



# CHARACTER FOUNDATION ASSOCIATION

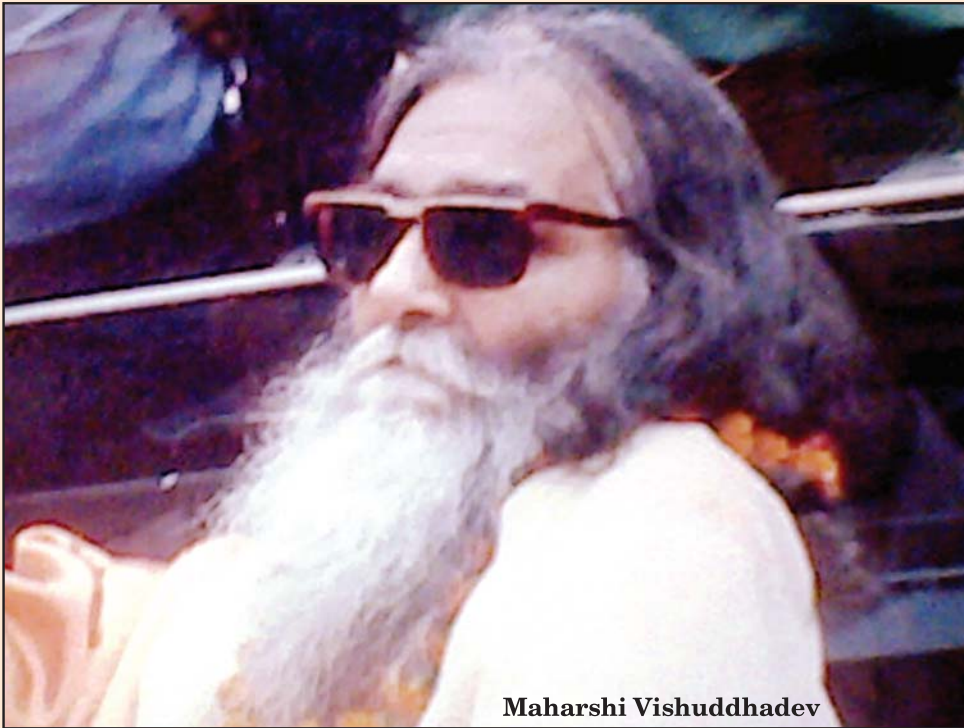
Sangam Chowk, New Baneshwor, Kathmandu, Nepal, Phone: 4474334, E-mail: cfan@wlink.com.np

Volume -2

Year - 1/Jestha 2066 (May/June 2009)

Monthly Bulletin

## Non-Violence to Solve the Problem of the Nation



**Maharshi Vishuddhadev**

**I**t is our misfortune that we tried for the best keeping ourselves in patriotism sacrificing many lives of national innocence those never coming back again in our country, using the theory of violent. Once a man die never get back to this world with the same appearance and the name. The killer killed a citizen for the sake of nation with full sentiments and the effort, based

on 'Contemporary Idealism'. **Violence is the ignorance based revolution.**

The great figure of the world Mr. Lincoln, Mr. Gandhi, Mr. Devkota, Mr. Marx, Mr. Lenin, Mr. Mao who so ever the revolutionary in the world were of their time, those- if we form 'ism' and move over the same theory and the exact procedure, may we create the accident and ruin the nation and

civilization. This is to be understood by all the individuals of the nation.

The theory comes out from any revolutionary is the error for the future, that theory depends entirely over those time, space and causation however the theory formed by the invention over the self that is the self-realized theory may result the 'sacrifice' that comes out from the non-violence,

there is evolution of wisdom, peace and knowledge cause 'the success' directly without any confusion. There lies the penance and austerity, such theory is universal and may drop the gun of the violent with the power of 'karuna' (mercy) from where nescience vanishes and science evolutes.

We invite you very much O national citizens along with all the realized souls, all the literate figures and the students against the violent to get together for the sake of nationalism and civilization, if there will be the loss of life of any one on the way of non-violence that will be the true patriotism, there shall be the great satisfaction of this life, the life never be in vain. Please recover the nation and make it the conglomerate with the different races and faces having the non-violence and helping the helpless with our full effort. In this era 'any kind of violent theory with its application' is the bane for the human civilization.

**Gathering of non-violent can only solve the problem of the nation.**

■ **General Secretary**

### WHO IS "I"

*I am neither the mind, nor the intellect, nor the ego, nor the mind stuff*

*I am neither the body, nor the changes of the body;*

*I am neither the senses of hearing, taste, smell, or sight,*

*Nor am I ether, the earth, the fire, the air;*

*I am Existence Absolute, Knowledge Absolute, and Bliss Absolute*

*I am He, I am He. (Shivoham, Shivoham)*

### INSIDE:

- An Appeal to the World
- Shiva, Shakti and the Universe
- Eternal Smile of Mount Everest
- I Have a Dream for Whole Humanity
- Blessings
- Causal Body and Self-realization

# An Appeal to the World

■ ...contd. from previous bulletin

The goal elaborated to form the people of the world into the saint having the complete education of materialism and spiritualism through forming the 'character academy' is possible through gathering of the most realized soul's idea of the world that have the basic approach of love and sacrifice from where peace and confidence, lead the mission of 'character foundation association'.

## SPIRITUALISM

Spiritualism may be categorized basically under 'yoga' 'dharma=dharyati dharmah' as per the 'oriental philosophy' however the 'occidental philosophy' says it as under 'Religion = Re + Ligion = Re-establishment. Here 'yoga' means joining with god however religion implies as again establishment with the god/self. Both yoga and religion are of same meaning and the target. Religion have been formed by the prophets who perceived god directly and concluded the way of realization.

'Yoga' the science, to find out the 'self existence', the mysterious question to be invented by all of us individually. Yoga is the product of oriental civilization; basically it has been spreaded by the Rishies, Munies, Sanyashin and the Yogis those have perceived/experienced directly. The procedure to reach up to the super-conscious state is explained in different parts of yoga. Yoga is the complete science of the spiritualism.

It has basically of four kinds-

1. Raj yoga (psychic control) / astang yoga / "vishudha stato dynamic human yoga culture" theory and practice (Applying 3B+MS yoga formula)
2. Gyan yoga (philosophy)
3. Bhakti yoga (devotion)
4. Karma yoga (duty)

Besides these there is mantra and tantra which is directly applied to the world by our prophets, yogis and the system under which the generation, operation and destruction occurs.

I, here, explain the raj yoga, first, base of 'character science' profound by our most genius Rishi Swami Sachhidananda Vishudha Dev. 'The first human religion is to lead a life with the knowledge of life and to practice yoga postures daily and not to behave in any way against life. This is our

Er. R. K. Thakur (Ramsheel)  
GS, CFA-(rkthakur51@yahoo.com)

duty and deed to be done' instructed by our most revered spiritual master Swami Sachhidananda Vishudha Dev in the holy book 'character science'.

This constitutes 'vishudha stato dynamic human yoga culture' theory and practice (applying 3B + MS yoga formula).

During the process of yoga practices, the practitioner should make full use of 3B +MS formula as explained under:-

**3B + MS = B+B+B+M+S**

**3B = Body movement**  
= **Breath regulation**  
= **Blood circulation**

**M = Full determination of mind**

**S = Soul/sprit (divine faith)**

Yoga practice should be accomplished by adding all the above five elements together and keeping balance and coordination among them. If we perform the yoga postures with this formula in mind, all the three aspects of the body, mind and spirit will have sufficient exercise simultaneously and electric energy will be produced in the practitioner. This known as the '**glory of yoga force**'.

Ten limbs of yoga (constitutes eight fold of Patanjali astang yoga also known as raj yoga and the rest two is realization and temperance added by Lord Vishudha):-

**1. Yam:** Practice of non-violence, truthfulness, non-stealing, continence and non-receiving are called yam.

- **Non-violence:** A yogi must not think of injuring any one, by thought, word, or deed. Mercy shall not be for men only, but shall go beyond, and embrace the whole world. All enmities cease in the presence of a man who have established the 'non-violence'. If a man gets the ideal of non-injuring others, before him even animals which are by their nature ferocious will become peaceful. The tiger and the lamb will play together before that yogi. When a man have come to that state, then alone he will understand that he has become firmly established in non-injuring.

- **Truthfulness:** By establishment of truthfulness the yogi gets the power of

attaining for him and others the fruits of work without the works. When this power of truth will be established with a man, then even in dream he will never tell an untruth. He will be true in thought, word, and deed. Whatever he says will be truth. He may say to a man, 'be blessed,' and that man will be blessed. If a man is diseased, and if he say, 'be thou recovered,' the diseased man will be cured immediately.

- **Non-stealing:** By establishment of non-stealing all wealth comes to the yogi. The more a yogi flies from nature, the more the nature follows him; and if he does not care for her at all, she becomes his slave.
- **Continenence:** A man who wants to be a perfect Yogi must give up the sex idea. The soul has no sex; why should it degrade itself with sex ideas. By the establishment of continence, energy is gained. The chaste brain has tremendous energy and gigantic will power. Without chastity there can be no spiritual strength. Continenence gives wonderful control over mankind. The spiritual leaders of men have been very continent, and this is what gave them power. Therefore the yogi must be continent.
- **Non-receiving:** The man who receives gifts is acted on by the mind of the giver, so the receiver is likely to become degenerated. Receiving gifts is prone to destroy the independence of the mind, and make us slavish. Therefore receive no gifts. When a man is fixed in non-receiving, he gets the memory of past life. When a man does not receive presents, he does not become beholden to others, but remains independent and free. His mind becomes pure. With every gift, he is likely to receive the evils of the giver. If he does not receive, the mind is purified, and the first power it gets is memory of past life. Then alone

cont. page 8

*The Devotees of Lord Vishuddha are Hearty requested to send their articles (both in English and Nepali) related to Character within 21st of the Month to our office or send in our mail for the Publication in the Bulletin.*

# Shiva, Shakti and the Universe

—Birbhadra Acharya



Executive Personnel of CFA

The entity that we worship as God is none other than the energy which pervades the entire universe in different forms. As Swami Sachidananda Bisudhadev writes in the very first chapter of his book “Character Science”, God was in his potential form from eternity and suddenly he willed to be many, *ekoham bahushyami*. As he willed, he transformed himself into many in the form of present universe. Therefore, whatever we see and feel in the universe is the God energy. Since we are also the part of the same energy, we are the part of God. In other word, life is like a spark of fire, separated from a whole in the process of transformation, with potential to be the whole. Considering big bang theory, it can be assumed that the universe was at first in its potential form of energy and suddenly there was a big bang which transformed the potential energy to kinetic form and started the expansion process of the universe. This proposition is similar to what the Hindu hold as the origin of the universe, from its once potential form to its present kinetic form. Maharshi Vishuddhadev writes that this energy first started to expand and contract. From this expansion and contraction the

concept of time, space and motion came into being. As it expanded the whole universe came into being. Universe was not created by anybody, it existed from eternity in different energy form and will be there for eternity. Every created object has limits, while the universe has no limits. The universe is not ruled by anybody, it is self governing and powered by its own intrinsic energy. The life energy separated from the whole is called the soul, and the totality of this energy is called the God. As the spark of fire always tends to become a raging fire, similarly, the soul always wants to realize its original self, i.e., *Paramatma*. As a part of the God, we the objects of the universe have equal potential to transform ourselves to God’s creative energy.

It is a scientific belief that everything in the universe is a form of energy. Einstein proved that  $E=mc^2$ , which means that every mass is the potential energy in store, which if multiplied by the square of the speed of light will become kinetic energy. This energy is ever transforming. Maharshi expounds that, while becoming many from one, the energy separated itself from the whole and stored itself in lifeless objects, somehow losing its intelligence in the process. It

stayed in that form for millions of years. Then it slowly transformed itself into conscious energy in the form of plants, insects and later into birds and animals. Finally, it transformed itself from conscious energy into human intelligence. The travel of this energy does not stop with the intelligence of human being. It is like a drop of rain water separated from the ocean, always striving to reach the ocean. Through its power of intelligence in human it has finally been able to perceive its potential form i.e., “Shiva” state, which the soul realization is, it is trying to reach the over-soul or its Paramatma form. Life in its everyday form is in kinetic state of energy, i.e., Shakti and in meditative state one can reach the potential state of energy or “Shiva”. Thus the entity that we call Shiva and Shakti are not different forms, they are one and the same. Shiva in his kinetic form is Shakti and Shakti in her potential form is Shiva. Shiva and Shakti together becomes a creative force. The idol of *Naranareshore* (half male - half female) symbolizes this truth. This is same as the symbol of Ying and Yang in Tao. The potential form has the latent kinetic energy and kinetic form has the latent potential energy stored within each other.

The dialogue between Ramsheel and Mahatma Sushil, the intense disciple of Maharshi Vishuddhadev, is presented here after completing Mahatma's Everest expedition with his foreign devotees last month-

**Ramsheel:** Did you get the audience of swami (guru) in Himalaya?

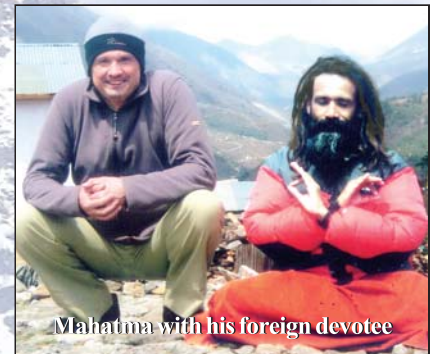
**Mahatma:** My dearest gurubhai, I feel great pleasure and bow to the holy feet of my guru. I bid namasker with gratitude to you for providing me the opportunity to tell you about the universal human recognition with the expedition of the highest peak of the world Mount Everest situated in Nepal.

Lord Krishna states in Gita **"I am the 'Himalaya' in all static being"**, my respect to this statement and my devotion towards the Himalaya is very old. When I got the audience of the base of the mount everest, I remembered 'maa santoshi' (devotee of my guru). I had called her on the way. She asked me to greet numerous namasker to the highest peak, pronounced as **"Himchuli Baba"**, from her side. When I was bidding the highest peak through yogic act, maa appeared in me. Then I viewed at the peak of mount everest slowly straightening my head, I felt a kind of vibration in the right part of my forehead. I experienced my head being upright. That was an unseen divine. One of the Nepali

**Ramsheel:** What benefit did you get from the Himalayan expedition?

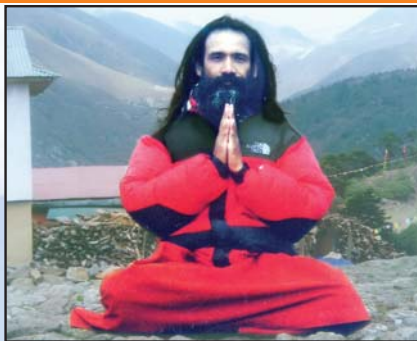
**Mahatma:** In this pious land of sages, to go for expedition of mount everest with spiritual veneration and devotion is itself getting the blessing of all the hermits. The pristine land is densely populated especially by Sherpa people who are simple, gentle and hard worker, and can be seen with their colourful life style. They are busy in serving national and international guest in their facilitated lodges and restaurants. The gathering of highly spirited foreigners with their Nepalese brothers has extended the 'aura' (beauty) of Everest area. When we ascent above from Lukla, we find a long uninterrupted beaten track. The presence of Dudhkoshi along with other brooks and brooklets, waterfalls in different places has intensified the scenic beauty of this region. Some of the huge shining Himalaya situated in the elevated area, whose elegant smile does not leave the onlookers unsmiling. It is the ecstasy of soul (heart). The endemic vegetation available in this region has herbal qualities. Such sort of expedition in the natural region, with varieties of Himali birds, animals, and unspoiled rocks and soil, hermits get opportunity for their physical, mental, intellectual and spiritual advancement. Yogi, hermit, anchorite or the people having pure conscience experience their bliss

that they used to chant their native incantation in the morning and evening. Despite of their material richness, they were friendly and sociable to all. They adapted the Sanskrit incantation with due respect and devotion as much as they valued their own. They did the eight limbs of yoga along with me. Basically they paid their attention in the understanding of **seven coils of kundalini shakti** (serpentine power) in human body. They chanted the Sanskrit incantation related to seven coils of kundalini. They focused much on counting the beads of Omkara which was invented by maharshi Vishuddhadev in his "Characterology". They acquired the different meditation procedure related to seven chakras from pelvic to cerebral from me. We continued our meditation from **Himalaya to hotels** in Kathmandu and achieved the inner peace and natural



Mahatma with his foreign devotee

# Eternal Smile of Mount Everest



songs says **"Nepali's head never bow down"**, that unbowing power was this Himalaya. I experienced the audience of my guru as an unlimited happiness emerged in me.

increased as they ascend higher. The entire yogis get spiritually benefited from the essence of conscience originated in this Himalayan ranges.

**Ramsheel:** How did you experience your expedition with foreigners?

**Mahatma:** The long walk along with foreigners was in concordance with my religiosity. The native Russian Alex and Ukrainian Julie, who had invited me for the trip, and two Nepalese helpers Mohan Shrestha and Sunil Gurung together formed our team. Two faithful souls Alex and Julie paid great honour and respect to me. Both were simple and kind hearted. Professionally, they are engineers. They were spiritually inclined and motivated, for

beauty within us. This much was the blessing of God.

At last, the people of the world have seen Nepal and found the land as the source of inner peace and paid their due respect to it. Nepal is the blessed land where our ancestor sages meditated and introduced it as the 'Guru country', where spiritual energy and enlightened culture exist, where high Himalayan ranges are situated and from where the people of the world can be spiritually benefited. The quest for spiritual (inner) peace, happiness and salvation of the people of the world is always being provided by all those blessed places.

# I Have a Dream for Whole Humanity

The true challenge in the 21st century is to practice spiritualism, (yoga, pranayam, meditation, music) science and politics as the art, knack of making world peaceful, prosperous in true sense what seems to be impossible, possible.

If human being is to live up to its name and glory, the humanity, earth needs the council of world governance with a single global military alliance.

Life without an impossible dream is just a corpse. Though it is very hard to translate lofty ideals into colossal reality, we must have high ideal for the sake of human beings, all the creatures, flora and fauna and this beautiful mother earth. There is no possibility of survival of human beings on earth without awakening Character Consciousness i.e. enlightenment.

We are living in the 21st century. We must study past humanity all the way from 1st century to 21st century. The first world war, the second world war; preparation of the third world war. Gross misuse of science and technology which could be a boon for humanity but it turned to be a curse.

What we thought? What we did? What we learnt? What needs to be done further for the true development of human being, for peace, prosperity and universal brotherhood?

Is there any proper way to develop human being into peaceful, loving, self-respecting, unique, non-violent creature? Is there any super scientific, scientific methodology with which we can evolve from human being (an animal) to super human being (an enlightened one).

It seems we can learn nothing except by going from the known to the un-known. We are observing planetary system, galactic universe through Hubble telescope trying to know what is happening in the space. Astronauts, cosmonauts are doing their job. We have established space centers in space. We are observing human physiology, anatomy through scientific lab and trying to know what is human gene. Human genome moping is going on in the scientific laboratory. Embryonic stem cell research is going on in the laboratory. Even human cloning is going to be possible in



*Brahmasirimeetra*

near future if it is allowed. We are observing human thoughts at conscious, unconscious level and its pattern through psychological study and research. We are observing human emotions, feelings and dealings so as to create a conducive, peaceful individual, family, society, nation and global community. But it seems all our efforts up to now have been futile.

Now, we should learn to observe spirit through spirit, consciousness through consciousness which is ultimate observation, pure witnessing.

So, 21st century must be the century of thesis, antithesis and synthesize i.e. the century of peace, prosperity, non-violence, spiritualism (yoga, pranayam, meditation, music) with which we can teach human being that love is stronger than death. Life is stronger than death. There is no need to divide and fight.

Death is illusory perception of not knowing deathless spirit, soul. Until and unless we realize deathless soul which is invisible invincibility, existential reality we will be full of fear of death and lust for life. Fear of death and lust for life exist just like shadow since we don't know immortal spiritual existence of real self which is deathless or beyond death.

Is there any possibility to teach human being what is deathless reality? Simply yes, 'We should apply scientific and super scientific methodology to realize the deathless reality'. When a human being realize deathless reality he comes out of all fears of all sorts that breeds ego, violence, crime, jealousy, hate, depression, anxiety,

hopelessness, helplessness, instead one becomes loving, self respecting, unique, peaceful, creative universal citizen full of inside, wisdom and understanding. The supreme path is spiritual practice (yoga, pranayam, meditation, music). Let spiritual practice be a way of life. Let there be such a education system which is based on scientific, super scientific technology with which human being will learn balance between **IQ: Intelligent Quotient, EQ: Emotional Quotient and SQ: Spiritual Quotient.**

Human being has already practiced so many dimension of school of thoughts thinking that humanity will evolve in its glory of being a super human being. Up to now it didn't happen so. Human being has fallen into the trap of 'ism'. There is innumerable 'ism'. Mainly national-ism, religious-ism, political-ism and racial-ism etc. But human being is not realizing the source of all-ism. Until and unless we let human being to realize what the essence of life is, human being will go on groping in darkness and go on fighting in the name of political-ism, national-ism, religious-ism, and racial-ism etc.

Is there any real way to change human being into loving, peaceful, celebrative, practical, wisdom oriented personality from hateful, egoistic, arrogant, unconscious attitude? The simple answer is yes. We can change the human being into the super human being by helping one to realize the real self, real epicenter of life and universe that is 'soul'.

Naturally question arises, how we can realize real-self. What is the true technique, methodology? The yoga, pranayam, meditation and music are the true technology and methodology to realize the soul. Once a human being start practicing yoga, pranayam, meditation, music, one starts getting balance between IQ, EQ, and SQ. Until and unless a human being is able to harmonize three layers of life such as head, heart and soul it is not possible to get peace, prosperity and tranquility in life. It is Big, why? Answer is, 'There is no balance between inner world-outer world, inner peace- outer peace, inner harmony-

*cont. page 7*



President of CFA with police officers after completing character yoga shiveer

## Blessings

A blessing is a kind of divine power. It can be attained from the teacher's mouth, feeling, aura energy, touch of hand, and yogic acts. A human being with a constant respect and confidence in God, the founder of great honour, the Creator of every human being and the entire universe, and the ocean of mercy and kindness and everybody's shelter, can receive His blessings. It is to get gifts from God that we need the help of the repetition of sacred words, penance, meditation, good company, self-study, service to the teacher, and yogic activities. These means remove the dirty feelings accumulated in the human inner mind over a long time and cleanse it. When man's feelings are polluted, he is driven towards evil paths and failure. With the above mentioned means a human being goes forward on his correct path with his feeling being pure and holy. A person, who has received guided education, experiences his mind being free from the nine defects such as desire, anger, greed, attachment, ego, pride, self adulation, ignorance and slavery and there will be a shower of good determination from his mind, good words from his mouth and social service from his body. Such a person becomes one with the universe and each

and every atom in it. It is through these people that injustice transforms itself into justice, war into peace, hatred into love, defeat into victory, death into immortality and irreligion into religion. It is this divine deed which is called a blessing. It is through the blessings of such a father imbued with this kind of energy that all the ancestors will attain their final good destination and the descendants prosperity and progress. With the prosperity of such persons there will be an all-round development of the country and the people. In all the sacred words of the Vedas and religious scriptures we find the essence of this energy. But today, we find the slow disappearance of such blessings because we have not able to sincerely adopt and utilize them. As we lack the opportunity of receiving proper education and guided instructions, many inquisitive minds are deprived of the divine light of blessings and are stumbling and suffering in the dark recesses of ignorance. As a consequence of ignorance, there is an increase in the defects like interest in ignorance, fear of death, internal pain, attachment, jealousy etc. At this time it is the duty of all of us to recognize and fully comprehend the actual significance of blessings and learn about their power ourselves, be able to offer blessings to others and create an atmosphere of friendship and universal brotherhood.

## Causal Body and Self-realization

*There can be no dispute in the statement that without a cause, no action is possible. In other words, the cause of the solid body is the cosmic body and the cause of the cosmic body is the causal body. So, the fact is clear to us that unless and until salvation is obtained from the causal body, the lower self will never be free. If we search for the cause of the causal body, we reach the power of the three natural properties of goodness, passion and ignorance because a human being's intelligence is produced from the property of goodness and his body, sense organs and molecules (rudimentary elements) are produced from the properties of passion and ignorance. These three natural properties, on their part, originate from the ego. If the ego is the result of collective wisdom or the great principle, the great principle is the consequence of nature. Nature is the expansion of the soul. This makes it clear also that a human being can reach the self only after transcending his causal body, becoming free of natural qualities, and merging his ego into the collective wisdom and the collective wisdom into nature. Thus, to reach the form of self and to realize it and its expansion, is God or self-realization. This is scientific spiritualism. This is also known as the performance of a conscious act. To remain steady in this state is, in the real sense, the emancipation of life. If a human being in his solid body is unable to abandon the development of sensual enjoyment, he is like the dead even while living. In the same way, even if his solid body is dead, the individual is not dead because his cosmic body compels him to take births as low and miserable beings according to his cultivation of physical pleasure. So, it is the great duty of man to perform his deeds dutifully, without falling prey to the evil influences of things like delusion, infatuation, wrath, passion, jealousy, vanity, grief etc. and, in the name of spiritual activity, to wake up from the state of living death, having been in the deep slumber of dark ignorance. This is the characteristic of having good character.*

## I Have a Dream...

outer harmony, inner-development-outer-development, inner environment-outer environment’.

How can it be possible? There should be balance approach in science and super science; nature and super-nature only then we get fulfillment, we relax at the centre and be active in the circumference. We get peace in soul and revolutionize our action, peacefully. We live **stato-dynamic life**.

Today’s human being is loosing the sense of direction in life, doesn’t know altruistic love, compassion rather suffering from all kinds of nightmares ranging from possibility of nuclear war, biological warfare, climate change, aids pandemic, human trafficking, drug trafficking, explosion of population, global warming, green house gas emission, shortage of food grain, clean water, clean air and energy crisis.

Why such things are happening on this mother earth? What human being is really seeking? What is the real solution to the problem? The simple answer is let human being be educated that the human soul is ultimate diamond in this world. Without human being the value of precious diamond, political-ism, national-ism, religious-ism, racial-ism is zero.

Let’s think together. Is it true? Yes, it is true; truer, truest. Just kill all the people on earth as we can destroy the earth for thirty thousand time with the atom bombs, hydrogen bombs, neutron bombs, nuclear weapons, biological, chemical weapons. Then think who will advocate on global democratization, global economy, global communication, globalization, Univerasalization, internationalism, scientific adventure going from one planet to another planet, exploring into the depth of space or anything in the absence of human being.

Human being is the ultimate epicenter of all development and scientific and super-scientific innovation, exploring in space, into the bottom of pacific ocean or reaching to spiritual climax that is to say **Enlightenment or Buddhahood**.

Whatever is there in this Universe expand from the core of human spirit and dissolve into human spirit. Human spirit contains everything that is there in this universe. That is what our Seer, Saints, Sages, Buddhas, Yogis, Mystics, enlighten

one down the ages are claiming they are absolutely right. They say *Yatha Pinda tatha Bramande* (the human spirit is part and parcel of whole universe. Human spirit is contraction of whole universes; whole universe is expansion of spirit).

*Om purnamadaha Purnamidam purnat Purnamudachayate Purnarshya Purnamadaya, Purnamewa Bassisyate* (This is whole, that is whole, whole comes from the whole, still whole remains the whole, whole desolves into whole still remains whole)

*Eko Brahma Dutiyo Nasti* (The soul is the ultimate, eternal, infinite, mysterious, invisibles, invincible, existential, reality of this universe).

Or, God is creator, who doesn’t create rather becomes a creation.

**Spirit = God = G- Generator;  
O- Operator; D- Destroyer**

We can create an integrated individual who is physically fit, mentally strong, intellectually sharp, emotionally balance, spiritually awakened, non-egoist, creative, lovable, divine, fully understanding the meaning of life beyond suffering and death. Then only there will be peaceful individual, family, society, nation and global community.

In a way we will be true universal citizen existing in this Universe as an eternal organic unit. There will be no need of nuclear weapons, atom bomb, hydrogen bomb, neutron bomb, biological, chemical weapon when we realize deathless invisible, invincible, existential reality of true life.

Then human life will be true heaven onto itself, living, being, acting moment to moment.

Peace, love, brotherhood, prosperity will spread like a ray of light, like a breeze of air, like a presence of soul to the nook and corner of the globe. We will understand true meaning of globalization, universalisation. Our life is truly eternal, infinite, universal not confined in any-ism rather it is the source of all-ism.

**Soul + Mind = World**

**Soul – Mind = God**, realization, being full of Godliness, Self-realization.

Let every human being to flower into highest glory of their life i.e. **enlightenment, Buddhahood**.

# कुश

-साम्ब

कुशको महत्वको बारेमा श्रीदेवीभागवत, अथर्वेद, विष्णुपुराण, श्रीमत्भागवत आदि ग्रन्थहरूमा उल्लेख गरेको पाइन्छ। हिन्दुहरूको हरेक धार्मिक कार्य पुजा, यज्ञ, अनुष्ठान, जप, पाठ आदिमा सुरुदेखि अन्त्यसम्म कुशको आवश्यकता पर्दछ। कुश औशीको दिन हरेक ब्राह्मणहरूले विधिपूर्वक कुश छेदन गरी आ-आफ्नो यजमानलाई स्वस्ति वाचन सहित कुश प्रदान गर्दछन्। धार्मिक चेष्टावानहरूले आ-आफ्नो घरमा कुशको मुठा राखेका हुन्छन्। वृन्दाको सतीत्व हरण गर्दा पतिव्रता वृन्दाले विष्णुलाई घाँस भएर रहनु परोस भनी दिएको श्रापले गर्दा घाँसरूपी कुशलाई विष्णुको रूप मानिएको पौराणिक मान्यता छ। पूजा-आजामा पंचगव्य, अनुष्ठान र आसन बनाई विभिन्न अंग, प्रत्येङ्गहरूमा वातावरणीय कवचको रूपमा पनि कुशको प्रयोग गरिन्छ। कुश धार्मिक तथा औषधि उपचार विधिमा पनि प्रयोग भएको पाउँछौं।

**पित्त रोगमा** : कुश कुटेर धुलोपारी पानीमा भिजाएर रस निकाली त्यसमा मिश्री हालेर खाएमा पित्त रोग समन हुन्छ।

**पिसाब रोकिएमा** : कुशको डाँठ कुटेर धुलो पारी मिश्री पानीमा रातभरी राखि भोली बिहान खाली पेटमा सर्वत खाएमा पिसाब राम्ररी खुल्छ।

**आउँ रगत परेमा** : कुशको टुक्रालाई पानीमा भिजाउँदै कुटेर निकालेको रस एक-एक चम्चा खाने गरेमा आँउ रगत ठिक हुन्छ।

**मुटुको रोगमा** : कुशको गाँठोको कण्ठी धारण गर्नाले मुटुको रोगीलाई लाभकर हुन्छ।

**कुशको अरु फाइदाहरू** : कुशको बाला लगाउनाले मानिसको आयुमा वृद्धि हुन्छ भने कुनै पनि ग्रह-दशा, विघ्न-बाधा, रोग-शोक, तातो-चिसोबाट पूर्ण रूपले शरिरलाई कवचको रूपमा सुरक्षा गरिरहन्छ।

वायुमण्डलीय प्रदूषणबाट जोगाउनका लागि कुश आशनको रूपमा प्रयोग हुन्छ भने पूजा-पाठमा अंग-प्रत्यङ्ग, टाउको, टुप्पी शरिरको दाँया-बायाँ कुशले जल छर्किँदा। यसले मन मस्तिष्कलाई बलियो तथा पुष्ट पार्दछ।

कुशको रेशाहरू कागज बनाउने काममा पनि प्रयोग हुने गर्दछ। कुश धेरै हुने ठाउँमा घाँसको रूपमा पनि प्रयोग गर्दछन् भने कतै-कतै यसलाई घर छाड्नका लागि पनि प्रयोग गरेको पाईन्छ। डोरी बनाउन पनि यसको प्रयोग गरिन्छ।

## ‘म’ एक तत्व

- रामशील

### ■ पहिलो बुलेटीनको शेष...

जबसम्म अन्तःस्फरणका चार तत्वलाई एककृत गर्ने प्रकृया चलिरन्छ तबसम्म व्यक्ती योगी कहलाउँदछ किनभने एककृत गर्ने जुनसुकै प्रकृयालाई योग भनिन्छ। योग भनेको त्यो प्रकृया हो जसबाट अन्तःस्फरणका चारतत्वलाई एककृत गरिन्छ। योग भनेको सम्बन्ध हो। जुन विशिष्ट प्रकृयाबाट मृत्यू र जन्मको सम्बन्ध अर्थात अनन्त लक्ष्य (Superego) सँग सम्बन्ध स्थापित गरिन्छ। त्यसलाई नै योग जीवन भनिन्छ।

परिधिको कुनै पनि विन्दु तत्पश्चात विन्दुको कारण स्वरुप भएर जन्म कहलाउँछ तथा तत्पश्चात विन्दु पहिलो लागि मृत्यू कहलाउँछ। हाम्रा मनस्तत्वविद्गणहरुले योगलाई चार भागमा बाँडेका छन्:-

१) **ज्ञान योग:-** विश्वास (Faith) र कारण (Reason) दुवैले गरिएको विवेचनाबाट प्राप्त निष्कर्षलाई ज्ञान भनिन्छ। विवेचना गर्ने प्रकृया वा शास्त्रलाई ज्ञानयोग (Gyan Yoga) भनिन्छ। अतः विवेचना गर्ने व्यक्ति ज्ञान योगी कहलाउँदछ।

२) **भक्तियोग:-** विश्वास (Faith) मात्रले द्रष्टा र दृष्यको भेद हटाइने कला (art) लाई भक्ति योग

(Devotional art) भनिन्छ। उदाहरण स्वरुप एक व्यक्ति एउटा साधु माथि पूर्ण विश्वास गरेर सोध्यो “मलाई एउटा यस्तो मंत्र देऊ जस माध्यमले म मुक्ति प्राप्त गर्न सकुं” ऋषिले नाई भनेर तरकाउन चाह्यो परंतु व्यक्तिको जिद्धि र भक्ति अगाडि ऊ भावनात्मक घुँडा टेक्यो र भन्यो “दुर्गा शब्द नै एउटा यस्तो मन्त्र हो जसबाट तिमी मुक्ती प्राप्त गर्न सक्ने छौ।” व्यक्ति ‘दुर्गा’ मंत्रलाई स्विकार गरी जपमा लिन भयो अर्थात मनलाई मंत्रसँग लगाइ मन नियन्त्रित गर्‍यो। मन संकल्पको कारण स्वरुप भएकोले एक संकल्प पूर्णको लागि बुद्धि तत्पर हुँदा बुद्धि स्वयं मंत्रमा लिन भई मनसँग लयबद्ध भयो अर्थात एककृत भयो। अब अहं तत्व (म तत्व) सँग चित्तको शिवाय अरु केही रहन गएन तसर्थ ‘अहं चित्त’ को निर्माण भयो। मन र बुद्धिको निराकरणले गर्दा अहं तत्व मुक्त भई चित्तसँग सम्बन्ध स्थापित गर्छ। चित्त भित्रको सम्पूर्ण दृष्टि अहं तत्व द्रष्टा भई देख्ने र सुन्ने प्रयास गर्छ जसकारणवस् अहं चित्तमा लिन हुन्छ। अर्थात

मन + बुद्धि = मंत्र

(बुद्धिले मनलाई नियन्त्रण गर्छ)

अहं चित्तः + अहं तेजः = अहं ब्रम्हःस्मि

= म ब्रम्ह हुँ

= I am God

यहिं आफ्नो आत्माको अनुभूती हुन्छ। अहं र चित्त नै आत्माको कारण स्वरुप हो। अहं र चित्तलाई बुझ्ने प्रकृयाको यहि सिद्धि स्वयंको अनुभूति आत्माको रुपमा हो भने चित्त अर्थात चेतना रुपि ब्रम्ह सम्पूर्ण जीवमा रहेको अनुभूती दोश्रो वा अन्तिम सिद्धिको रुपमा आउने गर्छ जसलाई ‘परमात्मा’ शब्दले नामांकीत गरिन्छ। जस्तै अहिले सम्म पत्ता लगाए अनुशार परमाणु (Atom)सूक्ष्मतम् कणले जो प्रकृतीमा स्थित छन् अर्थात जुनसुकै पदार्थ भएपनि उसको सूक्ष्मतम् कण (Atom) नै हुने छ। त्यस्तै स्वयंको विवेचना पश्चात् सम्पूर्ण ब्रम्ह स्वयंमा दृष्टिगत भई एकता, शुन्यता र अनन्तताको अनुभव छर्लंग हुने गर्छ।

३) **राजयोग:-** राजयोग एउटा (Psychic Science) एउटा यस्तो विज्ञान हो जस अन्तरगत स्थूल शरिर, सूक्ष्म शरिर र कारण शरिर को प्रत्येक क्रियालाई आफ्नो अधिनमा ल्याई आत्मा र परमात्मासँगको सम्बन्ध स्थापित गरिन्छ। यो क्रियाको लागि पूर्ण एकान्त ठाउँको आवश्यकता पर्दछ।

४) **कर्मयोग:-** कर्मयोग एउटा यस्तो कला हो जस अन्तरगत निष्काम भावनाद्वारा कर्म गरिन्छ। कर्मको फल प्रति आसक्तको, भावना न राखी गर्नुपर्ने कर्म नै कर्मद्वारा अन्तःस्फरणको चार तत्वलाई नियन्त्रित गर्नु हो। नियन्त्रित तत्वको कारणवस द्रष्टा र दृष्य स्वमेव एकता प्राप्त गर्छन। जहाँ अन्य योग जस्तै परमात्माको स्वरुप सँग परिचय भईन्छ।

— कर्मशः आगामी बुलेटीनमा...

## An Appeal ....

the Yogi becomes perfectly fixed in his ideal. He sees that he has been coming and going many times, so he becomes determined that this time he will be free, that he will no more come and go, and be the slave of the nature. These practices of yam that is non-killing, truthful-ness, non-stealing, chastity and non-receiving are to be practiced by every man, woman and child; by every soul irrespective of nation, country or position.

2. **Niyam:** Internal and external purification, contentment, mortification, self-study and worship of God are the niyamas.

• **Purification:** External purification is keeping the body pure; a dirty man will never be a yogi. There must be internal purification also. Internal purification is of greater value than external but both are necessary. External purity without internal is of no meaning.

If internal and external cleanliness is established, there arise disgust for

one's own body, and non-intercourse with others. When there is real purification of the body, external and internal, there arises neglect of the body, and the idea of keeping it nice vanishes. A face which others call most beautiful will appear to the yogi as merely animal, if there is not intelligence behind it. So the first sign of the establishment of purity is that a man does not care to think he is a body. It is only when purity comes that he is getting rid of the body idea. By the practice of the cleanliness, the Sattva material prevails, and the mind becomes concentrated and cheerful. The first sign that a man is becoming religious is that he is becoming cheerful. When a man is gloomy, that may be dyspepsia, but it is not religion. A pleasurable feeling is the nature of the sattva. Every thing is pleasurable to a sattvic man, and when this comes, he understand that he is progressing in yoga. All pain is caused by tamas, moroseness is one of the results of tamas. The strong, the well-knit, the young, the healthy, the daring alone are fit to be yogis. To the

yogi every thing is bliss, every human face that he sees brings cheerfulness to him. That is the sign of the virtuous man. Misery is caused by sin, and by no other cause. With clouded faces business cannot be done. It is terrible. If a man has a clouded face he should not go out that day, he has no right to carry this disease out into the world. When mind have been controlled, control over the whole body is achieved.

- **Contentment:** From contentment comes superlative happiness.
- **Mortification:** The result of mortification is bringing powers to the organs and the body, by destroying the impurity. The result of mortification are seen immediately, sometimes by heightened powers of vision, hearing things at a distance and so on.
- **Self-study:** By the repetition of the mantra comes the realization of the intended deity.
- **Worship to God:** By sacrificing all to God comes Samadhi. By resigning to the Lord, Samadhi becomes perfect.