to the degree that the soul's evolutionary values will respond to specific choices made by the individual towards specific

f r e q u e n c i e s o f i n t e r a c t i v e manifestation to the divine current that is flowing around and within all creation. From these parameters, unique for each person, is the divine current communicated with in the ways specific to each individual. From these choices based upon the initial prerogative of the ensouled individual are choices offered and consequences given that allow for us to evolve in the body as we make choices that are conducive towards this development.



Kundalini is a threshold event where choices

have been made that allow for a complete transformation of all of the frequencies housed within the human expressive envelope. Everything is changed to specific degree that is once again unique to the individual, and yet expressive of what Kundalini does to the body.

Kundalini is our overt and conscious interwoven communication and interaction with the absolute. The exaltation of the flesh through spiritual evolution. We swim in the divine current rather than blindly walk through its puddles. In serving the Kundalini we are in actuality serving the divine current for its expression through us.

By Master Chrism

Surrendering the Comfortable

Kundalini is an evolutionary energy that is designed for humanity's next step toward a luminous physical and spiritual expression. The Kundalini is in everyone. It is an untapped resource of divinity within us all that is waiting to be awakened and experienced. Never has the time been so right and crucial for a change of this magnitude to be explored and initiated. Kundalini is a very powerful and transformative energy located at the base of the spine within the last three vertebrae of the tailbone or coccyx, extending to the perineum. Kundalini is a natural birthright to all people but must be sought and nurtured with a physical and spiritual practice.

As the Kundalini awakens we must surrender to the changes that come. Not all of them are easy to have and yet they are necessary to the overall Kundalini agenda. Some can find the bliss and the many pleasurable symptoms counterbalanced by some symptoms that are more difficult to deal with from an ego perspective.

Surrender means to really let go of your desire and expectation of control over the infusion process happening within your body. The heat, the cold, the kriyas, the visions, the pressure, the pleasure, the sleep and the pain all have their place within the process and to these symptoms must the ego surrender.

Even when it is scary we must with hold our panic response to remain in control. This is uncharted territory for most people. Trusting and having faith in the unknown isn't what we are used to doing but in the case of Kundalini it knows you better than your ego knows you and the Kundalini agenda is best handled by the Kundalini.

Even so there are many areas within the awakening scenario that will allow for custom individual adjustments within a surrendering platform. The ego isn't sacrificed so much as it is in a retraining format. Ego has a difficult time adjusting to the new paradigm of relinquishing its control over the decision making process especially when we come into areas of fear or pain or symptoms contrary to what we have come to know as "comfortable".

This is where difficulties can be experienced. If we

give in to the ego consciousness action of inserting a fear or fear based control response we can become immersed into areas of amplification of those fears in a very short time. Sometimes this may be needed for the karmic polishing process and sometimes it can be used as a way of teaching that surrender is a good activity to be involved in.

We learn in different ways. The learning can be difficult especially when one is already inside of the process and the many unexpected phenomena are being experienced. Often a return to normalcy is the only quality desired. The transformation can be fast and furious and the ego consciousness can be left reeling in its loss of control. So be gentle with yourself and in that gentleness realize that faith and trust and the Kundalini agenda is working for you not against you. That this gift of an awakening is needed for your next step of spiritual and physio-spiritual development.

Know that you are being observed and guided in ways that are not perhaps being felt as a tactile or communicated application even though the guidance is occurring. This is where your trust and surrender to the Divine agenda comes into a great expression. This is where your belief system will help you to get a gentle grasp and trust of the phenomena and the transformation that is taking place.

For those of you without a strong expression in the Divine devotional areas I offer you the sum total of my experience and of the Kundalini Divine communications that are given through my process for your process.

Chrism is a native of California. He travels the country awakening the Kundalini in groups of people safely and with continued support throughout the many years of the Kundalini awakening experience. Kundalini as it expresses through Chrism is the teacher.

For further information :
www.KundaliniAwakening.Seminars.com

By Master Chrism



The Magical World of the Fairies

When we think of the subject of fairies most of us will automatically assign such things to the realm of fiction as we remember childhood fantasies around Peter Pan, Fairy Godmother etc. But it may surprise some people to know that there is a growing trend amongst those in the New Age and neo-pagan communities to believe in fairies as real spiritual creatures.

The word fairy derives from Middle English faerie (also fayerye, feirie, fairie), a direct borrowing from Old French faerie (Modern French féerie) meaning the land, realm, or characteristic activity (that is enchantment) of the legendary people of folklore and romance called (in Old French) faie or fee (Modern French fée).

The fairies, or faeries are tiny creatures the size of a finger and they bestow gifts upon humans and especially newborn children, such as beauty, wealth and kindness.

Where can you find the fairies?

Fairies like gardens and green spaces. They love to go about fixing things and they even like to clean. But, there are things that you must do if you would like to keep the fairies around. They do what they do because it is in their nature, but if they become unhappy they will move on to a new home where they feel more appreciated. So, in order to make sure that your fairies are feeling very appreciated there are a few steps that you can take that will keep them happy and flitting around your property!

How to make Fairie Friends

First of all you will want to make your fairy friends a home that will help them to stay happy and content. Use things that you find in nature to make it with. Build it in a nice secluded area where they will feel safe and hidden and where no one might accidentally step on it or disturb them. Start out by collecting some bigger sized rocks that you can stack into an igloo like shape, making sure to leave a doorway. Build a table out of sticks for inside and use smaller stones for seats. Small shells make great dishes. Use leaves to make a comfy bed for the fairies and

flower buds for pillows.

Leave the fairies some edible treats, like berries and sweets that they can eat. Berries are one of their favorite foods and any kind of them will do. But they also like human snacks because it gives them a treat that they don't get often. Make them a special batch of rock candy, using real oils like lemon and peppermint. When you make muffins and cupcakes leave them any crumbs that may be left, or even a



whole one they can snack on for the whole week!

Fairies enjoy music very much and they even like it when you help them out with some of the chores that they do for you. When you do work in your garden

bring some music along, or sing yourself! Pull your weeds to some classical music. Water the flowers to some Celtic tunes. The fairies will be dancing around joyously on their mini vacation while you get some work done. This time off will make them extra happy to, as they spend most of their time being busy. They are sure to make your flowers bloom extra big and bright and make sure that your fruits are extra sweet.

How and when can you see the magical fairies?

Fairies can only be seen clearly by animals and seldom by humans, although if one is fortunate enough, one might catch a fleeting glimpse. There are a few exceptions however. The first is when fairies use their power (known as glamour) to enable a human to see them. Also, during a full moon on Midsummer Eve a mortal can witness fairy dances or celebrations. And finally, by looking through a self-bored stone (a stone in which a hole has been made by tumbling in the waters of a brook; not found on a beach) one can see fairies distinctly.

Happy Magical times with the fairies
Binoy Sasidharan

Spirituality in the Workplace - A Report

An unlikely discovery in a shopping centre, England



I thought, wouldn't it be great if work places had a 'quiet' room where people could meditate, pray and be at one with their spirituality.

In the 1980s I worked in the financial sector, at the Bank of England, in the city of London. I discovered a relaxation class taking place at lunchtime, nearby where I worked. So I started to attend this 'quiet time' where the Reverend Geoffrey Harding led us to a place of stillness, lying down in the choir area. After all our relaxing there was social time with a cup of tea, then back to work feeling more refreshed. In due course I trained with the Relaxation Society and lead some of the city lunchtime sessions. I believe what Rev. Harding instigated was quite unique at the time. The church had liveliness to it, being used for a holistic spiritual purpose, rather than poorly attended services.

Fast track to now! I've continued to teach relaxation and mediation practises privately, within business and adult education. And I wondered whether there were work places that offered a specific 'quiet' place for their staff. Bluewater is an indoor shopping centre which I visit to mooch around, gaze at the interesting sculptures and carvings. With its spacious avenues and light, high ceilings it is a pleasing place to spend your money and window/people watch.

I went to check it out with a friend of mine. The visit took place on a weekday so the shopping centre was not as busy as at the weekends. I easily found 'Quiet Reflection' marked on the centre maps, mostly used for shoppers locating their favourite stores. Not for me this time, I was

focused on finding the quiet zone.

The entrance door required one to push a buzzer to allow entry. I guess this is to monitor numbers and who's entering as there is a camera watching. The trees/forestry screening provides a natural-like serenity as an initial vibe, feeling to set the scene. Inside a corridor leads in an arc to a circular room decorated in blues and natural wood. Pictures of neutral water scenes decorated the walls, as this is a place for all faiths, which was evident.

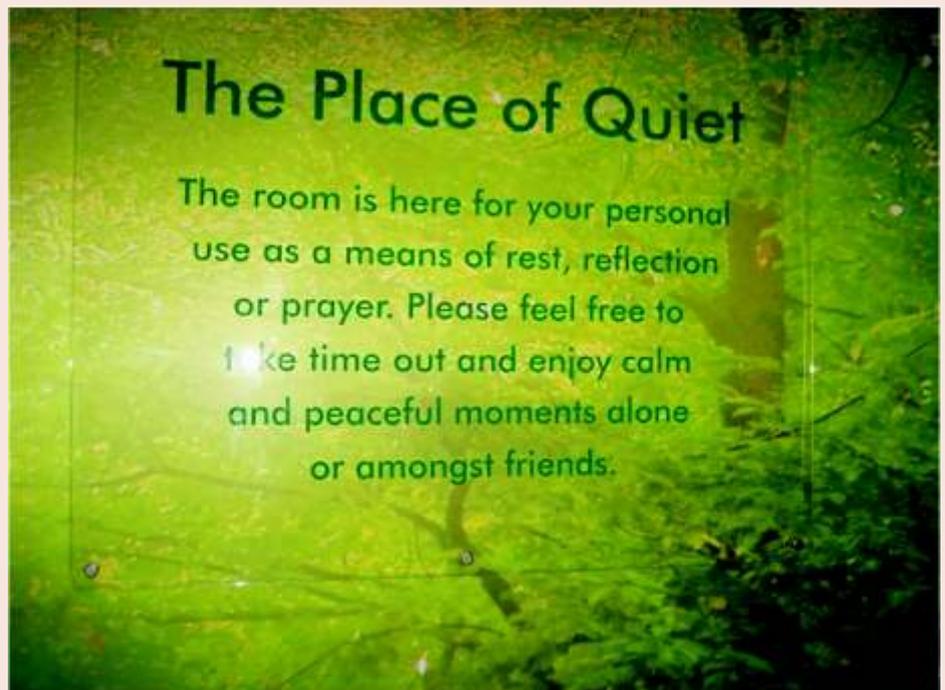
My friend put her feet up, taking a breathing space for a while from the buzziness of the retail vibe outside. Some young men were already in the room preparing for their prayers. So, with a polite 'you do your thing and we'll do ours', we sat a while taking in the peacefulness.

The aircon was pretty cold so it was not comfortable to stay too long here. There was an adjacent room with carpet, red comfy chairs and small table. Here one could simply be quiet, or have a conversation, even a catch up nap. It was not too homey, rather neutral, perhaps to avoid people staying too long but adequate for meditation and relaxation.

If one feels the need to talk through things to a neutral listener then there is a Chaplain available by appointment. Congratulations to the Bluewater management for making this space freely available for staff and visitors.

I wonder if you know of other shopping centres and business centres providing the facility of 'Quiet Place' for reflection, spiritual practise or simply a nap time?

Report by Linzi Martin visiting the award winning designed shopping centre Bluewater, near Dartford, Kent in the south



east part of England.
www.bluewater.co.uk/content/cu_peace

Linzi Martin, Sleep Well Live Well Consultant, offering natural solutions for those suffering insomnia or seeking



to live a healthier simpler life. www.feelgoodzone.com.

I posted the question if anyone knows of a Quiet Space within the workplace. Here are some responses:

Melanie Ollenberg YES! The Centre for Addiction and Mental Health has a chapel, healing room, smudge room, and is working on a sweat lodge. (Toronto, Ontario): http://www.camh.net/Care_Treatment/Care_providers_role_descriptions/careproviders_spiritreligious.html

Unfortunately, I found the space was under-utilized, but offering mindfulness meditation facilitation for staff and multi-faith services for both staff and clients were critical in getting folks out. I've also worked on the coordination of conferences which offer a meditation and prayer room, which is particularly important when triggering topics are being presented.

Laurence Harrould I have heard that the ANZ bank in Australia had this in head office (a whole floor apparently) while John McFarlane was the CEO. Haven't been able to confirm it though.

It's interesting how many organisations which you wouldn't consider particularly enlightened are doing very interesting things. AMP is a large insurance & finance company in Australia and has a role called Catalyst for Magic. I'm not entirely sure what the person does but it sounds great.

Dhara Kothari That's what i am striving for in Bombay and elsewhere if not in offices then some meditative places

where one can come, meditate and learn more about it. Linzi your idea of a company having quite rooms is indeed splendid, but in large cities where real estate is expensive, companies may not go for it despite wanting to. They rather tie-up with existing meditation centres or organize a weekly event in their conference rooms. On the other hand those companies not having a space problem should seriously look into this and create such rooms.

Dawn James I suggested that to our company - but it's very low priority, so instead at lunch time I leave the office, and enjoy quiet time in my car to meditate, reflect and centre myself.

Linzi Martin Thanks everyone for your comments. There's been a few articles in UK newspapers about Mindfulness meditation being used in schools and helped students concentrate more. Perhaps it's also given the teachers some well-deserved quiet time as well! Some years ago I contacted local big newly built hospital to see if I could run a relaxation/meditation group for staff. Was told there was no quiet or sitting out room available for staff! Being a bit cynical I wonder if some companies state they take staff well being seriously and have measures in place but in reality nothing gets done. It does seem that when individuals who are decision makers

within companies, have personal experiences of what meditation offers, then they have more influence to make it happen within the workplace.

LINZI MARTIN



Auroville - The city of Utopia

'Vasudhav Kutumbkam' proclaims the Indian philosophy, which means the entire earth is one family. Surely an outdated concept when family members cannot live in unity and togetherness. However outdated, this philosophy is perfectly mirrored by AUROVILLE, a town whose mother is spirituality and father effort. Auroville is a universal town, located 14 kms north of Pondicherry, in the coastal Tamil Nadu.

Lady Mirra Alfassa or the MOTHER (also co-founder of Sri Aurobindo Ashram in Pondicherry), a French national with Egyptian father and Turkish mother, had a dream of creating a place where spiritual seekers from all over the world could find a haven, a place of love and self-enhancement. Hence Auroville was born in 1968 with international recognition. Young people from 121 countries and 23 Indian states placed a handful of earth from their native lands in a lotus shaped urn made of marble located in the middle of an amphitheater, representing the birth of this city.

The name AUROVILLE does not

come from the name of Sri Aurobindo but from the French word Aurora (meaning dawn) and thus Auroville is the city of Dawn. Auroville is a multicultural, multinational town where more than 1500

men and women from 35 countries live in togetherness, peace and harmony. Realizing human unity is the purpose of Auroville. Spread over an area of 15 square miles Auroville is well connected with the Union territory of Pondicherry (15 kms.) and the city of Chennai provides the closest railway station and airport.

Auroville is a planned, hi-tech town with four zones (Residential, Industrial, Cultural and International) arranged around the Matrimandir, the temple of the MOTHER and the soul of Auroville. Each zone has a very special significance and exhibits the beauty of international community cooperation. While

the Industrial zone houses small industries manufacturing products ranging from peanut butter to solar energy systems, the International zone houses the pavilions of various countries (something similar to India International



Trade fair in Delhi). Indian culture and ethos is very widely represented in the Indian Pavilion (Bharat Nivas), currently the biggest pavilion which has an auditorium, a library and a center for teaching Indian languages. Others being studied or under construction are French, German, Italian and Russian pavilions.

In 1971 the foundation of Matrimandir was laid (which is in the final stages of construction), a temple in the shape of a globe and has been constructed on the scaffold of four pillars (Mahakali, Maheshwari, Mahalakshmi and Mahasarasati). The temple is thronged by devotees and visitors throughout the year, who come to visit or mediate in the unique meditation hall, which houses the single largest glass crystal in the world. The MOTHER had promised Aurovillians that she would take care that the inner meditation chamber becomes a place where the divine forces act. Surrounding the Matrimandir are twelve small mediation rooms (with coloured lighting) whose names are Peace (deep blue), Sincerity (light blue), Humility (Deep green), Gratitude (pale green) etc. These chambers, as seen from above, form 12 petals around the Matrimandir. The





spiral ramps, which lead to the chamber, seem to be hanging in the air. Matrimandir is an architectural marvel with architects from all over the world putting their best. What happens to a person when he steps into a huge, twelve-sided room of white marble with twelve columns disappearing into the roof, and a ray of light shining down on the center? The effect on the body is profound and the feeling is one of clarification and purification. Indeed the walk up the ramp symbolizes the ascent of humanity in an upward spiral ending in a metaphysical vision. There are twelve gardens around Matrimandir with names like Progress, Youth, Harmony, etc. Besides the Rose garden and the Garden of Love, there is a Garden of Unity located in the center.

The Amphitheatre located adjacent to the Matrimandir is used as a place for the pre-dawn bonfire and silent

power plant has been installed to provide electricity for Matrimandir's lighting.

Auroville, which claims to have divine guidance, is managed by Auroville Foundation (Govt. of India) and the Parliament of India for the governance of this city has passed a special law. In 1988 the Auroville Foundation Bill (created by a Special Act of the Indian Parliament) provided for three authorities an International Advisory council, a Governing Board consisting of eminent Indians and the Residents Assembly that comprises of all

gathering which draws Aurovillians and friends of Auroville together on New Years day, Auroville's birthday (Feb 28) and other holy days of Sri Aurobindo Ashram. A

adult Aurovillians. Dr Karan Singh was the first Chairman of the Foundation. Auroville has also received support from its patrons such as UNESCO, Govt of India, Shri JRD Tata Trust, and Sri Ratan Tata Trust, in the past. This melting pot of cultures and nationalities has been accorded a unique legal status.

Aurovillians who collectively speak more than 55 languages consist of a significant number of Indians (mainly Tamils), French and Germans. The inhabitants transit from metropolitans from all over the world to a rural setting where car drives are a novelty and in times of need people still draw water from wells. The pioneers struggled hard to make this place not just livable but extremely beautiful. The uncultivated wastelands 8,000 hectares of have been transformed into a place of social integration, forestation, maintenance of water, solar energy miracles (you have a solar kitchen and restaurant which can cook food for 1,000 people and seat 380), maintenance of soil and agricultural organics. The



occupants and visitors have planted more than 2 million trees of various origins. The people have their own dairy farms and cottage industries, which draw electricity from wind-mills.

Another unique feature of this town is that

work is not the means of earning one's livelihood and to gain material comforts, but is an expression of self; an opportunity to develop one's capacities and to utilize the learnt skills for the betterment of the community and the world as a whole. Most people who live in Auroville have left behind flourishing, yet dissatisfying livelihoods in different parts of the world to be a part of the community. To live here means to carry out "the Yoga of work", this means that all Aurovillians take up work and do it as Yoga. As an Aurovillian advocates that, "The old practice of Yoga demands silence and solitude; the Yoga of tomorrow in addition, is to find the divine in work and relation with the world. It is not what you do but the spirit in which you are doing it that makes Karmayoga".

Money, in this society is not the sovereign lord and in fact there is hardly any money exchange between the Aurovillians. Most people just exchange goods and services through their accounts without any exchange of cash. People mingle around socially a lot in the absence of extensive cable television exposure and children are able to grow and develop integrally. It is a place where human relations, usually based upon competition and strife, are replaced by feelings of collaboration and real

brotherhood. A unique experiment in international community living Auroville is an MNC (Multi National City) in existence. It can be a model town to the striving countries and communities as a picture of international beauty.

Aurovillians combine a life of strenuous physical activity with

in Auroville ranging from Rs 50 –1,000 a day. The Quiet beach center also offers huts and apartments and a unique experience, for those wanting to stay at the beach, but these arrangements are not permanent and to be a part of Auroville requires permission from the Trust.



the discipline nurtured by regular and spiritual exercise to help them evolve into better human beings. Sports like gymnastics, football, badminton, tennis, Aikido, Tai'chi, Kalaripayyat and Kabaddi are a part of inhabitants' daily life. Quiet Healing Center located at Quiet beach offer activities unheard of, such as Aqua balancing, Pranaerobics, Cellular consciousness, Drawing and dance therapies etc and massages like underwater massage, Shiatsu, Deep tissue massage etc.

The ecologically revived Auroville has self-fashioned extremely beautiful and original homes importing architecture of several countries. Accommodation is also available in various guesthouses

Auroville's approach towards religion is that one must renounce all religions and since religions make up part of the history of mankind, they are being studied at Auroville with objectivity. Begging is not permitted in Auroville. Persons found begging on the road are disbanded as follows;

children to a school, old to a home, the sick to the hospital and the healthy to the work.

Social norms of Auroville are also different from the outside world. Marriages do not require ceremonies and rituals. People who love each other and wish to spend life together get married without any pomp and show. Children born in Auroville use their first names only, except when legally required. The collective ideal of Auroville is 'A life that wants to grow and perfect itself' and nobody needs to follow any particular lifestyle that is, each man for himself. Sri Aurobindo's philosophy was that 'as man came after the animal, so another being must come after



visual arts. Nadaka is an innovative musician. Having studied the veena and sarod for some years, he returned to playing the acoustic guitar discovering over a period of two years a new way of tuning it that enables him to create sounds of Indian music. Holger came to Auroville in 1990 together with his wife, four children and a violin in his backpack. He is one of those who have watered the cultural desert that was Auroville at that time. Kratu is a painter turned sculptor who works with clay. He likes the soft warmth and the ability to shape a sculpture with his own hands. His work Maheshwari is Egyptian in concept, some muses bore traces of South American art while the head reminds oneself of the nobility of the Indian Kings.

Another claim to Auroville's fame has been an international reputation for its work on land reclamation and afforestation. In 1987 for instance, a Swiss Aid sponsored project brought a group of villagers from Rajasthan to Auroville. These villagers (following the progressive work done by Aurovillians in converting a desert into a forest) planted around five lakh trees in Rajasthan in 1987-88 with 85% survival rate.

His Holiness the Dalai Lama has visited Auroville twice and inaugurated the Pavilion of Tibetan culture. He said that he has found a unique combination of materialism and spirituality in Auroville and the Aurovillians can help Tibetans in many fields. When Shri JRD Tata visited Auroville, he remarked 'I have come to breathe the Auroville spirit and in spite of not being an Aurovillian, I have the Auroville spirit. Only a country like India has the spiritual capacity to hold such an experiment'. Auroville is a place of unending education, of constant progress, a youth that never ages and a laboratory for the next step in

man'. An Aurovillian remarks, "One must renounce material life but should not run away from life itself. In India it was the Sanyasis who renounced everything, in Europe there were the monks and the ascetics. They can escape but when they are reborn, they will have to start again".

Aurovillians are not allowed to own land and the houses / factories / offices, which they build, are in the name of Auroville Trust. Though any number of their forthcoming generations may stay in the same house but they cannot sell it. The activities pursued by Aurovillians are varied and unique. They include village development, education, business, land restoration and afforestation, research into renewable energy applications and experimental construction techniques, health care as well as numerous cultural activities.

There is a Central fund to which all the businesses contribute and a Revolving fund for business loans to Aurovillians. The SEED project is an experiment on since 1993 in which the member Aurovillians pool their funds together and take what they need in cash and

kind. Nandini is an experiment in collective sharing that provides necessary items like clothing and bed linen. The cost of replacing and expanding the stock is borne each month by all participants equally. The Freestore is an exchange point for clothes where Aurovillians take whatever clothes they need and donate what they do not need while Mahasaraswati is a similar place for household appliances. The Caring Service attempts to link needs and resources of the inhabitants. Individuals communicate to the service their need for a specific item and the Service tries to fulfill the need by either approaching other Aurovillians personally or by putting a note in the local newspaper AV News. 'Pour Tous', which means 'For All', is a grocery store where most Aurovillians have their purchase debited from the account they hold.

While the houses of the Aurovillians are named Peace, Courage, Happiness etc, the schools are New Creation, Last school, Transition School etc. There is a special emphasis on Arts like poetry, theatre, sculpture, music, dance and

human evolution. Even parenting at Auroville is different with couples like Tashi and Rama. Tashi is Tibetan while her husband Rama is a Tamilian. Their real 'Auroville kid', as they love to call him, is being brought up to speak both the languages, along with the other languages taught at school.

There are 13 villages in the immediate surroundings of Auroville area, comprising about 20,000 people. Of this population Auroville employs around 5,000 people. About 400 village children attend schools established by Auroville and many others attend Auroville-sponsored crèches and evening education centers. Auroville Health Center and its six sub-centers in the villages handle about 200 patients daily.

It is difficult to believe that a town of 1500 people has organizations like:

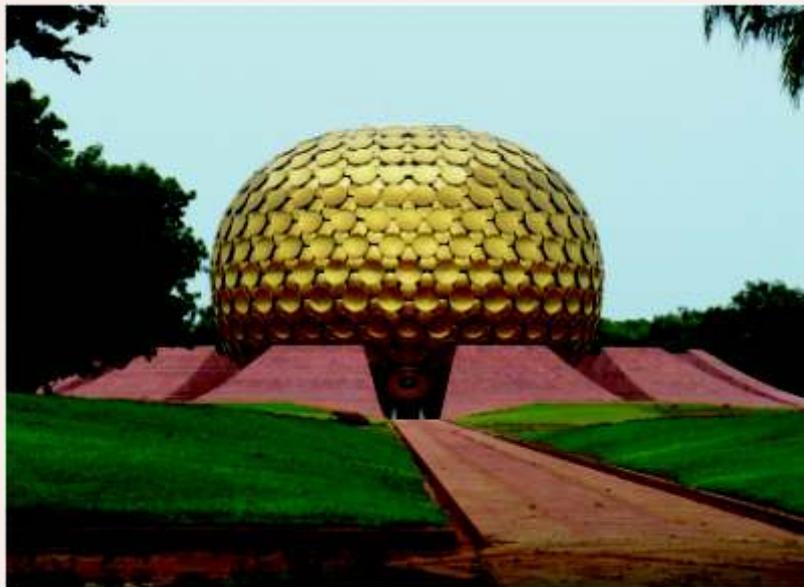
ARISE- It stands for agricultural renewal in India for a sustainable environment and has been set up to propagate the message of organic farming throughout India
Aurofilm- It is dedicated to the research and study of the artistic, educational and cultural value of cinema and workshops are held on making of films and documentaries.

AuroNET- A community network which facilitates electronic communication within Auroville and outside and also provides internet access for community members.

Auroville Archives- It is the repository for all important letters, documents, photos etc pertaining to the development of Auroville with emphasis on experimental nature of work done.

Auroville food processing- It makes exotic products like sesame butter, sauerkraut, amla jams, tofu, muesli etc.

Auroville herbarium- It contains over 4,000 sheets of specimens of plants from tropical forests and



Andaman-Nicobar islands.

House of Mother's Agenda- for loaning of books and cassettes of Sri Aurobindo and Mother

Kalamitra- Friends of arts is a group of Aurovillians involved in stimulating cultural life in Auroville through talks, dances, recitals, video shows etc

Laboratory of Evolution- The LOE aims to be a focus for research into evolution of humanity in the context of latest developments in science.

Museum of Archaeology- A museum related to excavations, restoration and research related activities.

Pitchandikulam Bio-resource Center- The center is a teaching and training place for the

propagation, protection and use of medicinal plants.

Pyramid Arts center- Auroville's first functioning center for the plastic arts with ateliers for painting, drawing, graphics, clay modeling/sculpture and glasswork.

Quintessence- This center deals with experiments with the healing properties of Indian flowers for eventual use with the Bach flower remedy system. Actual therapy and treatment of patients is also done using flower therapies.

Sri Aurobindo International Institute for Educational Research- It is engaged in a wide range of educational research activities receiving funds from Foundation for World education (USA) and SDZ (Holland)

Utsah- a small research unit focused on finding inexpensive ways to promote health and vital energy such as water purification and dynamisation of

water.

Auroville bakeries- Various bakeries such as Le Gourmet, Le Ferme Cheese offer exotic foods like kefir, quiche, baguettes, veg. tarts etc.

Besides, there are organizations like Auroville Board of Commerce, Auroville College, Auroville Guards, Auroville Village Action Group, Youth Center, Bioregional Co-ordination Group, Center of Human Unity, Center for scientific Research etc. The shoppers can shop till they drop for exotic products like pot-pourri, hammocks, hand-marbled articles, massage rollers, papier mache dolls, glowballs, Japanese lanterns etc

Auroville till today has not been able

to completely get rid of human afflictions like egotism, politics, misuse of money power etc. In some ways, it is just like anywhere else with an additional thin layer of spirituality. It would be misjudgment to assume that the Aurovillians, as soon as they enter the land, leave behind their old knots, which have tortured humanity for millennia. However the influence of the truly emancipated people soon rubs on the newcomers and constant effort to be a better person is undertaken.

Now the Auroville ship is 34 years old but is still flying its flag of confidence. When one begins a journey, so many questions come to one's mind like how to describe a path when much of the way is unknown? In which direction should one go? 'Embark' said the Mother who was never one to sit on the bank considering the difficulties. So Auroville sets sail, leaking no doubt and with an unkempt crew who can never quite decide on, which direction to steer but, preferring above all, a glorious shipwreck to a cozy excursion on the backwaters of the known.

Bon Voyage!

Auroville International centers / Liaison offices (For Information purpose) are located in Canada, USA, Germany, Spain, France, Netherlands, Sweden, UK etc.

Legend

There is a legend related to Auroville. A village named Irumbai was located on the edge of modern Auroville where Kaduveli Sidha, a famous Yogi lived some four to five hundred years ago. He was performing a harsh penance (tapasya). No one dare disturb Kaduveli in his

penance as he chanted the mantra of Eswara and soon an anthill started to rise up around him. Sitting under a peepal tree in yogic pose for days, the heat of his body was so intense that the rain gods suffered, no rains came and hence people were suffering from the drought. The situation was so bad that the news finally reached the notice of the king who ruled from Edayanchavady village.

Finally, a temple dancer named Valli devoted to the Lord Shiva decided to do her best to get the attention of the Yogi and to rescue the people from the adverse effects of his tapasya. She observed that occasionally the Sidha would, with his eyes shut put out his hands to catch and consume the falling withered peepal leaves. So she prepared some thinly fried appalam (papad) and started placing it in the Yogi's outstretched hands as he tried to catch the falling leaves. He started eating the appalams and got his taste back. Slowly he grew fatter till the anthill broke and he was once more exposed to the rays of the sun. Finally he opened his eyes. Valli was extremely happy and was able to take him back to her house where she kept him happy by dancing for him. Meanwhile the God of rains was relieved from the torture induced on him by the heat of the Yogi's tapasya and the rain poured in plenty and the people were happy once again.

In order to celebrate this event the King ordered a huge prayer ceremony to be held at Irumbai temple which was to be followed by a performance by

Valli in which she would act out the cosmic dance of Lord Shiva, in the form of Nataraja. During the performance however one of her anklets fell off and she started to lose her balance and rhythm. Kaduveli who saw the reflection of lord Shiva in Valli picked up the anklet and put it back upon her feet. This led to his ridicule by the King and court for having touched the feet of a dancing girl and he was heckled and jeered. Furious, he invoked Lord Shiva to come out of his temple and prove his innocence in a rain of stones. Immediately the lingam in the sanctum sanctorum of the temple exploded and wherever its fragments fell, suddenly the land became a desert. No vegetation would grow around these spots and they are still to this day known as Kaduveli.

The King was suddenly frightened and begged the pardon of the Siddha, bowing down to him with all his entourage and pleading with him to lighten the effects of his curse. This appeased Kaduveli but as the curse could not be written off, the severity of it was reduced. Kaduveli prophesized that in the future people from far off lands would come and make the desert land green and fertile again. Today there are villagers who feel that Aurovillians are those promised people from far-off lands and the curse is beginning to leave them.



EVENT -International Encounter

Theme of the Encounter
UNIVERSAL WELLNESS THROUGH MEDITATION,
YOGA AND HOLISTIC HEALTH

Theme Elucidation

Despite unimaginable materialistic comforts that man has created for himself through scientific research and technology he is far from happy. It means materialistic advancement may have made his life physically comfortable but in return it has made it diseased and he feels mentally tormented and distressed. He lives in a palace, flies in his private jet and eats the choicest food nevertheless he is mentally a wreck. He doesn't enjoy spending time with the members of his family. The materialistic affluence has robbed him of his inner happiness. He lives under a perpetual fear, fear of losing wealth and position. He suffers from numerous diseases like aids, cancer, depression, obesity, blocked coronary arteries and spends millions of rupees on doctors, drugs and hospitals. Instead of any relief his agony goes on increasing. He has never had time to think as to why he is so unhappy? What is the real cause of his diseases and mental agony? It is because of his stressful state and unhealthy lifestyle. His disregard for nature and its scenic grandeur has only added to his agony. He has never tried to look within ever for a moment. He remains ignorant of the inner world which is infinitely blissful and a source of real happiness. At present human suffering has already reached its pinnacle. Can there be universal wellness? Can this state of agony which every individual finds himself in be ended or mitigated? Yes, it is possible to get answers to these questions. We have decided to organize an international encounter from Feb. 17 to 20, 2011 at Jaipur. We invite you to come and explore. We believe that yoga and meditation can ensure universal wellness unfolding before us a treasure of holistic health.

Plenary Sessions and Workshops

We plan to have a series of plenary sessions and workshops on various sub-themes.

- (a) Sub-Themes for Plenary Sessions
1. Yoga – A Unique System to Harmonize Body, Mind and Spirit
 2. Modern Lifestyle and Diseases
 3. Meditation – the Gateway to Health, Happiness and Moksha
 4. Okido Yoga – a Pathway to Global Health
 5. The Chakras and Pranas, their Role in Curing Diseases
 6. The Secret of Universal Wellness As Enshrined in the Vedas and Upnishads
 7. Purusharth Chatusthya – The Four Pursuits of Human Life and Global Health

Those who want to speak or present a paper at a particular plenary session, the sub-themes of which are given above, should submit their proposal to the International Coordinator giving the title of their paper and a summary of about 150 words. They should do it as soon as they receive this circular letter. The programme committee will take a decision in a week and will inform you if the proposal has been accepted.

(b) Workshops

We have set apart 1½ hours for each workshops in the afternoon. At a time two workshops can go on. We propose to have 6 workshops in all on any of the area of the conference. He who wants to lead a workshop should submit his proposal giving the title of the workshop and a brief summary of what he wants to discuss at the workshop as soon as possible.

Last Date

Last Date for the submission of proposals to speak at Plenary Sessions or lead workshops is 15th Dec. 2010. But I encourage you to submit it as soon as you receive this letter.

Visa

All participants are requested to seek tourist visas only.

Language

Though English would be the official language in all plenary sessions and workshops those who want to make presentations in their native languages should bring their translators with them.

Climate

The climate at Jaipur in Feb will be pleasant but participants are advised to bring warm clothes with them.

Last Date for Registration

Those who want to participate in this conference must fill in the registration form given at the end of this brochure. The last date for receiving the completed registration form is Dec. 31, 2010. The organizers will confirm the registration of each individual within a few hours of its receipt. We have limited the number of participants so those who register early will be preferred. If your registration is confirmed we will let you know how to send the registration fee.

Registration Fee

The registration fee for overseas participants is 200US Dollars and for Indian participants, it is Rs. 5000 but the fee for Indian participants doesn't include hotel stay and dinners. They will be served lunches and refreshments only.

Accommodation and Meals

The overseas delegates will be extended free local hospitality (board and lodging) for four nights i.e. 16th Feb evening to 20th Feb 2011 noon.

Concluding Session

Concluding session will be held at 10AM on 20th Feb. 2011.

Arrival and Departure

Each participant is expected to arrive in Jaipur by the evening of 16th Feb. 2011 and leave by the evening of 20th Feb.

Note : Those who are interested should fill in the registration form immediately and email it to slgandhi@hotmail.com vedic.peeth@epatrika.com vedic.peeth@gmail.com or Fax: +91-11-43850118

Yoga & Parapsychology Empirical Research and Theoretical Studies

Edited by K Ramakrishna Rao Motilal Banarsidass Publishers Pvt Ltd Price : ` 795/-

If you think a title like Yoga & Parapsychology: Empirical Research and Theoretical Studies seems intimidating, and hence you should stay away from this wonderful collection of essays, then you need to definitely stop yourself right there and make an attempt to find out what this book is all about.

Parapsychology, unfortunately, is yet to be taken seriously in this country. Psychic abilities or psi are the science of siddhis. Siddhis, as we know, can be explained as extraordinary human abilities. They are also associated with the yogis. This commonality between yogic abilities and parapsychological skills have not been seriously and scientifically studied as much they should have been. This book, with its impressive collation of essays, attempts to throw light on many aspects of this vibrant science. It is also a very effective east-west meeting of minds.

In 2006, the Institute for Human Science and Service, along with international participation had organised a national conference and a workshop at the Andhra University.

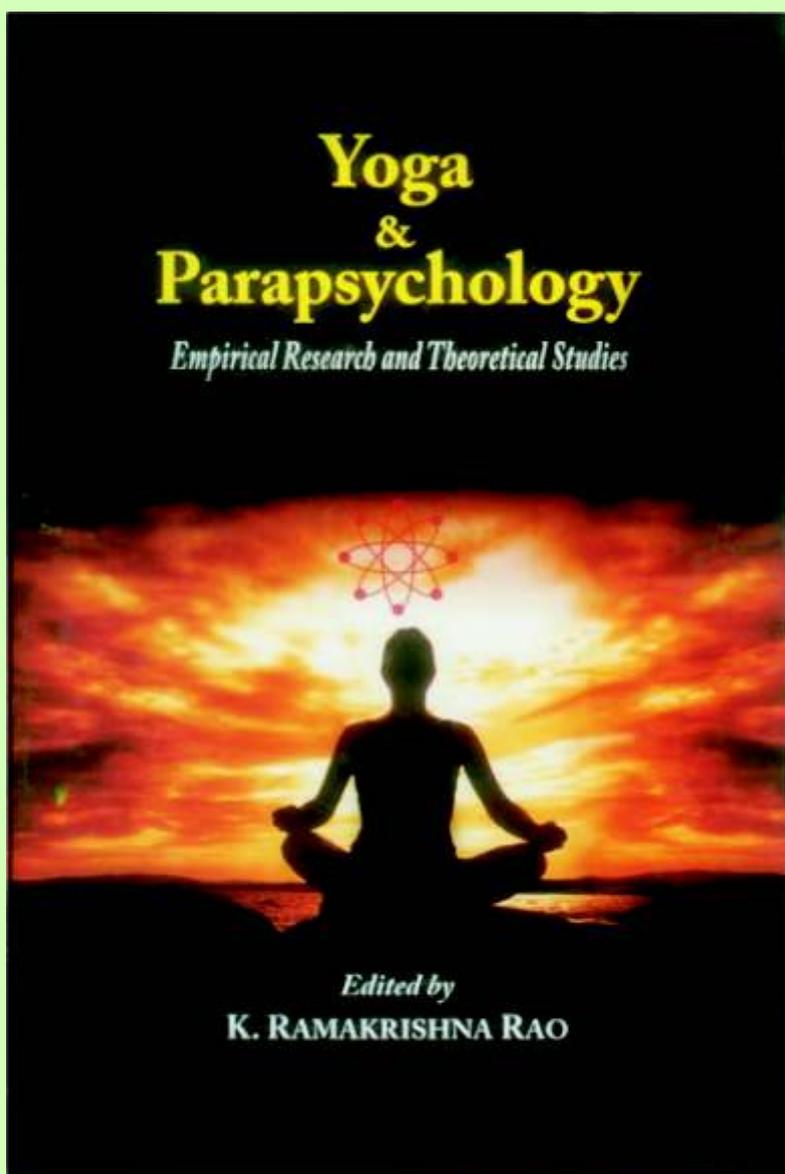
The volume is a compilation of the major presentations at the conference and the workshop. The contributors came from countries like USA, UK, Sri Lanka, Germany and Netherlands. Some of the essays are heavy on theory while others are experimental reports. The end result is a rich collection of viewpoints, explanations and thought provoking topics that range from consciousness and mind to soul and spirit; from post mortem survival

to personality & religion in the view of paranormal experiences. The length of the essays varies. Some like the essay on post-mortem survival are fairly lengthy while the one on the study of reincarnation is much shorter. There are also ample diagrams in the book to illustrate experimental findings. Those, as also the

statistical data, at times, might make a reader skip certain portions but this book is basically a culling of academic material. So that sort of a data only goes on to make it more exhaustive. It is also the reason why it, in no way, sensationalises or embroiders concepts like reincarnation or ESPs which have, for too long, been taken lightly or as a part of campfire stories on idle evenings.

Parapsychology is serious business. It is as serious as Yoga. It needs to be understood and studied by more. There is nothing difficult to comprehend about either of the subjects. One just needs the will to pick up this book, which is more theory than

anecdotes. But you need to have a theoretical foundation to understand psychic phenomenon so that there can be more useful approaches to the study of parapsychology. Just as yoga is not merely standing on the head, Parapsychology is not another name for ghosts. It's a fantastic area of study and understanding it, even in the smallest way, will only enrich our minds.



Chanting the Chakras Roots of Awakening

Layne Redmond

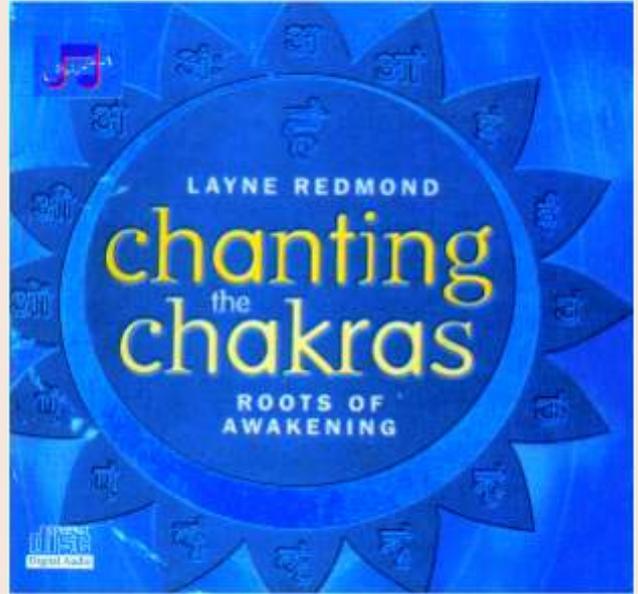
Published by: News Age Music

Time: 46 minutes

Price: ₹ 299

The album has three tracks, which are; 1. The garland of letters – 21.50 mins. 2. Lotus of light – 15.38 mins and 3. Elements into light – 8.35 mins.

The three pieces on chanting the chakras harmonizes the mind and body through drumming and chanting. Traditionally these meditations were practiced to rebalance the chakras, leading to an expansion of consciousness and a clearer understanding of one's purpose in life.



Track 1

The seed syllable on each petal of every chakra is chanted, starting from the first chakra at the base of the spine and rising to the sixth chakra in the center of the head. Each sound vibrates a specific part of the body being resonated. After an opening reverent invocation of all that is, a bell rings three times to signal the beginning of the chanting. Each seed syllable is held for 12 beats with the next four beats for breathing in. The practice opens with repetitions of the primordial syllable AUM. Then the seed syllables on the four petals of the first chakra are chanted. The chanting continues through all the chakras, closing with the final repetitions of AUM. Chanting through the chakras with a focussed concentration retunes and rebalances the entire mind/body complex.

Track 2

The thousand petals of the crown chakra are inscribed twenty times with the fifty letters of the Sanskrit alphabet. These syllables are chanted quickly on the pulse, pulling all awareness and energy into the crown chakra.

Track 3

Each of the first six chakras has a seed mantra or sound produced by the frequencies of that chakra. The essential nature of the chakra is expressed and balanced by this sound. The Bija mantras are also the sound of the elemental energy associated with each chakra.

The study of the influence of rhythm and tuning on consciousness is known as nada yoga. The Nada, the universal pulse of life and creation, manifests within us as the sound of our own heart beating. From the oldest of times this primal beat has been represented by the sound of the drum. Each letter or seed sound has its own transformative power and represents an elemental force of nature. The power of each sound affects the unconscious contents of the deepest levels of the mind. These sounds are thought to purify and lead one towards a reunion with the highest order of consciousness.



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