



# The Arzakening!



**His Holiness Sadguru Yogiraj Dr. Mangeshda** receiving 'Yoga Shiromani Award 2023' at the hands of the President of the Republic of Mauritius, **Mr. Prithvirajsing Roopun** in Mauritius.

**25<sup>th</sup> Anniversary Issue** (24<sup>th</sup> October 2023)

# Message from Sadguruji



## Hari Om!

Amidst the fervour and vibrancy of Dasara-Diwali, the Foundation celebrates its **30<sup>th</sup> Anniversary!** The highlight of this moment is the release of **25<sup>th</sup> Annual Issue** of Foundation's magazine '**The Awakening!**'. On September 5, 1998, in Austin, USA, I released the first edition of this publication. **Looking back at 25 years today fills my heart with joy.** The enthusiastic responses from thousands around the world, their appreciative recognition and the excellence in literary value... all contribute to the international accolade received by the magazine. Credit for all this goes to my editorial team! Their dedication deserves ample praise. Congratulations to my designers, production controllers, advertisers, contributors and all writers and poets!

As we step into the 30<sup>th</sup> year, reflecting on the grand celebration, **the audit of life - 'Earnings-Losses' seems less significant**

**compared to 'Connections' made.** Some moments bring immense joy, while others serve as a tonic for the years to come. **Not every experience is as pleasant as it seems, but striving to turn negative moments into sources of light is the essence of living.**

**I always advocate sharing good memories with others, presenting them like an 'album' with family and friends, reliving those beautiful moments.** Some find pleasure in revisiting places, while others indulge in appreciating the arts. Some attend captivating music, dance and theatrical events, while others immerse themselves in the world of colours and literature. **These beautiful moments should be cherished repeatedly.** How about shedding light on negative and distressing moments? Refrain from dwelling on disappointment, sorrow, separation and anger, as these are integral aspects of life. Instead, focus on illuminating the darker memories of the past, spreading rays of hope even in others' lives.



In the practice of meditation, I always emphasise that the Creator has intricately designed the functioning of every organism. Just as the breath controls the flow of vital substances within the body, humans also follow certain rules to maintain their well-being. **Accepting one's mistakes and rectifying them is crucial for a healthy life.** Unhealthy habits, improper diet and addictions lead to self-inflicted ailments, inviting diseases. Understanding the body's organisation, its structure and the functions of its components are fundamental aspects of General Knowledge.

To control the wandering mind and become a slave to positive habits is within your reach. This disciplined mind can be a servant of good habits. Meditation and maintaining awareness of every step are essential for unleashing the potential within you. **Learning life skills through yoga is more valuable than merely reading about it.** Every physical and mental dialogue, introspection in a wakeful state and acknowledgment of one's faults are necessary for personal improvement. Life is beautiful and one should not lose it to old age. Beautiful moments come in small packages, just like the little joys in life. Some people take inspiration from animals and birds; if they can adjust, why can't humans? Life is like climbing a peak and realising at the last step that even this peak has limits. For, when you look up at the sky, you realise its boundless and limitless nature.

A part of this world's creation is society, to which every individual is connected. Hence, understanding and living with others are essential. Each 'other' is a significant component of society. Therefore, it is necessary to comprehend every social aspect and its consequences. Life management skills are crucial for navigating

through life. **The beauty of life lies not only in contributing to others but also in creating 'value' for yourself through your contributions.**

**Positive thoughts and decisive resolutions propel you forward.** The road will be clean and obstacles will be easily overcome. Because 'it' is ahead. It shows the light. It shows the way. Why not understand life through the lens of positive thoughts and move forward? Life unfolds as a social entity. Every individual is connected to society through family. The outcome of every social event affects everyone in society. Therefore, life skills management is not only for oneself but also for the family and society.

**God has endowed everyone with some 'special' qualities.** By utilising the qualities bestowed, by your complete effort, you need to make it grow because the Creator expects an answer from you. Everyone will sit for the exam. Some will pass and some will fail. Decide that you want to top the exam, or at least pass with distinction!

**Think positively, make determined decisions and move forward.** The path will be your own, and the destination will be reached with your hard work. Keep faith in 'Him' and walk confidently because 'He' is ahead. 'He' shows the light. 'He' shows the way. Keep complete confidence in 'Him' and keep moving forward.

Many congratulations and best wishes!

**Love and Blessings!**

**H. H. Sadguru Yogiraj Dr. Mangeshda**



THE AWAKENING!



OUR MOTTO IS TO SPREAD UNCONDITIONAL LOVE &  
UNCONDITIONAL FORGIVENESS ALL OVER THE WORLD.

एकनाथ संभाजी शिंदे

मुख्यमंत्री  
महाराष्ट्र



मंत्रालय  
मुंबई ४०० ०३२

19 OCT 2023

## शुभेच्छा

सद्गुरु मंगेशदा क्रिया योगा फाऊंडेशनचा वर्धापन दिन आणि 'द अवेकिंग' या आंतरराष्ट्रीय मासिकाचा रौप्य महोत्सव साजरा करण्यात येत असल्याचे समजून आनंद झाला.

सद्गुरु योगीराज डॉ. मंगेशदा आणि त्यांच्या फाऊंडेशनच्या वतीने क्रिया योगाच्या प्रसारासाठी चांगले काम सुरु आहे. शारिरीक आणि मानसिक सुस्वास्थ्यासाठी ध्यानधारणा कार्यशाळांचे आयोजन फाऊंडेशन करते. तसेच सामाजिक जाणिवेतून स्वच्छता मोहिम, नेत्रदान जागृती, महिला स्वसंरक्षण प्रशिक्षण शिबीरांचे आयोजन करण्यात येते. सद्गुरु डॉ. मंगेशदा आणि फाऊंडेशनचे समाजासाठी सुरु असलेले कार्य कौतुकास्पद आहे.

सद्गुरु मंगेशदा क्रिया योगा फाऊंडेशन वर्धापन दिन आणि 'द अवेकिंग' मासिकाच्या रौप्य महोत्सवी अंकाच्या प्रकाशनास मनःपूर्वक शुभेच्छा!

(एकनाथ संभाजी शिंदे)

दुरध्वनी : ०२२-२२०२ ५१५१/२२०२ ५२२२, फॅक्स : ०२२-२२०२ ९२१४

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**DEPUTY CHIEF MINISTER  
MAHARASHTRA STATE**

Date : - 17<sup>th</sup> October, 2023.

**MESSAGE**

Wishing Sadguru Yogiraj Dr. Mangeshda ji a very happy birthday on his birthday and also congratulations to all the members of Sadguru Mangeshda Kriya Yoga Foundation on the occasion of Annual Day.

Dr. Mangeshda Ji is a multi-faceted personality promoting health and fitness throughout the World by teaching Yog and thus serving humanity. His work is a social mission to spread health and happiness and to integrate mankind with the chain of love and forgiveness.

We note and appreciate that Sadguru Mangeshda Kriya Yoga Foundation with 93 centres worldwide has also extensively conducted Eye Pledge awareness campaigns and managed to collect more than one crore eye pledge registrations.

Dr. Mangeshda jis's engagement with youngsters through his Kriya Yoga Gurukul sessions as well as ESP sessions are the right medium for preserving our cultural values and inculcating appreciation of our being in balance with nature despite our huge technological strides. I am also aware and happy to know that recently he was honoured at the hands of Governor of Maharashtra for his contribution in Social sphere.

My best wishes to the Foundation for all their good endeavors and 24<sup>th</sup> Oct 2023 celebrations. It's a great pleasure to post this message in their Silver Jubilee Anniversary Issue of International Magazine "The Awakening!".

(Ajit Pawar)



Member of Parliamentary Committees :  
Finance Committee  
House Committee



**Gopal Shetty**

MEMBER OF PARLIAMENT  
Lok Sabha - North Mumbai

Date:-18-10-2023

**Message**

I extend my hearty congratulations to 'The Awakening' magazine of SMKYF (Sadguru Mangesh kriya yoga foundation) for completing 25 years in contribution towards yoga and spiritual teachings.

I wish Sadguru Yograj Dr. Mangeshda, a very happy birthday and congratulate his team on the occasion of the annual day. SMKYF has been contributing to the community for more than the past 5 decades through the development of health and fitness, empowering women and serving mankind. This is not only a noble cause, but is also close to divinity. I have seen his work on social media and I am very proud that we have such a unique personality among us, who is the link to spread unconditional love and unconditional forgiveness.

We are aware of the 93 centres of SMKYF all over the world through which this noble cause has been executed. The one crore Eye pledge registration is indeed notable and is an inspiration to other organisations. We are aware of the different programs conducted by your organisation and we appreciate you for preserving the Indian heritage and spreading the cultural values to our people. We congratulate Dr. Mangeshda for all the deserving awards that he has won.

We wish SMKYF all the very best for all their upcoming events and their endeavours towards spreading world peace.

We are pleased to extend our wishes and send this message to the larger audience through their international magazine 'The Awakening'.

Yours,

  
Gopal Shetty

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# Editorial



## Hari Om!

We are in festive mood of Navaratri. For the last 9 days we have been worshipping our Divine Mother, in her nine different aspects, in her full magnificent splendour, with reverence and fervour. She always protects us from all negativity. She has been showering her bountiful love and grace on us. The atmosphere has become vibrant with blissful, pious and sacred enthusiasm. Today, on this auspicious day of Vijaya Dashami or Dussehra, as we celebrate birthday of our Sadguru Yogiraj Dr Mangeshda and our Foundation's 30<sup>th</sup> Annual Day, we are happy to release this **25<sup>th</sup> Annual Issue of 'The Awakening!'**

We started 'The Awakening!' to spread our Sadguruji's Teachings and Message of **Unconditional Love and Unconditional Forgiveness** to more and more people. The first issue was released as a News Letter on 5<sup>th</sup> September, 1998, in Austin, USA. We feel happy and proud that it has, over the years, grown into an **International Magazine** reaching out to different parts of the world through our **Foundation's 93 centres** all over the globe and **now has completed its Silver Jubilee!** In these days of internet, since last few years, our magazine too is being published as '**e-magazine**', increasing its reach to more number of people.

The annual issues of 'The Awakening!' published year after year, contain, apart from Sadguruji's Messages, articles of members of our Sadguru Mangeshda family, sharing their experiences during their spiritual journey. They are, in a way, a testimony to our gradual developmental growth over the years under the guidance of our

## Sadguruji.

Our revered Sadguruji, initially, started teaching us Healing techniques, Yoga and Meditation for our physical, mental and spiritual wellbeing. Gradually as we progressed, for our better all-round growth and development, he designed various courses like 'Stress Management', 'Self-Recognition and Development', 'Core Enlightenment', 'How to be Happy', 'Healthy Body Divine Soul' etc. to bring out the best in each one of us and helped us develop under his constant guidance and encouragement. Simultaneously, he encourages us to participate in sports, takes us on yatras to Kailsh-Manas, Char Dham etc. He conducts sessions of '**Self-Defence for ladies**' to empower them.

Thus, Sadguruji gradually prepared and moulded us, physically and mentally, for our spiritual upliftment and then initiated us into **Kriya Yoga, a simple, scientific spiritual path, which, if followed sincerely and regularly with complete faith and total surrender to Sadguruji, can lead us to the Ultimate Goal in this birth itself.**

Sadguruji started giving Kriya Yoga Diksha on a large scale from 2001, gradually creating a strong positive force of Kriyaban family, lovingly knit together by the strong thread of **Unconditional Love and Unconditional Forgiveness**. Personification of Divine Love that he is, he does not leave us alone to practise on our own what we have understood during our Kriya Diksha. Instead, for accelerating our progress, he takes regular Kriya classes where he minutely monitors our practice and guides us. **I wonder whether such kind of personal attention and guidance to all the disciples by any spiritual guru is available anywhere else.** We are most fortunate to get such an extraordinary opportunity.

He is a teacher par excellence. He explains



everything to us, coming to our level, so that we are able to grasp the subject. He explains the nuances of Kriya Yoga scientifically so that we can understand and imbibe his teachings; he closely watches practice of each one of us minutely through his online classes. **Getting such intense personal guidance on spiritual path to all the sadhaks is absolutely rare.**

We believe, our body is our temple where God resides. That is why we should keep it clean, pure and fit with the help of various techniques taught by our Sadguruji. He has taught us how to start a day, how to be with the five elements, mindfulness, how to manage our time, how to increase our will power and at the end of the day how to do honest contemplation for 10 minutes and improve ourselves.

In the process of helping us evolve spiritually, Sadguruji also designed workshops for **Kriya Vipassana, Mind Mapping, Kriya Sanskar Sadhana** (to teach the scientific basis of our own Indian Culture) and **'Awakening ESP to Develop Psychic Ability'**- which is highly in demand. These workshops are open for all i.e. even non-Kriyabans. All those who attended these workshops have benefitted immensely.

According to Sadguruji, being spiritual does not mean that one should be serious with a long face; instead, one should be enthusiastic, full of life - **'chaitanya'** and **participate in all the activities wholeheartedly.** From time to time, Foundation, under his guidance, undertakes various social activities like Cleanliness Awareness drives, distribution of Tulasi plants, raising funds for cancer patients or visually challenged etc., the most ambitious initiative is **'Eye Pledge We Pledge'** with a goal of eradicating corneal blindness from India. **We have already registered more than 1crore Eye pledges.** Our crusade is continuing. **Thus Sadguruji has inculcated in us a sense of selfless service - 'seva bhav' toward the needy in our society.** For the last few years our Foundation's family members go to serve **'Varkaris'** also.

During Covid pandemic, life had come to a standstill, there was fear and uncertainty everywhere. But we, under the guidance of our

dynamic Sadguruji, regularly attended online classes of Yoga, Meditation and Kriya. **He taught us special pranayams and exercises to increase our lung capacity, immunity, healing power, energy boosters etc. and meditations to increase our mental strength and balance.** Thus, he kept us, under his constant Grace and Guidance, strong, both mentally and physically, while walking on the Spiritual Path shown by him.

Recently, during our 'Kriyaban Get-together', it was very evident how Sadguruji has been **grooming the youngsters in our family to become a strong positive force with high moral values.** From time to time, babies of expecting mothers in Kriyaban ladies were attuned. **These attuned babies have now grown into sharp, intelligent and talented children who are not only excelling in academics but also in sports as well as various activities like yoga, trekking, arts like dance, music and participating in different competitions like Olympiads etc.** Most of these children who are above 12 years are already initiated into Kriya Yoga. How lucky they are! It is heartening to see how this young brigade manage their time to practise Kriyas, Yogasanas, Pranayams sincerely and regularly, along with their studies, with utmost determination and discipline, reaping rich benefits; an example to be emulated! No wonder they are such successful all-rounders!

Sadguruji is totally against superstitions and blind faith. He always explains the scientific principle behind whatever he teaches us. **His scientific approach is one of the factors that attracts youngsters, towards his teachings.**

Sadguruji continues to take regularly for everybody - young and old, online Yoga classes for physical fitness so that capacity to sit still during spiritual practice increases; online Meditation classes for healing and mental wellbeing and online Kriya classes for spiritual progress. **We get a feeling that we are in a modern version of Gurukul, constantly basking under Sadguruji's Love, Care and protection!** We, on individual level, pursue our studies, jobs or various responsibilities in this worldly life and





on another level we are connected to our Sadguruji on almost daily basis, practising Kriya, Yoga and Meditation through online classes where we get Sadguruji's individual attention and guidance. Though the classes are online, Sadguruji personally observes the practice of each one of us and corrects and guides us. **Thus we are progressing in our material as well as spiritual pursuits and leading a healthy, happy, contented and peaceful life under the guidance of Sadguruji.**

Under Sadguruji's patient guidance, we are gliding deeper and deeper in meditation, learning to achieve mastery over our breath and how to work on our Attitude, Mind and most importantly on our Ego- the biggest stumbling block on the path of our spiritual progress.

There is a lot of strife and stress around us. In our day-to-day activities we do face problems but over a period of practising Sadguruji's teachings, life has become very peaceful. We have become strong enough to face the problems and to make necessary efforts to surmount them without losing our calm. As Kriyabans, we help ourselves and others around us. I am sure, each one of the family members will agree that **we are the God's chosen Children.**

We feel very happy and proud to mention here that **Hrishikesh Ambaye**, a talented, hardworking and a great asset to **our Editorial Team** has **won an award for his very first Marathi book 'Manahpoorvak'** from Marathi Vangmay Parishad, Baroda! Our hearty congratulations to Hrishikesh and Best Wishes for his future endeavours in writing skills!

Sadguruji has fully dedicated his life for spreading Kriya Yoga for the well-being of Humanity. His boundless enthusiasm, novel ideas and zeal for betterment of Humanity is indeed admirable. In 2008, he had undertaken a 'cleanliness drive from Mumbai to Kailash Manas' with a unique mission of highlighting the issue of litter strewn at such holy places. During

this drive more than a tonne of garbage containing plastic bags, broken empty bottles and other litter strewn at holy place was removed. Last year, in June, he took those who are practising Yoga regularly, on a 'Yoga Tour to Badrinath & Kedarnath'. As a mark of celebration of International Day of Yoga 2022, they performed yoga in front of Kedarnath temple, at a height of 3584 metres above sea level! **For creating this world record of performing yoga at that height, Sadguruji received a Medal and a certificate of appreciation from IEA Book of World Records.**

In January, 2023, Sadguruji received '**Sustainability in Social Sphere Award**' at the Mumbai Sustainability Summit at the hands of Governor of Maharashtra. Sustainability is a social goal that broadly relates to the ability of people to safely co-exist over a long time.

On 23<sup>rd</sup> August, 2023, Sadguruji was honoured with '**Kriya Shiromani Award**' by the President of the Republic of Mauritius, Mr Prithvirajsing Roopun.

We are happy and proud that Sadguruji's selfless work for humanity is being noticed and hope that more and more people from all over the world will take advantage of Sadguruji's knowledge by taking Kriya Diksha and joining his online classes to experience his divine guidance and protection to lead a happy, contented and peaceful life like us, all his disciples.

On this auspicious occasion, let us bow down at the lotus feet of our beloved Sadguruji, in utmost Gratitude and Reverence and wish him '**A Very Happy Birthday!**'

On the occasion of 30<sup>th</sup> Annual Day celebration, **Greetings and Hearty Good Wishes to all our family members!**

**Wishing you all A Happy Dusshera! A Happy Diwali and a Prosperous New Year!**

**Hari Om!**

**Madhumalati Talgeri**

*Amplify your positive energy. When the light shines from within, it is always brighter.*

**- H.H. Sadguru Yogiraj Dr. Mangeshda**



## Foundation's Activities

On 24<sup>th</sup> October, 2022, we celebrated our **Annual Day**, coinciding with our beloved **Sadguruji's birthday** and Deepawali at P. L. Deshpande Hall, Prabhadevi, Mumbai. And what a memorable celebration it was!!!

Mood was of festivity as the days were of Deepawali. Many family members had come from outstation centres to be a part of this exciting event. Our enthusiasm was overflowing with eager expectations of meeting in person Sadguruji and all family members, after a long gap of 3 years. Sadguruji too, came in his new look, his attire aptly matching his enthusiasm, zeal and cheerful mood, happy to meet us all! Sandip Pandya was the able anchor for the function.

The function, as usual, began with Guru Pujan by Sadguruji. Many dignitaries, doctors from INO and Mr Amol Pednekar from Vivek Group attended the programme. Sadguruji was felicitated by many dignitaries for His contribution to Yoga & Naturopathy! He was also presented with a Medal and a special Certificate of Record by IEA Book of World Records, for creating a record by performing Yogasanas at a height of 11750 feet in front of Kedarnath temple as International Yoga Day Celebrations 2022.

It was touching, the way Sadguruji paid tribute to our departed beloved Kriyaban Haresh ji. We all miss Haresh ji.

A Montage was shown depicting Sadguruji's life and his selfless silent work for uplifting Humanity, his various Social initiatives undertaken under the banner of our Sadguru Mangeshda Kriya Yoga Foundation. Sadguruji gave a short speech so that more time could be given to the musical programme of Megha Malhar group. Sadguruji inaugurated 24<sup>th</sup> Annual Issue of 'The Awakening!'

The evening also witnessed one special moment! Sadguruji unveiled a book 'Manah Poorvak' containing various articles written by Hrishikesh Ambaye, compiled and published by his loving

wife, Swati Ambaye. The book was released and kept for sale at the counter. It generated a very good response. The sale proceeds of the book are used for charitable work of the Foundation. We are happy and proud to inform that Hrishikesh received an Award for his this very first Book from Marathi Vangmay Parishad, Baroda. Hrishikesh is a member of our Editorial Team. Hearty congratulations to Hrishikesh! We are proud of him.

The music presented by Megha Malhar group was superb. There was not a single dull moment. Everybody enjoyed the musical scores taking us back to golden era of Hindi film songs. Initially audiences responded by clapping and swaying on their seats...slowly joining in singing and as the evening advanced, many enthusiasts in the audience got up and started dancing. The entire auditorium was filled with vibrant, captivating, melodious musical extravaganza! What an evening it was! It is the Best celebration we had till date.

For those who could not attend personally, it was relayed live online, making them a part of the celebrations. Kudos to Rameshraj Maddu and Sunil Pai in our technical team for working hard to manage to show another rocking event online. The Diwali snacks packet was a special gift for all!

Our **Hyderabad Centre** celebrated this day at an Orphanage. They conducted Yoga session followed by **lunch for the children in Orphanage**. Very noble, kind and befitting celebration for the occasion.

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On 5<sup>th</sup> November, 2022, Sadguruji, being an epitome of health and fitness, was invited as **Chief Guest** to the **Health camp** organised by Shenmen Foundation and Rejua Energy Group at Dharavi. Dr. Santosh Pandey, Col. Singh and other staff and doctors from Rejua Energy Centre managed with traditional and alternative practices like acupuncture, Sujak, acupressure, blood testing etc. the 3 days free camp for poor



and slum dwellers of Dharavi, one of world's largest Slum area.

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On **12<sup>th</sup> and 13<sup>th</sup> November, 2022**, Sadguruji conducted one of his most popular and useful workshop of '**Awakening ESP to develop Psychic ability**' at Parle International Hotel, Mumbai. This is a unique workshop conducted by Sadguru Dr Mangeshda, after many years of research. The benefits of the workshop include Clairvoyance, Telepathy and Spiritual Development. The workshop was as usual a great success. We have given separately in this magazine, some of the feedbacks received from participants.

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On **3<sup>rd</sup> December, 2023**, our Foundation's Yoga Teachers, Vinita Tampal and Sujata Bangera organised and conducted a **yoga competition** at Our Lady of Nazareth School, Bhayender. Other Yoga Teachers, Jagruti, Asha, Pradeep and Komal took active part in holding the competition. Hrishikesh Ambaye attended the event on behalf of Foundation. It was a day filled with enthusiasm and competitive spirit amongst the students.

Sister Sangeeta mentioned that the children are indeed lucky to learn Yoga at this age and it would make them physically & mentally strong. She appreciated our foundation, teachers and judges for their hard work. The Father also appreciated the work done by our Foundation's teachers. Great emphasis was given by the Father and Sister on the benefits of Yoga and they spoke with high regards about Sadguruji and our Foundation playing such a great role to spread and teach the science of yoga amongst youth. For Yoga teachers, it was a memorable and enriching experience. We appreciate timely help and support of Saraswati Vasudevan, Milind Shirodkar, Suhas Patil, Sunil Pai, Hrishikesh Ambaye and Pradeep Shetve. We also appreciate the role of Our Lady of Nazareth School in arranging regular Yoga classes for the physical and mental wellbeing of their students.

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On **25<sup>th</sup> December, 2022**, Vivekanand Youth Connect organised 7th edition of '**Mumbai Sustainability Run**' marathon. Our Foundation, led by Sadguruji, participated whole heartedly for the noble cause of 'Run for Blue Ocean, Clean Creeks, Rivers-Lakes, and Protect Forests - Mangroves in Greater Mumbai'. It was great to see that all our Foundation's members including those coming from faraway places like Khopoli, Dombivali, Virar, Navi Mumbai etc. had gathered at 5.30 am at the venue - Juhu Chowpaty Bus Depot, opposite Citizen Hotel, for the Marathon starting at 6 am. All were given their T-Shirts. For all those participants from the age 7 to 87 it was an experience extremely enjoyable, full of energy and positivity.

Famous singer Padmashree Anuradha Paudwal, industrialist Ajay Hinduja and many other dignitaries graced the occasion. Sadguruji was felicitated on this occasion for His contribution to Yoga and Fitness.

The Marathon, brainchild of Dr. Rajesh Sarwadnya, Founder of Vivekananda Youth Connect, was a great hit with enthusiastic participants lining up for the 10, 5 km run and 2 km walkathon.

Our Sadguruji, who has vast experience of more than 56 years in Yoga and who is a personification of fitness flagged off the marathons.

Our Foundation under the leadership of Sadguruji showcased ongoing campaign of '**Eye Pledge We Pledge**' (Eye Donation Awareness Campaign) which **has crossed 1 crore registrations**; this campaign got tremendous response.

Thus many enthusiast members of our Foundation participated in this special health-oriented activity and celebrated Christmas in a unique way.

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On **3<sup>rd</sup> January, 2023**, on Birth Anniversary of Savitribai Phule, our Foundation organised '**Eye Pledge We Pledge Camp**' at her birth place, Khanawadi, Pune. Dr Tatyrao Lahane attended



the event. The response was extremely good. We appreciate the selfless work and devotion of members of our Dombivli centre, particularly Tanmay and Vaishali Bhoite, Atul Jagtap, Vishwaprakash Medge, Pradeep Shetve in managing the event.

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On **12<sup>th</sup> January, 2023**, Swami Vivekanand's 160<sup>th</sup> Jayanti, **Sadguruji received 'Sustainability in Social Sphere' Award** at the hands of respected Governor of Maharashtra, Shri. Bhagatsingh Koshiyari ji, for Sadguruji's tireless efforts for sustainability in social sphere.

Sustainability is a social goal that broadly relates to the ability of people to safely co-exist over a long time. Everyone wants a sustainable future for themselves and their loved ones.

We, at Sadguru Mangeshda Kriya Yoga Foundation, are lucky ones who, under the guidance of Sadguru Yogiraj Dr. Mangeshda, are helping to build a society that is united by love and happiness. Be it health & yoga programmes or more than 1 crore eye pledge registrations or cleanliness awareness drives or powerful Kriya yoga sessions, Self-defence for ladies, we all strive towards a well-balanced and positive society. In recognition of these efforts, contributing positively towards social awareness, our beloved Sadguruji received the Award.

The function was organised by Vivekanand Youth Connect, a social organisation led by Dr Rajesh Sarwadnye. The event was graced by many dignitaries like Shri. Deepak Kesarkar (Minister of Youth Affairs), Shri Ashish Shelar (President of BJP, Mumbai), Shri Bhushan Gagrani (Principal Secretary - Urban Development), Government of Maharashtra, Shri Gopal Arya (National Convenor RSS), Acharya Lokesh Ji and Nanik Rupani.

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On **14<sup>th</sup> January, 2023**, Makar Sankranti, Sadguruji initiated a few selected spiritual aspirants into Kriya Yoga at our Juhu Centre.

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On **26<sup>th</sup> January, 2023, Vasant Panchami**, Sadguruji conducted a **free online Meditation session** from 6.30 pm to 7.30 pm, so that those interested may get a fair idea of the meditation sessions held by him and join regular classes. When we meditate, we are recharged and rejuvenated. When we meditate together, we amplify the effects to our surroundings. It was an opportunity to experience the impact when we meditate together under Sadguruji's guidance! Many joined Meditation classes and are happily benefitting from them.

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On **18<sup>th</sup> February, 2023**, our Foundation celebrated auspicious **Mahashivaratri**, with lot of fervour and deep devotion at Jyotsna Valia Hall, Cosmopolitan Education Society School, Andheri, in the evening 6 pm onwards. Many committed and dedicated Kriyabans had come from outstation to attend the function, knowing the special significance of Mahashivaratri has, for our Sadguruji and us, his disciples. The pious mood was further enhanced by pure devotional compèring by Hira ji.

As usual, the function started with Guru Pujan performed by Sadguruji, invoking his Guru, Sri Sri Mahavatar Babaji. Soulful devotional songs were sung melodiously by some of our members. Thereafter, a beautiful Montage was shown depicting beautifully our own Shivji, Sadguru Mangeshda and his various activities undertaken under the banner of Foundation. The energy level was very high.

Sadguruji, in his Amrutwani elucidated the subtle meaning of Ratri, the role of darkness and the special significance of Mahashivaratri as a night, which takes one from Darkness to Light! Everybody gets positive energy from Shivji. But what Sadguruji likes most about Shivji, is His applying ash to His body. By burning the transient body of the dead, ash emanates purified by fire. This purified ash -Bhasma is applied by Shivji to his body. Often, in our day-to-day life, we are so involved that we are not able to accept that this body is transient. We



behave as if it is permanent and hold on to our Ego. This ego can be banished from our life only if we purify our mind completely. Bholenath Shivji grants whatever a human being asks with pure mind.

The entire function was relayed online for those who could not attend it. We appreciate the hard work of our technical team for this. The entire event was beautifully organised. Kudos to all those volunteers who worked so hard selflessly to make the event a great success.

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On 26<sup>th</sup> February, 2023, Sadguruji conducted an **Intense Kriya Camp for 4<sup>th</sup> level Kriyabans**, at our Juhu centre from 2 pm to 5.30 pm. On Mahashivaratri 2022, some chosen Kriyabans were blessed with the rare 4<sup>th</sup> Level Diksha. For more than a year since, these Kriyabans were practising Kriyas taught during online Sunday classes. With a view to observe their practice in person, Sadguruji very graciously took the Intense Kriya Camp. We are extremely grateful to Sadguruji for his precious help and guidance!

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On 5<sup>th</sup> March, 2023, Sadguruji was invited as **Chief Guest** by Bhikku Sangha's United Buddhist Mission for an exceptional programme on '**Sarva Dharma Samabhav - Mangal Maitri i.e.' Unity & Friendship across religions and cultures'** arranged on the occasion of birthday of Pujya Bhadant Dr Rahul Bhikku, a renowned Buddhist monk and a social activist who is working tirelessly for education and upliftment of masses. It was a wonderful event. Guardian Minister of Mumbai Hon. Shri Mangal Prabhat Lodha also graced the function. Sadguruji was warmly welcomed by Rahul Bodhiji and his team. Representatives of different religions spoke about love and unity across mankind.

Sadguruji, while acknowledging the work of Shri Rahul Bodhiji, also stressed upon strengthening the bond of love through science of Kriya yoga. He reiterated the importance of breathing in spirituality and beautifully articulated how breathing brings the highest form of 'oneness'.

On 5<sup>th</sup> March, 2023, Sadguruji conducted an **Intense Kriya Camp for 3<sup>rd</sup> level Kriyabans** at our Juhu centre, from 2 pm to 5.30 pm.

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On 22<sup>nd</sup> March, 2023, Foundation celebrated **Gudhi Padwa** at Mayor's Hall, Andheri, from 6.30 pm onwards. All had gathered dressed in multi-coloured traditional attires. Most of them wore colourful 'phetas' creating a grand ambience of festivity to celebrate this auspicious occasion. Sadguruji's convoy was received with Lazim. Then Sadguruji, holding 'Gudhi' in his hand, walked into the hall majestically. Our enthusiastic Hrishikesh was compère. The event started with Sadguruji performing Guru Pujan. Melodious singers of our family rendered soulful devotional songs specially chosen for the occasion. The energy level was high and vibrant.

Sadguruji, in his pravachan, explained the importance of Gudhi padwa - it is a beginning of new thoughts, how he himself believes in 'Karmayog' and is totally against blind faith; how we should overcome our limitations and strengthen our positivity, importance of light and how one can develop the same Within, how to be a better human being and be of service to others.

Whatever one does, he gets back the same from the Nature. One should always be positive and lead a life like a 'Candle of Hope', always optimistically illuminating life of others. Instead of restricting oneself to me and mine, one should think of entire society. To achieve anything, one should be able to organise his time properly. Because our body is a temple in which our soul resides, we should take care of our body and keep it fit with pure thoughts and proper exercises.

It was a wonderfully organised function. Kudos to backstage team and technical team! Gratitude to Adarsh and family for prasad.

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On 1<sup>st</sup> May, 2023, '**Kriyabans Get-together**' was held at Marol Education Academy, Bhawani



Nagar, Andheri (East), Mumbai. At the beginning of Melawa itself we were shown a video how Hrishikesh and Sunit were running around looking for Sadguruji. In the end we were told that Sadguruji is stuck up in some urgent work and may or may not be able to join us. We were quite shocked and disappointed. We were told to close our eyes and chant Mrutyunjaya Mantra. As we sat there chanting the mantra, to our great relief, Sadguruji walked in. This enactment was to give us a glimpse, on a lighter note, of how disappointing one would feel if one arranges some event and people do not attend it. Thus, in a lively mood, Melawa started. The entire day was unique.

Sadguruji taught us many new things to practise and contemplate for our overall improvement; tips for improving our health, our concentration, and our sadhana, our inner and outer cleansing, importance of water element, detoxification and benefit of alkaline food etc. There was revision of previous teachings and correction of mistakes. It was a wonderful Melawa, a beautiful blend of 'How to Be Happy', Yoga, ESP as well as Kriya daily practice and contemplation! It was full of tips and techniques for improving our health and sadhana. We are extremely grateful to Sadguruji for this precious gift he bestowed on us.

Sadguruji announced that he would honour some Kriyabans whose **exemplary performances deserve to be appreciated, with 'Achievers Award'**.

'Achievers' Award 2023' was first given to **Saraswati Vasudevan** for her selfless work, commitment and hard work in handling Foundation's administration and accounts. **Bakhtawar Merchant** was given the Award for selfless service to Foundation. As Juhu Centre, her contribution is invaluable. **Rameshraj Maddu** was honoured with the Award for his silent, selfless technical support because of which all the online classes are smoothly functioning. Similarly, **Ravindra Pathak** and **Suhas Patil**, also a part of technical team, were honoured with the Award for their selfless service. Suhas is also the designer of our

magazine. **Jitendra Kore** was given the award for his dedication and invaluable service for our Spiritual Village and also for his selfless service to Foundation's other activities; also our enthusiastic members of **Dombivli Centre** for their selfless service to Foundation as well as their 'seva' to varkaris. **Hrishikesh Ambaye** was honoured with the Award for getting **Award for his book 'Manah Poorvak'**. They are an inspiration and role model for us worth emulating.

Thereafter, it was the turn of our young brigade to receive **Achievers' Award 2023**. We are proud of them! **Nityanand Addanki** was given the Award for getting **Gold Medals in Maths and Science Olympiad**. (He also got Gold Medal for Badminton in his academy.) Nine year old **Aaryan Kore** received the Award for **State Level Chess Competition**, **Arnav Pai** was given the Award for his **Himalayan trek to Chandrakhani Pass**. **Diya Tampal** got the Award for attempting a difficult trek to **base camp of Mt. Everest**. **Radha Ambaye** received the Award for her team's victory at **State Level Throw ball**. Last but not the least, our shining star **Shubham Vadhavkar** received the Award for his getting selected in Mumbai Probables in Cricket.

We congratulate all the 'Achievers' on getting well deserved appreciation from Sadguruji in the form of **'Achievers Award 2023'**

Kudos to wonderful compères Hrishikesh and Sunit for a job well done. It was an energetic, inspiring and motivating melawa, which will live in our memories for a long time.

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On **5<sup>th</sup> May, 2023**, **Sadguruji** was invited for the **Eid Get-together** by **Jamaat e Islami Hind** at Islam Gymkhana Celebration Hall, Marine Lines, Mumbai. It was a well organised event, participated by various religious leaders. All unanimously spoke about peace and unity. Sadguruji spoke about how five natural elements together signify our existence, likewise all humans must be united. If the nature does not differentiate between us then we do not have the right to do so. Unconditional Love unites us



all irrespective of religions. The event was also attended by Salim Engineer, National Vice President, Jamate Islami Hind, Delhi and other office bearers, Retd. Justice Abhay Tipsey ( Mumbai high court ), Baba Satynam Das, Maulana Mahmood Dariyabadi (General secretary, All India Ulema council), Parsi scholar Dr Homi Dhalla, Sardar Surjeet Singh Longiya (secretary, Sanghi Sabha), Fr. Francis ( Bandra Church) and many more.

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On 27<sup>th</sup> May, 2023, Sadguruji was invited as Chief Guest and Key Speaker at an event 'Peaceful co-existence: Religion & Constitution' organised by Dr. Asgar Ali Engineer Organisation -Citizens for the Constitution and Centre for Study of Society & Secularism. The aim of this event was to promote harmony and strengthen bonds between various communities and citizens. The other religious leaders on the dais were Maulana Israr Baqai, Fr. Fraser, Prof. Shehnaz Nalwala, Prof. Nelu Jain and Prof. Surinder Kaur. The event was presided by Irfan Engineer.

In times of political chaos in the name of religion, all religious representatives spoke about oneness and love. Sadguruji, in his speech, mentioned that if breath, blood and nature do not differentiate between anyone, then we too should not; how Kriya yoga practices are above religions and how we all should live in harmony and peace. Love is the origin of all beings, we should try to spread happiness everywhere and we should consciously make efforts to remain fit. The programme ended with discussions and need for organising many such events to spread unconditional love and unconditional forgiveness.

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On 10<sup>th</sup> & 11<sup>th</sup> June, 2023, Sadguruji conducted 2 days ESP Programme at Hotel Parle International, Vile Parle.

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On 14<sup>th</sup> & 15<sup>th</sup> June, 2023, some volunteers

from Foundation did **Seva** at Saswad in Pune of Ashadhi Ekadashi **Varkaris** on their way to Pandharpur. With a view to inculcate selfless service in his disciples, Sadguruji encourages us to serve the varkaris by massaging their weary feet, hands etc. For last few years our enthusiastic members of Dombivli have been going to do this seva. This year, a few other members from other centres joined them. The group was of Tanmay and Vrushali Bhoite, Vishvprakash Medge, Rameshraj Maddu, Rupesh Kalan, Nilesh Ambre, Krishna Bodkey, Sujata Banger, Jitendra Kore and Subodh Wani, Vrushali Bhoite's parents Valmik and Kalpana Jagtap and their son Atul.

It was an extraordinary experience for them to do the seva of Varkaris whose feet, shoulders, hand etc. were sore, but their mind was completely focused on Lord Pandurang. It was amazing to see their devotion, unflinching faith in Vitthala, determination in all situations, humility and many more things to learn from them. After doing their Seva, it was a great feeling to see happiness on their faces.

All the volunteers are grateful to Sadguruji for giving them this opportunity to experience unconditional love through this seva. We are proud of these lucky volunteers who managed to take time from their busy routine to do this seva.

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On 20<sup>th</sup> June, 2023, there were **Sadguruji's interviews on Aakashwani**, Marathi, Mumbai -Asmita Radio and on Prasar Bharati. Both these Radio broadcasts were fantastic. They were well covered with Sadguruji at his super best.

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On 21<sup>st</sup> June, 2023, International Day of Yoga - Sadguruji conducted live online Yoga session in the morning. Many were happy to be a part of this unique celebration of global oneness - so heart-warming to witness participants from all over the world regardless of time or age - ours is truly a unique family under the divine guidance of Sadguruji. It was great to see Hrishikesh and



Swati holidaying in Switzerland participating at 2.30 am there, Yashasvi joining at 2 am from London! As usual, Sadguruji covered all the aspects in a simple and very effective manner.

Sadguruji was on FM Rainbow Mumbai, at 9:30 am as a part of International Yoga Day celebration. It was a superb detailed guidance on importance of Yoga, its different aspects, how to include Yoga in our day to day life to eradicate the energy blockages, curing and keeping away several diseases, so many health tips which are practical to adopt, so many insights for meaningful living!

Our Yoga teachers conducted Yoga sessions at different locations to celebrate the International Day of Yoga- Vinita Tampal and Komal Chandragiri at Gopi Birla School, Vinita at Holy Cross College, Thane, Satish, Prashanti and Nityanand Addanki and Usha and Vikram Duvvuri at Hindustan petroleum corporation Ltd, Secunderabad Terminal and Jitendra Kore and his family at Shalom Education Centre for 'Specially abled students' at Khopoli. For Kore family - Jitendra, Sharayu and Arya - it was exciting and challenging to teach these 'Specially-abled' students. We also appreciate Vinita Tampal who first conducted a Yoga session at Holy Cross College at Thane and then went to Gopi Birla and took one Yoga session there. Kudos to all these Yoga Teachers for their dedication and commitment. We are proud of them for their extra efforts in spreading Sadguruji's teachings to the outside world.

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On 3<sup>rd</sup> July, 2023, auspicious day of **Guru Pournima**, in the morning, Sadguruji gave the rare 4<sup>th</sup> level Kriya Diksha to a selected few lucky disciples.

In the evening, a function was arranged at Mayor's Hall to enable all disciples to meet Sadguruji to express their gratitude and pay respects. In Guru-Shishya parampara, Guru Pournima has a special significance. After Guru Pournima of 2019, we were meeting after a gap of 4 years. Many disciples had come from outside Mumbai just to meet Sadguruji. All disciples

coming from far and near had gathered with lot of pious reverence and devotion. Sandip Pandya was the compère for the evening. The function started with Guru Poojan by Sadguruji. The devotional mood of the evening, enhanced with soulful bhajans sung by Sanjay Agrawal and Sandeep Yederi and superb performance of talented Varun Raval on guitar. With renditions of melodious bhajans by Archana Mangalore and Asawari Thatte 'Guru-bhakti Ras' started overflowing. It was a beautiful musical offering to Guru, in gratitude. Mithila Gaitonde performed a beautiful dance of Guru Vandana. Montage of the Foundation was fantastic with apt background music. Sadguruji, in his ashirvachan, explained the importance of Guru Pournima and five Natural Elements in our life; Bhakti Yoga; how to face the fear, why we need a Guru in our journey from darkness / ignorance to Light/Knowledge; within each one of us there is a spark of Light - a flame which has to be nourished with positivity and good thoughts, otherwise black carbon of Ego can stifle the flame. That is why our thoughts are very important. They can make or mar us.

This year, **Jitendra Kore and Venu Madhav** were chosen by Sadguruji as **Best Kriyabans** for their exemplary Selfless service. Congratulations to both of them! The entire event was relayed live for those who could not attend personally. Thus, Kriyabans from all centres across the globe could attend the pious function. Kudos to our dedicated technical team. We appreciate hard work of Deepak Kumbhar, Sanjay and Adarsh Agarwal, Team Dombivli and everyone else for wonderful backstage work. A total team effort! A special thanks to all our donors and sponsors! A memorable evening indeed. Jai Gurudev!

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On 23<sup>rd</sup> August, 2023, Sadguruji was conferred with **Kriya Shiromani Award** at the hands of the President of the Republic of Mauritius, Mr Prithvirajsing Roopun at a function held in Mauritius. The award aims to honour outstanding professionals for their dedication and commitment for a social cause and to pay tribute to educators who go the extra mile to





serve their students and their communities. Sadguruji was honoured for his endeavours to improve wellbeing of Humanity, his research in Kriya Yoga, his scientific approach and his constant concern and efforts to make his knowledge of Yoga available for the benefit of general masses, striving to teach Yoga to young children through their school etc. The Chief Guest for the event was Shri Anand Kumar (famous educationist based on whose life Super30 film was made). Sadguruji had a fruitful interaction with him. The other dignitaries were Mauritius Vice Prime Minister & Minister of Education, Science and Technology, Mrs Leela Devi Dookun-Luchoomun; the Minister of Financial Services and Good Governance, Mr Mahen Kumar Seeruttun; Mr. Virendra Sharma, MP for Ealing, Southall, UK and Mr Rajesh Bajaj and many other personalities. Hearty Congratulations, Sadguruji, we are proud of your selfless services to the mankind!

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On **6<sup>th</sup> September, 2023**, Foundation celebrated **Janmashtami** with pious gaiety. In the morning Sadguruji bestowed advance Kriya Diksha to a few selected Kriyabans at our Juhu centre and in the evening, a function was arranged at Mayors Hall, Andheri for celebrating ShriKrishna Janmashtami. The stage was beautifully decorated with a cut-out of ShriKrishna playing his mesmerising flute. Heeraji was the superb compère for the event setting right mood of Bhakti Rasa. Soulful Krishna Bhajans were sung melodiously by Sandeep Yederi, Sandip Pandya, Sanjay Agrawal, Asha Duvvuri and Archana Mangalore. Beautiful dances based on life of ShriKrishna were performed. While Mithila Gaitonde and Namrata Duvvuri gave graceful solo performances, a group of our Kriyaban family members enthusiastically presented a wonderful dance of Sri Krishna and Gopikas – led by Krishna and Sneha Bodkey. As Sujata Bangera mentioned in her sharing, ‘Sneha Bodkey is a great inspiration to all of us. In spite of her physical challenges, she was the most enthusiastic person full of positivity. She constantly kept correcting and encouraging us. She also shopped for our attire and accessories.

She was following Sadguruji's teachings to the core...if we are mentally strong, we can conquer any difficulties. Salute to her enthusiasm and willpower!’ Kudos to Sneha for her courage and enthusiasm.

Sadguruji blessed us with a powerful and practical ashirvachan, in which he narrated some anecdotes from ShriKrishna's life beautifully interwoven with experiences in Sadguruji's own life; explaining correlation of Bhagwad Gita with Kriya; subtle meaning behind Radha and Krishna; how to awaken Krishna within us, how to exercise control over our tongue; how disciplined, devoted and dedicated one should be; how to be independent and strong but with wisdom. Sadguruji opened our eyes to look at the life of Lord ShriKrishna in a different way and the lessons that he taught to mankind which is so relevant in this world even after 5000 years!!! Sadguruji, on one side, explained importance of increasing our capacity and at the same time, on the other side, he guided us on how to develop ‘Bhav’ which are interrelated. Sadguruji gave so many points to ponder...so much to learn, imbibe and practise.

Thus, it was yet another blissful Gokulashtami Celebration, a colourful offering by the participants performing their seva in different forms. It was a visual treat. Kudos to all those who worked behind the screen - Deepak, Sanjay, Adarsh and all the people behind the decoration of the stage. We appreciate all our volunteers and our technical team for their strong support. The function ended with a vote of thanks by Prakash Irde.

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On **2<sup>nd</sup> October, 2023**, ‘Kriyabans Get-together’ was held at Marol Education Academy, Bhawani Nagar, Andheri (East), Mumbai. Kriyabans from across the country and even from as far as Dubai, gathered for the Melawa. Age proved to be no barrier as Ushaji's 90-year-old mother attended the Melawa, emphasising that the will power matters more than age. Our talented Kriyabans Hrishikesh and Sunit anchored the event splendidly. Our dear Saraswatiji, whose 75<sup>th</sup> Birthday was on earlier day, was felicitated



by Sadguruji. She is a 'selfless hard working asset' of our Foundation.

Sadguruji taught us so many powerful techniques to increase our focus and many health tips to maintain a healthy body; guided us on organising our daily routine, time management; A lot of new learning and as much of brushing up that we have learnt long ago... All that makes us realise what a huge treasure we have been gifted! He taught advanced techniques in a very simple way, gave us so many tips for our development, both for our spiritual progress as well as for our professional, personal benefit. We are extremely grateful to him for teaching us new techniques in such a unique way, making it simple to follow and understand that we learnt them with ease. He explained so many things about Kriya especially the positioning of Manas(mind), Ego, Chitta and Budhi and how important it is to work on our Ego, biggest stumbling block in our spiritual progress. This theme of Manas/mind was very interesting and as he mentioned, it was his way of explaining the Bhagvad Gita adhyays to us in simple terms.

The younger generation displayed their dedication by flawlessly performing Yogasans, a positive influence of Sadguruji's teachings.

Sharing of young Kriyabans - Arnav, Arya and Varun were so inspiring. Their dedication and determination to follow Sadguruji's teachings and benefit from it immensely, was exemplary for all of us. Our young Kriyaban Arya Kore is a dedicated school student who wakes up at 3:30 am daily to perform her Kriya followed by Yoga and her daily chores. Her dedication serves as a shining example of commitment and discipline. Another inspiring tale was that of Arnav Pai, who, after an ESP session, decided to follow Sadguruji's guidance on eating habits and giving up sugar. The effect is visible in his physical transformation; his dedication and will power for self-improvement. Varun Raval's determination to attend the Kriya class despite facing post-dental treatment discomfort shows his commitment to his spiritual journey.

Sharing of Rajeev, Sneha and Prakash on Kailash Manas Yatra were so beautiful and heart touching and a way for all of us to feel so connected with each other and with Sadguruji! Special thanks to Rajeev for showing some unseen clips on Sadguruji and Kailash Yatra.

We appreciate the efforts taken by Nilesh and Abhijeet for all the arrangements, Deepak, Adarsh and other volunteers for back stage arrangements, Hrishikesh and Sunit for efficient compèring and Technical team for such smooth organisation of the event. We also appreciate Roopa Teckchandani for sponsoring lunch.

Sadguruji took two new deep meditations, which were simply great! On the whole, it was a day of new learnings; a day filled with insightful lessons and beautiful experiences that left a lasting impact on each one of us present there. We are extremely grateful to Sadguruji for such a marvellous Kriyaban Melawa!

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On **14<sup>th</sup> October, 2023**, Sadguruji attended an event organised by Inter-Religious Solidarity Council Jamaat-e-Islami that brought different religious heads on one platform. Almost more than 100 people attended this programme. Sadguruji was the key speaker leading the discussion. He beautifully explained with his own life events that 'Unconditional Love' binds all. We all are one and carry that godliness within us. Love brings freedom and unity and is beyond all religions. All the religious heads agreed to stop violence due to Religious customs. It was a very well organised event.

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On **20<sup>th</sup> October, 2023**, Sadguruji was the Chief Guest at a programme organised by 'Citizens For The Constitution' (CFTC) held at Bright High School Hall, Bhandup (West). MP Mr Kumar Ketkar, Ex MP Mr Bhalchandra Mungekar and Shyam Iyar (Activist, IIT) & many other dignitaries were present on the occasion.

Mindfulness is always important to bring about a positive change in your system.

- H.H. Sadguru Yogiraj Dr. Mangeshda

Shradhanjali to our Father



12th Oct. 1999

**Late Prin. Vamanrao Mahadik**

**Shivsena Leader, Ex Mayor of Mumbai**

**1st MLA and 1st MP of Shivsena**

*From*

**Hemangi Mahadik**

**Preshit Chandrashekar Mahadik**

**& Family**

**MESSAGE FROM  
MANGESHDA UPASANA CENTRE, JUHU**



**"Attune yourself constantly with the divine power to achieve spiritual success. You have an unlimited capacity of this sacred resource."**

**- H.H. Sadguru Yogiraj Dr. Mangeshda**

**HAPPY BIRTHDAY TO  
OUR BELOVED SADGURUJI.**

**Devotees**

**Contact No: 9820539303**



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सद्गुरु की शरण में, क्रिया ज्ञान का कोष  
क्रिया ध्यान उपासना, मिले शील संतोष

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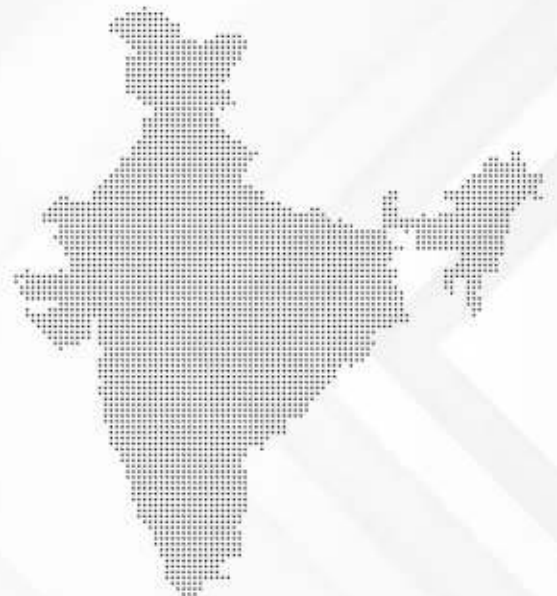
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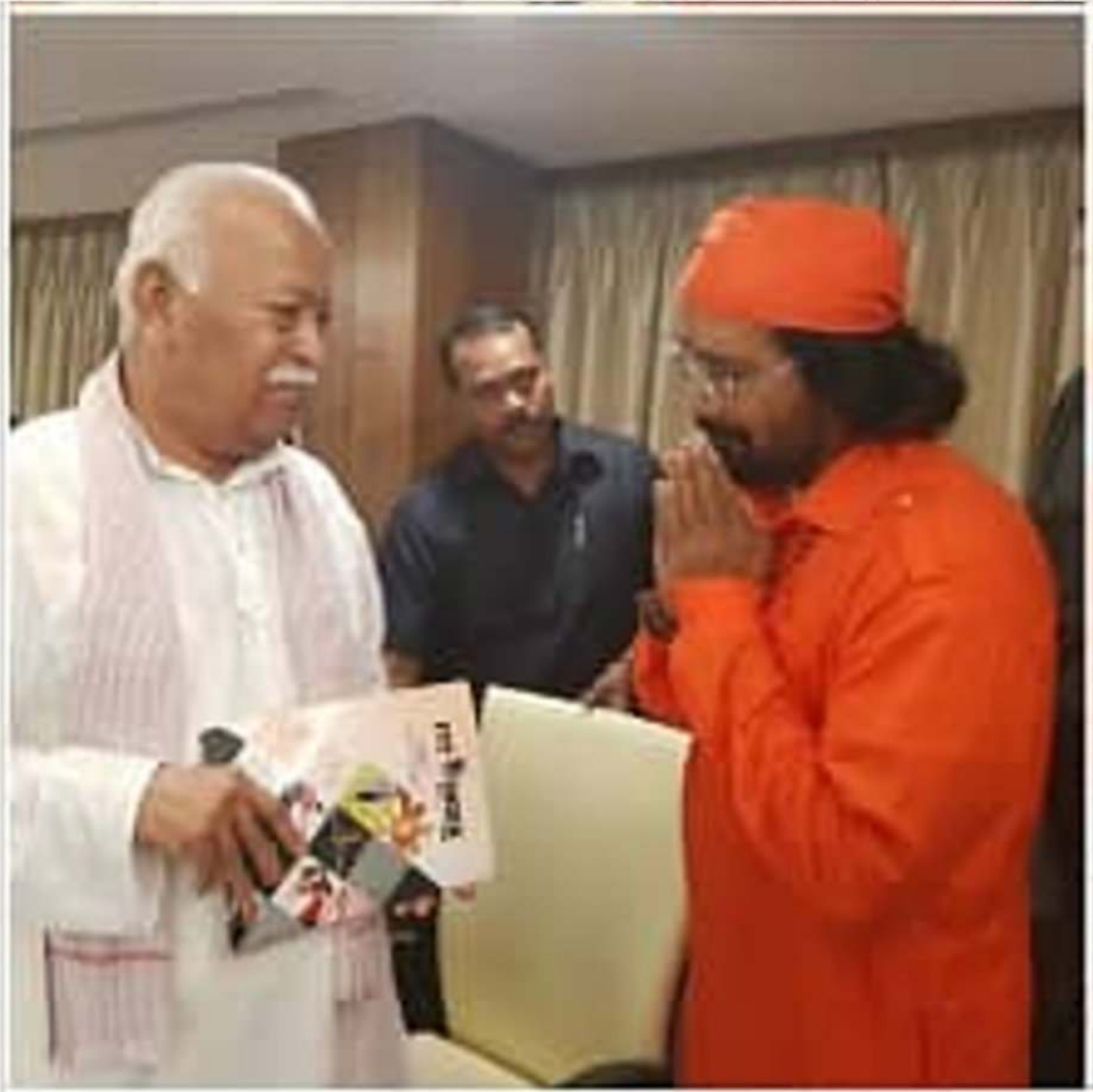
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**MESSAGE FROM  
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**Sadguruji !**

**"Thou are The Divine Light of Our Hearts,  
May Our Light Be Illumined By Thy  
Divine Supreme Light"**

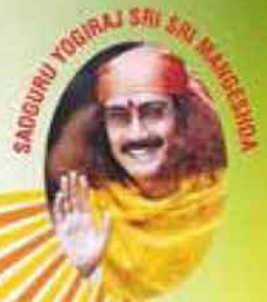
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**Happy Birthday Sadguruji**



**Thank you for blessing  
US  
with your Divine presence.**



**Let us join hands and extend our Love Energy chain all around the World through Kriya Yoga!  
Your Loving disciples from USA and Canada**



***Kriya Yoga, Knitting our Lives  
Knots set free, Sadguru at thy Feet!  
Unconditional Love Uniting the World unruffled in Peace  
through the path of Kriya  
Sashtang Pranams, Seek your Blessings  
Sadguru at thy Feet!  
Loving and dedicated disciples from USA & Canada***



**Wishing you a very  
Happy Birthday Sadguruji**

**Seek Your Blessings and  
Pranams at Your  
Divine Lotus Feet**

**Lots of Love and Respect  
from  
Ajit, Usha and Family**



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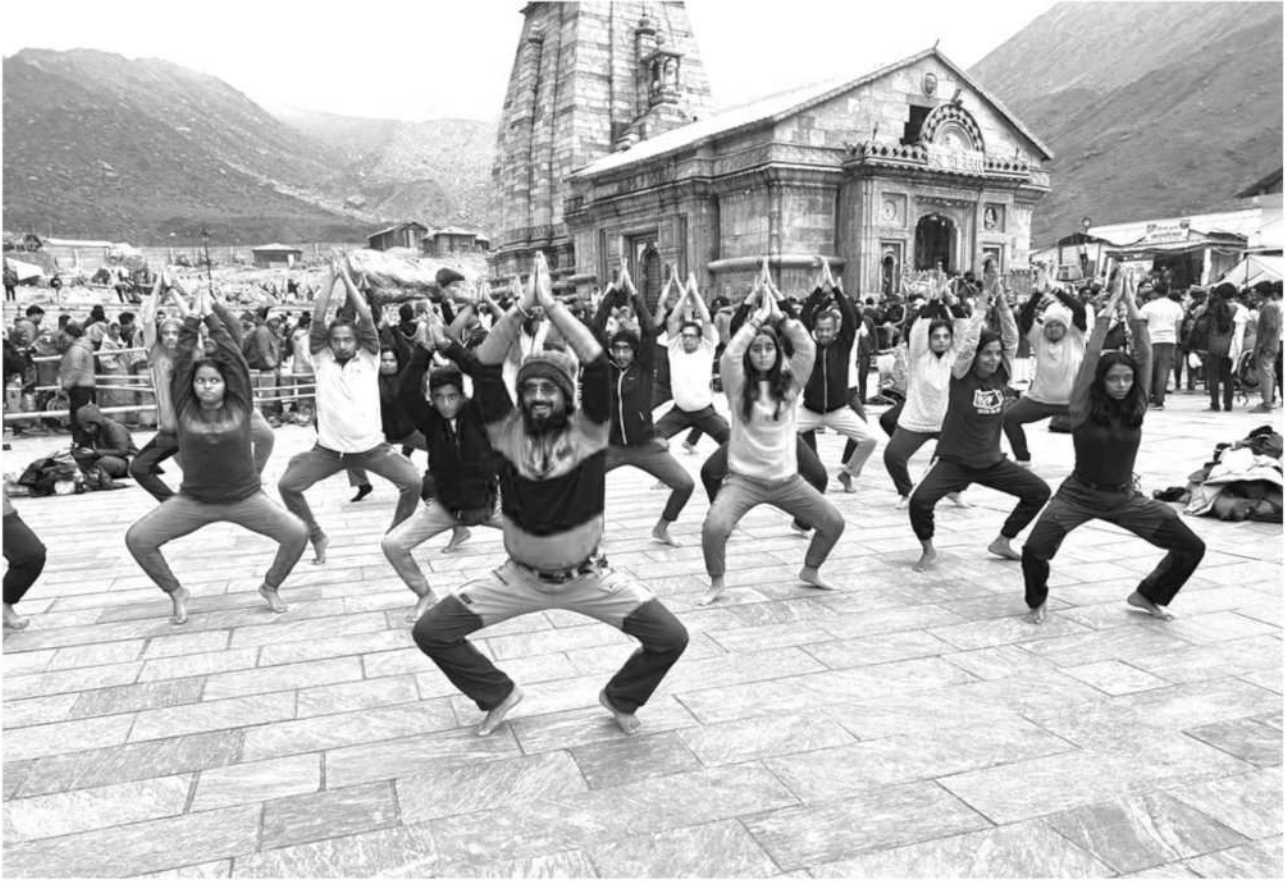
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**MESSAGE FROM  
MANGESHDA UPASANA CENTRE, CHEMBUR**



**"Reflect on your past; smile in trouble and unlock your potential through your continuous effort to achieve success."**

**- H.H. Sadguru Yogiraj Dr. Mangeshda**

**WISHING OUR BELOVED SADGURUJI  
A VERY HAPPY BIRTHDAY.**

**Come and be a member  
of Sadguru Mangeshda Family**

**Devotees**

**Contact No: +91 96194 81225**

**MESSAGE FROM  
MANGESHDA UPASANA CENTRE, NAGPUR**



**Koti Koti Pranams to Our Sadguruji.  
Many Many Happy Returns of The Day.**

**We seek Blessings from You**

**Devotees**

**Contact No: 9822327329**



## Letters to the Editor

### Hari Om!

Thank You very much, Sadguruji, for the amazing Yoga sessions that emphasize on our mental and physical fitness. Gratitude to him for taking these Yoga sessions. They have helped me immensely.

Recently I completed a ride of 611 kms with 8000m elevation in Karnataka starting and ending at Chikmanglur. Only 17 out of 48 riders finished the ride in the given time limit of 40 hrs.

Earlier in such long distance rides I would experience severe cramping, but this time I had no cramps. My mental and muscle strength has increased and stretching exercises that Sadguruji had taught benefitted tremendously. Even though the weather was cold, wet and windy with continuous rains it was manageable using the cardio and breathing techniques.

Specific pranayams and exercises for heart rate that he makes us do during yoga sessions enabled me to maintain a low heart rate on the innumerable climbs in the western ghats. Very grateful to him for his teachings!

Dilse

Xerxis Tampal, Mumbai

### Hari Om!

On 18th February 2022, I was diagnosed with Cancer. It is a day which changed my life. A beautiful and unforgettable journey. This journey had lots of pain and hurdles but every path was decorated with rose petals by Sadguruji which didn't allow cancer cells to harm me. I guess the moment the cell entered they got scared, the fact that my Guru was right beside me protecting me. It's been a year now. Just after a year I got my 1st reports done which says I am perfectly fine.

Thank you, Sadguruji, for holding me and specially Krishna with your protective shield. Thanks to all family members who stood by me.

Extremely blessed and fortunate to be a Disciple of Sadguru Yogiraj Dr. Mangeshda!

Sneha Bodke, Mumbai



### Hari Om!

I would like to express my sincere gratitude to HH Sadguruji Yogiraj Dr. Mangeshda for considering our last minute request and sending Ms. Vinita Tampal to our college to address our students on the occasion of International Yoga day.

Ms. Vinita is a dear friend of mine and her lifestyle, attitude and thinking speaks volumes of the teachings and values she has gained under the leadership of Sadguruji Yogiraj Dr. Mangeshda.

Ms. Vinita demonstrated some asanas and pranayams which are beneficial for the students' physical and mental well being. The students followed the instructions with eagerness and truly enjoyed the session.

They hope to have such enjoyable sessions again in the future.

It was indeed a blissful experience to understand the importance and benefits of yoga.

- **Cathy Pinto**  
Lecturer

Holy Cross Convent Junior College, Thane  
21st June, 2023

### Hari Om!

The yoga session attended today was a great experience for all the students. It helped me to learn about yoga, its benefits and about a healthy lifestyle.

The yoga instructor, Mrs. Vinita Tampal was a very professional person and hence made the sessions very interesting and easy to understand.

I express my sincere gratitude to the college for arranging such a wonderful opportunity for the students.

**Aneesha Koshy, 12th Arts**  
21.06.2023

### Hari Om!

I successfully completed my 12<sup>th</sup> grade exams this year. Unfortunately, I fell ill with exam fever just before the exams, which resulted in a less than satisfactory score of 53% in the board exams. However, I dedicated myself to diligent studying after the exams, and with Sadguruji's blessings, my efforts fructified and I achieved an impressive 82%ile in the CET, which qualifies me for admission into a good college.



I have made the decision to pursue a Bachelor of Engineering (B.E) in the exciting field of Artificial Intelligence and Data Science (A.I.D.S). As it has a bright future in IT field. I attribute my achievements to Sadguruji's blessings and my practice of Kriya.

I sincerely thank Sadguruji for his support and guidance for completing this journey. His blessings and encouragement have been instrumental in my success. Sadguruji, I thank you very much and request your blessing for my future journey.

I request Sadguruji's blessings for offering my best possible SEVA at his lotus feet.

**Subodh Yogesh Wani, Mumbai**

**Hari Om!**

On today's day, one Year back, Sadguruji had blessed Diya with Kriya Yoga Diksha. Gratitude to You in abundance for blessing her to walk on this spiritual path

Wanted to share this one Divine and very strange incidence which has been etched in my heart. It occurred last October, just few days before Diu and Xerxis were leaving for the trek. It was a late Wednesday evening when Xerxis spotted a bird sitting on our window and when he opened it, the bird flew directly in, above your photo on the prayer alter and sat there strangely as if praying for a very long time. Whole night it stayed inside our house. Was certain that it was in the form of an Angel and had got some message or sign. But couldn't decipher it completely then. However

when you mentioned in the Melawa about Diya's life being saved, I was contemplating and reflecting since two days and I recollected this incident and truly believe that You can come in any Divine Form to protect us. We are truly and extremely blessed to be Your Disciples. Jai Gurudeva!

**Vinita Tampal, Mumbai**

**Hari Om!**

Anantha Koti Pranaams at our Sadguruji's Lotus Feet

For the past couple of years I have been wanting to learn how to draw Kolams (South Indian Rangolis) but every time I would find an excuse thinking that I don't have any time to learn something new in my already hectic schedule. But after attending the 'Awakening of ESP' Workshop last October conducted by Sadgurji I realised that I must make time for it



instead of ignoring my liking. And as advised by Him, I included learning this ancient art form as my top five action items. Also after understanding the importance of the finger tips for healthy brain and how we hardly make use of most of our neurons which over a period become useless I decided to pursue this with single minded focus. When I got in touch with the teacher she informed me that the course starts in March 2023. I immediately gave my name for it. I have now started learning Kolam Making since then and have passed the Basic and Intermediate levels with distinction. I can see how my brain is enjoying solving the challenges and problems posed during this workshop; it's almost a marriage of mathematics/geometry with creativity. While drawing with my finger tips it's a blissful meditative state of being every morning. Also the euphoria of learning sometime new knows no bounds.

All this would not have been possible without Sadguruji's Guidance and the impression that the ESP workshop has left on me. Eternal Gratitude for always showing the path from darkness to light GuruMauli. I bow to thee,

**Kavita Chandavarkar, Mumbai**

### **Hari Om!**

I have been lucky to meet Sadguru Yogiraj Dr. Mangeshda many years back. I have travelled with him a lot and have seen ample miracles done by him to help others, it had become very normal to see this happen.

This is a narration of one more of his miracles in my life recently. A few months back I was suffering with a issue so I went to him seeking his blessings and help, as he has always been very kind to me and my family. He visited our home. He very subtly pointed at a tree around my house saying it's not so auspicious and blessed me saying, 'all will be well nothing to worry'. I started visiting the BMC office in desperation to make applications to get the tree removed. Unfortunately due to my travel I was not successful to get it removed immediately. As I returned after two months, to my surprise, due to heavy rains and lightning that was the only tree that had fallen and been uprooted. Sadguruji leaves no stone unturned to protect his disciples . Thank you, Guru Mauli, once again for protecting me and my family.

Loads of Love .

**Vikas Bhatia, Mumbai**

There is a need for harmony to balance the imbalanced energy on this earth. For this and to amplify the positive energy, let us unite our Body, Mind and Soul. It is a responsibility of every individual in this world to participate in this mission for the Healthy World.

**- H.H. Sadguru Yogiraj Dr. Mangeshda**





## Kriya Yoga: Power in Consistent Practice

**Hari Om!**

Sadguru Yogiraj Dr. Mangeshda's constant reminder to his disciples is '**Kriya Yoga is a process of conditioning the mind through the regulation of breath.**'

This profound statement got me thinking about the simplicity and yet the impact that Kriya Yoga can have on our lives through consistent practice. 'Consistent practice' is the key concept here. Consistent practice helps sharpen our mental faculties on a continual basis.

Sadguruji encourages us and reminds us that every step forward taken on the path of Kriya Yoga brings benefits. Even if the Sadhak's practice is far from perfect, there is gain that will accrue from every attempt to practise the techniques taught by the Master.

**The path of Kriya Yoga is about embracing a lifestyle that enables us to realise our full and true potential.** As mentioned earlier, it is a path that enables us to leverage the full power and potential of our minds to our daily lives, live life in an empowered yet calm manner and develop a mindset of self-belief and a '**can do attitude.**' Again, to quote Sadguruji... '**Spirituality is about being able to deal with the tough situations in life.**'

The exhortation to be self-disciplined and focused can be intimidating for someone who is starting off on this path as well as frustrating for the more experienced Sadhak who may be struggling to keep up with consistent practice. Embracing a Kriya lifestyle becomes easier when one starts to experience the benefits of practice.

I am the first to put up my hand and confess that my practice schedule is far from perfect, yet, some element of consistency has yielded astounding results in every sphere of life.

The first and foremost is a sense of calm and a greater awareness of Self. Awareness of Self is a key component of 'Emotional Quotient (EQ)'. There is now a huge body of research available to show that EQ is just as important as IQ to

success in life if not more important.

Apart of increased self-awareness, regular practice helps improve mindfulness and empathy for others- all essential attributes of leadership.

Increased intuition and creativity is another benefit that I have experienced, as regular practice helps activate the 'right or creative brain.'

At work, there have been umpteen incidents where I have walked into a discussion or been a part of meetings where I have had little prior knowledge or awareness of the topic on hand. And yet at the end of the discussion, I have surprised both myself and others around me with my observations or contribution to the conversation. I would often feel nonplussed and wondered how I could manage this. After several months of observation and reflection, I **have realised that there is a direct correlation between consistent Kriya practice and increased creativity or intuition.** There is no other explanation that I can think of.

The beauty of Kriya is that there are techniques readily available to the Sadhak that can be employed to help one keep calm, activate either the creative or logical brain, increase mental focus, manage stress, regulate one's emotions, listen better, build mental resilience, go through life with a sense of detachment etc. The list is endless. And the wonderful part of all this is that one can manage all of this with some consistent practice.

No wonder then, that **Kriya Yoga is a practical and experiential path not just for a spiritual aspirant but for everyone to reach their potential in daily life.** Sadguruji shares freely from his vast ocean of knowledge and there are many techniques available to the Kriyaban to deploy as the situation demands.

The process works!! However, one needs to put in the practice oneself. I hope the personal experiences that I have shared, motivate others to embrace the Kriya lifestyle and bring a greater degree of consistency to their practice. It does



not matter if one slips on this path....one simply has to pick oneself up and continue.

Finally, I would like to mention an important aspect of Kriya Yoga which is **faith and trust in the Guru**. Faith is not an esoteric topic steeped in superstition. My personal experience is that it evolves through consistent practice and following the Guru's instructions. It comes from experiencing the benefits of following the Guru's teachings secure in the knowledge that He is always watching over us. Sadgururji has a wonderful metaphor in this regard. He asks his

disciples to think of life as a stream that we are crossing. No matter how strong the current or how difficult the crossing might seem, the Guru is on the other bank watching over us and willing to lend a hand when all seems hopeless.

In conclusion, I will exhort all to embrace the Kriya Yoga lifestyle and weave it into daily life. There are several benefits to be experienced by the Sadhak. Coupled with faith in the Guru, the practice of Kriya enables the practitioner to realise his or her full potential. Jai Gurudev!

Murali Duvvuri, Mumbai

## Kriya Yoga, A way Of Life

### Shri Gurubhyo Namaha!

In 2009, when Sadgururji blessed me with Kriya Diksha for the first time, my immense learning began under his watchful eyes. In those days, I believed that I was learning the real recipe of Yoga, in the form of Kriya Yoga. As much as I could, I would try to remember every instruction and do exactly as Sadgururji had taught us. I still remember all his instructions and still try to do exactly the same way. However, something has changed in-between these years. What happened is, I have moved from asking what is Sadgururji teaching us, to what ALL is he teaching us!

Let me elaborate this in the rest of this article, although in a limited way...but first let me place in front of you, a few questions to reflect (this list below is just a small attempt to introspect and nowhere close to the ocean of Sadgururji's teaching...but let me start here)

- What is common between the spinal breathing and running a marathon?
- What is common between bandhas and releasing your mind from distractions?
- What is common between dhyana and not reacting in adverse situations?
- What is common between mantra jaap and gaining focus?
- What is common between focused repetition of certain Kriya steps and gaining rhythm in life?

• etc. etc. etc.

Most of us hold the understanding that we are learning Kriya Yoga to get to a samadhi avastha and to experience the Divine/ the Ultimate. Some of us focus on the energy and the energising that happens through our Kriya practice. Similarly, many of us have had some amazing experiences going through the various elements of our Kriya practice. Over the last decade plus, I have also intermittently and sometimes deeply practised one or all the elements that Sadgururji has taught. And it is my confession that I have never been fully consistent in my practice. However, one thing that I have always kept in mind is to be conscious of Sadgururji's teachings, because, sometime at the beginning of my Kriya journey he had said one thing, that absolutely registered is that, **'Kriya Yoga does not happen in those few things that you do in the morning but Kriya Yoga is a way of life'**. Over the years I have come to have many experiences which have helped me understand this way of life.

Here are some of **my conclusions**: Kriya is about experiencing the Divine, yet it is a therapy. Kriya is about nullifying thoughts, yet it is about thoughtfulness. Kriya is rigour yet it is simplification of life. Kriya is silence yet it is introduction to music and expression. Kriya is disciplining yet it is letting oneself loose from restrictive beliefs. Kriya is a specific set of practices, yet it is consciousness of everything that we do in life.



Having shared my conclusions, let me now begin answering questions that I had asked just a few paragraphs back. Those questions were only indicative of the many experiences that I have had, but I chose these questions, because I was certain of these experiences that I have had.

A little over a year back, I took to regular running and training for marathons. It was at this time, that I was having significant difficulties with overcoming the several weaknesses, injuries, lack of flexibility, and lack of strength in my body to take on the real tough targets of running half and full marathons i.e. running 21 kilometres and 42 kilometres in running events. The training for such running is rigorous and sometimes even torturous considering that one is running in extreme heat, humidity, dust and pollution, rainy season, really cold mornings and often with a lot of lack of sleep amongst other challenges. Suddenly, after one Sunday's Kriya practice where Sadguruji had specifically made us do a Kriya with a particular type of breathing and bandha, in my running practice on a subsequent day I started doing the same type of breathing and bandha. And definitely because of the scientific reasons of this kind of breathing, my body started relaxing and I started running far better. I was significantly more focused. I continued practising this whenever my mind recalled this during running. Then came a big day, the Ladakh Marathon where I was running 42 kilometres at an altitude of 11,500 feet, where oxygen is typically at around 60% of what you will find in the plains where I otherwise live. During the event, because of the strain and the cold weather, I found it difficult to breathe despite all my training. It is then that I remembered this particular breathing with bandha and started using it to run. The next thing that I know, is that I successfully finished the marathon.

**So, when Sadguruji teaches us, is he teaching us just Kriyas, or he is actually teaching us so many ways to excel in life.** I applied it to my running. What all could we apply this to and what all can we achieve by doing this?

Similarly, when Sadguruji is teaching us bandhas

is he only teaching us these bandhas for Kriyas or he is actually teaching us so many other applications of these bandhas like withdrawing, focusing, and channelising our thoughts and attention. I applied the effect of these bandhas to focus and complete one of the world's most difficult marathons. What all can we apply the knowledge of bandhas and what all can we achieve by doing this?

Another experience...

Depending on our level of Kriya Diksha, Sadguruji has taught us various mantras and dhyana techniques. I am sure a lot of us have had immense number of experiences and have also reaped significant benefits by practising these mantras and dhyana techniques. **In my experience, both of them have allowed me to withdraw, be within myself and deal with the world and everything that I need to deal with, while maintaining that state of withdrawal.** As a result, it has allowed me in many difficult and adverse situations, to stay calm and focused on what needed to be done. Whether this was in a meeting with the client, or it was just simply contemplating on an achievement or a failure, **the practice of japa and dhyana have helped me to visualise things better and even arrange things well in my visualisation. This has made making diagnosis, analysis, response construction and navigating situations so much easier.** This is despite my intermittent and inconsistent practice of Kriya. I wonder if I were to make time for my practice every day and make significant amount of time how much more improvement I could actually make.

So, when Sadguruji is teaching us these dhyana techniques and giving us these mantras, is he only teaching us dhyana and japa, or is he actually practically teaching us how to focus our distracted minds, improve our visualisation, and developing so many of our other undeveloped faculties. **I have applied my experience from dhyana and japa, to dealing with adverse situations.** What all could we apply our learnings to and what all are the benefits that we could gain?

With whatever little I have been able to practise,



since 2009, I know I have been inconsistent having spent so much more time in the other struggles of life, and I am yet struggling to make Kriya the central point of my life. However, despite all this intermittent practice, just keeping Sadguruji's instructions and his words in mind all the time, have significantly helped me to change so many habits which were unwarranted or suboptimal. **It has also helped me gain so many more habits which were deep, sensible, and impactful allowing me to gain a more rhythmic way of approaching my life.**

I keep reflecting and will continue to reflect, knowing that I will gain something new from every bit of what Sadguruji has taught. Sadguruji says that he has not even taught us 0.1% of what he can, and I say that I have not even been able to apply 0.1% of that 0.1% that he has taught us.

Yet I see so many amazing shifts, when I have gone deeper into the meaning of what he has taught us.

I know Sadguruji is not just teaching us Kriya Yoga, Sadguruji is teaching us a way of life, where Kriya Yoga is the path and improving all our aspects of life is the goal. I know for sure that my experiencing the Ultimate will come by practising Kriya Yoga through the methods that Sadguruji has taught us and also by applying the deeper learnings of Kriya Yoga to all aspects of my life consistently.

So, I keep wondering and I invite all to contemplate, **what is Sadguruji teaching us, and what all is Sadguruji teaching us!**

Sai Kumar Chandran, Noida

## The Magic Of The Pause

Speed has become our way of life. Almost everything that we do, is timed as per a tight schedule. Mornings are usually characterised by a flurry of activities and routines that are designed to make us as efficient as possible. We look at our watches more than we look at the sun or the sky! And our days are marked by time slots, more than the rhythm of nature. From scheduling our work hours to planning our meals, we try to make the most of every minute and even multitask as much as possible. And, while this sounds like being super-efficient, is this really the best way to be?

There is a huge difference between living and simply existing. When we spend more time checking off our to-do lists and rushing towards the next thing, we are not able to really experience the moments that truly make up our lives. We start behaving like robots in a way, programmed to only complete the tasks, but without truly cherishing what we do.

For instance, we may find ourselves gulping down our breakfast while catching up on the news or scrolling through our social media feed, without truly savouring the flavours on our plate. We might miss noticing the smile of a friendly neighbour as we rush to reach our workplaces on time. We might not enjoy the beautiful blooming

of a bud in our path, as we are thinking of our tasks for the day. We might also not hear the birds around us singing their morning song. We get the drift. It would not be the slightest exaggeration to say that we are so engrossed in our race against time that we forget to experience life in all its richness.

### Kriya Yoga teaches us the importance of pausing

The practice of Kriya Yoga teaches us the importance of pausing at the right time. Be it during asanas,

pranayamas and even Kriyas, Sadguruji always reminds us to pause at specific points. These moments of stillness, where we maintain a pose or hold our breath, are as essential as moments of action.

And the same is true in our lives. It is really vital to pause, and just be! To breathe. To reflect. And to exist without an agenda. Slowing down and celebrating these pauses are essential for our overall wellbeing.

Because, it is in these pauses that the magic of life unfolds. These pauses create space for our feelings and emotions to come to the fore, for us to be able to fully 'feel' each of them. Be it grief,



fear, sadness or anxiety, to joy, faith, enjoyment and love. These fleeting moments are when we experience the depth of who we are, and the possibility of who we can be!

### **Embracing the Pause between Action and Reaction**

During one of the camps at our Spiritual Village, Sadguruji had shared that it is the space between action and reaction, where consciousness resides. And over a time, I have come to understand this better, and even implement it at times.

This mindful pause, between stimulus and response, is really where our true power lies. Without this, we are mere puppets to our instincts, reacting without introspecting, or taking into account the impact of our reaction. But by just including a moment of mindfulness before we react, we allow ourselves the freedom to choose how to respond. And choices like these can define us and transform our life to one that is filled with wisdom and intention.

To give you some examples, the pause can really change the trajectory of our response. When faced with anger, the reaction might inspire further anger, but the pause might inspire compassion and empathy. When faced with a challenging situation, the pause might bring forth our inner courage and resilience. In moments of doubt, pausing might help us fall back on our faith. This intentional space that we choose to create, is where we can evolve from being creatures of habit, to beings of purpose.

### **An Invitation to Pause**

If you resonate with this so far, I would like to invite you to occasionally take a pause every now and then. Find those precious moments to slow down, breathe deeply and be fully present to the moment that is unfolding. After all, the beauty of any masterpiece lies in the detailing and the beauty of life, lies in these little but rich moments that you can fully cherish and experience. May you all discover more beauty and fulfilment in your life!

**Ruchi Parikh, Bengaluru**

## **Love Yourself**

**Hari Om!**

**Only a Loving Person can give and receive Love!**

- by Sadguru Dr Mangeshda.

I have always wondered reading this quote and kept pondering over it.

Most people feel that they are so loving, yet why does the other person not reciprocate? Almost everybody goes through this. They are very sad all their life, expecting Love from others. Reciprocation itself means conditional. When the mind is conditioned, how will it relate to Unconditional Love?

After so many years, finally, it all made sense and I truly understood the essence of this quote -

'Don't expect from others or depend on others for something that you already have in your possession, your assets, bank balance, reward - Love that, which you can share and enjoy with yourself and others in abundance. All you need

to do is connect, unearth, collect and imprint in your heart.

You are dependent on either a second living being or others or things for everything to live a life on this earth. The only emotion that you can access from your own SELF is LOVE.

Unfortunately, you expect Love from outside sources whereas for all other things you claim to be Independent. You lecture people on how to be independent, whereas when they seek love, you sympathise with them and feel sad for them, instead of helping them to be confident and independent.

Only when you connect with the unconditional Love within, will you be able to share and express it to others. When you understand your own Love, you will be able to relate to the love you get from others or expressed by others.

The major psychological issue that is storming the world today is not being loved. This is



especially seen in present generation kids. They are so confused. They are not taught how to connect Within. Life has become very mechanical. Expressing Love has become very material. Buying clothes, toys, vacations, food, treats, gifts, etc. are considered expressions of love.

These do not satisfy a child's emotions. The child craves for more. This is because the child is not taught the meaning of Pure Love, acceptance, and satiety. This has gone to the extent that the kids - at least in the western world, do not want to relate to their gender anymore. Kids do not even love being a girl or a boy anymore. Even in job applications or any official forms, there are multiple choices when it comes to gender.

The feeling of satiety will come only when one accepts themselves first. As Sadguru Dr. Mangeshda says, 'accept yourself as you are'. When you are in touch with your infinite bliss Within, you will feel more stable and uplifted.

Physically, when enjoying love from within, our endorphins increase, our hormones are happy, immune system is strong, circulation and entire metabolism is healthy. Our Ojas and Tejas expand, make us look young, energetic and reflect our beauty from Within.

On the contrary, when we are sad or angry, constantly searching for love outside, we end up inheriting Stress.

The Stress for Love from others increases our Stress Levels.

When the body goes into stress mode, it produces more cortisol. Cortisol is mostly stored in fat tissues. Normal cortisol levels help maintain energy, immunity and metabolism.

When we are constantly sad or stressed, our body starts to store fat to produce cortisol to handle future stressful situations. Many research studies say that the major reason for weight gain and obesity is related to stress and cortisol connection. High levels of cortisol due to stress triggers obesity, insulin resistance issues, muscle weakness, fatigue, thyroid dysfunction, increasing LDL, bone issues etc. - in short, entire

body functions are affected. The immune system gets compromised and the body goes into inflammation mode producing acidic inflammatory toxins.

There is a thin line between Selfish Love and Selfless Love. Selfless love is the Unconditional Love we experience from within. Love, when it is selfish, restricts us from growth and evolution, increasing stressful emotions.

So, we should not complain about not being loved. Like us, the other person is also searching within to connect and experience the bliss. Only when we experience something, can we share it with others. Only when we understand, we will be able to connect with the abundant Love that exists everywhere.

Acceptance leads to Contentment. Contentment brings out Bliss. The expression of Bliss is Love. Love is a silent subtle expression and not a loud declaration.

Our Sadguruji teaches/insists during every session - be it Yoga, meditation, Kriya yoga or Satsang, as to how to connect and experience the Unconditional Love from within and distribute and share it with others for world peace.

Birth after birth we search for this love. In any of the births, blessings from the Universe connect us with our Spiritual guide, Master, who is Unconditionally loving to teach and inculcate in us the urge to experience the same.

Thank you, Sadguruji, for teaching this valuable wisdom through different modalities - Kriya Yoga, Meditation, yoga, ESP sessions and various other programmes. Thank you, for your Unconditional Love, Unconditional forgiveness and acceptance. Seeking your blessings for my continuous spiritual growth embracing the knowledge and spreading the Love within and with the entire world.

**Happy birthday Sadguruji!**

**Congratulations on the silver jubilee of 'The Awakening!' magazine.**

Pranams at thy Lotus feet.

**Shambhavi Kriyaban, Connecticut, USA**



## Life Transformation Through Kriya Yoga

I still remember the first time I heard about Kriya Yoga in 2002. I was in college and crying over not getting top marks in my exams. I was curious and instantly drawn to how Sadguruji explained Kriya Yoga to be the answer to all queries and the uniqueness of the Five Fold Path that any practitioner can follow. From the moment Sadguruji granted me the boon of Kriya Diksha, my life has always been filled with curiosity to learn and experience life fully.

During the initial days, meditation was a struggle between sleep and my mind's projection of the outer world and its battles and self-identity. It was forceful control of the mind. I used to focus more on the material benefits and material experiences while still attuned to learn spiritual lessons.

By Sadguruji's grace, teachings and scoldings, through Kriya classes and by learning through relationships, growing through Life failures/challenges, through Covid and health challenges and especially through the unique meditation classes conducted by Sadguruji, the beautiful Inner world has formed a new meaning and existence in Life. **Through Grace of Sadguruji and Divine Science of Kriya Yoga, the outer world seems transformed from within.**

Thanks to the pandemic, we got the unique opportunity to fill our life moments with many classes conducted by Sadguruji - from Pranayama to Sanskar Sadhana to Kriya Classes and Intense Camps. Sadguruji slowly peeled away the layers of ignorance and wrong thinking patterns through constant channelising of our Chitta. I am deeply indebted to Sadguruji for this unique gift that continues in the form of Yoga, Meditation and Kriya Classes. They cleanse the mind, instill the right habits and ensure that Sadguruji writes on a clean page and moulds us to become better than the previous day, month and year.

Because of Kriya Yoga, life's challenges and failures appear as a unique opportunity to learn, return to our roots and re-trace steps.

Challenges seem accomplish-able through positive attitude and faith to pull through even during the darkest and loneliest of times. Many biases and preconceived notions slowly disappear. I used to think of spirituality as complex and requiring a lot of Tapasya. It still requires Tapasya and constant Sadhana, but **Sadguruji and Kriya Yoga have made action-experience in both the spiritual and material-World - simple, practical and effective.** Sadguruji has taught me how to really give my 100% to everything while being detached to its outcome. I remember seeing a poster where Sadguruji said there are three negative emotions and only one positive emotion - Happiness. Gradually, we get to experience this Happiness in every aspect of life.

Sadguruji once told me everything happens for the best. I was very naive to not understand this message. But after experiencing life and through Kriya reflection, I am able to appreciate that Life's Design is always perfect to teach us through the right mix of people, attitude and circumstances. Everything does happen for good; we just do not have eyes or the right perspective to appreciate it.

**The learnings of Kriya Yoga permeate all aspects of Life** - thinking, planning, and acting. They help clear confusions that cause a split between thought, word and action and make one more focused on every activity.

Kriya Yoga is the best path for mental peace and experiencing Divinity. It is simple, effective, pious, pure and is the indelible part of existence now. We are indeed very lucky to have been chosen by Sadguruji to hear His Holy Thoughts and to Learn Kriya Yoga and the right way to lead life from Him.

My life is indeed like a ship in the ocean of Kriya Yoga. However troubled the waters, however unclear the path, I have faith that through the unconditional Grace of Sadguruji, a sure-shot path becomes visible to lead to the Destination.

Preeti Hariharan, Bengaluru



## Path of Kriya Yoga

Once our basic needs are in place, most of us look for something beyond material happiness. Something from within calls us and invites to an exciting Inward journey. I also felt this desire a few years ago and my journey started by reading books of famous spiritual masters. Although these books increased my interest, but they could not tell me how to go about this, that was the time when I desired to have a spiritual master. While India is known to have produced many spiritual masters, we also have many fake ones, so I was worried and not sure how to choose a right Guru. Luckily, a friend of mine came to my help and he introduced me to a Himalayan Yogi, His Holiness Sadguru Yogiraj Dr Mangeshda.

Sadguruji initiated me into Kriya Yoga and after that my life changed for every moment. Kriya Yoga is a scientific path to pursue our spiritual journey; it is not based on blind faith but pure science. Kriya yoga helped me understand how our body and mind works, I also learned the best way to keep our body and mind healthy.

My job is very stressful and I need to interact with top management on various critical and sensitive issues. **Kriya yoga practice not only helped me to manage my stress levels, but it also gave me mental clarity that helped me in innovative thinking.** I started to make a lot of progress in my career. Thanks to Kriya Yoga, I was also able to reverse some medical conditions like Diabetes and Thyroid autoimmune.

By now, you may be thinking, how Kriya Yoga helps in spiritual growth. Although there is a lot of literature and books on this, I would keep it simple and explain it based on my experience—here are my key callouts.

1. A regular practice of Kriya yoga improves the health – both physical and mental. It works at hormonal level and puts the person in some sort to balance that restores overall wellbeing. As mentioned earlier, I was able to completely remove diabetes and thyroid autoimmune, just by regular practice of Kriya

Yoga.

2. It helps to improve mental clarity and we start making better decisions. We can handle stressful situations with confidence and without losing our peace of mind.
3. It boosts energy levels and we can be more productive throughout the day enabling us to spend quality time with our family and loved ones, thus improving the quality of life.
4. Every time I get up after doing my Kriya, I see some form of transformation, I see a better version of myself.
5. The best part of Kriya Yoga is that it does not interfere with one's religion or belief system, we can be from any religion and practise it. Kriya Yoga will strengthen us and support us.

Having said this, I am sure you may now be thinking what you need to do to learn Kriya Yoga—well, here is the way.

1. You need to approach an authentic spiritual master (like our Gurudev, Sadguru Yogiraj Dr. Mangeshda) who can initiate you on this pious path.
2. You need to be committed and be regular in your practice.
3. Kriya Yoga also calls for some discipline from a Kriyaban (one who has taken Kriya Yoga Diksha), while the word disciple may look scary, but from my experience I can say that these are simple and easy rules that anyone with interest in spiritual growth can easily follow.

I consider myself to be lucky, not only because I am a Kriyaban but also because I got Kriya Yoga Diksha from Sadguruji, who is a Himalayan yogi. His weekly Kriya classes help us to remove doubts and stay focused on our journey to self-realisation.

So, if you are interested in starting your spiritual journey in a scientific and easy way, I strongly recommend Kriya Yoga. It undoubtedly would be the best gift you can give to yourself. Once I





started Kriya Yoga, I liked it so much that I introduced my whole family; today my wife and kids, all are Kriyabans and they practise Kriya Yoga under the guidance of Sadguruji.

I thank my Sadguruji for initiating me into Kriya Yoga and guiding me on this Ultimate path.

Salutations to my Gurudev!

Sunil Hakhu, Melbourne. Australia

## Sadguruji's Special Gift

**Hari Om!**

Exactly 9 years ago, on 30<sup>th</sup> December, our Aaryan got blessing of his life. Today, when I look back and recollect, Sadguru Dr. Mangeshda, himself was not keeping well (He was battling with brain tumour, a life and death situation), yet he was taking care of Aaryan. Out of 7 children admitted in one hour (5:000 to 6:00 PM) at Mohite Hospital, Panvel, Navi Mumbai, **only Aaryan survived**. The incident is very fresh in our memory even today.

Sadguruji taught us a very important lesson of life. We, all the members of Kore family, are the receivers of this precious gift in the form of our son. Aaryan's recovery and fight for his existence was supported by Sadguruji all the time. Sadguruji taught us how to fight and overcome the challenges. When Aaryan was about to complete one year, his immunity was very low and we needed to admit him in hospital several times. Sadguruji gave the reference of doctor and we could stop frequent halts to hospital. Last year, after bestowing 4th level Kriya Diksha on some selected Kriyabans, Aaryan was cured by

Sadguruji with special Rudraksh treatment for critical pneumonia. The way Sadguruji is taking care of all of us cannot be put in words. Thank you, Sadguruji, for all your blessings and love.

We have been missing 'How to be Happy' programme, in which Aaryan's Birthday was celebrated, on 30th December.

In Sadguruji's most successful ESP programme, I got a click to learn musical instrument. It was my desire to learn Tabla from childhood, but due to some unknown reason, I was not able to start my learning. Due to Sadguruji's encouragement, I could make up my mind and give priority to my inner liking. My inner liking was supported by Sadguruji. I received precious gift of Tabla Instrument from Sadguruji. The Instrument which has been touched and practised by Sadguruji! I will worship this instrument with my Sadhana. I will try to be a good student. Thank you, Sadguruji, for your blessings and Prasadam in the form of the instrument.

Jai Gurdev!!! Koti koti Naman!

Jitendra Kore, Panvel

## Selfless Seva

**Hari Om!**

Since last couple of years, I have been going for doing Seva of Varkaris. You may be knowing, the Pandharpur Vari is an annual pilgrimage in Maharashtra, where, in the month of Jyeshtha, millions of devotees - young and old - embark on a tedious long journey, walking several hundred kilometres to reach the town of Pandharpur on Ashadhi Ekadashi. They worship Vitthal, an incarnation of Lord Shri Krishna. It is only because of their unwavering devotion and determination they are able to complete such a long tiresome distance. **They walk in a specific rhythm**

**constantly chanting Lord Vitthal's name, by sheer strength of their devotion they manage to cover that much distance!**

On their way, at night, when they halt to take rest, village people offer them food and try to reduce their fatigue with massage etc. In cities we do not get such an opportunity to offer our seva -service. I consider myself fortunate to get this opportunity to serve these tired Varkaris. It is an extraordinary experience. I am grateful to our Sadguruji from bottom of my heart for encouraging us for doing seva to karis.

This year, one month in advance, we had started



making arrangements to go. Till the last minute we were surrounded by negativities. We were chasing for vehicle to accommodate everyone. There were last moment cancellations. I was down with fever and weakness; somehow, we managed to proceed ahead, keeping full faith in Sadguruji.

Next day morning, when we visited the spot that we had fixed for offering our seva, we found that another group had already reached there and started offering their seva; that too with good number of people and literally doing seva of 20 plus people at a time. This pushed our morale down. Though we all had clear intention to do the seva, still, till evening we were all confused how to proceed ahead and what exactly to do, because we were all out-numbered with not much experience of such event.

The real positive turn came up at the very moment when we placed our standees. A person from one of the Dindis approached us enquiring what the standee is for, we just explained that we intend to do seva, by doing massage of karis as seva. The moment we started the Seva, instantly all the people from i approached us and gave the opportunity to us.

Here I would like to specifically mention that the second person I served, in fact charged me up. As

I am a novice in this seva literally, I was not aware about how much pressure to give, so every time I used to ask the person to let me know if he feels any pain or whether it is okay. He just simply replied, 'don't worry about the pain; I'm here only, you do whatever you want to do as seva'. And we came to the conclusion that we are not doing the seva, Sadguruji's blessings are getting it done from us. Every person we are serving is like Sadguruji only, sitting next to us.

That one day seva actually filled us with the connection between the Varkaris and our team. We were really lucky to be blessed with the love from the people of Dindi, they were literally treating us as part of their family. When they left, they left with the promise to meet next year at same spot, that kind of bond was developed between us within just few hours. It is really hard to express this experience in words. Their Bhakti, simplicity and love were infectious, we got immersed in them! Oh, what an amazing experience it was!!!

Koti koti pranams for making us a part of this pious activity. Thank you, Sadguruji, for everything you are doing for us.

Jai Gurudev!

Vishvprakash Medge, Mumbai

## Guru Bhakti

The purest form of love can be experienced if one has the right Guru in life. How many such relationships are there in life, where there is no return expected by the other? How many relationships do we experience with unconditional love?

My Guru, Sadguru Yogiraj Mangeshda has shared often that the following techniques of yoga can be done by any good student, but the most difficult thing is 'Guru bhakti'. As we live our day-to-day life, we get to realise this truth. Initial years, like in any relationship, comes with its curiosities to know more about our Guru and his teachings. And then, one struggles to follow consistently and struggles with the journey towards meeting commitments on discipline. It is not easy not only to maintain the faith but also

continuously follow! We either fail to maintain our consistency in practising the teachings or get distracted with other paths in our life.

The way I have understood Guru Bhakti, it is a continuous and heartfelt practice of submission to our Guru in order to learn the discipline towards attaining spirituality or wisdom.

**He is always with 'me'** -The most beautiful feeling of having a Guru is that even though we are a part of a community of people who have the same Guru, each one of us still feels that my Guru is always with me. This realisation becomes stronger when we see the persistent and consistent attention, love, teachings and blessings from our Guru. Sometimes, we do not even know that he is watching over us. It is



astonishing that the number of followers or students keep increasing but individually we will never feel that his love or attention has been divided, if we are connected with him. It is both driven by our faith in him and his ability to have an equal focus on each one of his people.

**Stay connected** – To keep up the faith in Guru, one has to stay connected with him. Human tendency to digress with other relationships, events in life, get hurt by closed ones, survival issues, family issues, etc. is normal. One will keep getting swayed with different emotions in life and hence staying connected to the Guru will help us ‘hammer’ the gems of wisdom on our mind on a continuous basis that eventually neutralises the upheavals. Connection, though has a very different meaning in today’s era when social media has rephrased the way we define interactions. Connection with the Guru has a deep meaning which is not dependent on just a social media messenger platform but believing in the intensity of the spiritual methods taught by him to connect- whether it is in a simple Guru mantra or heartfelt chanting.

**I will always be protected** – This belief has become so strong now when we see Sadgururji sharing during yoga classes, about how he is mindful about each one of us in our tough times of health or family/personal exigencies and we are able to witness the immunity we all have, being with him. **I recall one class where he was sharing that a lot of us are getting sick with the widespread diseases and he taught us to ‘fight fearlessly’ because ‘I will not let anything happen to you’.** It moved me tremendously. Even though we know this but when we witness our Guru emphasise it, we feel the unconditional love that is beyond any other relationship around you.

**I do not need to ask** – In our culture and customs around us, we have always seen people run to temples or do rituals because they want to ‘ask’ for something happen or possess in life. This has an unknowing influence on us that when we get a Guru, we repeat the same process of ‘asking’ for every little, unimportant, important

and urgent events in life. However, as we grow in our Guru-disciple bond, as we understand and deepen our faith, we realise the importance of our Guru knowing all about us if we stay connected. We all need to reach a stage, where our faith is so strong that we do not even need to ask for anything and believe that since he is watching us, he will help us walk the right path. May be, there are difficulties on the way that could be our test, but ultimately, we will be blessed with what we want or deserve. Sadgururji says he never asks from his own Guru because there is no need to ask. I am wondering if all of us are able to reach that stage, then the sense of ‘freedom’ we will experience will be beautiful.

**Just follow** – It is liberating when people are able to ‘surrender’ completely to their Guru and live in endless joy. Different people perceive, absorb and respond differently to the Guru and his teachings. We are all in our own personal journeys of overcoming and dealing with our life’s events. We have been part of a competitive race for our survival issues and hence the tendency to analyse every relationship, every good or bad event that happens with us, makes us fall in the trap of even analysing the teachings or methods of our Guru. Intentionally or unintentionally, we may be tempted to know the reasons of why he is teaching a certain technique or testing whether he knows about our difficulties. But we often forget that it is beyond our range of comprehension and just the faith will eventually drive our commitment to ‘just follow’ without analysing. **The holistic way of living is in the ability to let go of the intellect and interpretation.**

We seek your blessings Sadgururji, that we are able to cross each of these traps and hurdles and undo some of the patterns we have learned growing in a social community. We all hope to enjoy the sweetness of your presence in our life and achieve Gurubhakti in our every breath and way of life.

**Hari Om!**

**Mansi Sabharwal, Noida**



## Guru-Kripa

Recently I came across the following lines which really touched my heart as I was reading them:

### 'What is Guru-Kripa?

Money, luxurious houses, expensive cars and money are not Guru's grace.

Any crisis and disasters in our life which disappear without our knowledge, that is Guru-Kripa.

Sometimes, despite bumping into a crowded place during the journey, we somehow escape falling and we balance ourselves. The balance that saved us from falling is Guru-Kripa.

Whenever it is hard to get even a meal for a time, we still get to eat a full stomach, that is Guru-Kripa.

When we are pressed under the burden of many difficulties, we still feel the strength to face them, that strength is Guru-Kripa.

When we are about to give up and think that it is all over, then, at the same moment, we see a ray of hope and we get ready to struggle again. That hope is Guru-Kripa.

When all our relatives leave us alone in times of crisis, a Guru-Bandhu (a person, who believes in the same Guru) comes and tells us, 'You go ahead, we are with you.' The courageous words of that Guru-Bandhu are Guru-Kripa.

When we are at the peak of success, full of money and happiness, even that moment we feel grounded and humble. That is Guru-Kripa.

Guru's blessings are not only having health, wealth and success, but when we do not have these things, we still feel happy, contented and blessed ourselves. That grace of Guru is Guru Kripa.'

So true!! I feel what my beloved husband Haresh and myself have gone through and how we have managed to face the problems, are good

examples of Guru Kripa.

Guru Kripa is wonderful. I have experienced it many times in my life. Myself and Haresh had very tough times, mental stress, leading to physical health issues. But both of us faced these tough situations calmly because we had experienced that our Guru, **Sadguru Yogiraj Dr Mangeshda**, was with us protecting us at every step.

People often used to ask, 'you have so much faith in your Guru, then why so many problems?'. Haresh would say, 'God (Guru) knows everything. My difficulties may be due to my previous karmas, which are being cut. We are extremely fortunate to meet in this life our Guru who has been giving us strength to face the problems calmly.'

It is our firm faith that our Guru has helped us sail through those problems. I continue to feel his presence and protection all the time. My life is full of such difficult situations when only with Sadguruji's Kripa we were able to face all the tough challenges.

I remember, many years ago, we had gone to Char Dham with Sadguruji. Just before a few days of the start to trek to Yamunotri, which is the toughest and long trek, suddenly I found myself in difficult situation, with lot of pain. I did not know what to do. How could I climb with so much pain? When I told my Sadguruji, he asked me to continue the trek. And I did full day trek without any difficulty. Even in such instances, I have received Guru's help. I am blessed to have such benevolent Guru in my life! Thank you, Sadguruji, for being with me always, showering your blessings and protection! I know, all his disciples will have such umpteen instances where they have experienced Guru Kripa.

Jai Ho, Sadguruji! Hari Om!

**Roopa Teckchandani, Mumbai**

Explore darkness and see yourself as a shining soul. You will find that infinity lies within you.

**- H.H. Sadguru Yogiraj Dr. Mangeshda**



## Kriya Yoga – An Adventure

My humble and most reverent pranams to my Sadgurujji!

Kriya Yoga is an explorer's most exciting path when you really think about it. It is a real challenge when you want to get away from the mundane, everyday interactions and dive deep Within. Not being used to looking at ourselves in a critical way, we learn to seek the comfort zone and often fall within its clutches. We rarely step out of it, nor dare to, unless something pushes us to unwittingly step outside the zone. All that is pleasant and comfortable seems so distant when we embark on a journey of the spirit – trying to explore it, understand it and eventually, reach our goal.

First, our most frustrating struggle is to accept and win the earthly struggle. There are colossal mountains of self-doubt, whether we know what we are trying to escape, trying very hard not to go back to our old ways of thinking and seeking comfort. The mountain challenges us at every step – and we struggle to ascend its steep slopes of material comfort. Our quest for riches and attachments slowly and steadily turns into a stern determination to go beyond these. The mountain still throws blizzards of temptations at us – in the form of earthly and material riches, attachments to living and non-living alike. The spiritual seeker in us, at one stage, must realise that this is no ordinary mountain that we can climb alone. Just when we think that it is time to give up, our Sadguru appears in all His glory to hold our hand and lead us onwards. He does not push us – but gives us enough strength and wisdom for us to discover our inner strength and go beyond material limitations. With renewed vigour, we ascend the mountain and are quite sure that we have passed the greatest hurdle – little do we know!

The lure of the water attracts us – whether it be a calm, serene body of water or a turbulent river crashing down from unknown heights, uprooting everything in its way and carrying them to an unknown destination. This seems more dangerous and serious than the steady earth.

Every day is a new challenge to us – the desires only seem to intensify more as we start dealing with the water. At least with the earth, we can see what is ahead of us and adjust our course accordingly. With the gushing river, we cannot even imagine what the next turn throws in our way, whether it be temptation or the lure of pleasures, or whether it is going to submerge us to depths from which we may not return! The water tries to defeat us by its very fluid nature – once we think that we have got an idea of how it runs, it changes its course and throws a new challenge at us. We must navigate the rapids, get out of the way of submerged and towering boulders of attachment and alluring delights and navigate to reach the firmer ground. Unless we have a very strong will and determination, just going with the flow might take us to dangerous destinations! We must be constantly on the vigil to grab and steadfastly hold on to our convictions and our right to escape the clutches that the water has on us.

Having successfully navigated the mighty river, we think that this is the worst experience we have faced. We congratulate ourselves on escaping the water's influence on us, thinking that the going will be easier from now on. Nature laughs at us, and the universe is ready with our next challenge in the form of the mighty fire!

The desert looks mesmerizing in its monotonous nature and we think that it should not be as hard as the river where we did not know what to expect. That is the lure of the desert – you are little prepared for the scorching heat, the sandstorms, the illusions in the form of oasis that make us think of pleasures – but vanish as we rush towards them. Just as in water, there is no way for us to see where we are going – we become disillusioned with the sheer monotony of the sand dunes – they look appealing from a distance, but once we start walking, each step we take is excruciating. The all merciful and at the same time merciless sun beats us down – the heat exhausts us and we long for the comfort of the water that keeps us cool! But turning back is not an option and unless we move forward, the



sandstorms are going to bury us and leave no trace. We move on with whatever little resolve we have, always hoping for progress and the distance only seems intolerantly too much to navigate. At this stage, we are past caring, but keep marching on relentlessly and just focus on one step ahead. Eventually, after almost out of breath, emaciated, but a little better for it, we chance upon the Great Plains! The distance between the desert and what comes next seems to be the longest struggle!

Ah, what a change of scenery! Everything here seems pleasant, the gentle wind caressing our body with its soothing touch. We are so glad to get out of the sun but welcome the breeze and perk up. This too seems easy to navigate – what harm can come from the breeze? It is pleasant, it soothes, it makes us feel alive again and with a jaunty step, we start again. Dreaming of pleasing sensations, easy paths and lifting emotions, we continue our journey. What is this? Is the wind picking up speed? Where did the gentle touch go? We are alarmed at how quickly the lull in the journey deceived us – now it is blowing with the force of a thousand gales! We hardly seem to touch the ground – we are being pushed one way and another – just like the river that tossed us here and there with its force! At least with the water, we know what is pushing us around, but with the strengthening wind, we do not even know what is happening. At one time we feel that we are rooted to the ground, the next moment, we do not know whether we are being carried or pushed and do not know in what direction. Unless we anchor ourselves steadily, the wind seems to wreak havoc on us! We start noticing patterns – and then with growing confidence, with the lessons learned from our spiritual preceptor, we learn to navigate the wind. It is difficult at first – it takes a long time to unlearn irregular and jarring patterns, but step by step, with great effort, we learn to master the vagaries of the wind and renew ourselves with the correct patterns. Now it becomes a lot easier to move and we suddenly realise – the part of us that

used to worry, feel anger or wallow in self-pity and sadness, no longer has any hold on us. Our head seems clearer – and we can think with focus, able to concentrate and move on! We congratulate ourselves on being able to escape the clutches of the fire and are no longer afraid of the wind. Everything seems clear now – and we march on!

We suddenly realise that we are in a well-lighted cave – we do not even realise how we entered the cave. We stop with awe – the cave seems to go on endlessly – we notice how high the ceilings are, sometimes cannot even see the ceilings. We have no fear that we are alone in the cave. Even though the cave is infinitely spacious, we do not fear the shadows or what surprises they may hold. The wind journey has cleared our head so much that now we only feel wonder, safe in the vast space that is the cave! We notice that the space is so pervasive, and the openness welcomes us with every step. We feel a tingle of excitement navigating the cave. Even though there are a million offshoots of the cave, we seem to know by intuition the correct way to move forward. What appears as a tiny glow in the distance, seems to increase in brightness as we move forward. We are eagerly looking forward to what is emitting that light – but there seems to be no source! It is just a glow, growing increasingly brighter and we wonder whether we will be able to see in all that brightness. It is not the burning brightness of the Sun or the cooling brightness of the Moon, but it seems to be the very origin of all that exists. We gradually come to realise that we do not ‘conquer’ the space – but we eventually feel one with it. The brightness embraces us in its infinite grace and warmth. We come to realise that the awareness of the space everywhere helps us understand what we have left behind – our ego, our fears, our shortcomings and our lack of faith. We have learnt to trust with faith – and suddenly become aware of the fact that we were never the lone journeyman – our guide has always been with us, correcting our course when needed, gently

Mindfulness, consciousness and micro consciousness help in positioning yourself towards Satchidanand - the truth, knowledge and bliss of existence.

- H.H. Sadguru Yogiraj Dr. Mangeshda

**WISHING REVERED SADGURUJI  
A VERY HAPPY BIRTHDAY.  
MAY HE CONTINUE TO SPREAD THE POSITIVITY  
AS ALWAYS!**



**"Strongly believe in what you wish to create.  
You achieve what you think you can."**

**- Param Pujya Sadguru Yogiraj Dr Mangeshda**

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Use the immense divine potential  
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into a beautiful sculpture of divinity.

- H.H. Sadguru Yogiraj Dr. Mangeshda

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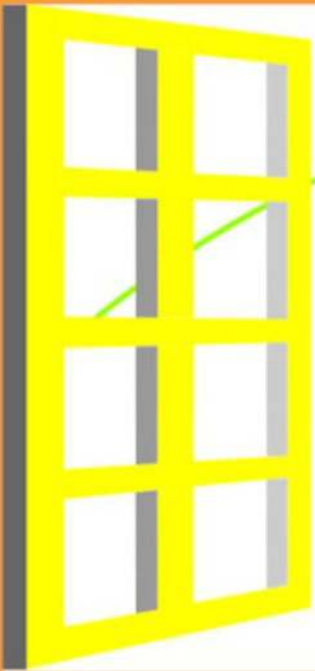
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# Koti Koti Pranams at the Lotus Feet of Sadguru Dr. Mangeshda



From  
**Mr & Mrs Jayakumar and Chandrashekar**

**MESSAGE FROM  
MANGESHDA UPASANA CENTRE, KOZHIKODE**



**Wishing Sadguruji a very Happy Birthday**  
Seeking Your Blessings,  
Devotees

Contact No: 9447094953, 9892371274

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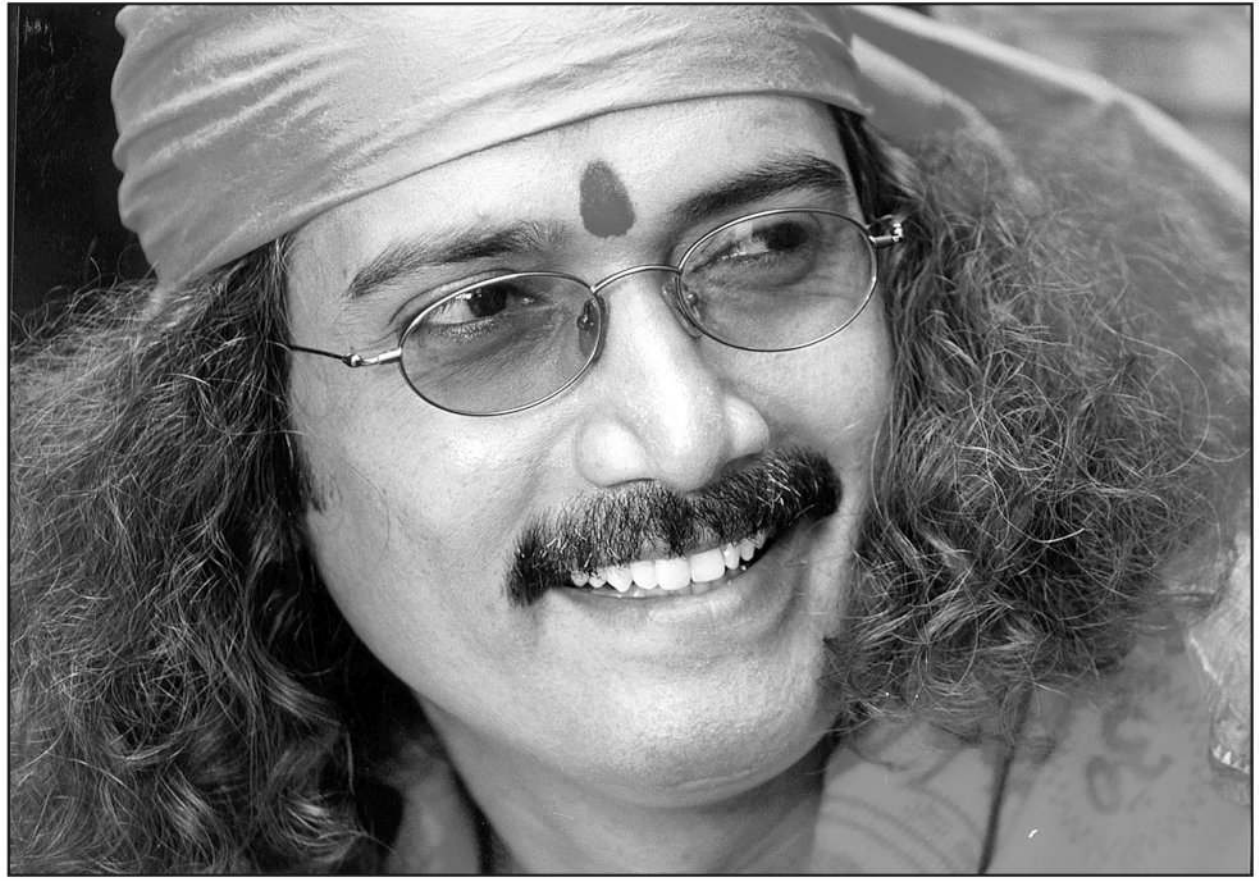
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**OUR HUMBLE PRANAMS AT THE  
LOTUS FEET OF SADGURUJI**



**A VERY HAPPY BIRTHDAY**

——  
*Amarchand R. Agrawal*

<i>Ashish</i>	<i>Adarsh</i>	<i>Sanjay</i>
<i>Sulekha</i>	<i>Zankhana</i>	<i>Shashi</i>
<i>Ishita</i>	<i>Hardik</i>	<i>Divij</i>





pushing us when we doubted ourselves, giving us confidence that we can do it, and ultimately blessing us with the courage to explore ourselves!

**Congratulations on the Silver Jubilee of 'The Awakening!'**

**Hari Om!**

**Swanand Kriyaban, Connecticut, USA**

## Harnessing Conflict For Positive Transformation

Throughout the history of mankind, what has come across prominently is the constant state of conflict. Through all ages and all civilizations, conflict has conspicuously marked the path of human progression. Whether it is a battle between different rulers or settlers or between people of different origins, religions etc. Humanity has always been at war.

This war also confronts us through all our ancient stories and the great epics which have mythological status. Whether it is the Kurukshetra war in Mahabharata or the battle between Ram and Ravan in the Ramayana epic, the common theme is always a battle of idealogue, righteousness and interests which each side wants to uphold. It almost seems that human history itself would not have been possible without undergoing the state of strife.

Each time there is a conflict, something changes. There is a finite change in the status quo. The process itself may seem very painful and pitiful and the result may not seem to justify any reason for undergoing the change but the fact is that there is a finite shift in how individuals and societies lead their lives at the end of it.

This change can be a smaller change amounting to a larger one over a period of time. Seen as a change of an entire Yuga as denoted via the great epics as a change in times. Nevertheless, it is the change that marks the point in the chronology of history and the timeline of mankind. In this light, conflict almost seems inevitable or rather necessary for the progression or transition to an evolved state.

Through millennia of evolution our bodies and brains have been conditioned to adapt to the change by responding to it in a certain way. Perhaps that is also the reason why we are predisposed to flee or fight in the face of any

change.

Because a change is perceived as a threatening situation, a person can have either an active response or passive response to it. An active response would be characterised by an action based response where an individual is aggressive, willing to fight and overcome the situation. On the other hand, a passive response is a calm response where an individual would want to avoid the conflict or escape the situation. The key difference is in wanting to change the situation itself or wait for the situation to change. These two basic response types are also manifest in every individual in different proportions as their personality traits.

But conflict does not always happen on the outside. What happens outside takes another dimension when it resounds in our minds and goes on inside us as contemplation, thoughts and emotions. In fighting our foes in their various forms and our limitations, coming across as allegories from the war of Mahabharata with all its characters and situations, this conflict is also constantly going on inside us.

And hence the everyday manifestations of this conflict come across as resistance to doing certain things and getting into certain habits. Because in our minds, we know that the conflict is going to lead to a change and therefore we should fight it or flee it. Therefore it is crucial to recognise the impact of conflict on our lives and work towards positive changes.

One of the best situational learning opportunities and getting first hand experiences on how to handle internal conflict comes via practising Yoga. For instance, even after knowing that attending the Yoga class every week is beneficial, there are moments of resistance. The mind needs just a small escapeway which can



come from finding the right reason and justification of why I cannot attend today's Yoga class.

The moment I realise the initial thought of resistance developing, I go on full alert mode because I know this is the flight response which is being triggered and I must apply my intellect to analyse if this is a frivolous reason which my mind is trying to make up and do I need to change my response from flight to fight? Because, at the end of this conflict there would be a change and it is up to me to direct it positively.

On a very basic level, the upside of overcoming any challenge and attending the class is that I would feel fresh, energetic, light, feel motivated and get an endorphins boost. On the other hand, if I give in to the excuse that is building up, I let lethargy and stiffness of joints and muscles slowly creep in. Sadguruji has even coined a term for this syndrome. When making up excuses becomes a habit it is a disease. A disease of giving excuses and therefore he has termed it as **excu-disease**. As with any disease, we want to get cured from it and not carry it with us.

But there is more to it than just exercise and feeling fresh. After all, the Yoga classes which Sadguruji conducts are not run of the mill Yoga studio kind of classes. First and foremost, the chance to learn something from a living legend and a pioneer in the field of this science, Sadguru Yogiraj Dr. Mangeshda, is such a privilege in itself. Then there are also so many aspects of different regimens which he incorporates in a masterful way that there is something new to learn in each class, with a plethora of tips and techniques that are a fine blend of martial arts, fitness training, Tibetan and Kriya Yoga practices. His Yoga classes are unique in more ways than one. **The individual attention and detail with which he guides each and every one is a rare chance to improve ourselves incrementally.**

Then comes the part that follows after tiding over the initial resistance, when I am actually in

the class. Whenever I am in the spotlight and I am asked to demonstrate an asan on the screen, of course I want to do my best and impress the master. But if I present only my good side, I am not opening myself for critique and therefore missing a chance to improve.

This self-projection in a way is my mind trying to avoid the impending change arising from the critique. And my mind is trying to fight or flee this situation which is pushing me from how I am now to how I need to be. This is equally applicable in any other situation where we face challenges in our day to day lives.

As individuals, we are set in our ways and we tend to have a reason and justification for anything and everything we are thinking, feeling and doing. **But if I am building a wall around myself to avoid a change, then it is self-limiting and detrimental to my progress.** The way I fight it, makes it different. I have to choose between directing the fight towards overcoming it. By accepting and correcting myself or fighting it off and defending myself. Or if I choose the flee response instead, I can continue to hide by always projecting my good side. This mindset would fundamentally establish whether I want to bring a positive change in my life or not.

It is pertinent to note how the mind is getting conditioned and the way this conditioning of the mind percolates into every aspect of our lives. It is not just physical postures and breathing which we practise as part of Yoga. What remains unseen and unobserved are these subtle changes in the way of conditioning our mind received by providing a space for self-improvement and growth. Allowing us to practise overcoming challenges, transcending our limitations, continuously pushing our boundaries and enjoying the process. Hence, the pivotal role which it plays, goes beyond the Yoga class itself. The renewed mindset is the finite change with which we can approach all other situations in our lives and it also defines the way we choose to lead our lives more positively.

Ravindra Pathak, Singapore

Spiritual journey is a combination of your mind, your breath and your streamlined track.

- H.H. Sadguru Yogiraj Dr. Mangeshda



## Twenty-five Years With Sadguruji

Heartiest congratulations to Sadguruji and the team on the 25<sup>th</sup> anniversary of 'The Awakening!' It is indeed a milestone to cherish. Twenty-five years of inspirational articles, quotes by Sadguruji and sharing of experiences by fellow Kriyabans spanning across the world!

I very well recollect my journey with Sadguruji, since the time that He used to teach healing techniques, yoga and meditation. His sessions were interesting and filled with knowledge. Little did we know that He was laying the foundation for Kriya Yog. I was then an impatient, curious and typical young adult, filled with bookish knowledge. My mind used to be filled with questions and Sadguruji used to patiently answer each question.

In the year 2001, I was lucky enough to receive Kriya Yog Diksha. What a journey it has been since that time! Now, I find that the questions often get answered through His discourses or we figure out the answer ourselves after some time. The flow of useless questions has stopped, mind has become calm. There is somewhere within, the realisation that at the right time knowledge shall be bestowed. Of course, there is still a long way to go and many imperfections that I need to work on. Accepting any situation with equanimity is what Kriya Yog has taught me.

Sadguruji is extremely kind and generous. While each disciple progresses according to what Sadguruji thinks is the best for each one, He bestows knowledge generously to whoever is capable and willing to receive it. For instance, the meditation sessions every Saturday are open to all and are no less than a treasure of knowledge. Every session is unique and the new series that He has started a few months back is just phenomenal. These are all advanced meditations and every session you learn something new and precious. Every session, one more drop of knowledge is bestowed on you, you have to have

the willingness, open mind and capacity to absorb.

Be it ESP programme, Kriya classes, meditation or yoga classes, Sadguruji teaches Kriya Yog. The name of the class does not matter. Whenever we fail to practise what He has taught us, it is our loss. Sadguruji gives generously, benevolently and perhaps more than we deserve – it is our limitation that we fail to absorb and practise to the level required. And even after that, He motivates and patiently teaches us yet again and in yet another way, to make us understand. This is far, far, more than what any parent would do for their own child. And He does it for all of us, His children.

Week-ends are a time to look forward to. While for the general world it may be the time to eat and drink, or party and hang out with friends, for a Kriyaban, it is the time when we get to attend our treasure trove of classes. Yoga, meditation, Kriya and, if Sadguruji decides to conduct any special full day sessions like ESP, it is a double treat for us.

Early mornings are a time of silence, of bliss, of time spent for oneself and one for practising what Sadguruji has taught us. The test starts after that, as we slip into our daily routine. Following everything that He has taught us, even as we go through our daily chores, is the attempt. Equally important is the contemplation that He has taught us. Overall, being a disciple of Sadguruji is a lifestyle, one that enhances us by the day and develops us as a disciple and as a person.

On this path, it is heartening to find fellow disciples of all ages, be they children or young at heart senior citizens. This is a path for everyone and it is a joy to see entire families practising and motivating each other.

Listening to the sharing of fellow Kriyabans, especially on this 2<sup>nd</sup> October 2023, as we had a

*Take a pledge to blame no one for your actions, but yourself. Take responsibility of your thoughts and your reactions.*

**- H.H. Sadguru Yogiraj Dr. Mangeshda**



superb sharing session of the Kailash Manasarovar expedition, is motivational. This is overall a community of like-minded people as each of us traverse and progress along this path. Sadguruji is our expedition leader and we are all travellers with Him in this journey of life. His teachings and values enrich us and make us

better human beings.

I am indeed privileged to walk this path of Kriya Yog with beloved Sadguruji, as my master and my Guru.

**Aparna Nirgude, Mumbai**

## Yoga – The Path To Fitness And Good Health

I still remember the tough times during Covid-19 with restrictions and health challenges. It was then that Sadguruji Dr. Mangeshda decided to start yoga classes to improve our fitness levels and overall health, which was a boon for all of us. Prakash, Pratiksha and Prameet started yoga classes under Sadguruji's guidance but since I was stationed out of Mumbai for 2 years, I could not join immediately. Slowly, taking inspiration from my children, I also joined online Yoga classes.

I am really thankful to Sadguruji Dr. Mangeshda for his valuable time on Sunday evening for the benefit of those staying out of India and others in India who cannot attend the weekly morning classes. For Sunday evening yoga classes, we have participants from USA, UK and many cities from across India.

Sadguruji makes yoga so simple that everybody who joins, feels motivated. He keeps encouraging all participants which makes us feel nothing is impossible. Pranayam and meditation session at the end of each yoga session makes us calm and happy. I feel energetic and positive after each session. It takes us to another level. Whenever I practise on my own on other days, I feel that I am practising in front of Sadguruji and I imagine his each and every instruction on auto corrections and how to achieve each asana. This helps in overcoming my shortfalls, rectify my mistakes and shows me which body part I have to work on and improve.

Each session is designed with minute details. Sadguruji is aware of the health issues of each participant. He is watching each frame minutely. Each session is scientifically designed on improving flexibility / strengthening one area of our body. e .g waist, hips, shoulder, legs, back,

core and also giving tips for our spiritual progress. Sadguruji also teaches us facial yoga and also gives important information on our diet and to improve overall health. Priceless treasures which no one else can teach with such conviction and authority. These yoga sessions are full of humour but at the same time Sadguruji ensures that we stretch and twist to the best of our capabilities. Despite his marathon Kriya session since early morning, our batch many times is extended to 90 minutes because of his extra attention on new participants. Thank you, Sadguruji, for your valuable time for conducting the yoga classes especially on Sunday evenings. I always felt that I was unable to do many asanas and lacked flexibility. But Sadguruji's minute observation and guidance has made me overcome this feeling. I feel very energetic and refreshed after every class. Thank you, Sadguruji, for your love, guidance to all participants and patiently teaching us to work towards achieving perfection of each asan.

It is very inspiring to see other participants, of all age groups, from kids to senior citizens, who are performing well. They motivate every one of us. This yoga family is an extended family where everyone takes care of one another and we feel happy for each other's progress and encourage one another. Thank you, Sadguruji, for creating this lovely family with so much love.

Yoga practice has helped improve my flexibility, concentration and confidence levels and it motivates me to improve on a daily basis and slowly move towards perfection. Feel very good when others compliment me on my weight loss and when ask me the secret of the same. I mention, it is only because of the yoga classes conducted by Sadguruji Dr. Mangeshda, who has



more than 5 decades of teaching experience and is the most sought-after Guru in the world. We are very blessed to have been accepted as Sadguruji's disciples and getting to learn so much in every class. His scientific way of teaching yoga, why and how one should stretch, what are the benefits, who should not do a particular asan and why, the importance of pranayama and meditation (which was a life saver especially during and after Covid)- we could not have asked for a better teacher than him. It is now up to us how to practise it in the remaining days of the week to enjoy the benefits.

A few of my friends have also joined yoga classes and are enjoying them very much. I would sincerely and highly recommend to everyone to please join the yoga classes conducted by Sadguruji Dr. Mangeshda and experience for yourself. These classes are very unique and special. Come, experience for yourself and motivate others to take advantage. For further details, kindly login to our website and contact our organisers.

**Jai Gurudev!**

**Pratima Irde, Mumbai.**

## Divine Grace

**Hari Om!**

I wish to express my gratitude to my Guru, Sadguru Yogiraj Dr Mangeshda. Sadguruji, I am ever so grateful to you for accepting me as your disciple by bestowing precious pious Kriya Yog Diksha! It is a long list of the benefits and positive things happening after I started practising Kriya Yoga.

To start with, I will go back a year i.e. in September/October 2022, when I was diagnosed with acute case of thyroiditis struggling to even do my regular routine things. I was in pain, fever and had a feeling of helplessness. In those one and a half months, yoga class was a distant thing and a big task for me. I could come out of this situation only because of Sadguruji's guidance, whether in Kriya or Yoga sessions. I was also asked, 'how can you be out of medication within 6 months for a thyroid issue? Once you get thyroid, it stays with you throughout your life time'. But with Sadguruji's guidance and teachings this has been possible that I am out of medication completely and am also cleared of thyroid as well. Sadguruji guides us and says that 'Follow a regular regimen of morning meditation, exercise and practise unconditional love and forgiveness. Life is priceless and is one time opportunity' In yoga sessions, Sadguruji sees that every part of our body is exercised and is taken care of by giving us the benefits of each and every asana and also letting us know for which illness it is beneficial.

Recently, I had been to Sabrimala in the month of August 2023. While climbing the mountains I realised how much Sadguruji goes in detail in the yoga sessions to strengthen our legs and increasing our stamina levels. This is where I could measure the strength of my legs and the stamina level. Also, Sadguruji has been telling us in Kriya classes that 'Integration of different elements balances the energy within the body when you bring conscious attention to your breath', which I could feel and experience here while climbing at Sabrimala. I could easily complete this task of climbing up and down without any after effects of the same.

We witnessed a miracle during this pilgrimage to Sabrimala. My mother, who could not walk even a few steps, travelled all the way to Sabrimala (mountainous climb for her was in doli) and climbed the pious 18 steps of the temple and then travelled back to Mumbai in three days' time (10 to 12 hours of travel each day), without any difficulty while travelling. Sadguruji, we have no words to describe what we witnessed but we can just say that you took care of us all the time so that we have a peaceful and divine darshan! I strongly believe, Sadguruji was always there for us like a guiding angel and took care of us every time, everywhere, without even our knowing about it.

I had the intention of taking my mother to Sabrimala. I surrendered completely at Sadguruji's Lotus feet and he took care of



everything that happened before going, during 41 days of rituals to be followed and till the time we came back. It was also a test for all of us as we all were unwell during the last 3-4 days before and till the day of travel to Sabrimala. Sadgururji always says that 'The intensity of the mind is beyond any Mantras and can create miracles.' Our intention was so strong that the negative thoughts did not come to our mind and we were working on how to improve the situation. It is only Sadgururji's grace and blessings that helped us wade through this kind of a situation.

In the past, I used to get migraine attacks even with a slightest exertion. I could not do anything a normal person would do. So, I would avoid myself from doing a lot of things and had a big list of 'Don'ts'. I would just pop a painkiller on the onset of a headache so that it does not convert into migraine attack later. Now the scenario is

different and I am out of medication completely. This is all because of Sadgururji's teachings and guidance.

With the regular practice of Kriya Yoga and attending yoga sessions, now my energy levels are high and I can feel the freshness throughout the day, in spite of hectic schedules at work/home. I can do my work so much better than what I could do in my earlier years. Gratitude to you, Sadgururji, that you have given us knowledge in so much of abundance! We should have the ability and wisdom to make the most of it.

I have no words to describe the blessings and grace Sadgururji showers on us. Gratitude to you, Sadgururji, from the bottom of my heart, for taking care of us and all that you do for us.

Koti koti pranams at your Lotus feet, Sadgururji!

**Usha Ajit, Mumbai**

## Unceasing Sculpting by the Master

Through His continuous classes on Yoga, Meditation and Kriya Yoga, Sadguru Yogiraj Dr. Mangeshda ji has been unceasingly working on our physical, mental and spiritual fitness. This is similar to how a sculptor moulds an ordinary stone into a beautiful work of art. The sculptor works on the stone every day, removes unwanted parts and lo! One day a beautiful image presents itself!

Sadgururji's yoga classes are one of its kind in this world. His detailed explanation of every asan, its benefits, do's and don'ts for every asan are the topics that will not be taught anywhere else in the world. He introduces elements of His martial arts background into some of the exercises, which give that additional twist and dimension to some of the postures. Regular practice of Yoga under Sadgururji's guidance has made me feel stronger and fitter than before. My balance and suppleness have improved.

Sadgururji's quest for perfection has made me practise asans to the best of my ability. I am in a constant interesting battle to keep improving my Yoga practice. In addition to asans, Sadgururji also teaches us Kriyas and practices to purify our

body and release toxins for a pure and healthy life. His tips on diet and views on a holistic approach to good health are fascinating. Of late, Sadgururji has started introducing rare exercises to awaken the kundalini.

If Sadgururji's yoga classes are phenomenal, His Kriya Yoga classes are simply out of this world. Sunday early mornings spent sitting virtually at the Master's feet listening to His pearls of wisdom is the joy without comparison. Step by step, Sadgururji peels the layers of darkness from our minds and illuminates them with the flame of knowledge. All of us truly experience the line —'Tamaso ma jyotir gamaya'. Deep spiritual secrets, how to live life nuggets, time management are all woven effortlessly in each Sunday morning class. Each class charges our spiritual batteries for the week.

Thanks to the regular classes and practice, my outlook towards life has become increasingly positive, minor irritants do not bother me anymore, stress impact has lessened, my focus and concentration on the task at hand have deepened. In short, I am able to live life more fully without getting distracted by trivial



unimportant matters. Finally, my spiritual focus and zeal have become more intense.

It gives me a feeling that Sadgururji is constantly chipping away all the unwanted parts that have become a part of me over the years due to unwanted habits, laziness of the body and mind, constant feeding of the ego etc. This 'remodelling' of all of us is done by Him sometimes gently, sometimes firmly, sometimes by putting us in challenging circumstances, but always with a lot of love and keeping our best interests in His heart. **As Sadgururji says, we must just place ourselves in His teachings and we will be carried forward towards the destination that we have all come here for.**

In addition to the above, towards the end of

2022, Sadgururji dipped into His treasure trove and gave to the world the 2-day hanneli ESP programme. The programme is aimed at sharpening the brain through simple repeated exercises. We understood the various hormones at play in our body and how they can be hannelized for our well-being. Needless to say, the learnings from the ESP programme can be applied to all facets of our life – professional, personal, social and spiritual.

I am eternally grateful to Sadgururji for accepting me as His disciple on the sacred, practical and scientific path of Kriya Yoga which helps us all in our all-round development along the physical, mental and spiritual planes.

Vikram Duvvuri, Hyderabad

## Ghar Ghar Mein Yoga

As one grows older, one realises the importance of having good flexibility and mobility. These are the pillars of physical health and help make our daily lives rich and worth living. At the same time, our fast-paced lives leave little time and few opportunities to work on our physical health.

What better way to increase our flexibility and mobility than Yoga? Unfortunately, for those of us residing outside Mumbai, the regular Yoga classes that Sadgururji used to conduct at Juhu in Mumbai seemed out of reach.

A welcome change arrived in the form of the pandemic, which, though it caused destruction, increased our desire to improve our flexibility and lung capacity. With people forced indoors for a large part of two years, Sadgururji's decision to conduct Yoga sessions online came as a blessing in disguise, especially to those of us residing outside Mumbai.

I will be the first to admit that Yoga does not sound as exciting as going to the gym or bodybuilding. In the months leading up to the pandemic and even during it, I would pay regular visits to the apartment gym. While these sessions were no doubt beneficial, some of the gym exercises had the effect of increasing stiffness in the body. Added to it the sedentary

lifestyle thanks to Work from Home, I would experience episodes of back pain every now and then. On one hand, I was trying to become healthier; but the result was that my body was becoming less flexible and agile.

I initially joined the online Yoga sessions with a lot of hesitation. Online sessions work well for things such as meditation, where one needs less distraction. However, for the physical Yoga asanas, how would I know whether I was doing things correctly? I may understand how to do the asana, but how would I see someone doing it correctly and learn from them?

I must say, and I am sure all the participants will wholeheartedly agree, Sadgururji has designed these Yoga sessions superbly, so much so that these online Yoga sessions are working out much better than probably even the in-person format of the sessions in Juhu. First, there is no travel to and back from the Yoga class – in Mumbai, travel one way could take an hour or more. So, we would end up spending 2 hours travelling and only 1 hour doing the actual asanas. And the travel would tire us out even before the session started. **With the online sessions, one saves time and energy and get started right away.**

The other benefit of the online format is, Sadgururji's brilliant idea to follow up the



sequence of steps for the asanas by 'spotlighting' the frame of the individual who can best demonstrate the exercise or asana. Hearing Sadguruji's description of an asana while viewing the best possible demonstration of it right in front of our eyes, provides us the best guidance to perform the asana correctly. And, seeing the spotlighted individuals motivates us to learn from the grace they demonstrate in their asana and gather valuable tips to improve our own postures day by day.

The benefits do not end here. Every Yoga session has a theme. Sadguruji plans out in advance which body parts should be targeted on a particular day, and delineates the best sequence of exercises. If you have stretched a muscle in one direction, there will be a complementary exercise soon after, to balance the effects of that stretch. Sadguruji also gives the significance of every exercise, the objective of that exercise, and which muscles to focus on for each exercise. **There are standing exercises, sitting exercises, pranayamas, meditation, spiritual tips and exercises, health tips and guidance: in short, every aspect needed to improve our health, flexibility and mobility is covered and more!**

Sadguruji also knows the strengths, weaknesses and health problems of every individual. If an individual cannot do a particular exercise, more

than the individual, Sadguruji knows that he should not be doing it and offers an alternative exercise or asana that he can do to derive the same benefit.

Thanks to attending the Yoga classes, I am happy to report that the back pain that used to be so recurring and persistent, hardly troubles me these days. Like me, there are many others who have had similar experiences and have been able to overcome their health problems and significantly improve their flexibility and energy levels.

Sadguruji always says, Love your body. Through these Yoga asanas, we are able to give our body a proven regimen to improve our flexibility, mobility and overall health. After every Yoga session, there is an immediate boost in energy and an increased enthusiasm to greet the day with positivity.

These online Yoga sessions are a boon for which I am very grateful to Sadguruji. Now that this blessing is available to everyone 'at home' in the form of online Yoga sessions, I sincerely wish that everyone makes utmost use of this opportunity to improve their own health and well-being. Indeed, my wish is for there to be 'Ghar Ghar Mein Yoga'.

Prasad Hariharan, Bengaluru

## Discovering the True Essence of Yoga

In a world filled with the hustle and bustle of modern life, finding inner peace and balance is a pursuit many of us yearn for. My journey towards spiritual and mental growth took an unexpected and incredibly enriching turn when I joined Sadguru Mangeshda Kriya Yoga Foundation. I have been a part of the Institute since a very long time, but I would like to talk about the benefits I have gained from the recent online yoga classes. These classes not only provided me with a deeper understanding of yoga, but it also debunked the myth that spiritual enlightenment comes at an exorbitant price.

### The Journey Begins

For many of us, the idea of yoga conjures images

of serene mountaintops, incense-filled rooms and exotic retreats in far-off lands. However, Sadguru Mangeshda made me realise that the path to spiritual and mental well-being could be embarked upon right from the comfort of my own home.

### Scientific Yoga for the Modern World

One of the most captivating aspects of Sadguru Mangeshda's teachings is his approach to yoga as a scientific discipline. He brings a unique blend of ancient wisdom and modern understanding to his classes, making yoga accessible and relevant to our fast-paced lives. His emphasis on the physiological and psychological benefits of yoga resonates deeply with students, enabling them





to experience tangible improvements in their well-being.

From breath control (pranayama) to the mastery of postures (asanas), Sadguru Mangeshda's classes delve deep into the core principles of yoga. His teachings are not just about flexibility and strength but also about the power of mindfulness and meditation. Under his guidance, we learn to explore the connection between our physical bodies, breath and mental states.

### Spiritual and Mental Growth

The real magic of Sadguru Mangeshda's classes lies in their transformative impact. Many students, including me, have reported significant spiritual and mental growth. The daily practice of yoga has helped me find a sense of calm amidst life's chaos, improved my focus and deepened my

understanding of my own consciousness. The profound sense of inner peace and balance I experienced through Sadguru Mangeshda's teachings is something I had never found elsewhere. It is as if these online classes have provided me with a key to unlock my own potential, enabling me to navigate life's challenges with grace and resilience.

### Affordable Access to Wisdom

One of the most striking aspects of Sadguru Mangeshda's offerings is their affordability. In a world where yoga retreats and workshops often come with staggering price tags, his classes are a breath of fresh air. For, not even a quarter of the price, students can gain access to the wisdom of a true yogi who personally conducts the classes.

Disha Pathak, Dubai

## My Incredible Journey From Fat To Fit!

Among the various workshops, seminars and classes conducted by **Sadgurujji Dr. Mangeshda** to improve the fitness, health and overall development of mankind, one of the most popular classes is YOG classes, again started by **Sadgurujji Dr. Mangeshda** in 2019.

**Sadgurujji Dr. Mangeshda** who has been practising and teaching Yog across the globe for more than 5 decades, is one of the most sought Gurus. This wonderful news of Sadgurujji starting Yog classes was the best news for us disciples. Even better news for us Mumbaikars was that out of the 93 centres worldwide, Sadgurujji decided to start Yog classes in Juhu, Mumbai, our hometown and Karma Bhoomi.

Enthusiastically I registered and started my Yog practice under the watchful and vigilant eye of Sadgurujji, who, in his inimitable style of humour, one liners encouraged and kept us very motivated and boosted our confidence. All throughout he kept an eagle eye over our limitations, ailments that we already had, operations, surgeries undergone and scientifically explained the advantages of each stretching as well as who should not specifically do these exercises. Hence when Sadgurujji

explained the benefits of each asan or each stretch, the information over a period of some classes slowly started sinking in my head. Sadgurujji always used to teach and emphasise on stretching and relaxing our body. He mentioned that once our bodies are perfectly stretched, asan is a simple process. He was laying the foundation for us. He also mentioned that we should never compare ourselves with others as every person is unique and special, with their previous experiences of yoga and physical involvement in sports, fitness levels, genetic, ailments (many would have gone into surgeries, operations etc). Hence each one must maximise ones' own stretching levels and most importantly take interest in yoga and like it. While the pain that we feel after a couple of days of practice might be intense, yet it should be considered as a soothing pain as the body slowly gets used to getting stretched, having ignored our body in all these years up to now. Our body is an amazing piece of engineering and the more we work on it, the better it becomes!

The real test of our character, sincerity and dedication is when we block this pain (temporarily ignoring it) and make serious efforts not to miss any more classes, despite the brain



telling the body that it is okay to miss one lecture as the body is sore and silently providing justifications and excuses to miss the class. Now, having got into the groove of regular practice, it felt great to see the transformation (both physically and mentally) and the feel-good factor was when others praised me for the positive changes and transformation in me. This is the real motivating factor and the entire credit for this goes to **Sadguruji Dr. Mangeshda**.

After a few months, Sadguruji encouraged us to take part in Mumbai District level Yoga competition, then Maharashtra State level, progressing to National and International level Yog competition, where many of our batchmates have won gold, silver and bronze medals. This was a big achievement since all this happened within one year of starting yoga classes. While it takes decades to reach that high level, it was only because of Sadguruji's valuable experience, guidance, his passion for teaching and that too explaining very scientifically, re-introduction to our body parts which created an interest in me and am sure in all of us.

While I continued yoga practice, sadly, Covid 19 put the brakes on my progress and because of the lockdown my practice stopped. As it is said that at the end of the tunnel there is a light, Sadguruji announced in April 2020 that he would start online yoga coaching 3 days in a week.

This was the news I was waiting for and very enthusiastically I enrolled and registered for yoga classes. I was a little apprehensive as to how could one learn yoga on online, as I was used to Sadguruji's physical presence in Juhu and the way he used to correct us so lovingly. The only way was to join classes and find out. From the first class itself my apprehension was removed permanently as Sadguruji guided all of us so brilliantly and lovingly corrected each and everybody's mistakes. He kept a sharp eye on all of us, he was more aware of our bodies and ailments than we ourselves are and guided, motivated each and every one of us to give our best. That one word of praise ensured that we gave our best in every exercise on that day. The best part of the class was to see Sadguruji

encourage all the kids, newcomers, adults and our energetic senior citizens.

After seeing my regularity and enthusiasm, my wife and both our children also enrolled for Yoga classes and I am happy to share that now over a period of three years, our entire family is regularly attending yoga classes and we have seen a marked improvement in our fitness levels as well as in our overall health, both physical and mental. Though a lot needs to be desired, the most important thing is that this journey has started.

During Covid when the entire world was worried and tense, attending yoga, pranayama, meditation and Kriya yoga classes conducted by Sadguruji, ensured that all of us were in excellent health and tension free too. Sadguruji also taught us the importance of eating the right diet, gave various tips on foods that aid good health. All credit goes to Sadguruji for taking care of our health by pro-actively thinking of various methods and taking workshops to keep our mind- stress free and disease- free. Thankfully Covid moved on and we all got back to our routines.

Post Covid and after considering the huge demand for continuing yoga classes, Sadguruji increased the frequency of classes to 2 batches a day and four days a week. These classes were immediately booked, and all the participants enthusiastically took part in the yoga classes and encouraged their family members and friends to join these classes and take full advantage of Sadguruji's vast knowledge and experience.

Except for the continents of Antarctica, we now have participants from all other continents right from North America to Australia, Europe and Africa to Asia. Despite the different time zones and climate, we seamlessly join the yoga classes conducted by Sadguruji. Kudos to the organisers and technical team for ensuring smooth login and resolving any problems faced by the participants. The feedback received after each class motivates everyone to give their best in the next class and we all have become one big, united, happy and healthy family. Indeed, as Sadguruji always mentions, we have become



'Vasudhaiva Kutumbakam' which means the World is one family.

**Benefits of Yoga practice that I have experienced:**

Weight loss, fat Loss, inches lost, increased flexibility, toned body, calm and relaxed mind; now temper has reduced, confidence levels have increased, immunity levels have increased, falling sick has reduced immensely, savings increased due to reduction in doctor's visits and fees paid. Importance of right diet for improving our health is realised, being conscious and alert of what we are eating, whether it is beneficial to our health. My mind set has also become so positive that I am able to react efficiently to unknown and sudden problems that I face and am able to find the best solution to tackle the situation and in turn help others overcome their problems and motivate them to lead a healthier and better life. These positive changes in turn motivate our family members, friends etc who also want to improve their health. As a result, more and more people are taking advantage of Sadguruji's teachings, leading a fitter life with healthier lifestyle. Sadguruji, like a sculptor has removed the unwanted parts and given proper shape to our bodies. There is still a lot to be done but that improvement is entirely up to us, disciples. Sadguruji has designed his yoga classes in such a unique way that apart from the physical exercises, he also teaches pranayama and meditation. Hence this yoga class is the perfect

remedy and medicine required for improving our overall health, physical as well as mental.

Most importantly, my family's journey to good health and fitness has started. There is also a great sense of relief that **Sadguruji Dr. Mangeshda** is always there to guide us to follow the right path towards constantly improving our physical, mental and spiritual health. Requesting all readers to take full advantage of the various courses taught personally by Sadguru Dr. Mangeshda.

When I hear many people say what can one person do? I always mention about our **Sadguruji Dr. Mangeshda** and his actions and efforts over the past five decades in improving the lives of millions across the globe through various activities carried out by our **Sadguru Mangeshda Kriya Yoga Foundation**, a registered Trust having 93 centres across the globe. For more details one can login to our website and contact organisers.

Thank you, **Sadguruji Dr. Mangeshda**, for your valuable teachings, guidance and blessings on us always. Pray that we walk on your footsteps and always follow the path shown by you and remain with you throughout our lives in this birth and in future also.

Jai Gurudev. Pranams.

Hari Om!

Prakash Irde, Mumbai

## On Top Of The World

18th of June, 2023, a day which will forever hold a special place in my heart. The journey to the coveted destination of awe-inspiring Mount Titlis, nestled in the breath-taking Swiss Alps, was simply awesome. For years, this majestic mountain had occupied a prime spot on my bucket list and on that day, the dream became a reality. Please join me as I take you through this thrilling adventure, filled with stunning landscapes, heart-stopping moments and unforgettable experiences.

Our expedition began with a picturesque train ride from Zurich to Lucerne. As we left behind

the urban beauty of Zurich, we were treated to a mesmerizing view of the Swiss countryside. Rolling hills, serene lakes and charming villages passed by our windows, painting a tranquil landscape that set the stage for our day. The journey was comfortable, allowing us to relax and enjoy the changing scenery. As we approached Lucerne, the iconic Swiss Alps made their grand entrance, hinting at the adventures that lay ahead in this enchanting city.

Lucerne welcomed us with open arms and we checked into the delightful De La Paix Hotel, located near the famous Lion Monument. After a



brief stop, our journey continued, taking us from Lucerne to Engelberg. This leg of the trip was an exhilarating ride through the heart of the Alps, providing us with captivating views of the majestic mountains. The transition from Lucerne's tranquillity to Engelberg's

rocky terrain left us in awe of Switzerland's diverse and breath-taking landscapes.

Reaching the peak of Mount Titlis is an adventure in itself, involving two gondola/cable car rides. As the cable car ascended toward the top, I found myself surrounded by nature's splendour. Vibrant valleys, picturesque meadows and crystal-clear streams created a postcard-perfect scene, etching the moment in my memory. At the summit station, we were greeted by cool, crisp air and panoramic views that left us speechless. The glacier-draped peaks seemed to touch the sky and I could not resist capturing the breath-taking scenery with my cell phone. While no picture could truly represent the grandeur of nature, I was determined to immortalize this experience.

The adventure continued with a ride on the rotating gondola, providing a 360-degree view of the pristine white mountain. **The sensation of being on top of the world was indescribable.** Cool, crisp air and snow greeted us, making it the perfect setting for fun and enjoyment. We even spotted Gondolas adorned with the Indian flag, a heart-warming reminder of home land.

One highlight of our visit was the Cliff Walk, Europe's highest suspension bridge. Stepping

onto the transparent floor, I was treated to a heart-pounding view of the glacier below, 500 meters beneath me. The delight and excitement was palpable as I carefully traversed the bridge. We also enjoyed the Ice Flyer, a chairlift that provided a bird's-eye view of the pristine glaciers. As we glided over the snow-covered landscape, a sense of peace and serenity enveloped us. The peacefulness, broken only by the occasional whistle of the wind, was a welcome escape from the chaos of everyday life.

The day was capped off with some traditional Mumbai cuisine at the mountain's cosy restaurant. Yes, we enjoyed our own 'Vada Pav' at the top of Mount Titlis, consuming it with sheer delight.

Our visit to Mount Titlis on the 18th of June, 2023, was nothing short of extraordinary. It was a day that reminded me of the sheer beauty and power of nature and how fortunate I am to have experienced such wonders with my family. The memories of this enchanting mountain are etched in my heart and I can only hope to return one day to relive the magic of this majestic place.

As the sun set on Mount Titlis, I could not help but feel immense gratitude for the opportunity to witness the beauty of our world. This day was extraordinary and it left an indelible mark on my heart. The adventure, the serene landscapes and the camaraderie of our group made it a day to remember and cherish forever. Until we meet Mount Titlis again, signing off!

**Swati Hrishikesh Ambaye, Mumbai**

## My Journey

**Hari Om!**

**Wishing Sadguruji a Very Happy Birthday!**

In 2014, I started pursuing cycling to lead a healthy lifestyle and regain my lost fitness. It was during these daily and weekly long rides that my fellow riders got me hooked on 'randonneuring'.

Randonneuring is long-distance endurance cycling with rides of 200, 300, 400, 600 and 1000 km called Brevets de Randonneurs Mondiaux (BRMs). Audax Club Parisien (ACP) is

the international governing body for randonneuring that administers and oversees the conduct of BRMs worldwide.

This style of riding is non-competitive in nature and self-sufficiency is paramount. Participation in randonneuring events is part of a long tradition that goes back to the beginning of the sport of cycling in France and Italy. Friendly camaraderie and perseverance are the hallmarks of randonneuring.



Randonneuring teaches many practical lessons in management that management personnel can only learn by reading books. These teachings are also emphasised by Sadguruji in his classes.

In the last nine years, I have completed many such BRMs. I had given up cycling and started running, and post-COVID, I have come back to cycling, which has now become a passion. Randonneuring has given me some fond memories of meeting people and making friends across India, completing tough and challenging rides and some scars from various accidents.

As cycling is a non-impact sport and requires you to maintain the same riding position for long periods, my muscles had become stiff and I had lost the flexibility and core strength required for endurance rides. In 2022, I had an accident that resulted in a fractured collar bone. Post-recovery, I decided to pursue yoga and pranayama under the able guidance of Sadguruji. **Under Sadguruji's guidance, I was able to improve my muscular and cardiovascular systems, resulting in improved performance in my endurance events.**

Over the last 2 years, I have successfully completed many BRM's, from single-day 200 km to multi-day 1200 km events across different cities in India. **Sadguruji has been a great source of motivation and inspiration, always encouraging us to challenge our limits and aim higher.**

Recently, I completed two 600km back-to-back weekend rides: Bangalore Randonneurs Parvatha 600km with 8000m of elevation in Chikkamangaluru and Navi-Mumbai Club Mumbai to Goa 600km with 5500m of elevation. The rides were challenging, each testing our mental strength and physical grit with different weather, elevation, terrain and road conditions.

Parvatha 600 was 39.5 hours of riding (within only 15 minutes of roadside power nap) in tough, challenging Western Ghats terrain with

continuous and heavy rains, dense fog in a few places and low visibility at night and early in the mornings through forest areas. Only 18 out of 48 riders finished the ride within the given time limit of 40 hours.

After a long road and train journey from Chikkamangluru to Mumbai, I had to prepare myself and my bicycle in 3 days for another long and arduous ride from Mumbai to Goa, this time crossing 6 ghats and ending at Baga Beach, Goa. The weather was in contrast; daytime was extremely dry, hot and humid, while night-time from Kolhapur to Belgaum was under near-zero visibility due to heavy fog. In endurance events we learn to embrace pain, the chaffing and saddle sores made it difficult to sit on the saddle and focus on the ride. I remembered the mantra **'No Pain, No Gain'** from Sadguruji and continued to pedal, reaching Goa in 35.5 hours.

Regular yoga classes under Sadguruji have helped me tone and relax my stressed muscles. Using the cardio, breathing and pranayama techniques taught by Sadguruji helped me maintain a low heart rate on the innumerable climbs, ensuring, I did not tire myself and had sufficient energy reserves to complete the ride with a smile.

Sadguruji has taught us immense techniques during ESP on how to control the mind. Endurance events are first won in the head because the body hits a point where it simply stops functioning. **After the first few hours, the body will always be in pain, but after a point, the mind tells the body that this is how it is going to be, and the body finds its rhythm.**

Riding alone all night through forest areas, on the highways, in near zero visibility dense fog, trusting my instincts and sticking to my set plan was all possible with the power of positive thinking emphasised by Sadguruji. Every ride has taught me something; it has made me calmer and more composed to face any tough situation and look at it positively.

Meditation not only helps detoxification, but also brings about peace, stability and calmness of mind.

- H.H. Sadguru Yogiraj Dr. Mangeshda



As a sportsperson, I feel that attending the sessions conducted by Sadguruji has made me more conscious, calm, focused and positive in everything I do or dream.

These achievements would not have been possible without the unconditional love, support

and sacrifices from my beloved 'Family' and 'Mary' who has endured more pain than myself, to help me achieve my dreams.

Dilse

Xerxis Tampal, Mumbai

## ESP – Brain Power

Brain, the main soft organ of our body which is palm sized, located inside the skull, is an electrochemical organ generating electric power. This gives us our character, personality and intelligence, makes a person as a whole. A fit body without a good brain to use it, is of no use. Mental health is very important at all times. Though a person physically lives for a long period due to advancement of medical sciences, but if he is not mentally fine then the quality of life gets affected. If we wish to lead a great life we have to take time to create a healthy brain. Just as we do exercises physically, we have some for the brain too!

Mental health is on the decline nowadays world over. Alzheimer, Depression, Dementia, Schizophrenia and Parkinsons are on the rise. A youthful mind is the one which has the power to face tough situations in a calm mind. One should lead a peaceful life without stress and anxiety. A person with proper sleep, good diet and sound mind will have more energy and a positive outlook. Healthy mind increases creativity and productivity – manifest wealth and abundance.

The ESP programme, which is one of its kind – special course – imparted by our Sadguruji Dr Mangeshda gave us an insight about how to keep our brain healthy. The brain anatomy, neuro-electrical activities, connection to left and right hemisphere and its functions were discussed along with the techniques to enhance brain power. These help us to focus better, have memory recall and feel refreshed at most of the times. How to stay in the alpha state of meditation, remaining calm emotionally and to release the stress and tensions was also taught.

The control of breath takes us to the control of mind and beyond for spiritual progress. The

value of breathing was stressed as it leads to brain development. In the time of fear and anxiety our breath becomes heavy and thinking becomes confused. The five senses, types of memory and mindfulness were explained in detail in a simple manner that young and old could relate to the session. Mind games were very enthusiastically played in the class which also helped to develop the brain. Guruji explained how the neurons, its branches – dendrites and inter neurons react to the signals and the messages in a demo in the session which made me realise how to be proactive, clairvoyant and calm at difficult situations. We have to challenge the brain with some activity or the other, to use it to the fullest extent, as goes the proverb – 'Rest and you will rust'. Every day we have to play some game, physically do some asanas which are taught to us in the class and also do some memory challenges so that the brain regrows the dead cells. There are 86 billion nerve cells in the brain. Anger management and introspection leads to more focus and transformation, ultimately leading to our spiritual growth.

Communication is vital brain activity which is done by the brain in micro seconds, action and reaction causes trauma, depression, fear and anger.

Actually language is not a barrier if we can focus, read the thoughts of the second person. Telepathy was also discussed, it is the fastest mode of communication in this digital and advanced world. It was practised by our sages long before any advancement of science was made by the West. We always have to create a positive perception. We should not be a psycho but we should harness the psychic energy for spiritual advancement.



Sadguruji also taught us the uses of photo memory for self-development. Health, happiness, wealth and success are sure to follow if we practise the attitude of gratitude, as it is always difficult to give than receive. Hence we have to spread hope, love, happiness and joy to others and the Universe will surely bestow us with all goodness. The food habits play a vital role in the brain development. Therefore we have to choose the correct food which will not harm the brain. Fast foods, as the name suggests, acts fast only to decline the functioning of brain.

The good hormones Dopamine and serotonin play a very important role in a person's life. Any excess of these cause imbalance, damages the functioning of the brain, leading to depression

and anxiety. We should live a life 'here and now' and practise the attitude of gratitude.

I thank our revered Sadguruji Dr Mangeshda to have done a lot of research before this programme was conceptualized and for imparting to us the valuable knowledge. It is indeed a Pandora's Box unleashed and we only have to imbibe the great teachings in our daily life. Honestly, I call upon everyone to attend the next session without fail, whenever it's announced.

With lots of gratitude,

Salutations to the Master, our beloved Sadguru Yogiraj Dr Mangeshda!

J. Rajeswari, Mumbai

## Mahashivaratri

Mahashivaratri holds profound significance for spiritual seekers and devotees of Lord Shiva. In our festival-rich nation, Mahashivaratri stands out as a unique and revered occasion. Sadguru Mangeshda Kriya Yoga Foundation, this year embraced the spirit of Mahashivaratri with great zeal and fervour in Mumbai, atWalia Hall in Andheri with its festivities. After an interval of nearly three years, the Foundation organised the Mahashivaratri celebrations in an offline mode, attracting disciples of H.H. Sadguru Yogiraj Dr. Mangeshda from various parts of India and abroad, all eager to partake in His divine wisdom.

The evening was bathed in the divine presence of H.H. Sadguruji, commencing with soulful Bhajans performed by the exceptionally talented Kriyabans from Sadguru Mangeshda Kriya Yoga Foundation (SMKYF). This was followed by a captivating montage that chronicled the journey of the revered Sadguruji and the myriad activities of SMKYF.

In His address, H.H. Sadguruji eloquently elaborated on the significance of Mahashivaratri. He remarked, 'Mahashivaratri is the night that leads us from darkness to the illumination of Knowledge. It is the night that transforms ignorance into wisdom. Lord Shiva always imparts positive energy and vibes. What has

always struck me about Lord Shiva is His simplicity and his adorned ash-covered form.'

Continuing, he shared, 'Many times in our lives, we become so emotionally attached that we refuse to accept the mortality of our physical bodies. We cling to our egos. It is only when the mortal body is shed that this 'I' dissipates. Therefore, it is our foremost duty to care for our bodies, which are our temples. If you seek to dispel your ignorance, you must first purify yourself. One who bows down to Lord Shiva with pure devotion, will surely receive whatever they ask for.'

He delved into topics such as 'the Kailash Manas Sarovar Yatra, the significance of Yamadwar, Rakshas-sthal, the essence of life and death, spirituality and fear, dispelling superstitions with scientific clarity. H.H. Sadguruji drew from his own life experiences, emphasizing that Mahashivaratri was the day that transformed his own life. He also spoke extensively about various social initiatives, including the **Cleanliness drive from Mumbai to Kailas Manas Sarovar** and the registration of over one crore people in the ongoing eye donation awareness Campaign, '**Eye Pledge We Pledge**'. He hinted at the forthcoming announcement of a new social initiative, underlining our collective



responsibility towards society.

The Namasmaran of 'Om Namah Shivaya!' was a powerful yet soothing experience, taking everyone to profound depths of spirituality. The collective prayer with belpatra was intense, with participants feeling the palpable vibrations and energy.

The master of ceremonies, captivated the audience with her eloquent yet accessible language. The Mahasatsang was also broadcast live on Facebook for seekers residing beyond

Mumbai and India. Another highlight of the evening was the distribution of special Rudraksha beads to the spiritual aspirants.

As we reflect on this Mahashivaratri celebrations, we are filled with gratitude and a renewed sense of purpose. May the light of Knowledge continue to guide us on our spiritual journey and may the blessings of Lord Shiva and our Revered Sadguruji be with us always!

**Hrishikesh Ambaye, Mumbai**

## My Best Kriyaban Award

**Hari Om!**

When I first received Kriya initiation from our beloved Sadguru Yogiraj Dr. Mageshda ji, it was Guru Pournima. I attended Guru Pournima Utsav. I witnessed everyone engrossed in the Satsang and the teachings of our revered Sadguruji and I felt an immense joy. Especially when two fellow Kriyabans were honoured as the 'Best Kriyabans of the Year,' I could not help but wonder if I could achieve such a feat.

My journey on the path of Kriya Yoga began amidst various challenges, including financial hurdles and the responsibilities of marriage. Despite all this, I made sure to diligently continue my daily Kriya Sadhana and never missed the Sunday Kriya class at the Juhu centre. With time passing by swiftly, I gradually took small steps forward and got involved in the activities of the Foundation, participating in village initiatives and Satsang-related endeavours.

The feeling of being part of the universal family, 'Vasudhaiv Kutumbkam,' through my participation in the Foundation's work, filled my heart with immense joy. Even though the journey to the Juhu centre demanded a seven-hour investment in travel for just a one-hour Kriya class, I found it all incredibly fascinating. My Gurumauli, with unwavering dedication, actively guided all Kriyabans through life's challenges, including mine, aiding us in our spiritual progression. I could come out of financial

challenges and leadership challenges at my work. This was possible due to Sadguruji's blessings only.

At first, I believed that I was achieving great feats, but gradually, my Sadguruji tested me multiple times, humbling me and cleansing my ego. Despite feeling neglected on several occasions, I came to realise that every test and challenge was ultimately for my own growth. I transformed from an angry young man to a more compassionate and loving individual, thanks to the profound changes that Sadguruji instilled in my life.

I can say proudly to all my fellow Kriyaban brothers and sisters, just believe Sadguruji and experience 'nothing is impossible in life'. Life is to take challenges and win over them, if you have guidance of Sadguruji, you can easily achieve it. Sadguruji has sacrificed all his life for betterment of society and we should give our small bit to it.

Notably, my family became integral to the mission of Sadguruji, involving themselves in various social activities. Though symbolically, I may have received an award, the true honour rightfully belongs to my wife, daughter, son, and other family members, who tirelessly supported me in managing the pressures in different aspects of life.

**Jai Gurudev!!!**

**Jitendra Kore, Khopoli**





## Tryst with Mindfulness

### Hari Om!

I live in Dubai with my husband and our one-year-old son. I am busy during the day and sleep deprived (happily) during the night, thanks to my little tot. I enjoy 10 minutes of mindfulness in the morning after bath and lighting the lamp and 10 minutes in the evening after lighting the evening lamp.

In these 10 minutes I try to slow down my thoughts, take deep deliberate breaths of pranayama, chant the mantras and do some Kriyas. My mind wants to run towards the next thing to be done but I request it slow down. In these minutes I feel blank and light. Earlier, when I had the time, I used to give excuses for not doing meditation. Now I run to grab those 10 minutes that my son gives me when he is asleep.

Even during the day – while brushing my teeth, taking bath, doing the household chores – my mind speeds up to 10 different places. In these times, I remember our Revered Sadguruji's teachings and request my mind to be present in the moment and conscientiously do the task. Recapping the events of the day before sleeping helps me clear off my mind. Kriya Yoga is helping me manage myself better.

I feel grateful and want to bring more mindfulness and consciousness in my daily life.

Thank You, Sadguruji, for the eternal teachings which have made me more adaptable to the changing situations.

**Gayatri Kumar, Dubai.**

## Sadguruji's Encouragement

### Hari Om!

I received Kriya Diksha in 2019, when I had just turned 13, on Gudhi Padwa. So this Kriyaban Melawa that I attended on 1<sup>st</sup> May 2023, was the third one.

I must say that this Kriyaban Melawa was definitely different with a lot of fun than the previous ones. Meeting everyone offline after 4 years was very refreshing and exciting. A few new ideas were introduced like the Achiever's Award, which was a surprise for all of us. I felt very happy and proud to receive award from

Sadguruji in recognition for my team's victory at State Level Throw ball. This Kriyaban Melawa is, by far, my most favourite one!

Also, I thank Sadguruji for conducting the ESP session in November. The tips and tricks really helped me a lot for my board examination. My concentration level has certainly increased and I have a much calmer mind now.

I am really glad I could attend both of these sessions! Thank you Sadguruji, for guiding us and encouraging us for making our lifestyles better.

**Radha Ambaye, Mumbai**

## Boons of Kriya Yoga

### Hari Om!

I have been attending the Kriyaban Melawa since I was a kid but this Melawa held on 1<sup>st</sup> May 2023 was my first one, participating as a Kriyaban! Meeting and greeting everyone and spending the whole day together in Sadguruji's presence was very enjoyable.

I have learned new advanced techniques which I have implemented. Having a glimpse of How to

be happy and tips from the ESP session reminded me of those days. Sadguruji has been explaining the importance of the water element in Kriya classes too, but the brief explanation given by Sadguruji on elements and their importance in our life has encouraged me to save more and more water. Detailing about the first 2 Kriyas with practice has helped me a lot to do these Kriyas with more efficiency and ease. I have been following '2 meals a day' for 2 years



and my weight is now in my control. It has also helped me manage my health problems more optimistically.

Thank you, Sadguruji, for teaching us all the

advanced techniques, for spreading your immense knowledge and helping us grow spiritually, mentally and physically.

Aarya Kore, Khopoli

## Path of Kriya and Fitness

**Hari Om!**

I have been attending the Kriyaban Melawa since I was a toddler but this was my first time attending it as a Kriyaban! I learnt new advanced techniques, met many of my yoga classmates and laughed a lot. It was really an enjoyable and memorable experience for me.

Thank you, Sadguruji, for making it a very special one for me by awarding me the Achiever's award for my Himalayan trek to Chandrakhani Pass. It was a proud moment for me when I received the award on the stage from you.

I also want to thank Sadguruji for conducting the

ESP session last year in September, as it really pushed me to work towards and better myself physically and mentally. I have also implemented the '2 meal and 0 sugar diet' which is something I would not have thought possible for me before the ESP session and it has worked wonders! It was because of this that I became fit and could complete the trek successfully. I have also attended the Yoga classes for more than two years and I enjoy it a lot since I do it with my parents and other online participants.

Thank you, Sadguruji, for always blessing me and guiding me along the path of fitness and Kriya.

Arnav Pai, Pune

## Kriyaban Melawa

**Hari Om!**

Humble Pranams at the Lotus Feet of Sadguruji!

We are writing to express our heartfelt appreciation and gratitude for the Kriyaban Melawa that was conducted by our Revered Sadguruji on October 2, 2023. It was a truly transformative and enriching experience and we are profoundly grateful for the opportunity to have been a part of it.

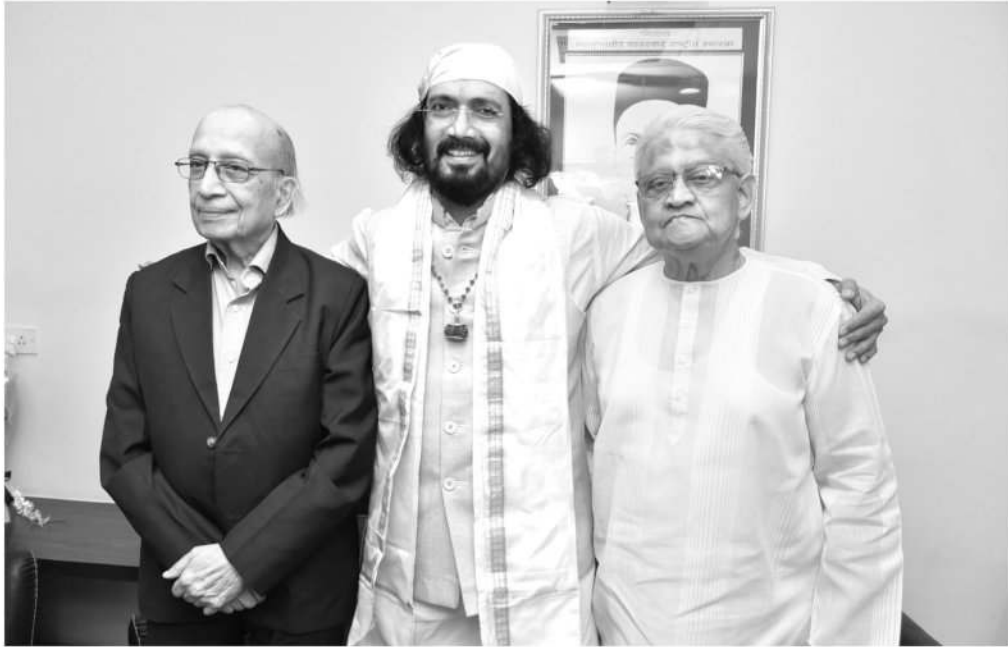
The Melawa was a remarkable gathering that brought together Kriyabans from various places across the Globe, their backgrounds and experiences, fostering a sense of unity and spiritual connection. Sadguruji's guidance, commitment and wisdom displayed during the event were both enlightening and inspirational, providing us with valuable insights into the practice of Kriya Yoga and its profound impact on our lives. We were particularly impressed by the depth of Sadguruji's teachings and the clarity and simplicity with which Sadguruji conveyed the principles of Kriya Yoga. The simple yogic techniques taught by Sadguruji, to relieve the

frozen shoulder, back pain and knee pain were timely and most beneficial. Sadguruji's words resonated deeply within us and we left the Melawa with a renewed sense of purpose and a stronger commitment to my spiritual journey.

Moreover, the sense of community and camaraderie that we felt during the Melawa was truly heart-warming. The opportunity to connect with fellow Kriyabans, share our experiences and learn from one another was a beautiful aspect of the event. It reminded me of the strength and support that our spiritual community provides and we are grateful for these connections that were fostered during the Melawa.

We would like to extend our appreciation not only for Sadguruji's teachings but also for His unwavering dedication to spreading the wisdom of Kriya Yoga and guiding us along the path of self-realisation.

Sadguruji's presence at the Melawa was a blessing. We are deeply thankful to Sadguruji, for the time and energy invested in nurturing our spiritual growth, despite His busy schedule.



**Seeking Sadguruji's Divine Blessings  
Humble Pranams**

**From Kumar Krishnan & Family, Mumbai**



## Who are we ?

We would like to introduce ourselves M/S. Kelvin Energy Solutions as an Application Engineering Company pioneered in Industrial / Commercial Gas piping and conversions from Oil to Gas fired system with most advance safety equipment.

Today we are the only company in India which works from fuel storage, its distribution, piping engineering, Combustion and thermal Engineering, Energy utilization and complete end to end solution in various fuels like LPG, LNG, PNG, BIOGAS, HSD, LDO, FO, Solar energy for different industries used for generating steam, hot water, Thermic fluid systems, Hot air and other processes in Industries.

**Our Vision :-** To Become Globally Respected Application Engineering Company With End To End Solutions.

**Our Mission :-** To Create Awareness For "gaseous Fuel Use In Industries And To Become Single Window Contact For All Our Customers" Requirements By Giving Them End To End Solution.

**Our Values :-** We Have Culture That Has All The Ingredients For Building Profit On A Foundation Of Values Rather Than Being Just Set Of Figures. We Strongly Believe This And Proud Of It.

## LOT with 425kg Cylinders

Existing LPG supplies in India are majorly done thru 19kg/33kg/47.5kg commercial and Industrial LPG cylinders, when consumption is more than 220kg/hour quantity of the cylinders increases to a reasonable numbers and it creates safety as well handling issues.

LPG though the most sophisticated and environmentally friendly fuel, is facing challenges with respect to availability of space for Bulk Installations and hence we have addressed it through the revolutionary concept of 425kg installations as the energy environment is getting complex we need to come up with innovative solutions to cater the industrial / commercial requirements.

## Auto change Over System

- NO production loss due to manual error.
- Reduces manpower and dependability.
- Audio visual alarm for low pressure and high pressure.
- Additional safety of OPSO and UPSO.
- Auto SMS alert to GAS Dealer, Sales Officer and Customer
- Online LPG consumption report through computer
- Can be clubbed with existing leak detection and flow meter system

## Gas Train

- Design, Supply and Commissioning considering the Flow, Pressure, Safety Factors, etc.
- Provides uninterrupted & efficient use of the Gas for combustion.
- Ensures a sufficient degree of safety & reliability of gas supply
- Suitable for the various applications such as Boilers, Hot Water Generators, Dryers, Furnaces, Etc.

## Supercritical Burner Management System



- Co-ordinated services tailored to the customers' special requirements.
- High versatility
- Proven technology matched with latest developments generate superior product quality
- Maximized energy efficiency.

We have developed number of new applications to save energy & to protect environment by optimum selection of burner system considering efficiency, environment regulations & safety norms with additional capabilities of Project Management & Strong back up of technical team in Application Engineering, Design & Trouble-shooting.

## Features of System Solution Provider (SSP)

- Cylinders arrangement including Changeover from empty to filled cylinders
- Checking & Maintaining all safety norms inside the LPG yard
- Free safety checks of LPG installation
- Comprehensive maintenance of the facility
- Facilitating energy audit
- Maintaining spare parts
- Round the clock delivery assistance

### The Process we'll take you through

- Heat demand consultation
- Feasibility study/funding options
- Bespoke heat plan
- Project specification
- Installation and commissioning
- Aftercare and maintenance

### Finance Options

- Fully funded
- Part funded
- Purchased
- Leased



Following are the different industries sectors where we have provided various Engineering Services -

- Refineries
- Hospitality Industries
- Pharmaceutical Industries
- Chemical Sectors
- Textiles Industries
- Laundry Services
- Food Industries
- Corrugated Packaging Industries
- Tin Painting Applications
- Dairy & Dairy Products
- Chemical Industries
- Auto Rubber Components
- Automobile Sectors
- Steel, Pipes & Tubes Manufacturer
- And Many More.....

The pre & after sales services backed up by our well-experienced and trained engineers with immediate attention adds extra value to our products.

# KELVIN ENERGY SOLUTIONS

- 📍 CORPORATE OFFICE
- 📍 REGIONAL OFFICE
- 📍 MANUFACTURING UNIT
- 📍 OUR PRESENCE
- 📍 OUR PRESENCE IN ABROAD



**Wishing you a very Happy Birthday,  
Our Beloved Sadguruji.  
Our Humble Salutations at Your  
Lotus Feet for Always Being With Us.**

*From*  
Goverdhan, Laxmi, Venu Madhav, Rohini,  
Meghashyam & Jahnavi



# More than One Crore eye pledges





Sadhguruji with renowned social worker Sindhutai Sapkal



Sadhguruji receiving award at the hands of Hon. Governor of Maharashtra



Sadhguruji with mathematics educator Padmashri Anand Kumar known for 'Super 30' programme



Sadhguruji with former Governor of Maharashtra C. Vidyasagar Rao



Sadhguruji with Director MER - Maharashtra Padmashri Dr. Tatyrao Lahane



Sadhguruji actively striving for interfaith harmony and Global Peace



Sadhguruji with former Lt. Governor of Puducherry Kiran Bedi



Sadhguruji with renowned Gynecologist Padmashri Dr. Indira Hinduja



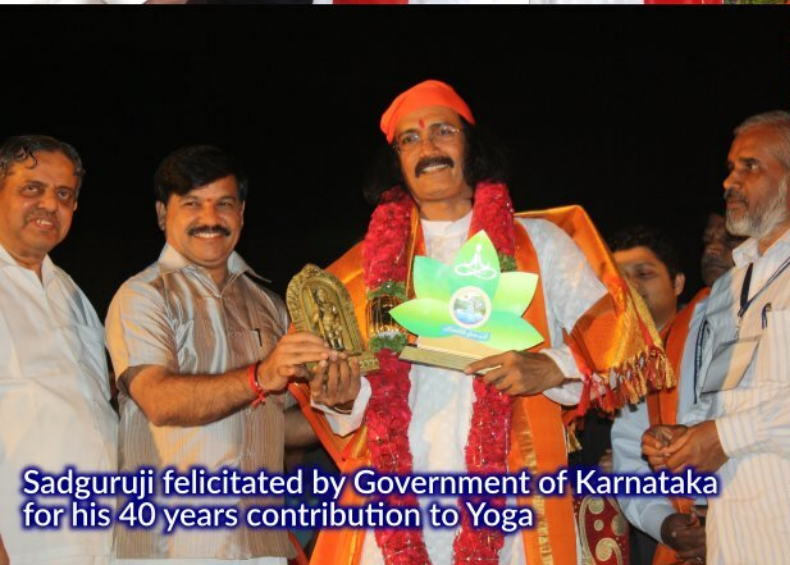
Sadhguruji with Architect of PARAM supercomputer Padmabhushan Dr. Vijay Bhatkar



Sadguruji with renowned Yoga Teacher Padmashri Sadashiv Nimbalkar



Sadguruji with Spiritual Leader Dada Vaswani



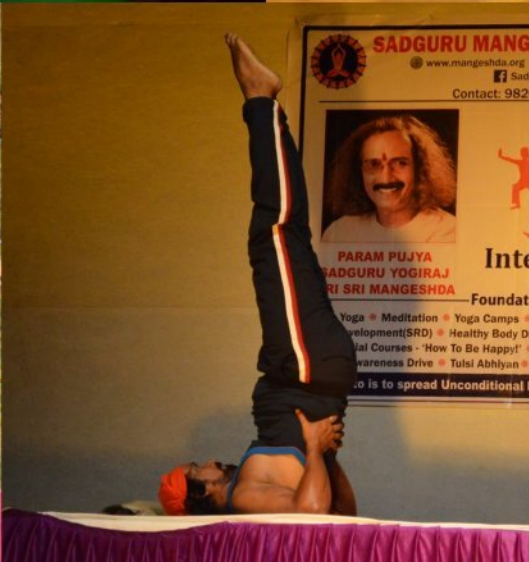
Sadguruji felicitated by Government of Karnataka for his 40 years contribution to Yoga



Sadguruji with Padmashri Jayprakash Agrawal

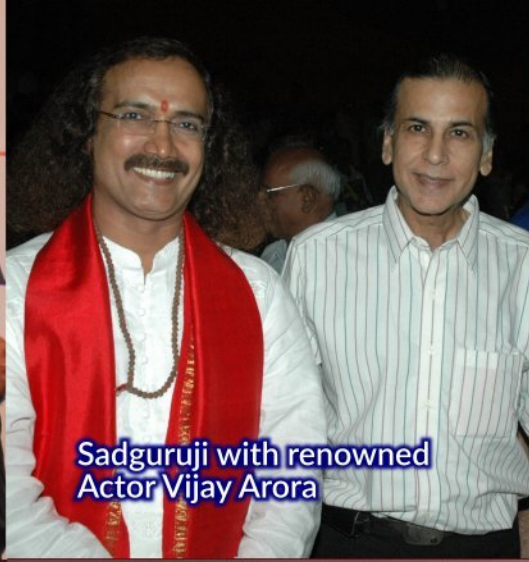








Sadguruji with renowned Music Director Ashok Patki



Sadguruji with renowned Actor Vijay Arora



Sadguruji with renowned Actor Tanuja



Sadguruji with Legendary Marathi Poet Padmabhusan Mangesh Padgaonkar



Sadguruji with renowned Music Director Lalit Pandit



Sadguruji with renowned Music Director Pyarelalji



Sadguruji with renowned Music Composer Padmashri Pandit Tulsidas Borkar



Sadguruji with renowned Vocalist Pt. Dr. Ram Deshpande



Sadguruji with renowned Playback Singer Padmashri Suresh Wadkar



Sadguruji with former Cricketer Ajit Wadekar



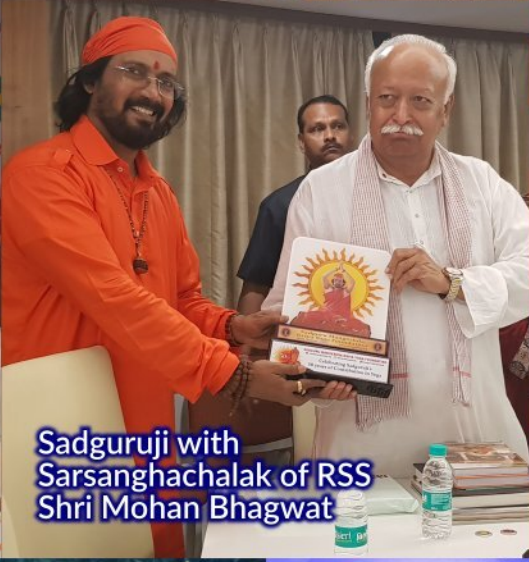
Sadguruji with renowned Vocalist Shounak Abhisheki



Sadguruji with former Football player Dhanraj Pillay



Sadguruji with Legendary Indian Classical Vocalist Padmavibhushan Kishori Amonkar



Sadguruji with Sarsanghachalak of RSS Shri Mohan Bhagwat



Sadguruji with renowned scientist Padmavibhushan Raghunath Malshekar



Sadguruji with former C.M of Maharashtra Shri Vilasrao Deshmukh



Sadguruji with Cabinet Minister (GoM) Shri Sudhir Mungatniwar



Sadguruji with former C.M of Maharashtra Shri Uddhav Thackeray



परमपूज्य सद्गुरू योगीराज  
डॉ. मंगेशदाजी को जन्मदिवस की  
हार्दिक शुभकामनाएँ ।  
“जिवेत शरदः शतम्”

चंद्रकांत बारस्कर

# MAKEEN ENERGY



**Bridging gaps in global energy supply**

## OUR SERVICES



### GAS SOLUTIONS

We're the world's number one destination for LPG cylinder filling with more than 80 years of experience in handling gas. We're also the perfect partner for many cryogenic projects, including liquefaction and bunkering of natural- and biogas.



### CRYOGENIC SOLUTIONS

We develop low-emission technology for liquefaction, bunkering, and refuelling of Liquefied natural gas (LNG) and Liquefied biogas (LBG) that can greatly benefit the shipping and transport sectors' climate ambitions.



### GAS EQUIPMENT

Our product range contains a wide variety of gas equipment for LPG, NH3, LNG, and other cryogenic gasses. Whatever your scope or requirement, we can help you reach your goals and ensure the success of your business.



### ENVIROTECH

With the urgent demand for environmentally friendly behavior and sustainable transformation, our EnviroTech department plays a crucial role in our responsibility agenda. Our solutions are the bridge to realising circular economies.

## MAKEEN ENERGY AT A GLANCE



**ONE GLOBAL TEAM**  
OF MAKEEN ENERGY



**3,583**  
MAKEENER'S



**18**  
OFFICES



**55**  
O&M  
LPG BOTTLING  
PLANT



**HIGH QUALITY**



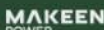
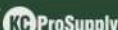
**+200**  
NEW PROJECTS  
UNDER GAS  
SEGMENT



**+350**  
CUSTOMERS  
ACROSS THE  
WORLD



**COMMITTED TO  
PEOPLE AND THE  
PLANET**



**MAKEEN ENERGY**

FORMERLY KNOWN AS

**KOSAN CRISPLANT**



## **Message From Mangeshda Upasana Centre, Pune**

**We seek Your Blessings and Strength  
to follow the path of  
"Unconditional Love and Unconditional  
Forgiveness for World Peace"**

**Devotees**

**Contact No. +91 98600 99029**

Wishing Sadguruji a very  
**Happy Birthday**

**and our Humble Pranams  
at your Lotus Feet**



**Seek your blessings**



**Arun  
Varsha  
Neeta Prabhu**



**Message From  
Mangeshda Upasana Centre, Goregaon**



**"Miracles happen, mountains move, dreams come true  
and God descends on earth for you only, because you  
desire ardently and believe sincerely."**

**- H.H. Sadguru Yogiraj Dr. Mangeshda**

**WISHING DEAR SADGURUJI  
A VERY HAPPY BIRTHDAY**

**PARANAMS GURUJI**

**Contact No.**

**9820048855, 9833235989, 9892477495**





Our nonagenarian mother was overwhelmed with joy by the special care and affection shown by Sadguruji towards her.

In closing, our sincere gratitude to the organisers for the Kriyaban Melawa on October 2, 2023. It was a transformative and enlightening experience that will continue to guide us on our

spiritual journey. We look forward to future opportunities to learn from our Revered Sadguruji and to participate in events that strengthen our spiritual community.

With heartfelt gratitude and warm regards,

**Kumars, Mumbai.**

## Upliftment

**Hari Om!**

Pranams Sadguruji, at Your Lotus feet!

Gratitude to Sadguruji for blessings us with the 4<sup>th</sup> Degree Diksha and conducting regular weekly classes for our spiritual upliftment. The 4<sup>th</sup> Degree Kriya are completely different and not taught anywhere in the world. Regularly attending the online classes and practising the 4<sup>th</sup> Kriya technique has deepened the spiritual awareness in us. Each Sunday class gives us an opportunity to learn new techniques and Sadguruji also teaches us very important tips to understand the depth of Kriya yoga for spiritual growth. Weekly Kriya classes are like the immunity boosters for us. We cannot imagine missing even one Kriya class as we get to learn new Kriya techniques and also as Sadguruji connects with us, corrects our mistakes, clarifies our doubts also. This 4<sup>th</sup> level Diksha is about bringing all the previous Kriya level learnings together to quickly align on a path of spirituality. Repetition of the Kriyas will register them in our mind and it will be easy to practise on daily basis. Apart from the Kriya techniques, Sadguruji also teaches us different types of important breathing exercises, useful to control our hypertension and blood pressure. He also gives us important tips on diet to follow and different

types of massages which give us the health benefits. Advance Pranayama taught by Sadguruji is very useful to improve the sleep quality and give us energy and tranquillity.

Yoga classes are our best and most loved sessions that Sadguruji conducts regularly and have benefitted us tremendously. Constant yoga practice under Sadguruji's grace and guidance is very refreshing as well as rejuvenating, working in so many ways on our body, mind and soul. Attending Yoga class is a lesson in Biology as we slowly start realising the different body parts and the importance of being physically fit. It also makes us realise the importance of stretching, increasing flexibility and balance of body and mind. Our performance is minutely watched by Sadguruji and necessary guidance is given. Sadguruji knows the weakness of each one of us and guides us individually during these sessions. These yoga classes are brilliant stress busters and help us to rewind and rejuvenate instantly. Energy levels are amplified, enabling us to complete more work in less time and remain fresh throughout the day.

We are full of gratitude to Sadguruji – Sadguru Yogiraj Dr. Mangeshda and thank Him for all the blessings and valuable teachings.

**Anil R Varma, Mumbai**

## Parenting, A Challenge or An Art In The Current Age

Parita and Jai, a young couple living in the bustling Mumbai city, welcomed their first child, a beautiful baby girl named Sasha, into the world. Both were career-oriented and accustomed to the fast-paced, digital-driven life of the 21<sup>st</sup> century. Parita was a marketing executive and Jai was a software engineer, and their lives had

revolved around screens, emails and meetings. As Sasha grew, Parita and Jai quickly realised that parenting in this era was unlike anything they had expected. Their daughter seemed naturally drawn to smartphones and tablets, often displaying an uncanny ability to navigate apps before she could even speak. At the same



time, the demands of their careers left them yearning for quality family time. This juggling act of work, technology and nurturing a child was a complex and challenging art they were determined to master. Parita and Jai embarked on a journey to redefine their roles as parents in the 21<sup>st</sup> century. Their story is a testament to the evolving art of parenting, a journey of adaptation, mindfulness and embracing the digital age while safeguarding the purity and innocence of their child's upbringing. Their experiences mirror the broader challenges and opportunities that parents face in today's fast-paced world. Let us delve into the intricacies of parenting as an art in the 21<sup>st</sup> century, inspired by the journey of Parita, Jai, and Sasha.

In the fast-paced and ever-evolving landscape of the 21<sup>st</sup> century, parenting has evolved into an intricate art form. For Parita and Jai, it was no longer just about providing for the basic needs of Sasha, but also about nurturing her emotional, intellectual, and spiritual growth. In this era of digital distractions and unprecedented challenges, parenting at their end demanded a unique set of skills and an open-mind, where they would be able to adapt to the environment around them. They took the 'approach of spirituality', to face this unprecedented challenge. With a particular focus on its spiritual dimensions, they did not find this as a challenge, but as an art, especially dealing in the 21<sup>st</sup> century.

#### **The first challenge was the Digital Age Dilemma:**

Facing this significant challenge, they navigated the digital age by logging into the online classes conducted by SMK YF. Since technology has permeated every aspect of our lives, including our children's upbringing, this direction would help them harness their spiritual potential to a great extent. With this, it would also be easier for them to strike a balance between allowing Sasha to explore the digital landscape for spiritual and educational purposes and safeguarding her from its potential pitfalls. **This balance with spirituality played a significant role in her upbringing.**

#### **The Power of Mindful Parenting:**

Both these parents knew that parenting in this fast paced world, would require a mindful approach. Being fully present with Sasha, actively listening to her thoughts and concerns and fostering open communication would also be essential. This approach, called 'Mindful parenting' would help build a strong emotional connection, which would be crucial for her well-being. Spiritual discourses by Sadguru Mangeshda empowered them to better understand Sasha's needs and support her in her personal growth. **The spiritual aspect of 'Mindfulness' taught by Dr. Mangeshda, encouraged them to connect with their Inner selves, finding a deep sense of inner peace, which they could then share with their dear daughter.**

#### **Education Beyond the Classroom:**

Spiritual education beyond the classrooms, had an edge beyond traditional schooling too. Both these parents playing a vital role in Sasha's life, supplemented her formal education with a broader perspective on life. **Encouraging curiosity, creativity and critical thinking, they were able to help Sasha become a lifelong learner.** This art of parenting involved nurturing a love for learning and self-discovery; and the addition of a special spiritual element encouraged them to seek meaning and purpose in their pursuits.

#### **Cultivating Values and Spirituality:**

This facet of instilling values and spirituality in their daughter was a new facet of modern parenting. While not necessarily tied to any specific religious beliefs, they were able to guide their daughter in understanding the importance of empathy, kindness and respect for all living beings. This Foundation further helped them all develop a sense of purpose and direction in their lives, fostering a deep connection with the spiritual essence of the world around them.

#### **Adaptability and Resilience:**

The current age, marked by rapid change and unpredictability, Parita and Jai were aware that



they must teach their daughter, the importance of adaptability and resilience. By modelling these qualities themselves, they could prepare their daughter to face challenges and uncertainties with courage and a positive attitude. This teaching, imparted by Dr. Mangeshda, was rooted in spiritual principles of inner strength, faith and the belief that challenges are opportunities for growth.

Parenting in the current age, is indeed an Art form and spirituality can provide a guiding light in this journey. It requires a delicate balance of modern tools and timeless wisdom. From embracing technology while protecting our children from its harm, to fostering mindfulness, instilling values and adapting to an ever-

changing world with a spiritual perspective, the role of parents is more crucial than ever. By continuously evolving as parents and honing this art, we can ensure a brighter and more spiritually fulfilling future for our children and society as a whole. **In nurturing our children's spiritual growth, we are also nurturing their connection to the Divine Within and around them, ensuring that they navigate the complexities of the 21<sup>st</sup> century with grace and purpose.**

**Dr. Sharda Sharma**  
Vice President & Trustee, SMKYF  
Dy. CEO and Director  
Educational group of Institutions

## The Golden Period

We are living in a period with great possibilities that can create a world with abundance of health, wealth and happiness for all of us as a result of scientific and technological developments. These developments have the power to make us superhuman beings, changing this world into a **heavenly abode** where we can live in peace and harmony. In this heaven there is no need for police, court and jail. No need to maintain an army, naval or air force because people have become wiser who know the value of loving, helping and supporting one another. I often fall into a network of dreams of such a lovely heaven. There is no vengeance and hatred. No negative forces in such a heavenly abode! It seems that all the geographical barriers have disappeared and all citizens of the world are living in peace and harmony! It is a global family!!!

Alas! What I see when I wake up from this dream? The scene is very unpleasant at all levels—at community level, state level, national level and international level. With all the knowledge and comforts we have acquired, we should be moving from progress to progress and from progress to contentment and wellbeing of all. But unfortunately, we are pulling ourselves down to a world of mistrust, dislike, hatred and vengeance with a vow to 'teach them a lesson!'. How and why are we trapped in this cage? How

can we free ourselves from this cage and move on to build a better tomorrow?

The only answer I get is that we have to forget the past which is very painful for many. Forgetting is very difficult and it may be a painful process. **The question is whether we should make a post mortem of the past episodes and create fresh problems, when we have so many issues to discuss and find solutions agreeable to all?**

If we want peace, happiness and progress for us and the future generations, we have to learn how to love and forgive. Imagine for a moment when we honestly and sincerely forgive and the other party accepting it! No doubt, all our pent up hard feelings will melt away like dew drops in the early morning sun rays. We will no doubt feel relieved of the heavy garbage that we have been carrying along with us for long!!

It is the homework for every group—political, regional, linguistic and religious; at district level, state level and national level. **People have to learn afresh with a clean slate from the nursery level.**

The following pre-requisites are important for this fresh beginning to happen:

d) Readiness to forgive those who are /were



responsible for the sufferings people had to go through.

- e) Awareness at all levels that all need some change in their perception and beliefs bypassing all prejudices and biases.
- f) Willingness to meaningfully participate in a series of discussions to find answers to various issues.

Since the early civilisations, we have seen many **divine personalities who were the incarnations of the Supreme Soul, coming and guiding people to follow the path of righteousness.** We have to follow their footsteps and make fresh attempts.

We find negativity everywhere. Will the good always be overshadowed by such negativity? Never! God is more powerful than demon and positivity is more powerful than negativity. There is no need for us to feel unhappy, angry or depressed with the happenings in the country today. A time will come when people will become wiser and more mature by the valuable **learning from the science of Kriya Yoga. This science of Kriya Yoga will one day spread faster in India and at global level.**

India, as a country, is still in an evolutionary stage. Even today, man is evolving to develop into the finest being with all tender values that support a happy and peaceful community living. India will witness this age of renaissance. India, with the rich culture and the finest values of Aarshabharat, has advantage in this development process and will be in the forefront of change, growth and development. Change is taking place, but we are unable to discern it. At the right time the right thing will happen. Further, change is slow; improvement comes in small doses. The time we measure with our calendar is quite inadequate for us to measure the progress we make on long term.

From sufferings and failures, we are learning a lot and our country will rise like phoenix to a very highly competitive position. We are exploring, observing and learning from experience. It is my conviction that one day we will see the golden lining and we will witness our country changing into a **heavenly abode.** Seventy five years of our

post-independence period is nothing in the history of a nation with a glorious past. We will wait for **another seventy-five years** and see **Bharat as a major superpower. There will be considerable progress in our country from the year 2070 onwards.** And in another 30 years we will witness a miracle. Bharat will be the centre of the world community, giving advice and support to other countries for their change, growth and development. **There will be a global family where humanity will be recognised as the religion.**

There will be peace and harmony everywhere. All nations will be looking at us with great respect and admiration. While reading this article, people may laugh at me and brush aside this article as too ideal, impractical and utopian. It is my dream and this dream will become a reality. We have to patiently wait for this miracle to happen. As mentioned earlier, man is still undergoing the process of evolution. At this stage the change may not be much at physical level, but more at the mental level.

In the **Kriyaban Melawa, on 2<sup>nd</sup> October, Sadguruji** briefly told us about **Manas, Chitta, Buddhi and Ahankar.** The Sattvik Prakruti of Manas is pure, strong, innocent and divine. After listening to Sadguruji, I further infer that Manas is associated with the Soul, capable of lifting man to a very refined level. The further evolutionary process of man will take him to this refined level—the final stage of human growth and development. At this level, man is a more refined and mature being, with qualities that we have not even imagined! He will be wiser, calm, understanding and full of love and caring. Negative emotions of vengeance and hatred will be the stories of the past. If so many developments can take place at scientific and technological level, **why the man cannot climb up to the finest level of creation, with the divinity dormant in each one of us coming out and shining forth?**

This process of evolution will soon take place at par with scientific and technological developments. At the appropriate time, a wise and divine personality will come and address the



leaders from different strata of society about the dire need to complete an important assignment that will save the future generations not only in Bharat, but all over the Globe. He will act as a catalyst working along with them. My dream will

become a reality. **Let us patiently wait for this Golden period.**

**Hari Om!**

**Dr Vasudevan P.N, Mumbai**

## Help Thy Friend

Very recently a friend of mine called me after a gap of six months. By the time I could pick up the mobile the call was cut off. I called back hesitantly with little bit of curiosity as we were not in touch for so long. He was not responding to my calls. I was in two minds whether to contact him or not? Next day I received the call again and I picked up the call hastily lest he may cut it again.

After initial pleasantries, I asked him about his health. He said he was okay but wanted me to come over to his place for tea so that we can have fair amount of time to chat. I promised him to meet at his place. The following Sunday I went to his place. He welcomed me with a broad smile and asked his wife to arrange for snacks and tea. I enquired about his daily routine. He said he is doing nothing. It was surprise for me. He said, 'since we are retired folks there is nothing much to do except spending time with family and friends and do some routine things'.

He asked me what I am doing now-a-days. I started enumerating my daily schedule starting with Yoga practice, reading news-papers, watching TV news, going to market for purchase of vegetables and groceries and most importantly, doing some trading in stock market etc. He was curious as to how I get time to do all these things. I told him that it is due to time management techniques taught to us by our Sadguruji and that these things keep me busy. I do not like to sleep in day time. This routine keeps me fresh and energetic. His reaction was awkward. He told me why I am toiling myself when it is time to take rest after retirement. I was annoyed a little with his perception of retired life.

On my persistent questioning he revealed that he has become disillusioned about life. His sons are not living with him, one is abroad and

another one is staying separately with his family. They are hardly in contact with each other. He had suffered heart attack and functioning of heart is only 30%. Wife is also suffering from asthma and psoriasis. Both of them are aged, confined to indoors not venturing out with fear that something will go wrong. He said that he does not like to mix up with anybody and share his agony with unknown people. I realised that something was terribly wrong with his psyche. He may be leading towards dementia if his outlook towards life does not change. I had attended the programme ESP devised by Sadguruji sometime back and learnt how our brain functions. What roles our cells/ neurons play, how they evolve continuously and how impulses are flashed via transmitters for functioning of body organs, in shaping our actions-reactions towards events and relationships with others including family and others and it is an on-going process. I did not want to force my views on him so I promised to be in contact with him so that the feeling of alienation and apathy get resolved over a period of time.

I had experienced this sort of disease in my personal life. Yes, I call it a disease! My wife, though a social person by nature, had undergone rapid changes in her behaviour after taking voluntary retirement from office. Though I had opposed her decision to resign, she was stubborn and went ahead with her decision. Eventually, she was cut off from her friends, colleagues and core group and became aloof. There was a self- created loneliness which crept in her life which she could not realise or was rather not aware of it. This is a natural corollary when members of family and friends become engrossed in their own careers, paths and have little time for the idle members of family or friends. The love is not lost but due to time



constraints and lack of dialogues, interactions go downhill and a void is created. After diagnosis of Parkinson's disease, her first reaction was 'why with me?'. Unfortunately, there is no cure for dementia, Parkinson's or Alzheimer's disease. The secretion of chemical dopamine starts dwindling and it affects memory, balance, focus motivation and overall good positive feelings essential for active life span. Medications can contain but not eradicate the disease. The patient's wellbeing is compromised and he/she goes sinking day by day, relying on others for daily body functions. The main reasons are life style changes and non- functional brain activities. I lost her two years back. This whole episode had a lasting impact on my life. One lesson learnt by me is to keep our physical and psychological health in good shape, sharpening intellect with daily food for thought, indulging into interactions with known and unknown people on regular basis.

The present generation is more tech savvy and does not believe in one-to-one contact. Everything is tech driven, chatting on phone, and living in virtual world like meeting in video calls and so on. One of my cousins thinks that by going in market place to purchase grocery and vegetables or any other thing is wastage of time, energy and money. He says, 'Why don't you order these things on-line when they are delivered at door step and are cheaper?' I smile wryly for his advice. I tell him, "You know, I am a socialist, I think of others too, these small vendors earn their livelihood selling on the street. How they will live if everybody starts shopping on-line. You are filling coffers of multinational companies by shopping on-line. The money goes out of the country which does not add to GDP. Secondly, there is an avenue for me to talk to these people, have interaction, and exchange pleasantries on real time basis. You can observe the happiness on their face, a sense of belonging when you talk to them. Many of them share their family matters with us and know more about our family members and our children. It is not the money that matters but the relations we create, besides our family. The concept of inclusive growth starts at lower level,

not from upside down. 'Jiyo aur jeene do' should be the goal of equality, what you call in Indian philosophy, 'Vasudhaiva Kutumbakam'.

Oh! I was carried away. The next time I met him I had gone well prepared with a belief that I may be able to convince him to have positive outlook towards life. But the moment I started talking, he had gone in shell. I would say one way monologue on my part. I think he was listening to me but was pretending to be not interested. His wife was little bit annoyed by his demeanour. She was my office colleague and we had good rapport. She started taking part in our talks and showed interest in what I was saying. She told me that he had too much expectation from his sons and was upset with their behaviour. She had reconciled to the fact that everybody has his own ambitions and we cannot persuade them or rather bind them with our love strings. We cannot force our wishes on our off springs and become hurdles in their progress. I think women are more pragmatic in such matters and accept the fate willingly. I inquired about his daily routine. I learned that right from morning he is either watching TV or surfing messages received on WhatsApp. I asked him what messages he gets. His reply was funny. He does not read all messages but forwards them to various groups. The only fruitful activity of his was playing Bridge Game of cards online. He told me that he used to participate in tournaments of that game when he was physically active. That was the beginning of his opening up. What about reading?-A big No! Listening to music?- Not much. I told him that I cannot live without reading newspaper every day. I may not hear news on TV, but newspaper reading is my daily 'khuraak' in the morning. It gives me pleasure and remains imprinted inside my head like a photo copy. He was amused. I told him that I am ardent lover of old film music and am member of 5-6 similar minded groups, where, every day a theme is given and you have to post the songs imbedded in your memory accordingly. I promised him to send the links. He agreed to give a try. This conversation was going on in Gujarati language but he knows and speaks fluent Marathi. His wife is Maharashtrian, theirs being



inter linguistic marriage. So, it became a three-way traffic and the barrier started collapsing. It was a good sign!

I wanted to drive away his fear that something will happen without warning if he exerts himself. There is always a difference between rational and irrational fears. Irrational fears are more dangerous. They prevent you from giving a try. I told him to initially go out in building compound for a short walk, gauge the strength and increase the duration gradually; just say it to himself ' I can do it.' Once he trains his mind to face the fear, the body responds automatically. It does work that way. I had learned it from my father. He was an octogenarian but continued going out every day for a walk till his death although his frame was frail and weak. He used to say, 'I do not want to be a sitting duck'. Such examples boost our morale and make life easy to live in. These are the basic things we learn from our elders and our Gurus.

I feel myself fortunate that I met my Guru, Sadguru Yogiraj Dr. Mangeshda in prime time. A

journey of a quarter of the century to be precise! What I have received from him is immeasurable and invaluable. Be it wealth, health and prosperity in life. I am indebted to him for the love showered on me. When he calls me Chandu lovingly, I feel overwhelmed and only one feeling emanates- Gratitude! I am a small person in this melee but his teachings are so powerful that I can also imbibe the knowledge imparted to us and try to be useful to others in their distress. **Gurus are in abundance but what differentiates him from others is the practical approach with social awareness and simple living style with no fanfare. His ability to connect people makes him unique!**

This is the Silver Jubilee year of our International Magazine -'The Awakening!'. I wish it goes on and on!

I bow before the lotus feet of Sadguruji and wish him Happy Birthday.

**Hari Om!**

**Chandrakant Baraskar, Mumbai**

## Power of Open AI ChatGPT

### What is ChatGPT?

ChatGPT is based on the GPT (Generative Pre-Trained Transformer) mechanism. Chat GPT is a virtual assistant which helps human beings to solve complex Computer programmes with ease and aids in communication and in writing various programming languages. These virtual assistants, powered by Artificial Intelligence (AI) and Machine Learning (ML), are making waves in our day-to-day lives. In this digital age, communication has evolved dramatically, with ChatGPT playing a pivotal role in transforming the way we think and interact with technology and businesses. These AI and ML driven applications which are available 24/7 are revolutionising how we engage with technology.

### Significance of AI ChatGPT and their wide-ranging applications

Artificial Intelligence is the simulation of human intelligence in machines designed to think and act like human beings. Chat GPT is the most

popular tool created by using of AI and ML techniques. It is revolutionising the communications with lightning speed.

**AI driven Chat GPT is widely used by the industry in the following areas: -**

- Manufacturing
- Marketing and Sales
- Research and Development
- Accounting and Finance
- Data Analysis
- Health Care Support
- Defence and Surveillance.
- Cyber Security and Fraud Detection.
- Education and Learning.
- Communication.
- Creation of new avenues and jobs e.g. prompt engineers.

### Shortcomings of AI powered Chat GPT

- It can be said that ChatGPT which thinks and



acts like human beings, has replaced the power of thinking and comprehension of human beings.

- It has taken away the jobs of many people around the world as one user can do the work of many people.
- ChatGPT will work effectively only if it is given proper prompts and commands.

### Conclusion

AI powered Chat GPT, if not used properly, will prove detrimental to mankind.

### Hari Om!

**Gopalakrishnan Kumar, Mumbai**  
**Freelance Data Science Consultant.**

## Gratitude

A Hundred Thousand Pranaams at my Masters Lotus Feet.

The year 2023 will be marked as one of the most significant year in my life's journey. I still remember that moment when Sadguruji said, "Your time has come now" and I gave my name for Kriya Diksha. On Makar Sankranti day, 14th January 2023, Saturday, I got initiated by Sadguruji.

Since then I have been a part of Sadguruji's Family. He took me under his wings and this year along with the Kriya Diksha I had the wonderful opportunity to attend the ESP Programme and the Kriyaban Melawas. I have started attending the weekly Kriya classes, the meditation sessions and am excitedly looking forward to enrolling for Sadguruji's Yoga sessions and be a part of that clan as well.

What I have gained through these sessions has been immense. These sessions have been a real treasure of knowledge. The ESP Programme helped sharpen my extra sensory perception, my memory a level more. In the different sessions, Sadguruji's teachings on how to develop more focus have been so insightful and detailing. Each session I have attended brings me home the fact there is so much more to learn in life, it is like a vast well we can keep digging into and keep gaining. The knowledge is not only bookish, but what we can put into use in practical at every point in life, whether we want to become a sports champ or a student or whether one is attending to duties at office or home etc.

Kriya Yoga helped me firm my discipline. As I wake up, I now begin my day as taught by Sadguruji, with yoga, followed by pranayam and

conclude it with my Kriya practice and then get on with my routine day. I make it a point to not miss my Kriya any day.

The practice has benefitted me at all levels. Physically I find more strength in my body. Earlier, when I used to sit for meditation, I needed back rest and could sit for maybe 30 to 40 minutes. Now due to Kriya, I can sit for a good 1.5 hours even without any back support. My posture has become stronger. At the personality level also there have been changes in me. People around me notice and comment that I am no more an introvert now, I am more confident and have a sense of humour, as if Kriya practice has blossomed my heart chakra. My character has changed and now I am more sharp and fun to be around. My power of expression has become stronger. At the spiritual level Kriya yoga gives me immense satisfaction. It creates a yearning in me to get in more and more serious and deeper with my practice. Somehow, it has created a desire to centre my attention to the Kriya and then create everything else around it.

So, overall, I am in a win win situation. I have earned a Kind master to whom I wish to be devoted to all my life. A Father figure, I deeply respect and revere! A family, I look forward to meeting at all events, I am eager and excited for all our gatherings because they are not only a bank of knowledge gain but also fun times with Sadguruji's amusing punch lines.

Kriya Yoga has opened a whole new dimension, has me a different perspective in life. Sadguruji, I will be forever grateful and indebted to you!

**Himangi Bhatia, Mumbai**





## Divine Bliss

### Hari Om!

Sadguruji blessed me with the pious 4<sup>th</sup> level Diksha on Gurupurnima day this year. I think that I got this due to my good Karmas of many lives. On the day of the Diksha, I was transported to a different realm altogether, one of the divine bliss!

Ever since Sadguruji blessed me with the 4<sup>th</sup> level Diksha, my Sadhana has intensified and I am enjoying doing my Kriyas. I feel I am able to focus easily and I am spending more time in meditation

effortlessly. My requirement of food and sleep has come down. I do not feel like talking much and prefer silence. I have been suffering from chronic back-ache for several years, which used to disturb my focus during Kriya practice. But now, it has stopped bothering me and my attention is not going towards the pain during my Sadhana.

All this is due to the grace of Sadguruji. Pranams at his lotus feet.

Latha Bairu, Hyderabad

## Transformation

### Hari Om!

Shri Gurubhyo namaha!

I am happy to share my feelings and experiences after our Divine Sadguruji blessed me with the Fourth level Diksha along with some other selected Kriyaban family members.

With Sadguruji's immense grace my Kriya Sadhana has improved a lot; I am able to give my 100% to it, that too with much interest and enthusiasm. During my daily Kriya practice, as soon as I chant Om, my storm of thoughts subsides and my focus is internalised. I feel light and forget myself and am able to go deep in

meditation for a long period of time, enjoying a lot of peace and happiness.

One thing I definitely want to share is that life's ups and downs are not affecting me now as much as they used to, previously. I am able to stay calm through all the happenings in my day-to day life. My food intake and sleeping hours have reduced.

Thank you, Sadguruji, for moulding me into a better human being. Koti Koti pranams at Sadguruji's lotus feet!

Ch Janaki, Hyderabad

## Sadguruji's Blessings

### Hari Om!

Sadguru Yogiraj Dr Mangeshda has blessed me with Kriya Yoga Diksha. Thank you, Sadguruji for accepting me as your Disciple. I wish to share my personal experience of practising Kriya regularly.

Through the practice of Kriya, I have begun to experience positive changes. Kriya practice has brought me a sense of happiness and clarity. It has also provided me with effective financial solutions. I used to face daily challenges with high stress, but now, with the help of Kriya, I find that these problems no longer dominate my thoughts. Additionally, practising Kriya has been instrumental in earning valuable points to participate in various programmes. I have

overcome my tendency to procrastinate and now I complete my tasks in a timely manner. My headaches and anger have gradually diminished. Kriya practice aids me in achieving a sense of purity and reality while helping me avoid unnecessary involvements and avoid carrying forward unnecessary discussions, emotions.

I once aspired to attain advanced Kriya Diksha, but financial constraints and the responsibility of providing for my children made me put that aspiration aside. Although I temporarily dismissed the idea of pursuing it, I realised that practising any form of Kriya in the presence of Sadguruji was sufficient for me.

Then, to my surprise, I received confirmation



that I was chosen for the advanced Diksha I was aspiring for. At that moment, however I questioned myself whether I could afford it, given my health concerns and financial constraints. My one daughter was in a hostel and the other one going to school and my health was not good. I thought it may not be possible for me to take Diksha for the first time.

But because of Sadguruji's blessings, as soon as we came back from the hospital, we packed our

things, with tensions and in haste among all these challenges and could manage to receive Diksha from Sadguruji.

I happily accepted this Diksha with Sadguruji's blessings. From that day I have been very happy and I believe that Kriya practice brings calmness and helps in getting done what is good for us steadily.

Padmaja, Hyderabad

## The Most Precious Gift In My Life

Hari Om!

My spiritual journey started ten years back when I was blessed with Kriya Yoga Diksha by Sadguruji. At that time I was not clear about the importance of Kriya Yoga. Gradually, I understood it, and now, I feel that having Sadguruji in my life and receiving Kriya Yoga Diksha from Sadguruji is the biggest blessing in my life.

Kriya Yoga practice has totally transformed my life. My perspective of life and attitude towards others have changed. My thought patterns have also changed. Now, I am more aware of my thoughts, words and actions. Now I am aware of the purpose of my life and I find my life meaningful. This is possible only because of

Sadguruji's grace.

The practice of Yoga techniques taught by Sadguruji is giving me so many health benefits. I got relief from acid reflux after starting yoga practice. My problem of back pain due to bulging disc got solved completely. Now I am able to do household work without any pain in back and shoulders. My flexibility has increased after starting yoga practice. My immunity has also increased. Whatever I am today, is only because of Sadguruji's blessings. Thank you, Sadguruji, from the bottom of my heart for accepting me as your disciple.

Koti koti pranams at your lotus feet!

Anuradha V R, Mumbai

## The Modern Gurukul

In a chaotic race to survive in the most competitive and hyper connected world, most of the modern human beings lose out exactly what they set out for - peace of mind, good health and a happy life . With array of lifestyle diseases and mental health issues impacting normal life, we are always on a lookout for solutions, some sense of balance. With so many options to choose from, many of us are confused which one to follow.

Similar to the age-old concept of Gurukul where the Guru shepherded the disciples, working on their overall wellbeing, **Sadguru Mangeshda Kriya Yoga Foundation has launched the Modern Gurukul virtually connecting the disciples throughout the world.**

**Online Yoga Classes:** Going away from the trend of live streaming of recorded yoga classes, here the Master (H H Sadguru Yogiraj Dr. Mangeshda) conducts the master class separately for regular students and Senior citizens/ those who want to start from basics. The quality of the Yoga classes is quite unique and impactful as experienced by thousands of students. For the eager seeker, some advanced yogic techniques and tools are shared and the participants practise this under the watchful eyes of Sadguruji. Scientific understanding of how the asanas impact the circulatory, respiratory, nervous, endocrine systems as well as the muscles, joints etc are shared. Adding to this, the fun and camaraderie of the group, the energy levels just amplify. The sessions are available on Tuesday, Thursday,



Saturday & Sunday.

**Online Meditation Sessions:** One of the powerful streams of Yoga, Meditation sessions are regularly conducted on Saturdays. The sessions are refreshing, rejuvenating, clearing the clutter in the mind, helping one to focus and concentrate better (one of the most desired life skill in the current world scenario). The session includes some powerful techniques to go to deeper states of the mind and experience bliss.

**Kriya Yoga:** Kriya Yoga is one of the rarest branch of Yoga available for study and practice in the world. Based on the 5 fold path, Kriya Hatha Yoga, Kriya Kundalini Pranayama, Kriya Mantra Yoga, Kriya Dhyana Yoga and Kriya Bhakti Yoga, the fortunate in the world receive the initiation from an authorised Guru. I was fortunate to get the initiation in the year October 2001 from HH Sadguru Yogiraj Dr Mangeshda, a direct disciple of Param Guru Sri Sri Mahavatar Babaji. I was blessed with the 4<sup>th</sup> level Diksha on Mahashivaratri day last year. The Kriya, pranayama and other techniques help us reach deeper states of the mind which we have not

explored yet. Regular practice keeps the Sadhaka energetic, healthy and full of enthusiasm. Today's world is afflicted with physical and mental health issues, where anxiety, worry, frustration and negativity dominates happiness, enthusiasm and positivity. Here the practice of Kriya Yoga creates a Kavach (armour - protection) from the negatives while taking the Sadhaka to higher energy levels to live a full life. Kriya Yoga is indeed a practitioner's path. We are lucky that we have LIVE Online sessions of HH Sadguru Yogiraj Dr. Mangeshda every Sunday for the initiated. This way we are always in touch with Guruji and keep updating our knowledge and quality of practice. We indeed feel that the Live Darshan of Sadguruji (almost daily) keeps us ready for any challenges life puts in front of us, while sustaining healthy habits and positive mindset.

The Modern Gurukul is a boon indeed, for people like me.

Jai Babaji. Jai Mangeshda. Heartfelt gratitude to the great Yogis!

**Sandeep Yederi, Mumbai**

## Turning Point Of My Life

'It is never too late to mend', goes the regular proverb; when it comes to spirituality in day to-day life, I would like to mend the proverb and say---It is never too early to begin Spiritual Sadhana!!!

Living in this material world, day in and day out, we face repeated challenges. Challenges in terms of work, work place, health issues, mental problems and an endless list follows. Sometimes we feel trapped in the cobwebs created by our own emotions, while sometimes it is the self-centred relations which drain our energies. Surrounded by these tall fences of self-doubt and aimless wandering into the dark tunnels of ignorance; spirituality can definitely be the torch-bearer. It can easily carry us out from the illusion of the fake world on to the path of self-belief and confidence.

People often mistake spirituality to be synonymous to forsaking belongings and

relationships and living a life of a hermit. Many a time, it is conveniently misunderstood as an easy-going pathway of cowardice to avoid facing tough situations in life. While to some others it may sound like an unending saga of boredom with closed eyes; which the great Gurus refer to as Meditation.

In this article, I choose to explain with self-example, as to how spirituality can actually foster positive changes in our attitude; redefine our relations with self and others and bring in long lasting mental peace and emotional stability. Through my own experience and example, I would like to shed some light on this perpetually misunderstood topic.

I have done MBBS and then post-graduation in Radiology from KEM Hospital. I got an opportunity to work in a very reputed centre in Fetal Medicine where they constantly upgraded their work. I had just passed out and felt the



work very challenging as well as exhaustive. To top it, the staff and colleagues were not so co-operative. There were long working hours with late lunches which eventually took toll on my physical health. On a personal front too, I was going through a lot of emotional turmoil.

That was the time when I got introduced to Sadguruji. I consider myself lucky to have been granted the pious Kriya Yoga Diksha. That was the turning point of my life.

After the pious Kriya yoga Diksha, our Sadguruji guided us into a daily discipline of physical exercises, breathing practices and Kriya meditations. Here, I would like to emphasise that our Guruji not only conducts regular classes on every Sundays but also personally guides us through our difficulties.

He emphasised the importance of mindful eating and consciousness oriented chores. Slowly, yet surely, he brought out systematic changes in our dis-organised lifestyles.

As I mentioned earlier, my work was very challenging and to be honest, I hated to keep on studying lifelong. I often used to curse myself-why did I take up medicine. But, as my practice of Kriya yoga deepened and became more regular, I saw a transformation in myself. Many of my annoying health issues vanished as if they were never there. My consciousness towards food increased and I got to become more aware of what I am consuming. The stressful thoughts subsided, I started feeling more at ease with

myself.

The regular Kriya- meditations helped me tremendously to increase my focus and concentration. This in turn increased the understanding of my subject; as my grasping power improved I began enjoying the subject. I started studying my subject in further details and developed a keen interest in keeping abreast of recent advances.

This in turn helped me perform better at work place. People suddenly started considering me as intelligent and hard working. My struggles at work place eased out as the very colleagues who initially mocked me, now started respecting me. My seniors started taking my advice in difficult cases. This improved my self-confidence and I started to feel proud of myself.

Today, I have a good name in my area of practice amongst doctors and public too. They trust me and my work which is indeed a good boost to my self-image. When Patients come back to me with basket of goodies as a gesture of their gratitude to my services, at the back of my mind I know---it is not me it's -- 'He.' He, who not only gave us Diksha but also a Disha.

Eternally grateful to Sadguru Mangeshda who has lighted up the lives of many and turning iron into gold-whosoever he places his hands upon.

**Dr. Kirti Parikh**  
Consultant Radiologist-  
Fetal Medicine Sonologist.

## On The Road Of Self Discovery

When my journey started on the Path of Kriya Yoga, it was exhilarating and joyous as I am one of the chosen ones who has been bestowed with precious Diksha by my Sadguruji Yogiraj Dr Mangeshda, a direct disciple of Legendary Sri Sri Mahavatar Babaji. I was wondering what is this self-discovery and more importantly the answer to the question 'Who Am I'. As we practise more and more, it is giving unbelievable energy, peace and calmness. Some of the Kriya yoga asanas and techniques are so powerful, one could do away with sleep itself.

As this journey progressed, the story began to unravel. Suddenly there was no time to practise and entire mind and body was put into a spin. Again, with Sadguruji's guidance, things began to fall in place with some little adjustment to routine. So the first lesson was to break the pattern.

As progress continued, there were situations where precious energy was being lost due to the six enemies of greed, anger, envy, lust, attachment and most importantly, ego. There were moments when I was completely carried



away by these emotions and got lost. As the peace and tranquillity was disturbed, sadhana was again on a bumpy Road.

Emotions, while interacting in society with near and dear ones, at office, society at large also played a very important role in this journey. But as we understand that all these are tests for ones resolve and ability to receive the higher knowledge and higher energy, journey moved on. Second lesson was to understand our own mental condition and level of ego. Working over them was another eye opener in understanding our own journey.

Sadguruji's timely intervention, guidance and extremely beneficial sessions like Self recognition and Development (SRD), How to be Happy, Extra Sensory Perception (ESP), Kriya Sanskar Sadhana, provided invaluable tools to tackle any situations arising out while dealing with outside world. Sadguruji always refers to Human body as a temple which needs to be taken care every day.

Regular Yoga, Pranayam sessions and meditations helps one gauging ones physical wellbeing and also greatly helps in enhancing physical and mental health. Some of the invaluable advices provided during the sessions are true Nectar Drops, which really motivate one to realise ones true potential. Some of the techniques bestowed by Sadguruji are extremely

rare and one should consider himself extremely blessed to receive them.

When one is in perfect physical condition and mind is calm, one's spiritual practice 'Sadhana' becomes more intense. As the Body and mind become stable, it helps one to focus more inwards leading to a zone which is beyond words. With more and more regular practice, senses become still and thoughts become less and one acquires childlike inquisitiveness, looking forward to something which is blissful and beyond words.

So the lesson is, when one connects to this Inner world, the hold of the outer world on oneself becomes less as mind becomes calm and content. Reactions - while dealing with outer world are more matured and balanced, leading to less discontentment and Ego hurt.

Journey into the infinite is vast and if one is not careful, there is every likelihood of getting lost on this path. But to experience this infinity one needs to go the micro state, as Sadguruji always quotes as 'Eye of the Needle'.

Lesson here is not to give up, but to walk on path shown by Sadguruji with complete determination and faith that he is always with us leading us to our own True Home.

**Hari Om!**

**Venu Madhav, Hyderabad**

## Sadguruji's Grace

**Hari Om!**

This is just a small attempt of mine to say thank you, Sadguruji, for showering all the love and blessings upon us.

**Spiritual front** - it is really amazing experience for us to be a part of the Kriya sessions, meditation sessions and yoga sessions, all are filled with one underneath object of spiritual upliftment of every participant. When I practise the assignments given by Sadguruji, it is assured that the experience of the same will be ultimate after some days. Though there may be many ways to do spiritual sadhana, but under his

guidance and in-depth knowledge, it feels like we are working for our ultimate goal actively and we will achieve the same on demand. That level of perfection he is bringing among us. This is my non-stop experience when he gives practice to us, once sufficient practice done automatically my mind (conscious as well as subconscious) starts leaning towards next level, and at the right time he is gifting us with new additional teachings. Now a days can't even think to miss his any class especially the Kriya sessions. As every session is filled with unique and rarest teachings.

**Health front** -The efforts Sadguruji is taking to



guide us on maintaining and improving our physical, mental health is an additional gift to us. No one can imagine the depth of his teachings at any given point. Anyone just needs to be the part of the sessions he is conducting with 100%. The single session contains the asanas, exercises, diets, exercises for mind and lots of input. Sometimes it is harder also to practise each and everything that he has taught. But there also one confidence always remains in mind that when the right time comes, we will recollect the same and put in our practice. After so many years, I realised this fact and came to know why he is trying so hard to make sure every Kriyaban listens to his words.

**Personal life** – To be frank, I never took Diksha with the intention of benefits in personal life. But Sadguruji's blessings are so high that spread across each and every moment of our life. Came to realise recently that every day we are getting is the opportunity for us to create happiness, positivity around us. Somehow, we get involved in such situations where the positive hopes are needed, all it takes is just us to be present there and each and everything just happens – earlier used to think the same was my doing but recent realisations made it clear that it is just my

thought which I should not entertain at all and stay in the flow. The biggest help happens knowing that at each and every moment Sadguruji is with us – seeing what we are seeing, looking at each and every thought of ours, this really helps us from keeping negativity away and stay firm on values and Sanskar he did on us.

To conclude, I can say only one thing, I do not know the intensity of my practice, do not have the knowledge or experience, still there is a life changing confidence he has brought in me – whatever happens; this is my last birth. If at all the next birth happens, that will be by my own choice. This level of karmic cleansing he is getting done for each Sadhak. Sometimes I get distracted in mundane life, still he forgives me and always guides me and brings me back on track. My gratitude to Sadguruji for disclosing so many advance Kriyas to push us on the path of spirituality and getting us closer to our ultimate goal. Being his disciple is nothing less than the new birth of mine. Thank you once again, for everything you are doing for us.

**Jai Gurudev!**

**Vishvprakash Medge, Mumbai**

## Kailash Manasarovar Yatra Of 2008

**Hari Om!**

I am sharing some untold incidents and immense sacrifices by Sadguruji Dr. Mangeshda

**5<sup>th</sup> September 2008 to 20<sup>th</sup> September 2008**, will forever be etched in my memory as well as all those who were a part of the historic and once in a lifetime journey which was lead, co-ordinated, guided and blessed by **Sadguruji Dr. Mangeshda**.

We successfully completed the parikrama of **Mt. Kailash** and that too in very adverse and severe weather conditions of -5 to -10 degrees Celsius with visibility of only a few feet. Mt. Kailash which was clearly visible at the end of the first day's parikrama, could not be seen at the beginning of the 2<sup>nd</sup> day as there was heavy snowfall in the night and the entire area till our eyes could see, was completely covered with snow. Visibility was

a maximum of 10 feet and we had to climb from 18000 feet to 20000 feet to reach the highest point of the 2<sup>nd</sup> day's parikrama.

Ours was the only group in which there were no casualties whereas in every other group unfortunately there were deaths due to the adverse weather conditions and altitude related health issues.

We successfully completed **Cleanliness Awareness Drive from Mumbai to Manasarovar** in which more than a tonne of garbage was cleared from the banks of holy **Manasarovar**. We are the only group to have done this feat.

On our way back, there was a major accident when one of our vehicles summersaulted causing severe injuries to 5 of our team members. Yet despite this major accident, all of them bravely and silently bore the pain and were taken in



another vehicle to a hospital in Kathmandu. This journey lasted more than 36 hours. They then got hospitalised and after successful surgeries, were discharged 4 days later and together flew along with us to Mumbai. Thinking of this itself gives goosebumps. Nothing short of a miracle. These cannot be explained in words. All this was only possible because of the presence, guidance and blessings of **Sadguruji Dr. Mangeshda** to whom we are eternally grateful and this second life cannot be expressed in words nor can we do full justice to all that we have gained in this expedition.

As Sadguruji always mentions that it takes a lot of time for positive memories to get registered whereas negative emotions get registered the fastest. Hence, we need to share positive things and memories many times to inspire and motivate others.

#### **A brief background of the yatra.**

This being the year of Olympics, which was held in China, getting a visa to go to Tibet was getting very difficult and the original yatra which was scheduled somewhere in June 2008 got postponed to September 2008. However, this meant that the weather conditions in and around Mt. Kailash and Manasarovar were going to go below freezing point. Also, doing a three-day parikrama of Mt. Kailash between 18000 feet to 20000 feet was going to be even more challenging both physically and mentally.

Sadguruji having visited Mt. Kailash and Manasarovar on many previous occasions, was an expert of that entire region and knew the conditions very well. He therefore regularly conducted meetings and gave a list of things that we needed to practise daily to improve our physical fitness, various pranayams for improving our breathing and always gave positive and affirmative thoughts. On a hindsight, He knew exactly what was going to unfold and made us all prepared for this expedition without giving us even the slightest hint.

While we all basked in the accolades of having successfully done the parikrama and returned

back to a hero's welcome in Mumbai, thanks to all our Foundations family members who had gathered at the airport to welcome Sadguruji and team, we realised that we were mere instruments and that this was possible only because of our Sadguruji and may be, we having done some very pious things in our previous birth/s that we were able to join Sadguruji on this historic expedition.

#### **Unimaginable sacrifices made by Sadguruji Dr Mangeshda for his disciples:**

On rewinding the expedition day by day, it slowly started sinking in my mind that in order to ensure the safe return of all members of the expedition, Sadguruji had to sacrifice immensely. Yet, not once did he mention anything about it. A few of the sacrifices which I know are as follows and which I shared only on 2<sup>nd</sup> October 2023, in our Kriyaban Melawa. This should have been shared earlier with our people to make everyone aware of how Sadguruji helps each and every one of us without even our realising. Sadguruji bears on himself more than 95 percent of the disciples' sufferings/problems and the disciples only have to bear less than 5 percent. Yet we crib and complain.

I clearly remember in one of the Sunday Kriya classes where Sadguruji had mentioned that nothing in this world is for free. When somebody has gained/ got something, some other person has sacrificed. Be it wealth, health, happiness, life etc.

It was a huge responsibility to lead more than 36 people on an expedition to Kailash Manasarovar. That too, when there were huge age differences, from young adults to senior citizens, health issues of many members, not everyone was fully fit, very adverse weather conditions, high altitude sickness etc. One cannot even imagine the mental pressure and huge responsibility on Sadguruji's shoulders to ensure that all of us reach back safely. The consequences of any mishap cannot even be imagined.

More so, all of us knowing Sadguruji over many decades, know that he can see the past, present and the future of each and every one, every



situation, incident that has happened, that will happen, be it in this birth, previous births or future births. He never calls it a miracle but we all know the truth. Having said all that, he would have seen what was going to happen, to whom, protecting the weakest and ensuring that those who were going to be affected would escape from the jaws of death with only mere scratches, injuries. To top it off, He could not and did not share it with anyone else. To carry on this huge burden, yet putting up a brave face, being jovial, lifting the morale and spirits of everyone, yet knowing that to ensure the safety of all he would have to sacrifice something! Pranams at His lotus feet and it brings tears to even think of what He had gone through for our sake. He had done parikrama of Mt. Kailash many times and could have easily cancelled this trip, but He undertook this responsibility for the sake of us disciples. To give us that once in a life-time opportunity, knowing fully well what He was about to lose, which He has gained through decades of rigorous sadhana, penance and sacrifices.

As soon as the expedition dates were fixed and visas completed, tickets booked, in one of the meetings at Juhu, Sadguruji mentioned to the wife of one of the team members not to worry; she would deliver a healthy baby (this, when she had not even mentioned to anyone that she had just got the news of her pregnancy) and also promised to bring her husband back safely to Mumbai, which He successfully fulfilled.

A couple of days before reaching Mt. Kailash, a couple in our team members got seriously ill due to the high altitude. Our Sherpa who had twice summited Everest, insisted that Sadguruji leave these members there itself, as going further up to Manasarovar would worsen their health. The Sherpa even said it would be suicidal to take them any further and that they should go back where they can get better. Staying at low altitude would help in their health. However, Sadguruji informed the Sherpa that he had promised these members that they would get the darshan of Mt. Kailash and that it was His responsibility to see to it that no harm would come to them. Afterwards, as soon as we got the first glimpse of

Mt. Kailash, Sadguruji took this couple and showed them Mt. Kailash which will be cherished by us all. The Sherpa then realised that the person standing in front of him was not an ordinary person and bowed down in respect. He was in total awe of Sadguruji till the end of the expedition!

At the same time, Sadguruji, while having the first glimpse of Mt. Kailash, had tears in his eyes. When asked why, He replied that he is seeing Mt. Kailash on behalf of all family members who could not join him on this expedition. Before leaving Mumbai, Sadguruji had promised everyone that at the very first sight of Mt. Kailash, he would remember everyone and see it on their behalf. I am sure all those who were connected with Sadguruji at that moment, would have got the glimpse of Mt. Kailash from the comforts of their homes. This selfless gesture brought tears in everyone's eyes. Indeed, Sadguruji practises what he preaches. He remembers each and every person, each and every conversation that he had and that it is with great love and sacrifice that he has united everyone and built this global family. Whether the disciple remembers Sadguruji or not, Sadguruji will never forget any disciple. He truly practises the motto of **Unconditional Love and Unconditional forgiveness.**

Another instance is, during the night after the first day of the parikrama, when it snowed very heavily and the next day, the visibility had dropped to only 4-6 feet, temperatures were **between -5 to -10 degrees C**, when everyone decided to stay put, Sadguruji mentioned that he would like to continue the parikrama alone. At this moment, when the other disciples insisted on accompanying Sadguruji, He agreed to take 10 disciples. Although it was great honour to be a part of the parikrama, unknowingly, we had put even more pressure on Sadguruji to ensure safety of us all. The horrid conditions with almost zero visibility, took a toll on Sadguruji with his vision getting reduced considerably. Although he did not mention to anybody at that time, it surely meant that he had helped somebody's vision by sacrificing his own.





During the parikrama, one could see dead bodies around, which meant additional pressure on Sadgururji for keeping us all safe. It was only on completion of the 3<sup>rd</sup> day of the parikrama that our vehicle driver mentioned that there were deaths in every other group and he was very shocked and happy that we all were safe. He was the first one to come running towards Sadgururji as he was very pleased to see Sadgururji leading his team back safely after the parikrama.

This was only possible because of the presence and blessings of Sadgururji who also knew every inch of the parikrama, alternate routes to be taken to ensure safety of his disciples. There was no GPS nor any other medical assistance on the way. It was only because of photographic memory of the route and having done parikrama many times earlier that Sadgururji safely brought all of us back to the base camp.

There was a very serious accident during our return journey. After lunch we travelled an hour, we were waiting for all vehicles to gather at one spot and then drive back till evening. Suddenly we got the news that one vehicle had been involved in a serious accident. Sadgururji immediately rushed to the spot to help. Only then we realised that the vehicle which met with an accident was our own which had our five team members in it. Passer-by told us that the vehicle summersaulted. One by one when our team members came out of the vehicle, it was a ghastly sight. They were injured very badly with blood oozing out of their faces, glass pieces still stuck on their head, faces. Sadgururji, immediately instructed everyone not to panic. Basic first aid was given. Language being a major barrier, slowed the process. Nearest hospital was searched. Alternate travel arrangements made instantly to take our team members to the nearest hospital (which was more than an hour away) where only basic first aid could be given. Sadgururji then decided to take them all to Kathmandu which was 4 days away. Since time was of utmost importance, he requested the drivers to help on this mission. It was only a miracle that we reached a very good hospital in Kathmandu in only 36 hours. Kudos to our drivers, we even had to cross the border

between Tibet and Nepal. The doctors on seeing the condition of the patients were shocked and surprised that they had not only survived such a long travel but all of them were in good spirits and even joking among themselves. It was a first surprise for the doctors also. A sight they will not forget for a long time. Sadgururji was constantly in touch with the doctors as well as the patients, improved their morale and saw to it that after their surgeries, all were back on their feet and discharged within 4 days. When the rest of the expedition members reached Kathmandu, we all left together in the same flight back to Delhi and then a connecting flight back to Mumbai. Except for a few scratches, all of them were fine which itself was a miracle and was only possible because of Sadgururji's blessings, prompt action, remaining cool always and creating a positive environment throughout. Much later we came to know that Sadgururji knew this was going to happen, he changed the seating arrangements in the vehicle just after lunch, ensured that all were brought back from the jaws of death and safely brought home to Mumbai. Pranams Sadgururji for your divine intervention and all that you did for these 5 members and also to the other 5 members whose seats were changed to another vehicle. You have sacrificed a lot for ensuring the re-births of our team members for which not only they, but we all are eternally grateful.

Sadgururji did not even sleep for a moment during the entire expedition of 16 days. He was always alert and constantly checking with all his disciples about their health, if any assistance required. Nowhere else would we receive such love and attention!

Sadgururji has taken so much pressure and responsibility on his shoulders. 'Do we deserve all this? What have we given in return? Are we worthy to be called his disciples?', these questions keep coming up time and again. In our greed to be with Sadgururji, we often ask Him, 'when are you going to take us to some place again?'. Little knowing the responsibility that Sadgururji has to undertake on himself for our sake. Despite all this, last year in June 2022, Sadgururji took a few disciples to Kedarnath and Badrinath and also showed us Panchprayag and



very rare places. This was the time where there was the news of landslides near Kedarnath, weather worsening. But with Sadguruji's grace and blessings all of us came back safely and had a wonderful darshan of Mahadev with our very own Mahadev- **Sadguruji Dr Mangeshda.**

The above are only a few instances of the tremendous sacrifices done by Sadguruji for his disciples, without even uttering a single word about it. Done selflessly and unconditionally! What more can a disciple ask for? We all are truly blessed and fortunate to be accepted as Sadguruji's disciples. Am sure others will mention their experiences also. Fifteen Years hence many things have changed, but the love and respect to our Sadguruji has increased manifold year on year. The learning Journey continues, knowing fully well that He has given a

new lease of life to all of us; call it our 2<sup>nd</sup> birth. We are indeed very grateful and fortunate to have met Him.

Sincere thanks to everyone, who, although physically could not be a part of this expedition, still were tirelessly working and supporting Sadguruji in the pre and post expedition activities to ensure that this expedition would be successful. To all those who prayed for our safe return, welcomed us to a hero's welcome at the airport and to all those who managed the home front while we were at the expedition, a big thank you to all!

Koti koti pranams, Sadguruji Dr. Mangeshda, for all that you have done and continue to do for us disciples, every moment of every day.

**Prakash Irde, Mumbai**

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## Poems

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Hari Om Sadguruji

Thank you for being with us always guiding, motivating and blessing us to stay fit, healthy and grow spiritually. Expressing my Gratitude at thy Lotus feet!

Pranams

Sole fully wandering,  
In Search of my Soul,  
Soulfully searching,  
To understand my Soul!  
Soulfully wondering,

Journeying with Divine Soul,  
Sole Purpose of Learning,  
Is to uplift my Soul!  
Sole pointedly focusing,  
To Awaken the Soul,  
Soul fully connecting,  
Illuminating the Soul,  
Soulfully seeking,  
Merging with thy Soul!  
Soulfully expressing  
Gratitude at thy Divine Feet!

**Shambhavi Kriyaban, Connecticut, USA**

---

Inspiration from Sadguru Dr. Mangeshda's nectar drops after Yoga session about start afresh on a new canvas every day...

I am Doodling!  
Every day on a new Canvas!  
With the hope of Freshness!  
Patterns repeat themselves,  
Subconsciously Sometimes!  
Divine are your teachings!  
Alerting my Senses,  
Heightening my Consciousness,  
Holding my Hands

Correcting the Patterns,  
Guiding me with the Colours,  
Guarding from overflows,  
Attempt to Start Fresh,  
Everyday on a New Canvas...!  
Hoping THE DAY Arrives  
When it will all be a 'White' Canvas!

Seek your blessings, Sadguruji,

Pranams

**Shambhavi Kriyaban, Connecticut, USA**



**Our Humble Pranams  
at Your Lotus Feet.  
Happy Birthday & Best Wishes  
to Sadguruji.**

From

Jagan Mohan E \* Ojasvi \* Mamta  
Gopal C.V. \* Chavalis \* Emanis \* Rastogis



Many Happy Returns of the day **Sadguru Yogiraj Dr. Mangeshdaji**.  
Seek your blessings and thank you for your valuable guidance.  
Best wishes to **Sadguru Mangeshda Kriya Yoga Foundation**  
for all their awesome social activities for the benefit of mankind.  
**Jai Gurudev.**

From: Ravi Chandavarkar and family, Goregaon East.

# **Message from Mangeshda Upasana Centre, Dadar**



**"Have a goal in life, be brave enough to undertake the impossible and light up with faith"**

**- H. H. Sadguru Yogiraj Dr. Mangeshda**

**Humble Pranams at the Lotus feet  
of Sadguruji and  
Wishing Him a very Happy Birthday**

**Devotees  
Contact No. 24141933**

गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः ।  
गुरुः साक्षात् परब्रह्म तस्मै श्रीगुरवे नमः ॥



**From**  
**Yuvaraj Manali Deepanshu**



# **MANGESHDA UPASANA CENTRE, ANDHERI**

**A VERY HAPPY BIRTHDAY TO  
PARAM PUJYA SADGURU YOGIRAJ DR. MANGESHDA  
&  
GOOD WISHES ON ANNUAL DAY  
TO SADGURU MANGESHDA FAMILY**



**HH SAGURU YOGIRAJ  
DR. MANGESHDA**

**SEEKING OUR BELOVED SADGURUJI'S  
BLESSINGS**

**ANDHERI UPASANA CENTRE  
CONTACT NO. +91 97574 98309**

# MESSAGE FROM 87th MANGESHDA UPASANA CENTRE, KHOPOLI



**"Strongly believe in what you wish to create. You achieve what you think you can."**  
**- H.H. Sadguru Yogiraj Dr. Mangeshda**



## WISHING SADGURUJI A VERY HAPPY BIRTHDAY

Devotees

Contact - 98812 57261



# WISHING DEAR SADGURUJI A VERY HAPPY BIRTHDAY!



"Explore darkness and see yourself as a shining soul.  
You will find that Infinity lies within you."

- H.H.Sadguru Yogiraj Dr. Mangeshda

Hearty congratulations on the Silver Jubilee of  
The Awakening! Magazine.  
Best wishes for this noble journey to create a Healthy  
World, full of Love and Peace.

## Sashtang Pranams

**Hariharan**

**Lakshmi**

**Prasad**

**Panna**

**Ram**

**Preeti**

**Gurur Brahma Gurur Vishnu  
Gurur Devo Maheshwara  
Gurur Sakshat Parabrahma  
Tasmay Guruve Namaha**

**Humble Salutations at  
Your Lotus Feet**

**Satish, Sujata, Simran and Shivani**



**Best Compliments**  
from  
**Smt. Jayalaxmi Suvarna**  
and  
**Late Shri Sanjeev Suvarna**



# सर्वांना दिवावलीच्या हार्दिक शुभेच्छा॥



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### Grace

In the cosmos' tender glow, love sways,  
Binding spirits in an endless ballet!  
No bounds, no chains, it knows no end,  
In every soul, its grace descends!

Through storms and strife, it stands firm,  
Whispers hope in the darkest affirm!

Unconditional, its light does prove,  
In every heart, a timeless groove!

Eternal hymn, in whispers divine,  
In every touch, its wonders entwine!  
Forever dancing, in life's grand design,  
Unconditional love, an embrace benign!

Swanand Kriyaban, Connecticut, USA

### The significance of a name

MANGESHDA

M Magnificent

A Awaken

N Noble

G Genius

E Enlightened

S Spiritual

H Holy

D Divine

A Accomplished

Archana Hakhu, Melbourne (Australia)

A healthy body has a healthy mind, which is free from insecurity. Let us go beyond this materialistic level. Material world is full of comparison, competition and emotions, but more than that, it is a Conditional World. Beyond this world there is a Contented World, Blissful World and Divine World. To enter into this world, one needs Love and only Love, that too, **Unconditional Love!**

This Love has to come from Within, without any expectations from anyone. Otherwise, once again you will get disappointed and become emotional. You will start getting dominated by negative emotions such as revenge, jealousy, anger, fear etc. It is a fact that nobody can forget anything on emotional level. But involvement with negative emotions is not a solution. **Negative emotions lead you only to unhappiness.**

**So, to be Happy, Forgive Unconditionally and start practising Unconditional Love.** If every individual comes into this Love Energy Circle, the Divine World will not remain a mystic world. It will be a reality - a Blissful, Divine World for Everyone.

- H. H. Sadguru Yogiraj Dr. Mangeshda

A person practising Self Introspection does not get easily agitated, maintains his calm while communicating with others and does not brood over past unpleasant incidents. Every day's regular practice of Self Introspection makes a person mentally refined and cultured. This person considers every second living being in his life as important and takes care of not only his own but also of others' feelings.

- H.H. Sadguru Yogiraj Dr. Mangeshda



## सनातन विचारधारा में योग - क्रियायोग - वर्तमान

भारतभूमी सदियोंसे साधुसंतों, ऋषीमुनियों और प्राचीन संस्कृति के धरोहर से प्रभावित एक पवित्रभूमी रही है। मुघलों के जुल्मों और धार्मिक अत्याचार, ब्रिटीश राज्यकर्ताओं की तानाशाही और लगानवसुली और अशांती भरे माहौल में एक चैतन्यदायी स्फूर्ती की आस थी और इसी समय एक तेजस्वी महापुरुषद्वारा संदेश आया, **“उठो, जागृत हो और अंतिम ध्येय की पूर्तता तक बिना रुके चलते रहो।”**

भारतही नहीं बल्कि पूरे विश्व को एक आध्यात्मिक चैतन्य से उजागर करनेवाला एक स्फूर्तीस्त्रोत और भारतीय तत्वज्ञान का मूल विचार - 'मानवता' आम जनता में प्रस्थापित करनेवाले इस महामानव का नाम था **‘स्वामी विवेकानंद’!**

उनका असली नाम था नरेंद्रनाथ दत्त। जन्मतिथी थी 12 जनवरी 1863! किशोरावस्थासे ही उन्हें वेद, उपनिषद, भगवद् गीता, रामायण, महाभारत इत्यादि ग्रंथों में रूची थी। पढाई, खेल तथा साहित्य में उन्हें महारत प्राप्त थी। महाविद्यालयीन जीवन में अभ्यास करते वक्त तर्कशास्त्र और तत्वज्ञान के विशेष ग्रंथों का अध्ययन करने हेतु उन्होंने चार्ल्स डार्विन, हर्बर्ट स्पेन्सर, डेविड ह्यूम, जॉन स्टूअर्ट इत्यादि विचारवंतों के लेखन का गहराई से अभ्यास किया। इस दौरान कुछ समय तक वे हर्बर्ट स्पेन्सर के संपर्क में भी रहे। उनके उत्क्रांतीवाद के सिद्धांत से वे बहुत प्रभावित थे। संस्कृत तथा बंगाली में लिखे ग्रंथों से भी बहुत प्रभावित थे।

इसी वक्त ईश्वर संकल्पना के विचारों की जिज्ञासा उन्हें ईश्वर साक्षात्कार की खोज की तरफ ले गयी। विल्यम वर्डस्वर्थ की एक कविता 'एकस्टसी' यानि समाधि/ परमानंद - इस शब्द से नरेंद्र का प्रवास ईश्वर साक्षात्कार की अनुभूति पाने वाले व्यक्ती की तरफ शुरू हुआ! इस खोज की परिणती यह हुई की यह प्रवास उन्हें दक्षिणेश्वर स्थित श्री रामकृष्ण परमाहंस तक ले

गया जो की एक जगतविख्यात गूढवादी सत्पुरुष थे। पिता के मृत्यू के बाद नरेंद्र को घर का पूरा भार संभालना पडा। पाठशाला में नौकरी करते समय उन में वैराग्य की भावना प्रज्वलित हुई। इस बीच उनका स्वामी रामकृष्ण परमहंसजी के साथ भावनिक तथा आध्यात्मिक संवाद शुरू रहा। ईश्वर दर्शन की नरेंद्र की व्याकुलता को भापते श्री स्वामी रामकृष्ण परमहंसजी ने नरेंद्र को ईश्वर के अस्तित्व की अनुभूति दिलायी। उन्होंने अंतर्मन से काली माता के पास ज्ञान, विवेक और वैराग्य की कामना की। रामकृष्ण परमहंसजी से दीक्षा पाने के बाद नरेंद्र के तपस्वी जीवन का अध्याय शुरू हुआ।

स्वामी रामकृष्ण परमहंसजी की महासमाधि के बाद उन्होंने कोलकाता के वराहनगर में रामकृष्ण मठ की स्थापना की। 'जनसेवा ही ईश्वरसेवा है' यह बोध उन्हें अपने गुरुसे प्राप्त हुआ था। नरेंद्र ने हिमालय से कन्याकुमारी तक पैदल प्रवास करके लोकजीवन नजदीकी से अनुभव करने का संकल्प किया। **इसी प्रवास के दरम्यान खेतडी के राजा अजित सिंग के आग्रह पर उन्होने 'स्वामी विवेकानंद' नाम अपनाया।**

इस भारतभ्रमण यात्रा में भारतीय लोगों की दैन्यावस्था देखकर वे भावुक हो गये। कन्याकुमारी पहुचने के बाद उन्होने समुंदर मे डुबकी ली और एक विशाल पत्थर पर ध्यानस्थ बैठ गये। **‘अद्वैत ब्रम्हज्ञान’** ही मानवी जीवन का अत्युच्च शिखर है इस संकल्पना का प्रचार और प्रसार केवल भारत ही नहीं बल्कि देश के बाहर पाश्चात्य देशों में फैलाने का संकल्प उन्होंने किया। अपने विविध व्याख्यानोद्वारा वेदांत के संबंध लोगों के मन में जो गलत धारणायें थी उनको मिटाने का प्रयास किया।

भारतभ्रमण दरम्यान भारतीय लोगों की धार्मिक उदासीनता देखकर उनका मन विषण्णता से भर आया।



युवाओं को आध्यात्मिक प्रवृत्ति की ओर आकर्षित करके संपूर्णतया सनातन धर्म में परिवर्तन लाने का उद्दीष्ट स्वामीजीने तय किया। बहुत ही कम उम्र में आध्यात्म के शिखर पर पहुँचे स्वामी विवेकानंदजी को शिकागो में आयोजित सर्वधर्मीय परिषद में शामिल होने का अवसर मिला। ११ सितंबर १८९३ से शुरु हुई १७ दिन की वैश्विक परिषद में इस युवा तेजस्वी संन्यासी के प्रथम संबोधन वाक्य पर दो मिनट तक तालियों की गडगडाहट होती रही... यह जबरदस्त वाक्य था **"मेरे अमरिकन भाईयो और बहनों!"** इस भारदस्त व्यक्तिमत्त्व के इन मीठे शब्दों से पूरा सभागृह सद्रदित हो उठा। इस अनपेक्षित संबोधन से पूरा विश्व एक कुटुंब है इस भावनात्मक आत्मियता का प्रतिबिंब प्रतीत हुआ।

सहिष्णुता और सर्व धर्मों के प्रति आदर - यह हिंदू धर्म का मुलाधार है। यह सर्व समावेशकता हमारे लिए बड़े गर्व की बात है। विश्व के सभी धर्म मूलतः महान हैं। सभी मार्गों का अंतिम उद्दीष्ट एक है - मानव की मुक्ति, सुख और आध्यात्मिक उत्कर्ष! इसलिए सर्वधर्मसमभाव की भावना रखकर मानवता धर्म का आचरण करना जरूरी है। सनातन धर्म सर्व धर्मों का मूलस्रोत है। देशकाल परत्वे धर्म का प्रकटना स्वाभाविक है फिर भी वह अंतिम सत्य में प्रतिबिंबित होना तय है।

तालियों की गडगडाहट में इस भाषण की लोगोंने खुले दिल से सराहना की। स्वामीजी की तस्वीर के साथ इस व्याख्यान का वृत्त विश्वभर के प्रमुख वृत्तपत्रों में पहले पन्नेपर प्रसारित किया। पूरे भारत में एक चैतन्य का संचार हुआ। स्वामीजी के ज्ञानयज्ञ से पूरे विश्व में भारतीय तत्त्वज्ञान की गरिमा बढ़ गयी।

सत्य की खोज के मार्ग चाहे अलग अलग हो, धर्म अलग अलग हो लेकिन सभी धर्मों का सार एक ही है। इस घटना से भारतीय लोग और भारतीय संस्कृति के बारे में जो गलत धारणायें अमरिकन लोगों में थी उसका

निराकरण हो गया। सनातन धर्म और भारतवर्ष के प्रति आदर की भावना का परिपोष हुआ। भारतीय तत्त्वज्ञान की श्रेष्ठता, महती युरोपियन लोगों के ध्यान में आयी। अनेक पाश्चात्य स्त्री-पुरुषों ने स्वामीजी से दीक्षा ली। मानवता की सेवा में ही परमार्थ फल समाया हुआ है, यह नया विचार पूरे विश्व में फैल गया। स्वामीजी के विचारों से प्रेरित सेकड़ो युवक-युवती देश विदेश में स्थित अनाथ, निराश्रित, पीड़ित गरीबों की सेवा में जुट गये। हिंदुत्व की विचारधारा को बढ़ावा देने में स्वामी विवेकानंदजी की अहम भूमिका रही और भारत को वैश्विक स्तर पर स्वीकृत एवं प्रिय राष्ट्र के रूप बनाने में उनके मुख्य योगदान रहा। वेदों का पूर्ण ज्ञान तथा अलौकिक बुद्धिमत्ता और असामान्य स्मरणशक्ति का वरदान पाने वाले स्वामी विवेकानंदजी का जनसेवा का व्रत वंदनीय है। योग मार्ग में उनका कर्मयोग का विवरण स्फूर्तिदायक है।

हात में झाड़ू लेकर अस्पृश्यों की बस्तियों में सफाई करना, भूके लोगों को अन्नदान, स्त्रियों की शिक्षा के लिए शारदा मठ की स्थापना, इत्यादी सामाजिक कार्यों से उनका मानवतावादी दृष्टीकोन कितना व्यापक और उदात्त था, इसकी सीख हमें मिलती है। स्वामीजी के असाधारण स्मृतिशक्ति के लिए उन्हें **'श्रुतीधर'** का विशेषण दिया जाता है।

भारत के आधुनिक युग से जुड़कर भविष्यकाल के समन्वयशील मानव संस्कृति का दिशादर्शक महापुरुष शायद ही कोई दुसरा होगा। युवकों के प्रेरणास्थान स्वामी विवेकानंदजी का जन्मदिवस युवकदिन के तौर पर मनाया जाता है। ऐहिक दृष्टीकोन से उनका यह कहना था की **शिक्षा मनुष्य के अंतर्निहित परिपूर्णता की अभिव्यक्ति का आविष्कार है।** उनके विचार से **शिक्षाप्रणाली ऐसी हो जो बालकों के शारीरिक, मानसिक और आध्यात्मिक विकास को प्राधान्यता दे, जिस में उनके चारित्र्य को बढ़ावा मिले, मन विकसित हो और बुद्धि प्रगल्भ होकर उन्हें स्वावलंबी**



**बनने में सहायक बने।** धार्मिक शिक्षा पुस्तकों के बदले प्रत्यक्ष आचरण और कृतीद्वारा दि जानी चाहिए जिससे उसका रिश्ता वैश्विक स्तर पर नियत हो जायेगा।

स्वामी विवेकानंदजी का शैक्षणिक दृष्टिकोण इतना सर्वव्यापी था की आज अनगिनत शैक्षणिक संस्थाओं और विद्यापीठों को उनका नाम दिया गया है। योग की अनेक शाखाएं हैं जैसे मंत्रयोग, हठयोग, लययोग, राजयोग, इत्यादि - जो सारी क्रियायोग से जुड़ी हुई है। करीब पांच हजार वर्ष पूर्व श्रीकृष्णने अर्जुन को जो बोध विदीत किया वही है **क्रियायोग।** स्वामी विवेकानंदजी ने इस योग को वैश्विक स्तरपर आधुनिक विचारोंसे प्रेषित किया। राजयोग, कर्मयोग, ज्ञानयोग तथा भक्तीयोग के जरीए आम जनता में विशेषतः युवावर्ग में आध्यात्म और समर्पण की भावना को स्थापित किया।

नेताजी सुभाषचंद्र के मतानुसार विवेकानंदजीने पूरब-पश्चिम, विज्ञान-धर्म भूतकाल तथा वर्तमानकाल को अच्छी तरह से जोडा, इसलिए वे महान है। स्वामी विवेकानंदजी का नाम एक धर्मप्रवर्तक, तत्वचिंतक, विचारवंत और वेदांत मार्गी संत इस विशेषणों से

परिचित है।

स्वामीजी ने खुद अपने दिव्यत्व का अन्वेषण करके भारत के गौरवशाली युग की पुर्नस्थापना की और पूरे मानव जाती के कल्याण का तेजोमय पथ खुला किया। वे एक महायोगी, कर्मयोगी, वैश्विक कर्म के प्रवक्ता और मानवता के महान पुजारी थे। स्वामी विवेकानंदजी ऐसे महान योगी थे जिन्होंने विभिन्न सामाजिक प्रतिबद्धताओं के साथ सभी को एकजुट किया। आज हिंद महासागर में बड़ी शान से खडा उनका स्मारक पुरे विश्व को एकात्मता का आवाहन कर रहा है। योग के व्दारा जुडे रहने का संदेश दे रहा है। १२ जनवरी को उनके जन्मदिन के मौके पर उनके शब्द दोहराने का मन होता है,

**"उठो, जागृत हो, अंतिम ध्येय की पूर्तता तक बिना रुके चलते रहो!"**

**सद्गुरु योगीराज डॉ. मंगेशदा**

(परमपूज्य सद्गुरुजी का यह लेख हिंदी विवेक के 'सनातन भारत' इस विशेष पत्रिका में फरवरी 2023 में प्रसिद्ध हुआ था।)

## मेरा ऊर भर आया

२ अक्तूबर हमारे जीवन में एक अत्यंत आनंददायी दिन है। यह महात्मा गांधीजी का जन्मदिवस तो है ही, उसके अलावा वह और एक चीज़ के लिए बहुत मायने रखता है। करीब २२ साल पहले हमारे जीवन ने एक अनोखा मोड़ लिया। हम एक नयी राह पर अग्रसर हो गए। २ अक्तूबर २००१ को हमें सद्गुरु योगीराज डॉ मंगेशदाद्वारा पवित्र क्रिया दीक्षा से अभिमंत्रित कर दिया गया। यह एक ऐसी साधना है जो दुनिया में बहुत कम लोगों को नसीब से मिलती है। हमें वो मिली यह शायद गतजन्म के अच्छे कर्मों का फल होगा। इस क्रिया दीक्षा के बाद प्रतिवर्ष १ मई और २ अक्तूबर को सभी दीक्षित शिष्यों का मेलावा आयोजित किया जाता है, जहाँ हम अपने क्रिया के अभ्यास का जायजा लेते हैं

और हमारी समस्या और प्रश्नों का समाधान गुरुजी से करवाते हैं।

पिछले कई वर्षों से यह सिलसिला जारी है और इस अवसर का सभी क्रियाबानों को बेसबरी से इंतज़ार रहता है। इस वर्ष काफी संख्या में क्रियाबानों की उपस्थिति रही। विशाल कक्ष खचाखच भरा देखकर गुरुजी बहुत प्रसन्न हुए और उनकी मुख से शब्द निकले " मेरा ऊर भर आया "। यह तो मराठी वाक्य का हिन्दीकरण था। उनकी यह आदत है। कोई भाषा का शब्द बड़ी सहजता से हिंदी में ढाल देते और कहते हैं -आज से यह शब्द हिंदी हो गया। उस क्षण हसीं भी आती है लेकिन हम समझ जाते हैं उन्हें क्या कहना अभिप्रेत है। पूरे कार्यक्रम में दिनभर यह टैग लाइन रही।





वैसे भाषा तो संवाद का माध्यम कहलाता है। आप किस तरह एक दूसरे से संवाद प्रस्थापित करने में कामयाब होते हैं इसपर भाषा का प्रभाव दिखाई देता है। गुरुजी यह करने में माहिर हैं और कितनी सहजता से करते हैं इसका अनुभव हम बार बार कर चुके हैं। वह हमेशा यह कहते आए हैं, "भाषा एक दुसरे को समझने का माध्यम है और प्रेम की भाषा दिल से दिल जोड़ने का साधन है। सिर्फ एक दूसरे को जानने की जिज्ञासा होनी चाहिये फिर सब कुछ आसान हो जाता है। इसके लिए खास प्रयास करने की ज़रूरत नहीं। भाषा की सीमा का बंधन तोड़कर जब आप दिल की भाषा बोलोगे तो एक ही ध्येय होगा - दिलों की एकरूपता।"

आध्यात्मिक शिक्षा का अध्ययन सही ढंग से करना कितना जटिल है यह सभी जानते हैं। किताबी ज्ञान से आध्यात्मिकता का अभ्यास कुछ हद तक हो सकता है, लेकिन उसकी गहराई तक पहुंचना मुश्किल है। गुरु का प्रत्यक्ष मार्गदर्शन और आशीर्वाद ही आत्मज्ञान की अनुभूति दे सकता है। क्रियायोग की यही खासियत है। गुरु मुख से प्राप्त की गयी विद्या से आप की ऐहिक, प्रापंचिक तथा आध्यात्मिक उन्नति का स्रोत अखंड चलते रहता है। गुरु के सम्पर्क में रहने से आपके भावनिक और वैचारिक उत्थान का आलेख सदैव चढ़ता नज़र आता है। आप मार्ग से भटकने लगे तो गुरु की

कृपा से सही रास्ता पा लेते हैं क्यों की गुरु की दयार्द्र दृष्टि आप को हर आपदा में राह दिखाती है। गुरु के संपर्क में रहने से मिथ्या क्षणिक सुखों के भ्रम से छुटकारा पाकर सत्य, शाश्वत, आदर्श मूल्यों को अपनाने में आसानी हो जाती है। क्योंकि समय समय पर उनका मार्गदर्शन मिलते रहता है। मैंने यह खुद अनुभव किया है। जो परिवर्तन मुझ में आया है वो कोई भी शिष्य में आना तय है अगर आप के मन में गुरु के प्रति श्रद्धा और समर्पण की भावना हो।

मेरे परमपूज्य गुरु सद्गुरु योगीराज डॉ. मंगेशदा एक बहुआयामी व्यक्तित्व हैं। ज्ञान का इतना भंडार है उनके पास, पर वे उसका कभी एहसास नहीं दिलाते। हर एक के साथ साधारण मानव जैसे पेश आते हैं। इसीलिए वह आम आदमी की भाषा में बातें करने का प्रयास करते हैं ताकि पांडित्यपूर्ण भाषा के बोझ से सामनेवाला व्यक्ति भयभीत न हो और उनसे किनारा करे। ये जो अपनापन है यही उनका प्लस प्वाइंट है। शिष्यों के प्रत्येक अच्छे काम से प्रभावित होकर प्रसन्नतासे जब वे कहते हैं " मेरा ऊर भर आया " तो हमारा भी ऊर भक्तिभाव से भर आता है।  
हरि ॐ।

**चंद्रकांत बारस्कर, मुंबई**

## कृतज्ञता

हरि ओम सद्गुरुजी,  
कोटी कोटी प्रणाम!

आपने इएसपी कार्यक्रम में भाग लेने के लिए मुझे मौका दिया इसके लिए मैं आपका आभारी हूँ। मैं खुदको भाग्यवान समझता हूँ कि आपके साथ यह दो दिन व्यतीत करके मुझे बहुत कुछ सिखने मिला।

इस कार्यशाला में आने से पहले, पिछले वर्ष मुझे दिल का दौरा पड़ा था और मुझे पेसमेकर लगवाना पड़ा था। कुछ महीने पहले, मुझे फीट आने की बीमारी (मिरगी) थी, मेरे बाएं हाथ में दर्द था और संवेदना कम थी। माथे पर दबाव का अहसास भी होता था।  
इन सभी समस्याओं के बावजूद, आपने मुझे इस

*Aim high, set higher goals, be determined and have faith. Your teacher and guide will show you the light and lead you on the right path.*

**- H.H. Sadguru Yogiraj Dr. Mangeshda**



कार्यशाला में शामिल होने का सुनहरा अवसर दिया, इसके लिए मैं आपका आभारी हूँ। इस कार्यक्रम में मुझे बहुत कुछ सिखने मिला है। हर दिन की दिनचर्या का पालन करने से एक अलगही सुख मिला। नयी-नयी चुनौतियों को स्वीकार करने में भी आनंद आया। इस कार्यशाला में गुरुजी ने मनःशक्ति और एकाग्रता को

बढ़ाने के तंत्र सिखाए, जिससे मुझे बहुत फायदा हुआ। सुनने की और निरीक्षण की क्षमता को बढ़ाने के लिए जो उपाय सुझाए, वे अप्रतिम थे। मैं सद्गुरुजी का बहोत आभारी हूँ। धन्यवाद!

**मिलिंद शिरोडकर, मुंबई**

## दीक्षा - स्तर 4 और मैं

ट्रिंग ट्रिंग - फोन की घंटी बजती रही। मैं जब तक फोन लेने पहुंचता घंटी बजना बंद हो चुका थी। मिस कॉल में देखा तो सरस्वतीजी का नाम पाया। मैंने पुनश्च उन्हें कॉल किया - "हरि ओम सरस्वतीजी! आपने फोन किया था, कोई खास काम था मेरे पास?"

"नहीं। लेकिन आपको एक खुशखबरी देनी थी।" - इति सरस्वतीजी।

मैंने पुछा, "क्या खुशखबरी?"

सरस्वतीजी : "अरे भाई, खुशखबरी ये है की आपको सद्गुरुजीने चौथी दीक्षा के लिए चुना है और एक मार्च को महाशिवरात्री के मुहूरत पर दीक्षा देने जा रहे है सद्गुरुजी! अपने क्रिया विला में है यह हवन।"

यह सुनते ही मैं सातवे आसमाँ पर! एक मार्च - महाशिवरात्री क्या संजोग है, एक मार्च मेरा जन्मदिन - महाशिवरात्री - चौथी दीक्षा - मानो जन्मदिन की अनोखी भेंट! दुग्धशर्करा योग। गत दो वर्षों से सद्गुरुजी हमें सुचित कर रहे थे की चौथी दीक्षा देने का समय आ गया है और उसकी तैयारी करने हेतु क्रिया क्लास में उसकी कुछ नयी क्रिया सिखाना उन्होंने आरंभ भी किया था ताकि हम सब साधक मानसिक तौर पर उसके लिए परिपक्व हो जाएं। इस शुभ अवसर का हमें बेसबरी से इंतजार था क्यों की करीब सोलह साल के बाद यह सुवर्णक्षण आ रहा था।

आखिर वह दिन आ ही गया। हमें एक मार्च की सुबह 6 बजे अंधेरी पहुंचना था जहां से आरक्षित बसद्वारा हमें

अपने आध्यात्मिक ग्राम (क्रिया विला) - खोपोली में जाने वाले थे। साथ में दीक्षा विधी के लिए क्या क्या लाना है इसकी सूची हमें पहले से ही दी गयी थी! मैंने रात के समय सोने का प्रयास किया पर मन उत्साह एवं आनंद से इतना भावविभोर हो गया था की नींद आंखोंसे गायब हो चुकी थी। करवटे बदलते बदलते आंख लगने को थी की अलार्म बजने लगा। मुझे आशंका थी की कही नींद पुरी न होने से सरदर्द ना हो जाए। सब तैयारी करके अंधेरी पहुंचा! बस शुरू होते ही सहयोगी साथियों ने भजन शुरू किये तो सारी थकान, सुस्ती गायब हो गयी और नयी ताजगी से मन प्रफुल्लित हो उठा।

गुरुजीने दीक्षाविधी के पूर्वतैयारी करने हेतु एक अग्रिम टीम को पहले दिन ही आध्यात्मिक ग्राम में भेजा था। हम वहा पहुंचे तो देखा, हवन की पूर्वतैयारी हो चुकी है, सभी शिष्यों को परीघ से मंडलाकार बिठाया गया! थोड़ी देर बाद गुरुजी का आगमन हुआ। हवन में पहली आहुती के बाद गुरुमंत्र का अखंड जाप शुरू हुआ तो पुरे माहौल में अभूतपूर्व गंभीरता और प्रसन्नता छा गयी।

मुझे याद है कुछ साल पहले सद्गुरुजीने इस जगह का भूमिपूजन किया था तब यह जगह बिलकूल विरान थी, लेकिन उनकी दूरदृष्टी और अथक परिश्रम से इस जगह में ऐसा परिवर्तन आया है कि विश्वासही नहीं होता की ऐसा आश्रम इस परिसर में शायद ही कही हो। मैं तो कई कार्यक्रमों का हिस्सा बनकर यहा आता रहा हूँ और हर बार मुझे इसका नया रूप दीखाई देता है। इस जगह



पैर रखते ही मानो पवित्रता और भक्तिभाव जागृत होकर एक नयी चेतना मिलती है। यह बार-बार लगता है कि गुरुजी के पावन पदस्पर्श से धरा ने एक नया रूप धारण किया है जो हमारे मनोव्यापार को आगोश में लेता है, माता है... यह सब वर्णनातीत है।

गुरुजी के हवन पूरा करने के बाद पहले 10-12 क्रियाबानों को दीक्षागृह में बुलवाया गया। भाग्य से मेरा सहभाग इस पहली गुट में था। अंदर आसनस्थ होते ही गुरुजीने पूरी प्रक्रिया को सभी लोगों को समझाया ताकि कोई गलती न हो! दीक्षा के बाद शाबरी मंत्र कैसे पठन करना है इसकी जानकारी दी गयी। शाबरी मंत्र प्रदान करने की एक पवित्र विधी है, जो गुरु अपने शिष्यों को मौखिक रूप से देते है। इसका सही तरह से पालन करना शिष्योंका कर्तव्य है। शाबरी मंत्र मुख्यतः विवक्षित अक्षरों से बनाया हुआ बहुतही असरदार मंत्र होता है, जो शिष्य की आंतरिक और आध्यात्मिक प्रगती में सहायकारी होता है। प्राचीन मादन्यताओं के अनुसार ऋषीमुनियों को ध्यान और चिंतन की अवस्था में अंतरिक्ष से सुनी ध्वनिलहरों से जोद अद्भुत ज्ञान का आकलन हुआ उन्हें छंदबद्ध रूपसे उन्होंने मंत्रों में बांधकर सामान्य मनुष्य के लिए विकसित किया! इन शाबरी मंत्रों का प्रचार प्रसार प्रायः नाथ संप्रदाय के साधुओं ने भारत वर्ष में सब जगह पहुचाया!

जैसा कि मैंने पहले लिखा है, तिसरी दीक्षा के बाद करीब देढ़ दशक के बाद यह चौथी दीक्षा पाने का योग आया। तिसरी दीक्षा के बाद जो नित्य क्रिया उपासना हम लोगोंने की वह एक नीव की ईंट जैसी थी; चौथी दीक्षा के अंतर्गत जो क्रियाएं सद्गुरुजीी हमें सीखा रहे

है, उन्हें समझने में और आत्मसात करने में अब हम आसानी महसूस करते है। करीब 6 महिने की शिक्षा के बाद ये क्रियाएं हमारी नित्यसाधना में कितनी कारगर साबित हो रही है, इसका अहसास अब हो रहा है। हम अपने आप को बडे भाग्यशाली समझते है कि गुरुजी ने हमें इसके लिए पात्र समझा।

दीक्षा विधी के बाद शाम को जब सत्संग का कार्यक्रम था तब सभी दीक्षा लेने वाले शिष्यों को गुरुजीद्वारा एक अमूल्य भेट दी गयी - रुद्राक्ष। महाशिवरात्री के दिन सद्गुरुजीी से भेट स्वरूप रुद्राक्ष पाना कितना महत्वपूर्ण है यह कहने की जरुरत नहीं। उसका नित्यपूजन करने से घर में सुखशांति और भाग्योदय होना तय है और इसका प्रत्यय मुझे कुछ ही हफ्तों में आता गया! मै इसके लिए सद्गुरुजी का आभारी हूं।

इसी कार्यक्रम के दौरान मुझे और एक भेट अकस्मात रूप से मिली। सब के सामने शाल और श्रीफल देकर सद्गुरुजीने मेरा सत्कार किया और मेरी फाऊंडेशन के प्रति जो आस्था है इसकी सराहना की। मेरे लिए यह बहुतही आनंददायी क्षण था - मै समझता हूं कि यह मेरे जन्मदिन की अनोखी भेट थी। मेरे आंखों मे उस वक्त आसू थे और दिल में कृतज्ञता की भावना। शायद ही कोई गुरु अपने शिष्य का ख्याल इतनी बारीकी से रखता होगा ! मेरी तो यही कामना है की मै मेरे सद्गुरुजी की छत्र-छाया में सदा रहूँ और उनकी कृपा दृष्टी मुझ पर बनी रहे।

हरि ओम!

**चंद्रकांत बारस्कर, मुंबई**

## अपने जीवन के मालिक बने

प्राकृतिक साधनों से शरीर का विषहरण करने की प्रक्रिया एवं हमारे शरीर में 'प्राणिक बल' बढ़ाने की प्रक्रिया को प्राकृतिक चिकित्सा (नेचुरोपैथी) कहा जाता है। प्राकृतिक चिकित्सा का इतिहास 1000 साल पुराना

है। नेचुरोपैथी के माध्यम से व्यक्ति रोग के मूल कारण को पूरी तरह से हटा सकता है और उसी वक्त यह व्यक्ति को स्वास्थ्यपूर्ण जीवन बनाने के लिए बिना दर्द के प्राकृतिक तरीकों को अपनाने के लिए शिक्षित करता



है।

स्वस्थ जीवन का आनंद लेने के लिए प्राकृतिक चिकित्सा और योग एक ही सिक्के के दो पहलू हैं। आज बीमारियों के कई कारण हैं, उनमें से सबसे महत्वपूर्ण कारण, हमारी जीवनशैली है। असंगठित अनुसूची और शरीर के प्रति अवांछित भोजन व्यक्ति के स्वास्थ्य को खराब करता है। इसके अलावा शराब, धूम्रपान, शीतपेय, जंक फूड इत्यादि की बुरी आदतें स्थिति को अधिक खराब करती हैं। कई बार यह अज्ञान के कारण होता है लेकिन कभी-कभी दुष्प्रभाव को जानकर भी! निम्नलिखित बातें बीमारियों से बचने में मदद करेंगी और मनुष्य को अच्छे स्वास्थ्यपूर्ण जीवन का आनंद दे सकती हैं।

#### आहार :

हमारे रोजमर्रा के जीवन में हमारे भोजन की पसंद, एक बहुत ही महत्वपूर्ण भूमिका निभाती है। व्यक्ति को यह समझना चाहिए कि कुछ लोग 'पित्तदोष', 'वायुदोष' या 'कफदोष' के साथ पैदा हुए हैं। हमारे आहार में खाने के लिए हमने जो चुना है वह इन दोषों को समझने का ही परीणाम है।

हर सुबह 2 गिलास गुनगुना पानी पिना चाहिए। यह आदत कब्ज का इलाज करेगी और इससे आंतों को मजबूती मिल जाएगी। सुबह के नाश्ते के लिए अंकुरित अनाज, ताजे फल खाने चाहिए। अपने सभी आहार में सफेद शक्कर से बचें और इसके स्थान पर गुड़ का उपयोग करें। भरपेट भोजन के बजाय केवल भूख लगने पर ही खाना चाहिए! चयापचय को सुलझाने के लिए हर 2-3 घंटों के बाद थोड़ा थोड़ा खाना चाहिए।

#### संतुलित आहार :

1. कार्बोहाइड्रेट 2. विटामिन 3. प्रोटीन 4. वसा (Fats) 5. प्राकृतिक नमक 6. पानी 7. चारा (Roughage)

8. कैल्शियम

ये स्वस्थ जीवन के लिए महत्वपूर्ण सामग्री हैं, लेकिन

इन्हें संतुलित मात्रा में ग्रहण किया जाना चाहिए। ये सभी पहलू समान रूप से महत्वपूर्ण हैं क्योंकि वे एक दूसरे पर अन्योन्याश्रित हैं। प्रकृति इन सभी घटकों को हमारी सहायता करने के लिए प्रदान करती है।

कई बार अनजाने में लोग गलत संयोजन से खाद्य पदार्थों को खाते हैं जो रासायनिक प्रतिक्रियाएं पैदा करते हैं और पाचन प्रणाली खराब हो जाती है। 'सुश्रुत' के मुताबिक, एक साथ मिलकर कई उत्पाद जहरीले हो जाते हैं। स्वयं मिश्रित आहार खाने का तरीका गलत है। सब्जियां, फल, अचार, दही, मीठाई, पापड आदि रासायनिक प्रतिक्रियाओं की ओर ले जाते हैं और इस प्रकार पाचन प्रणाली खराब हो जाती है। इसके बजाय, बेहतर पाचन प्रक्रिया के लिए कम खाद्य उत्पादों का सेवन करें।

निम्नलिखित कुछ गलत संयोजन हैं -

1. सब्जियों के साथ फल 2. दही के साथ दूध 3. पुडिंग के साथ खिचड़ी 4. मुली के साथ उडद दाल 5. दूध या दही के साथ केला 6. गर्म पानी या किसी भी गर्म उत्पाद के साथ शहद 7. शकरकंद के साथ दालें 8. रोटी के साथ इमली 9. दही और पनीर इत्यादि।

अच्छे स्वास्थ्य के लिए व्यक्ति को आत्म-अनुशासन का पालन करना चाहिए। योग और ध्यान तनाव मुक्त जीवन का नेतृत्व करने में मदद करेगा। शरीर से विषाक्त पदार्थों को उत्सर्जित करने के लिए उचित नींद की भी आवश्यकता होती है और यदी छोटी कोशिकाओं को फिरसे भर दिया जाता है तो शरीर में ताजा शक्ति के प्रवाह को सुविधाजनक बनाता है।

नियमित ध्यान आपकी प्रतिक्रियाओं को नियंत्रित करने की तीव्र क्षमता को बढ़ाता है। झूठी प्रतिक्रियाएं तनाव और अंततः कई बीमारियों का कारण बनती हैं। अच्छी और बुरी आदतों को चुनने में मन एक महत्वपूर्ण भूमिका निभाता है।

जीवन कीमती है और हर सांस महत्वपूर्ण है, इसलिए



चलो हमारे शरीर, दिमाग और आत्मा के बीच एक स्वस्थ लोग सकारात्मक सोच सकते हैं और एक खुश अच्छा रिश्ता बनाए। अगर हम प्रकृति से मिले इस और समृद्ध जीवन के लिए जीवन शैली का समग्र उपहार को समझते हैं तो यह एकता संभव है। निवारण तरीका अपना सकते हैं। प्रकृति के नियमों का पालन हमेशा इलाज से बेहतर है। जीवन ऐसा कुछ करने का करके स्वयं का ख्याल रखें और फिर चमत्कार का वरदान है जो इस दुनिया में चमत्कारी परिवर्तन करता गवाह बनें। है। आइए इस बदलाव का हिस्सा बनें। झूठे विज्ञापन शुभाशीर्वाद! उत्पाद बेचने की कोशिश करते हैं लेकिन हमारी हर कोशिका अच्छे स्वास्थ्य के लिए ज़िम्मेदार है। केवल

**सद्गुरू योगीराज डॉ. मंगेशदा**

## जन्मदिन

क्या भेंट दू अपने गुरुदेव को, मन में यह विचार हैं आया,  
जन्मदिन का यह पावन पर्व कैसे हमने हैं मनाया।  
सुबह सवेरे गुरु चरणन में हमने हैं शीश झुकाया,  
जिनकी अनुपम कृपा से हमने हैं सबकुछ पाया।।

क्या - क्या करू मैं बयान, समंदर जितना गहराया,  
हर ताल, झील और नदिया उसी में सबकुछ समाया।  
सबका हाथ पकड़ कर सत्य का मार्ग हैं दिखलाया,  
बिना शरत के प्रेम एवं बिना शरत की क्षमा करना हमको हैं सिखाया।।

आप हमेशा स्वस्थ रहे, ऐसे ही हसते रहे,  
भास्कर चन्द्रम जैसा तीज सदैव आपसे बरसता रहे।  
अपने ऊंची विचार धारा से प्रेम गंगा बरसाते रहे।  
मानवता और भाईचारे का सबको पाठ पढ़ाते रहे।।

अभिनन्दन! अभिनन्दन जन्मदिन पर आपको,  
आप मैं प्रभु की छवि को हैं पाया,  
तेजोमय, निर्मल, शालीन, अद्भूत रूप समाया,  
शिष्ययो की भूल चूक को नज़रअंदाज कराया।।

**अर्चना हखु, मेलबोर्न**

To understand the process of training the mind, one should know where to focus. Once the area of focus is clear, the other thoughts become blurred and that one major thought is highlighted. This is the gift and blessing of meditation.

**- H.H. Sadguru Yogiraj Dr. Mangeshda**



## सद्गुरूजींचे बोधामृत

हरि ॐ!

दसरा-दिवाळीच्या धामधुमीत उत्साह आणि चैतन्याचे वातावरण असतानाच आलेला फाऊंडेशनचा तिसावा वर्धापन दिन! ह्या वेळेस मुख्य आकर्षण म्हणजे फाऊंडेशनचं मुखपत्र असलेल्या 'द अवेकनिंग!' ह्या माझ्या आंतरराष्ट्रीय वार्षिकांकाचा पंचविसावा (25) वर्धापन दिन! 5 सप्टेंबर 1998 रोजी अमेरिकेत ऑस्टीन येथे सर्वप्रथम मी ह्या अंकाचे प्रकाशन केले. आज तब्बल 25 वर्षांनी जेव्हा मी मागे वळून पाहतो तेव्हा मन भरून येतं. जगभरातील हजारो लोकांनी दिलेला उत्स्फूर्त प्रतिसाद, त्यांची कौतुकाची थाप आणि उत्कृष्ट साहित्यिक मूल्य... म्हणूनच की काय मुखपत्राला मिळालेला आंतरराष्ट्रीय पारितोषिकाचा सन्मान! ह्या सर्वांचे श्रेय माझ्या संपादकीय मंडळास! ह्या टीमचं कौतुक करावं तेव्हा कमी आहे. माझे डिझायनर्स, प्रोडक्शन कंट्रोलर, जाहीरातदार, वर्गणीदार, देणगीदार आणि सर्व लेखक-कवी ह्यांचे मनःपूर्वक अभिनंदन!

ह्या पंचवीस वर्षांचा आढावा घेताना, रौप्यमहोत्सवी ऑडीट करताना 'कमावलं-गमावलं' ह्यापेक्षा काय 'जोडलं' हे मला महत्त्वाचं वाटतं. काही आनंदाचे क्षण कित्येक वर्षांची कसर भरून काढतात तर काही येणाऱ्या कित्येक वर्षांसाठी 'टॉनिक' म्हणून उपयोगी पडतात. सगळ्याच गोष्टी आपल्या मनासारख्या घडत नाहीत पण म्हणून प्रयास करूच नये? ध्येय ठेऊच नये? निराशा, दुःख, वियोग, राग ह्या साऱ्या अवस्था जीवनाचाच एक भाग आहेत. भावनांना आवर घालणं म्हणजे कृत्रिम आयुष्य जगणं नव्हे. परंतु वर्षानुवर्षे आयुष्यभर गमावलेल्या क्षणांची, दुःखद आठवणींची उजळणी करत स्वतः निराश आयुष्य जगत दुसऱ्यांच्या कानात ते उगाळत रहाणं व त्यांच्याही आयुष्यात निराशामय किरणांचा स्रोत सतत सोडणं टाळावं!

मी नेहमी सांगतो की चांगल्या आठवणी रागरंग पाहून

दुसऱ्याला मुद्दाम सांगा. शक्य झाल्यास त्या आठवणींचा 'अल्बम' सहकुटुंब, मित्रमंडळींसह पुन्हा पहावा व आठवावे ते सुंदर-रम्य क्षण! स्वतःतील कला-क्रीडा, साहित्यिक गुण जोपासावे. काहींना स्थलदर्शनाची आवड असते. काही जण दर्जेदार संगीत-नृत्य-नाट्य कार्यक्रमाचा आस्वाद घेतात. काही स्वतःच्या कौशल्याचा रियाज करत आपल्या गुणांना व्यासपीठावर आणतात, तर काही रंगांच्या, कुंचल्यांच्या दुनियेत मनसोक्त डुंबतात. हेच ते सुंदर-रम्य क्षण पुन्हा पुन्हा आठवावेत, नकारात्मक, क्लेशकारी क्षणांना काय म्हणून उजाळा द्यायचा?

क्रियायोगाच्या अभ्यासात मी नेहमी शिकवतो की पंचप्राणांची रचना विधात्याने इतकी सुरेख केली आहे की प्रत्येक प्राणाला त्याचे कार्य समजावले आहे. जगणारा माणूस आपल्या चुकीच्या सवयीने त्यांचे कार्य बिघडवतो व आजारी पडतो. अपानवायू जर शरीरातील विषारी द्रव्य विविध मार्गांनी बाहेर टाकत असेल तर माणूसच त्याचा मार्ग रोखतो. अस्वच्छपणा, चुकीच्या खानपान सवयी, व्यसनं इत्यादिनी स्वतःचे आरोग्य बिघडवून रोगराईला आमंत्रण देतो. आयुष्याच्या व्यवस्थापनात स्वतःचं शरीर, त्याची रचना, अवयवांचं कार्य समजणं हा सामान्य ज्ञानाचा अविभाज्य भाग आहे.

चंचल मनाला नियंत्रित करून चांगल्या सवयींचा गुलाम बनवणं आपल्या हाती आहे. ह्याच मनाने क्रांतिकारी शोधही लावले आणि त्याच मनाने चुकीच्या सवयींची गुलामीही केली. शारीरिक आजारांवरचा जालीम उपाय म्हणजे मनाला सुसंस्कृत करणं! जीवनाच्या नित्यक्रमांमध्ये पाच इंद्रियांचा मनावर होणारा भावनिक परिणाम, भावनांचा जीवनावर होणारा परिणाम, नातेसंबंधांवर होणारा परिणाम हे सर्व मनाच्या व्यवस्थापनावर अवलंबून आहे. मनाला



ताब्यात ठेवण्यासाठी आत्म्याला जागृत ठेवणे गरजेचे आहे. प्रत्येक व्यक्तीला आकलन करण्याची सवय असते व ती सवय तो त्याच्या कुवतीनुसार वापरतो. साक्षात श्रीकृष्णाने आताही सामूहीक भगवद्गीता सांगण्याचा प्रयत्न केला तरी किती श्रोत्यांना ती कळेल ह्याबद्दल शंकाच आहे! एका लहानपणीच्या गोष्टीत, हत्तीला स्पर्श करून तीन अंध त्याच्याविषयी वेगवेगळे अनुमान काढतात. परंतु मूळ हत्ती तोच राहतो.

मन आणि शरीराची कवाडं उघडण्यासाठी योगाची प्रत्येक पायरी समजून, शिकून पार केली पाहिजे. पोथ्या वाचून योग शिकण्यापेक्षा क्रियेतून, प्रत्येक शारीरिक-मानसिक संवादांमधून, जागृतावस्थेत स्वतःचे आकलन करावे. स्वतःतील दोष स्वीकारून ते सुधारणे गरजेचे आहे. आयुष्याच्या आरशात पाहताना काही जण स्वतःचे वय लपवून तारुण्याचा खोटा आभास उभा करतात व त्यातच समाधान मानतात. तर काही स्वतःचा शारीरिक-मानसिक सुदृढपणा अधिक वाढवून आनंदी जीवन जगत वार्धक्यालाच आव्हान देतात. आयुष्य सुंदर आहे, ते वयाने कधीच मोजू नये. मोजमापाची परिमाणंही छोटी ठरतील असे सुंदर क्षण त्यात पेरू यारुजवू या. प्राणी-पक्ष्यांनाही शिकविता येते; मग मानवाने स्वतःवर चुकीच्या सवयीने मर्यादा का घालाव्यात? शिखरावर चढताना अंतिम टप्प्यावर कळते की ह्या शिखरालाही मर्यादा आहेत. कारण आकाशाकडे पाहताना जाणवते ती त्याची अथांग-अमर्याद खोली!

ह्या विश्वाच्या रचनेचा एक भाग हा समाज आहे. प्रत्येक व्यक्ती ह्या समाजाशी जोडलेली आहे. म्हणूनच

स्वतःबरोबर दुसऱ्यालाही समजणं, जगवणं जरूरी आहे. प्रत्येक 'दुसरा' हा ही समाजाचा एक महत्वाचा घटक आहे. हिंस्त्र जनावरंदेखील काही नियम पाळतात. मनुष्य जगात राहताना स्वतःच्या कुटूंबाबरोबरच समाजात राहतो-वावरतो. समाजातील प्रत्येक घडामोडीचा त्याच्यावर परीणाम होत असतो. म्हणूनच जीवन जगत असतानाच जीवन कौशल्याचे व्यवस्थापन शिकून घ्या. जीवन मौल्यवान आहेच, आपण आपल्या योगदानाचे 'मूल्य' त्यात मिसळून ते अधिक अनमोल बनवुया. जगण्यात यम-नियम असू द्या आणि पाहा एक अमुलाग्र बदल स्वतःतच नाही तर कुटुंब आणि समाजातही दिसेल.

ईश्वराने प्रत्येकात काही तरी 'खास' गुण दिला आहे. आपल्या पूर्ण प्रयत्नाच्या गुणाकाराने त्यास वृद्धिंगत करू या कारण निर्मात्याला आपणास उत्तर द्यायचे आहे. परीक्षेला सर्वच बसलेत. काही पास होतात, काही नापास! आपण ठरवायचं आहे, गुण-मालिकेत अव्वल यायचं की नुसतंच पास व्हायचं!

सकारात्मक विचाराने, उत्तुंग निर्धाराने पुढे चला. रस्ता आपसूक स्वच्छ होईल, अडसर हात टेकतील. कारण 'तो' पुढे आहे. दिवा दाखवतो आहे. वाट त्यानेच करून दिली आहे. तुम्हाला केवळ त्याच्यावर शंभर टक्के विश्वास ठेवून वाटचाल करायची आहे. शिखर खुणावते आहे.

अनेक शुभेच्छा व शुभाशीर्वाद!

०२०१६

## सनातन भारतात योग क्रियायोग वर्तमान

योगाचे मूळ हे हजारो वर्षांच्या भारतभूमीच्या इतिहासाशी जोडलेले आहे. वैयक्तिक आणि वैश्विक चेतनेचे एकीकरण म्हणजे 'योग'. मानवी इतिहासातील सर्वात प्राचीन आणि पवित्र ग्रंथ म्हणजे ऋग्वेद! योग हा

मुळात वैदिक साहित्याचा भाग आहे. वैदिक ज्ञानाच्या अधिकार श्रेणीनुसार चार प्रमुख वेदांतील उपांग व त्यातील सहा उपघटकांत न्यास, वैसेशीक, सांख्य, मीमांसा, वेदांत आणि योग!



क्रियायोगाचा संबंध कुरुक्षेत्रातील युद्धाशी जोडला जातो. श्रीकृष्णाने विश्वातील सर्वात विशाल व भीषण युद्धादरम्यान अर्जुनाला केलेला उपदेश म्हणजेच क्रियायोग! क्रियायोगाचे पाच विभाग जे साधकाचा अंतर्बाह्य विकास करून त्यास उच्च आध्यात्मिक अनुभव प्राप्त करून देतात.

१. क्रिया हठ योग
२. क्रिया ध्यान योग
३. क्रिया कुंडलिनी प्राणायाम
४. क्रिया भक्ती योग
५. क्रिया मंत्र योग

मुळात 'क्रिया' शब्दातच 'कृती' आहे. **स्वतः बरोबरच मानवी समाजाचे परिवर्तन करण्याची सर्वोत्कृष्ट गुरुकिल्ली म्हणजे क्रियायोग!**

कालानुरूप ही प्राचीन विद्या लुप्त होत असतानाच एकोणिसाव्या शतकाच्या अखेरीस महावतार बाबाजींनी लाहिरी महासाया ह्यांच्या माध्यमातून ही विद्या पुनर्जिवित करून सर्वसामान्य माणसांस उपलब्ध करून दिली. प्राचीन काळी महाभारतात सत्तेची धुंदी चढलेल्या दुर्योधन आणि कौरवांस नामोहरम करण्यासाठी कुरुक्षेत्र हे ठिकाण निवडले गेले. येणाऱ्या हजारो वर्षांसाठी श्रीकृष्णाकरवी अर्जुनाद्वारे भगवद्गीतेमार्फत बोधप्रद क्रियायोगाचे ज्ञानार्पण झाले. कदाचित प्रथम यवनी आक्रमण अन् नंतर व्यापाराच्या नावाखाली सत्तांध ब्रिटीशांच्या जुलुमशाही दरम्यान सनातन धर्माची झालेली अवहेलना व खालावलेला स्तर लक्षात घेता पुनर्जिवित केलेला क्रियायोग हे योगायोग असू शकतात.

भारतभूमी ही साधुसंतांची, ऋषीमुनींची एक प्राचीन वारसा लाभलेली पवित्र भूमी! धार्मिक अत्याचार, जाचक कर, हिंदू धर्माची विटंबना, दडपशाही... अशा आव्हानात्मक परिस्थितीमध्ये भारताला, सनातन धर्माला गरज होती ती एका चैतन्यमय स्फुर्तीची! अशाच वेळी एक संदेश एका तेजस्वी महापुरुषाकडून

आला -  
"उठा, जागे व्हा आणि अंतिम ध्येय साध्य होईपर्यंत ध्येयपथावर चालत रहा. थांबू नका."

भारतातच नाही तर संपूर्ण जगात एक नवीन आध्यात्मिक चैतन्य फुलवणारा, स्फुर्तीस्त्रोत देणारा, भारतीय तत्वज्ञानात अंतर्भूत असणारी मानवतेची शिकवण जनमानसांत रुजवणाऱ्या त्या महामानवाचं नाव - "स्वामी विवेकानंद"! अभ्यासात अव्वल असणाऱ्या विवेकानंदांचा ईश्वरी अस्तित्वाविषयी असणारी ओढ, वेद, उपनिषदं, रामायण, गीता आणि हिंदू धर्मग्रंथांचे वाचन हे त्यांना शोधक प्रवृत्तीने स्वामी रामकृष्ण परमहंसांपर्यंत घेऊन आले.

त्यांचे मुळ नाव नरेंद्र, जन्म 12 जानेवारी 1863! विद्यालयीन जीवनातच स्वामी रामकृष्णांशी होणारे भावनिक आध्यात्मिक संवाद... ह्याने युवा नरेंद्रची वैराग्याची भावना तीव्र झाली. प्रत्येक यशस्वी व्यक्तीच्या जीवनात एक 'योग' येतो. गुरू स्वामी परमहंसांकडून स्वीकारलेल्या सन्यासी पंथातील नरेंद्रने लोकजीवन जवळून पाहण्याच्या निमित्ताने घेतलेला पायी भारत-भ्रमणाचा निर्णय, ह्याच दौऱ्यात खेतडीचे राजे अजितसिंग ह्यांच्या आग्रहावरून स्वतःचे 'विवेकानंद' असे केलेले नामकरण आणि सनातन धर्माची त्यांनी पाहिलेली दैना, इत्यादी घटना त्यांना क्रियायोग्याच्या एका वादळी व्यक्तिमत्त्वापर्यंत घेऊन गेल्या.

स्वामी विवेकानंदाना आधुनिक हिंदू धर्माच्या पुनरुज्जीवनात महत्वाचे योगदान देण्याचे आणि औपनिवेशिक राजवटीदरम्यान राष्ट्रवादी चेतना-प्रेरणा देण्याचे श्रेय दिले जाते. 'सनातन' ह्या शब्दाचा अर्थ शाश्वत, अबाधित, अपरिवर्तनीय असा आहे. आदी ना अनंत असा सनातन धर्म प्रभावी विचारधारेचा आहे. समस्त देवता आणि मनुष्य ह्याच मार्गाने उत्पन्न झाले. (ऋग्वेद - 3.18.1) सत्य सनातन आहे. ह्याच सत्याचं ईश्वर-आत्मा-मोक्ष हे स्वरूप प्राचीन ऋग्वेदात मांडले





आहे.

ह्याच मुद्द्यावरून स्वामी विवेकानंदांनी संपूर्ण जगाला सनातन धर्माची व्याख्या सोप्या भाषेत समजावली. केवळ पूजा-अर्चा म्हणजे सनातन धर्म नाही तर सनातन धर्म मानव कल्याणाचं काम करतो, इतरांप्रती संवेदनशीलता, दया आणि करुणाभाव जागवतो.

योग शब्दाचा अर्थ जोडणे. सर्वसामान्यपणे साधारण व्यक्ती शरीर-मन-आत्मा ह्यांना जोडणं म्हणजे योग समजते. परंतु संपूर्ण जगात योग लोकप्रिय करताना स्वामीजींनी योगाच्या जोडण्याचा अर्थ फारच सुरेख पद्धतीने जगाला समजावला. एकीकरण किंवा मिलन हे व्यक्ती आणि संपूर्ण मानवाचं असावं, उच्च भाव निच भाव ह्यांचं असावं, व्यक्ती आणि प्रेमाच्या अखंड धारेच्या देवाचे असावं. योग तेव्हाच होतो जेव्हा मीही ब्रह्म आणि तुही ब्रह्म ह्या प्रेम भावनेने जगातील सर्व प्राणीमात्रांचा चराचराशी मिलन होण्याचा अनुभव होतो! ह्याच भावनेतून स्वामी विवेकानंदांनी राजयोग, कर्मयोग, ज्ञानयोग आणि भक्तियोग जगभरांत पोहोचवला.

योगाच्या अनेक शाखा आहेत ह्याचे मूळ क्रियायोगाशी जोडलेले आहे. सुमारे पाच हजार वर्षांपूर्वी श्रीकृष्णाने अर्जुनाला केलेला बोध म्हणजेच क्रियायोग! ह्यामध्ये क्रिया हठयोग, क्रिया मंत्रयोग, क्रिया ध्यानयोग, क्रिया कुंडलिनी प्राणायाम व क्रिया भक्तियोग ह्या पाच अंगांचा अभ्यास केला जातो. मुळात क्रिया शब्दाचा अर्थच कृती किंवा कर्म आहे. एकरूपता-समाधी किंवा आत्म्याचा परमात्म्याशी झालेला संगम! अहं ब्रह्मास्मि स्वरूपाचा परमानंद! ह्या सर्व प्रवासात श्रीकृष्ण अर्जुनास बोध करतात, "ह्या संपूर्ण चराचराशी असलेलं नातं अनुभवायचं असेल तर निःस्वार्थ प्रेमाशिवाय व क्षमाशीलतेशिवाय हा परमानंद अशक्य आहे, संपूर्ण ब्रह्मांडाशी एकरूपता होणं अशक्य आहे."

स्वामी विवेकानंदांच्या संपूर्ण शिकवणीचं बिज इथेच आहे. क्रियायोगाच्या संपूर्ण व्यापकतेचं मूळ हे कर्मयोगाशी आहे. वेदांचे पूर्ण ज्ञान असणाऱ्या व

अलौकिक बुद्धीमत्तेबरोबरच असामान्य स्मरणशक्तीची जोड असणाऱ्या स्वामी विवेकानंदांचे जनसेवेचे कार्य वंदनीय आहे. योगातील त्यांचा कर्मयोग प्रत्येकासाठी स्फुर्तिदायक आहे. हजारो वर्षांच्या निरीक्षणातून व खोल विचारातून काही सामान्य सिद्धांत बनविले गेले आहेत. माणसात असणाऱ्या धार्मिक प्रवृत्तींचे मूलगामी विश्लेषण करण्यात आले आहे आणि ह्या साऱ्यांचे प्रत्यक्ष फळ किंवा परिपाक म्हणजेच 'राजयोगाचे' शास्त्र होय.

वेदांना प्रमाण मानणाऱ्या तत्त्वज्ञानाचे एकमेव ध्येय आहे - पूर्णत्व प्राप्त करून आत्म्याची मुक्ती साधणे आणि त्याचा उपाय आहे 'योग'! मुळात 'योग' शब्द व्यापक अर्थाचा आहे. तरी देखील सांख्य आणि वेदांत ही दोन्ही दर्शने 'योगा'चे कोणत्या-ना-कोणत्या स्वरूपात समर्थन करीत असतात. क्रियायोगाच्या सूत्रानुसार क्रिया किंवा कर्म हे स्वतःच योगसाधना आहे. दैनंदिन व्यवहारामध्ये योगासन, प्राणायाम आदि विशिष्ट योगसाधना जरी नाही तरी जे काही कर्म केले जाते ते तप, स्वाध्याय किंवा अध्यात्मविद्येचे अध्ययन आणि ईश्वरप्रणिधान यांच्या सहाय्याने केले गेले तरी त्यालाही क्रियायोग असे म्हणतात. ज्यांचे चित्त सहजपणे एकाग्र होऊ शकत नाही अशा साधकांसाठी महर्षि पतांजलींनी 'साधनपाद' पाठात क्रियायोग वर्णिला आहे.

**तपः-** योगसाधनेसाठी चित्ताला समर्थ बनवण्याची शक्ती तपात आहे. ज्याप्रमाणे अग्निद्वारे सुवर्णाची शुद्धी केली जाते, त्याचप्रमाणे अनादी कालापासून रजोतम गुणांद्वारे उर्जित कर्म, क्लेष व वासनांमुळे झालेली चित्ताची मलिनता दूर करण्यासाठी तपाची आवश्यकता असते. तपाशिवाय साधकाला योग-सिद्धी होत नाही.

**स्वाध्यायः-** प्रणवादि मंत्रांचा जप करणे किंवा मोक्षविषयक शास्त्रांचे अध्ययन करणे म्हणजे स्वाध्याय होय. चित्ताची सांसारिक क्रियांकडे होणारी



प्रवृत्ती थांबवून त्यास मोक्षमार्गाकडे प्रवृत्त करणाऱ्या वेद, उपनिषद, पुराण इत्यादि शास्त्रांचे अध्ययन तथा पुरुषसूक्त, रुद्रमंडल तसेच पौराणिक देवांच्या नामांचा वाचिक व मानसिक स्तरावर वारंवार जप करणे म्हणजे स्वाध्याय होय.

**ईश्वर प्रणिधान:-** योगदर्शनाप्रमाणे ईश्वर प्रणिधान ह्या संज्ञेचे दोन अर्थ आहेत. समाधीपादातील 'ईश्वर प्रणिधान' ह्या सूत्राद्वारे सांगितलेले प्रणिधान म्हणजे ईश्वराविषयी असणारी सर्वोच्च भक्ती व साधनपादातील क्रियायोग आणि अष्टांगयोगातील नियमांमध्ये वर्णिलेले प्रणिधान म्हणजे निष्काम कर्म करणे किंवा सर्व कर्मांचे फळ ईश्वराला समर्पित करणे ह्या अर्थाचे बोधन करते. विहित आणि अविहित अर्थात वैदिक व लौकिक सर्व प्रकारच्या कर्मफळाची आकांक्षा न ठेवता ईश्वराला समर्पित करणे म्हणजे ईश्वर प्रणिधान होय.

क्रियायोगाची दोन प्रयोजनं आहेत. चित्ताला समाधीकडे अभिमुख करणे आणि उदार अवस्थेतील पंचक्लेशांना क्षीण करणे. क्रियायोगाद्वारे क्लेश क्षीण होऊन समाधी व पर्यायाने कैवल्यप्राप्ती होते. क्रियायोगाच्या पाचही अंगांचा अभ्यास ही सर्वार्थाने साधकास सर्व प्रकारच्या क्लेश आणि वासनांतून अभूतपूर्व अशा परमानंदाकडे नेतो. एकोणिसाव्या शतकाच्या शेवटी राणिखेत येथे महावतार बाबाजींनी लाहिरी महासाया ह्या संसारी व्यक्तीस क्रियायोगाची दीक्षा दिली व ती जगभर पसरविण्याची मोठी जबाबदारी दिली. परमहंस योगानंदांनी लिहिलेल्या 'Autobiography Of A Yogi' (योगी कथामृत) ह्या पुस्तकामुळे क्रियायोगाची लोकप्रियता जगभर झाली. आज हजारो क्रियासाधक ही साधना करत आहेत.

योगाचे विविध मार्ग शेवटी एका ठिकाणी एकत्र येतात ते म्हणजे 'मुक्ती'! परंतु मुक्तीच्या ध्येयासाठी माणसाने अशी कुठली बंधनं, पाश स्वतःभोवती कवटाळली की ज्यापासून जन्मानुजन्मे तो त्यात गुरफटतच गेला?

वासना शरीरातील 'काम', 'क्रोध', 'लोभ', 'मोह', 'मद', 'मत्सर' ह्या षड्रिपूंचे मनावर झालेले अतिक्रमण ह्यास जबाबदार आहे. आपला देश पारतंत्र्यातून स्वातंत्र्यात जातानाही पूर्णपणे स्वतंत्र झालाच नाही, तरीही आपल्या देशासाठी आज आपल्या साधुसंतांचे अमूल्य योगदान आहे.

'लोकाः समस्ताः सुखिनो भवन्तु' (सर्व लोक सुखी होवोत)

'पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमुदच्यते।

पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते॥'

(माझे पूर्णस्वरूप पूर्ण आहे, तसेच हे व्यक्त व अव्यक्त ब्रह्मही पूर्णच आहे. त्या पूर्ण ब्रह्मात माझे आत्मस्वरूपि पूर्ण ब्रह्म मिळविले किंवा वजा केले तरी जे अवशेष राहते, तेही पूर्णच राहते.)

आपल्या ऋषिमुनींनी जगाला अशा प्रकारच्या उदात्त मंत्रांची देणगी दिली आहे. त्यांच्यात कुठेही, कोणालाही, कोणत्याही प्रकारे परपीडनाचा भाव लवलेशभरही पहायला मिळत नाही! ऋषींनी त्या परम अद्वैत सत्याची अनुभूति घेतली होती. म्हणूनच आज सनातन विचारांमध्ये असलेले मूळ तत्त्वज्ञान आणि सकस विचार हे कोणत्याही देश काळासाठी उपयुक्त आहेत. सनातन विचार हे जगाच्या उत्थानासाठी शाश्वत सत्याची शिकवण देते. सनातन धर्म सर्वसमावेशक आहे.

ब्राह्मो समाज आणि आर्य समाज ह्यांनी मांडलेल्या विचारांपेक्षा निराळी भूमिका स्वामी विवेकानंदानी मांडली व हिंदू धर्माची त्या भूमिकेवर आधारलेली पुनर्घटना करण्याचा प्रयत्न स्वामी विवेकानंदांच्या रामकृष्ण मिशन ह्या संस्थेने केला. विवेकानंदानी वेदान्त तत्त्वज्ञान म्हणजेच अद्वैत हा हिंदू तत्त्वज्ञानाचा गाभा आहे असे प्रतिपादन केले. 'आत्मा हाच ब्रह्म आहे' ह्याची मनोमन जाणीव होणे हे प्रत्येक व्यक्तीचे ध्येय असले पाहिजे. ज्ञान, योग, कर्म, भक्ती हे सर्व मार्ग आत्मा व ब्रह्म ह्यांच्या ऐक्याच्या साक्षात्काराकडे नेणारे आहेत.



शारीरिक व मानसिक बळाची उपासना देखील आध्यात्मिक उन्नतीला आवश्यक असते, हे स्वामी विवेकानंद वारंवार सांगत.

आज वर्तमानात हजारो वर्षांपूर्वी श्रीकृष्णाने अर्जुनाला केलेला क्रियायोगाचा उपदेश, ऋषि पतांजलिनी सुमारे 2200 वर्षांपूर्वी उत्कृष्ट पद्धतीने केलेली अष्टांगयोगाची रचना, एकोणिसाव्या शतकातील क्रियायोगाचे झालेले पुनर्जीवन व विसाव्या शतकाच्या सुरुवातीला स्वामी विवेकानंदांचा झालेला उदय हे सर्व आज आपल्याला आपल्या उच्च संस्कृतीची आठवण करून देतात व आपल्या गौरवशाली संस्कृतीची साक्ष देतात. तरुणांना आकर्षित करणारे स्वामी विवेकानंदांचे विचार व योगासाठी प्रवृत्त करणारे मार्गदर्शन हे जागवले पाहिजे.

'मानवतेच्या सेवेतच परमार्थाचे फलित सामावले आहे' ह्या स्वामींच्या विचारातच 'ब्रह्मयोग' आहे. आज जगाच्या नकाशावर 'योग' ह्या विषयावर लाखो लोक एकत्र येत

आहेत. भारताचे पंतप्रधान माननीय श्री. नरेंद्र मोदींनी स्वामी विवेकानंदांप्रमाणेच लाखो लोकांना, देशांना आपलंसं करून भारतीय संस्कृतीच्या योगाला, योगाच्या आणि सनातन विचारांना आज एका उच्च शिखरावर नेलय. 21 जून हा आंतरराष्ट्रीय योग दिवस म्हणून साजरा केला जातो व आता ते एक जागतिक आकर्षण झाले आहे.

म्हणूनच स्वामी विवेकानंदांचे विचार, त्यांचा झंझावात आणि त्यांचे अलौकिक कार्य आजही जनमानसांत विशेषतः तरुणांमध्ये अध्यात्म आणि योगाप्रती समर्पणाची भावना रुजवतात.

**"उठा, जागे व्हा आणि अंतिम ध्येय साध्य होईपर्यंत ध्येयपथावर चालत रहा. थांबू नका."**

(परमपूज्य सद्गुरूजींचा वरील लेख हिंदी विवेकच्या 'सनातन भारत' ह्या विशेष अंकात फेब्रुवारी 2023 मध्ये प्रसिद्ध झाला होता.)

## एक पंचविशी अशीही....

पंचवीस हा अंक/क्रमांक/आकडा खूप खास आहे. पंचविशी किंवा रजत जयंती म्हटलं की अजून भारी वाटतं! मी स्वतः अनेक पंचविसावे जन्मदिवस जोरदार साजरे होताना पाहिले आहेत. व्यक्तींचे जन्मदिन किंवा लग्नाचे वाढदिवस! त्याचप्रमाणे एखाद्या संस्थेची रजत जयंती! आमचा स्वतःचा वॉरियर्स क्रिकेट क्लब होता. आम्ही श्रीसत्यनारायणाची पूजा करायचो. ती देखील आम्ही पंचवीस वर्षांपर्यंत दिमाखात साजरी केली!

हे सगळं विस्तृत लिहायचे कारण म्हणजे आमच्या लाडक्या 'द अवेकनिंग!' ह्या आंतरराष्ट्रीय मुखपत्राचे हे पंचविसावे वर्ष! 1998 साली बोस्टन येथे सद्गुरूजींनी त्याचे प्रथम प्रकाशन केले आणि हा-हा म्हणता 2023 साल उजाडलं! ह्या पंचवीस वर्षांच्या प्रवासात एकवीस वर्ष मी स्वतः साक्षीदार आहे. माझ्यापेक्षा वयाने आणि

अनुभवाने श्रेष्ठ असलेल्या मधुमालतीजी आणि श्रीजयाजी म्हणजे तर 'द अवेकनिंग!'चा कणाच! अन हे सगळं घडतं कसं तर ... परमपूज्य सद्गुरूजींच्या आशीर्वादाने! त्यांनी सुविचारांचं बीज पेरलं आणि आता त्याचा एक दिमाखदार वटवृक्ष झाला आहे! काय लिहू आणि किती लिहू... अशी माझी अवस्था आहे!

ऑक्टोबर महिना आणि 'द अवेकनिंग!'चं काम हे ठरलेलं समीकरण असतं! नानाविध विषयांना गवसणी घालणारे लेख आमच्या परिवारातील सदस्य लिहितात! अर्थातच त्याचा गाभा क्रिया योग, योग पद्धती, आहार, मानसिक सुस्वास्थ्य, साधकांना आलेले सुरेख अनुभव आणि सकारात्मक विचार हाच असतो. सद्गुरूजींचे विविध लेख व त्यातून मिळणारे बोधप्रद संदेश हे ह्या मुखपत्राचे अजून एक ठळक वैशिष्ट्य! इंग्रजी, मराठी



आणि हिंदी ह्या तीन भाषांमध्ये हे लेख प्रसिद्ध होतात. आमचं हैद्राबाद केंद्र तर ह्या मुखपत्राची तेलगू आवृत्ती देखील काढतं! फाऊंडेशनची विश्वभरांत 93 केंद्रं असल्यामुळे 'द अवेकनिंग!'चा वाचक वर्ग देखील खूप मोठा आहे. आणि हा वाचक वर्ग अखंड विश्वात पसरलेला आहे! आमचे काही सभासद ऑस्ट्रेलिया, सिंगापूर, अमेरिका, इंग्लंड, न्युझीलंड येथून देखील लेख पाठवतात! हे सगळे लेख संकलित करून त्याचं प्रकाशन करणं, हे एक सुंदर आव्हान असतं आणि वर्षानुवर्षं सद्गुरूजींच्या आशीर्वादाने हे पार पडत आलय!

परमपूज्य सद्गुरूजींचे लेख वाचणे हा एक परमानंद असतो. विविध विषयांना ते स्पर्श करतात. त्यांची लेखनशैली इतकी सुंदर आहे की त्याला कुठलीही उपमा देणे कठीण आहे. त्यांचा दांडगा अनुभव, त्यांनी अनेक शहरांना-देशांना दिलेल्या भेटी, अनेक मान्यवरांशी त्यांचा झालेला संवाद, 14 विद्या 64 कलांबाबत असलेले त्यांचे ज्ञान, एकंदरीतच सर्वत्र सकारात्मकता पोहोचविण्याचा त्यांचा दृष्टीकोन, त्यांचा प्रत्येक व्यक्तीशी असलेला connect - ह्या सगळ्यामुळे ते लेख वाचनीय होतात. त्यांचं अनुभवकथन, क्रियायोगाला मर्मस्थानी ठेवून अंगीकारलेली जीवनशैली, भागवताबद्दल मांडलेली मतं, साधनेच्या काळातील त्यांच्या आठवणी, आरोग्यधारेची त्यांची लेखमाला... हे सगळं शब्दातीत असतं! त्यांची सहजसोपी पण परिणामकारक लेखनशैली सगळ्यांच्याच हृदयाला हात घालते. जसं दर रविवारी आम्ही त्यांच्या साप्ताहिक संदेशाची वाट पाहतो, तशीच आम्ही सगळे त्यांच्या 'द अवेकनिंग!'मधील लेखाची आतुरतेने वाट पहात असतो. आणि 'द अवेकनिंग!'चं हे रजत जयंती वर्ष असल्यामुळे ते विचारांचे कुठलं सोनं आम्हाला लुटायला देणार आहेत, ह्याची आम्हाला उत्सुकता आहे. मी 'द अवेकनिंग!'च्या पंचवीस वर्षांच्या प्रवासाकडे

पाहतो तेव्हा मुख्य संपादक असलेल्या मधुमालतीजी व श्रीजयाजी ह्यांचा उल्लेख करायलाच हवा! सगळे लेख संकलित करून, त्यात योग्य तो फेरफार करून, भाषेचं सौंदर्य जपत पण त्याच वेळी मूळ लेखकाच्या विचारांना न बदलता तो लेख अंकासाठी तयार करणे ही बऱ्यापैकी आव्हानात्मक बाब असते. दुसरं म्हणजे ह्या दोघींचं tuning छान आहे! मुखपत्रात काय यायला पाहिजे, कशाची नीट प्रसिद्धी झाली पाहिजे - ह्या बद्दलचा दोघींचा अभ्यास दांडगा आहे. काय घेतलं पाहिजे, काय टाळलं पाहिजे हे देखील त्यांना उत्तम प्रकारे अवगत आहे. फाऊंडेशनचे विविध उपक्रम त्या छान रीतीने वाचकांसमोर आणतात. "Letters to the Editor" हा 'द अवेकनिंग!'मधील एक छान विभाग आहे. फाऊंडेशनमधील लहान (शालेय) मुलांचे लेख वाचणे, त्यांची चित्रं पाहणे ही देखील एक आनंदपर्वणी! परमपूज्य सद्गुरू योगीराज डॉ. मंगेशदा हे एक बहुआयामी व्यक्तिमत्व व अतुलनीय ज्ञानभांडार असल्यामुळे राष्ट्रीय व आंतरराष्ट्रीय पातळीवर अनेक परिसंवादांमध्ये त्यांना प्रमुख वक्ता म्हणून निमंत्रित करण्यात येतं! त्याचप्रमाणे नेत्रदान जागृती मोहीम, महिला स्व-संरक्षण शिबिरं, तुळस वाटप मोहिम, स्वच्छता मोहिम आदी अनेक सामाजिक उपक्रम सद्गुरूजींच्या मार्गदर्शनाखाली राबविण्यात येतात. ह्या सर्व उपक्रमांची तपशीलवार माहिती देण्याचं काम अविरतपणे ह्या मुखपत्रातून होत असतं! गेली अनेक वर्षे अथकपणे हे काम केल्याबद्दल ह्या दोन मैत्रिणींचे करावे तितके कौतुक कमी आहे.

ह्या दोघींप्रमाणेच चंद्रकांत बारस्कर व भालचंद्र दातार ह्यांचे योगदान देखील महत्वाचे आहे. मराठी विभागाचे हे दोघेही संपादक आहेत. दोघेही उत्तम लेखक तर आहेतच, पण 'द अवेकनिंग!'चा मराठी विभाग सांभाळण्यात त्यांचा महत्वाचा सहभाग आहे. दोघांचही वाचन दांडगं असल्यामुळे त्यांचं लिखाण देखील तितकच तरल असतं. बारस्करांचं तर मराठी-हिंदी-



इंग्लिश ह्या तीनही भाषांवर प्रभुत्व आहे. तर ही अशी मंडळी आहेत की ज्यांचं 'द अवेकनिंग!'च्या निर्मितीमध्ये लेखक आणि संपादक ह्या दोन्ही रूपात योगदान असतं!

'द अवेकनिंग!'च्या निर्मितीत अजून काही लोकांचा सहभाग असतो व तो म्हणजे आमच्या सरस्वतीजींचा, सुहास पाटीलचा, सुनील पैचा आणि रविंद्र पाठकचा! 'द अवेकनिंग!' हे एक टीम वर्क आहे व ही सगळी मंडळी त्या करिता अहोरात्र मेहनत घेतात. 'द अवेकनिंग!'मध्ये लेखांसोबत जाहीरातीदेखील छापल्या जातात. सामाजिक बांधिलकी जपत कार्यशील असलेल्या आमच्या फाऊंडेशनला मदत करणारे असंख्य हात आहेत. त्यामुळे त्याचं अर्थकारण सांभाळणे, जाहिराती साठी पाठपुरावा करणे, मान्यवर मंडळींचे आलेले सगळे संदेश 'द अवेकनिंग!'मध्ये छापून आणणे - हे काम सरस्वती मॅडम करतात! दोन-तीन वर्ष आधीपर्यंत हे काम आमचे लाडके हरेशजी देखील करायचे. त्यांचं contribution विसरून कसं चालेल? 'द अवेकनिंग!' चा अंक DTP च्या दृष्टीने सुसज्ज करून प्रिंटींगला गेल्याशिवाय ते धोतेंच्या इथून निघत नसत! (धोते ऑफसेट मध्ये आमचा 'द अवेकनिंग!' जन्म घ्यायचा! त्यांच्या टीमचे देखील खूप खूप आभार!) आज देखील 'द अवेकनिंग!' आणि हरेशजी ह्यांचं अतूट नातं आहे.

सुनील, सुहास, रविंद्र .... ही आमची तांत्रिक टीम सगळी मदत करायला नेहमीच तयार! आलेल्या जाहीराती बनविणे किंवा 'द अवेकनिंग!'चं designing करणं ह्यात त्यांचा सिंहाचा वाट असतो. कव्हर design साठी माया बिडवई, कविता, धोतेंमधील प्राजक्ता ह्यांचं नाव घ्यावंच लागेल! गेली 25 वर्ष ही संपूर्ण टीम कार्यरत आहे. त्यात काळानुसार थोडे बदल झाले असतील. पण वर ज्यांचा उल्लेख केला आहे, ते सगळे सद्गुरूजींचे खंबीर शिलेदार आहेत! सप्टेंबर व ऑक्टोबर ह्या दोन महिन्यात ... दरवर्षी... हा संघ कार्यरत असतो व त्याचं

कारण असतं 'द अवेकनिंग!' हे सगळं करत असताना सगळ्या लेखकांचे, जाहिरातदारांचे आभार मला मानलेच पाहिजेत! "सरस्वती"चा प्रसार व प्रचार व्हायला "लक्ष्मी"ची मदत लागतेच व त्या करिता सर्व देणगीदारांचे मानावे तितके आभार कमी आहेत. आमचे तरुण तुर्क केशवजी किंवा संस्थेचा विश्वस्त असलेला रुपेश कलान त्याचप्रमाणे देश-विदेशात असलेली आमची 93 केंद्रं ... ह्यांच्या प्रत्येकाच्या सहभागाशिवाय 'द अवेकनिंग!' पूर्णत्वाला येऊ शकत नाही! अत्यंत विनम्रतेने सगळ्यांचा मी इथे ऋणनिर्देश करू इच्छितो...खरंच दिलसे!

2005 साली सद्गुरूजींनी माझ्यावर 'द अवेकनिंग!'च्या मराठी विभागाची जबाबदारी दिली! तो त्यांचा निर्णय म्हणजे माझ्यासाठी मैलाचा दगड ठरला. त्यानंतर माझं लिखाण नियमित होऊ लागलं! मधल्या काळात 'द अवेकनिंग!' ची मराठी व इंग्रजी भाषेमध्ये आवृत्ती त्रैमासिक स्वरूपात यायची! तेव्हाचं आव्हान मोठं असायचं! एका वर्षात तीन छोटे अंक व वार्षिक दिनाला एक मोठ्ठा अंक, असं त्याचं स्वरूप होतं! सद्गुरूजींच्याच आशीर्वादाने हे सगळं उत्तम रीतीने पार पडलं! त्यांनी दाखवलेल्या विश्वासाबद्दल मी त्यांचा आजन्म ऋणी आहे!

सर्वात शेवटी ज्यांच्या विचारांतून व कल्पनेतून हे 'द अवेकनिंग!' अवतरलं त्या परमपूज्य सद्गुरूजींना विनम्र अभिवादन! ह्या जगात चांगल्या-वाईट अनेक गोष्टी होत असतात. कधी कधी असं वाटतं की वाईटाचं साम्राज्य अधिक आहे! पण त्याचा जर सामना करायचा असेल तर तो सुविचारांनीच करायला हवा, आपल्याकडे असलेली सकारात्मकता सर्वत्र पसरवायलाच हवी! चांगले विचार, सुस्वास्थ्याचे मंत्र, योग व त्यातूनही दुर्मिळ अशा क्रियायोगाबद्दलची माहिती, आहाराबद्दलचं ज्ञान, आपले विविध अनुभव... हे सगळं त्यांनी 'द अवेकनिंग!'च्या माध्यमातून अनेकांपर्यंत पोहोचवलं! अनेक नवोदित लेखकांसाठी



'द अवेकनिंग!'चा प्लॅटफॉर्म तयार करून दिला, व्यासपीठ उपलब्ध करून दिलां.ह्या मुखपत्राची ख्याती इतकी न्यारी म्हणूनच की काय सुप्रसिद्ध शल्यविषारद डॉ. वि. ना. श्रीखंडे ह्यांनी आपले लेख ह्या मुखपत्रात छापयला परवानगी दिली. एक ज्योत अनेक ज्योती प्रज्वलित करू शकते, अंधार दूर करू शकते! नेमकं हेच काम सद्गुरूजींनी 'द अवेकनिंग!'च्या माध्यमातून केलं. "निःस्वार्थ प्रेम व निःस्वार्थ क्षमाशीलतेचे" ब्रीद अंगीकारत क्रियाशील असलेल्या आमच्या गुरुमाऊलीचे व आमच्या संस्थेचे मुखपत्र म्हणजे 'द अवेकनिंग'!! मला, नव्हे आम्हा सर्वांना त्याचा सार्थ

अभिमान आहे! आज ह्या बाळाने पंचविशी पूर्ण केली आहे. त्याचे अभिष्टचिंतन व पुढील प्रवासासाठी अनेकानेक शुभेच्छा!

आजच्या 'द अवेकनिंग!'च्या ह्या विशेष दिनासाठी परमपूज्य सद्गुरूजींचे खूप खूप अभिनंदन! त्यांना त्यांच्या जन्मदिनानिमित्त देखील बहारदार शुभेच्छा! आणि सरते शेवटी, 'द अवेकनिंग!' सोबत जोडल्या गेलेल्या प्रत्येकाचे आभार व अभिनंदन! तुमचे प्रेम व लोभ आहेच...तो उत्तरोत्तर वृद्धिंगत होऊ देत!  
हरि ॐ!

**ऋषिकेश प्रभाकर आंबये, मुंबई**

## ग्रंथ माझे सांगाती

गीतेतील उपदेश आजच्या युगातही किती उपयुक्त आहे त्याचे विवेचन आमचे सद्गुरू योगीराज डॉ. मंगेशदा आपल्या सत्संगातून वारंवार करीत असतात. रोज एका तरी श्लोकाचे पठण करीत गेल्यास आपल्या शरीर व मनावर योग्य संस्कार होऊन आध्यात्मिक स्तर उंचावण्यास नक्कीच मदत होते किंबहुना असे होणे अपरिहार्य आहे, असे त्यांचे मत आहे.

मी कित्येक दिवस कधीतरी त्याची सुरवात करीन असे ठरवायचो आणि तारीख पुढे पुढे जात राहिली. मग निश्चय केला की आता बस झाले 'शेंडी तुटो की पारंबी' सुरवात करायचीच. आणि जेव्हा सुरवात केली तेव्हा जाणवले हे शिवधनुष्य उचलणे फार अवघड आहे. शाळेमध्ये कधीकाळी जास्त गुण मिळतात म्हणून एस. एस. सी. ला संस्कृत विषय घेतला होता. त्याचा फायदा जरूर झाला, परंतु त्या नंतर कधी संस्कृतच्या वाटेला जाण्याचा प्रसंग आला नाही. एकदा सवय सुटली की त्या वाटेला पुन्हा जायचे नाही हा आपला नियम!

संजय उवाच पासून सुरु झालेला प्रवास थोडक्यात आटपणार असे वाटत असताना आशेचा नवीन किरण दिसला. फार पूर्वी कधीतरी ज्ञानेश्वरीची प्रत कपाटात ठेवली आहे हे आठवले. जिवात जीव आला. म्हटले

आपलीच भाषा आहे. सायास पडणार नाहीत. पारायणे सुरु केली. प्रत्येक श्लोकाचा अर्थ ज्ञानियांनी प्राकृतात लिहिलेला! त्याची फोड करता करता घामाघूम होणे आलेच. निदान थोडे तरी डोक्यात जात होते. गीता हा महाभारत ग्रंथाचा अविभाज्य भाग आहे. कृष्णार्जुन संवादाच्या माध्यमातून कर्मयोगाची शिकवण आणि एकंदर मानवी जीवनाचे प्रयोजन काय आहे याचे सुंदर विवेचन केले आहे. दिव्य ज्ञान हे निष्काम कर्म आणि भक्ती यांच्या संयोगातूनच साध्य होते हा गीतेचा संदेश आहे. आम्हा क्रियायोग साधकांना हे ज्ञान श्री गुरुंच्या सान्निध्यातून मिळते आहे हे आमचे मोठेच भाग्य आहे. भगवान श्रीकृष्ण अर्जुनाला योगविद्येची माहिती सांगताना म्हणतात, ही विद्या प्रथम विवाश्वत म्हणजे सूर्यदेवाला सांगण्यात आली. त्यानंतर अनुक्रमे मनु, इश्वाकू आणि पुढे शिष्यपरंपरेनुसार एका कडून दुसऱ्याकडे चालत आली. परंतु कालौघात ती नष्ट झाल्यामुळे ती आता मी तुला विदीत करीत आहे. आधुनिक युगात याच विद्येचे पुनरुज्जीवन श्री श्री महावतार बाबाजींनी केले आणि सद्गुरू डॉ. मंगेशदा त्यांचे शिष्य आहेत जे आमचे गुरु आहेत. भगवद्गीतेच्या सहाव्या अध्यायामध्ये योगाभ्यास करण्याचे प्रयोजन



Many Happy Returns of the day **Sadguru Yogiraj Dr. Mangeshdaji**.  
Seek your blessings and thank you for your valuable guidance.  
Best wishes to **Sadguru Mangeshda Kriya Yoga Foundation**  
for all their awesome social activities for the benefit of mankind.  
**Jai Gurudev.**

From: Ravi Chandavarkar and family, Goregaon East.



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Respected Sadguruji,  
Salutations at your Lotus Feet  
&  
Wishing You A Very  
**Happy Birthday!!!**  
Suhas, Kanchan & Ishani



गुरु चरण तेजोमय !  
गुरु आशीर्वाद लाखमोल !  
सुख दुःख झेलण्याचे सामर्थ्य,  
झाला वर्षाव गुरुकृपेचा !  
त्याला नाही तोड !

"Pranam Sadguruji and  
thank you for Blessings"

Wish you a very Happy Birthday!

Happy Dussehra and  
Diwali to all viewers!

Aruna Prakash Sakhalkar and Family



# Happy Birthday Respected HH Sadguru Yogiraj Dr. Mangeshda

From the entire team of SYNC Wellness Lab  
[sandeep.yederi@syncwellnesslab.com](mailto:sandeep.yederi@syncwellnesslab.com)

# Message From Mangeshda Upasana Centre, Bengaluru

## Wishing Dear Sadguruji a very Happy Birthday!



HH Sadguru Yogiraj Dr. Mangeshda  
being conferred with the  
'KRIYA SHIROMANI AWARD' at the hands of the  
President of the Republic of Mauritius -  
Mr Prithvirajsing Roopun.



**"Aim high, set higher goals, be  
determined, and have faith.  
Your teacher and guide will show  
you the light and lead you on the  
right path"**

**- H.H. Sadguru Yogiraj Dr. Mangeshda**

**Our humble salutations at  
Your Lotus Feet.**

**Love and Sashtang Pranams**

**Contact: 9731288222**

Wishing Sadguruji a very  
**Happy Birthday**

and our Humble Pranams  
at your Lotus Feet



HH Sadguru Yogiraj Dr. Mangeshda's  
talk and interview being recorded for  
International Day of Yoga  
at All India Radio (AIR).

*From:*

**Meetal DasGupta and Sudeep DasGupta**



**Heartiest Congratulations for the  
Silver Jubilee Anniversary of our  
International magazine 'The Awakening!'**

**Happy Birthday**

**Sadguru Yogiraj Dr. Mangeshdaji.**

**We seek your blessings and may we always follow  
your footsteps and walk on the path of Kriya Yoga.**

**JAI GURUDEV**

**From: Prakash Irde and family, Mumbai**

# Wishing Dear Sadguruji a Very Happy Birthday



**HH Sadguru Yogiraj Dr. Mangeshda**  
receiving the Mahatma Award

**"Strongly believe in what you wish to create.  
You achieve what you think you can"**

**- H. H. Sadguru Yogiraj Dr. Mangeshda**

**Sashtang Pranams**

*From*

**Rugmani**

**Saurabh**

**Vihaan**

**Hariharan**

**Payal**

**Panavi**



Wishing Sadguruji a Very Happy Birthday  
We seek Sadguruji's Blessings and Strength  
to follow the path of  
'Unconditional Love & Unconditional Forgiveness'

From  
Sunanda Balvally  
Archana, Prasad & Pratik Mangalore

**Wishing Sadgurji  
a  
Very Happy Birthday  
Seeking His Blessings**



From:  
Usha Sudhir Varun



**With Best  
Compliments**

From,  
**Dean Noronha Rego**

**Message From  
Mangeshda Upasana  
Centre, Dombivli**

**Wishing  
Sadguru Yogiraj  
Dr. Mangeshda  
a very  
Happy Birthday**







आणि अनासक्त भावनेने अष्टांग योगसाधना करण्याची क्लृप्ती सांगितली आहे.

हे सगळे वाचन आणि संस्करण सुरू असताना पुनश्च महाभारतातील व्यक्तिमत्त्वे म्हणजे गीतेत वर्णिलेल्या भाव भावनांचे परिपाक दर्शविणारी पात्रे आहेत याचा उलगाडा होत गेला. महाभारतातील पात्रे अलौकिक गुण आणि उदात्तीकरणाची परिसीमा या परिघात बंदिस्त दाखवण्यात आली आहेत. भीष्मांचा त्याग, द्रोणांची युद्धशास्त्रात असलेली पारंगतता, अर्जुनाची वीरता, भीमाची ताकद या सर्व अतर्क्य गोष्टी वाटतात. व्यामिश्र भावनांची प्रतीके असणारी ही पात्रे, व्यक्ती अलौकिक पण तकलादू वाटतात. मला भावलेली दोन पात्रं म्हणजे एक द्रौपदी आणि दुसरे कर्ण! दोघांचेही पाय मातीचे आहेत. दोघेही नियतीचे बळी आहेत. एक याज्ञसेनी म्हणून द्रुपदाच्या यज्ञातून जन्मली पण तिच्या नशिबी जे भोग आले ते वेदना आणि पीडा यांची पराकाष्ठा होती. तिचे आचरण हे दैवी गुणांनी भरपूर असणे अभिप्रेत असताना प्रसंगोपरान्त तिचे वागणे बोलणे हे मर्त्य मानवाच्याही पेक्षा खालच्या दर्जाचे आहे. स्वयंवरात सूतपुत्र म्हणून कर्णाची अवहेलना करणे, मयसभेत दुर्योधनाची फजिती पाहून कुत्सित हसून आंधळ्याचा पुत्र अंधच असणार असे विषारी बोलणे! असो. ही सगळी सामान्य मनुष्याची लक्षणे आहेत. पाच पतींची पत्नी, द्युतात पणाला लागणे, वस्त्रहरण, अज्ञातवासात दासी सैरंध्री आणि कुरुक्षेत्रावरील युद्धात पाचही पुत्रांचा वध या जनसामान्य मनुष्यास अनुभवास येणाऱ्या गोष्टी तिच्या कपाळी का याव्यात?

कर्णाचेही भाग्य काही फारसे वेगळे नव्हते. राजकुलातील असूनही सूतपुत्र म्हणून आयुष्यभर अवहेलना पदरी आली. क्षत्रिय नसल्याने शस्त्रविद्या शिकण्यासाठी उपेक्षा, उत्कृष्ट धनुर्धर असूनही

सगळीकडून घोर अपमान, असत्य बोलून ऋषी परशुरामांकडून शस्त्रविद्या शिकण्याचे धाडस, गुरुची झोपमोड होईल म्हणून भुंग्याने जांघ पोखरून रक्तस्त्राव झाला तरी वेदना सहन करणे आणि हे सर्व समजल्यावर ऋषी परशुरामाचा शाप की ऐन वेळी तुला ब्रम्हास्त्र वापरण्याचा मंत्र सुचणार नाही. युद्धात आयत्या वेळी रथाचे चाक रुतणे. या सर्व सामान्य माणसाच्या आयुष्यात येणाऱ्या अडचणी त्याच्या ही वाट्यास आल्या. या सर्व आपत्तीचा सामना करताना त्याने कधीही कोणास दोष दिला नाही. नियतीला धीराने सामोरा गेला. दानशूर कर्ण म्हणून तो अमर झाला. इंद्राने कवच कुंडले दान मागितली, पुढचा मागचा विचार ना करता त्याने देऊन टाकली. अंतिम समयी भिक्षुक रुपी ब्राह्मणास तोंडातील सोन्याचा दात खेचून दिला परंतु आपल्या व्रतापासून तो तसूभरही हटला नाही. ही दोन्ही पात्रे विलक्षण, मनस्वी, धीरोदात्त आणि असामान्य आहेत हे निर्विवाद सत्य आहे.

माझ्या उमलत्या वयात ह्या पात्रांचे दर्शन ज्या पुस्तकांमुळे झाले त्याचा पगडा आजही मनावर आहे. मग ते शिवाजी सावंतांचे मृत्युंजय असो, आनंद साधलेंचे जय नावाचा इतिहास आणि सर्वात महत्वाचे म्हणजे विदुषी इरावती कर्वेचे युगांत असो. या पुस्तकांनी जी अभिरुची निर्माण केली त्याने उत्कृष्ट साहित्यकृती वाचनात आल्या आणि विचारप्रवण साहित्याचा आस्वाद घेणे शक्य झाले.

मी वर म्हटल्याप्रमाणे महाभारत हे महाकाव्य सर्व भाव-भावनांचा कल्लोळ असल्याने सत्य, असत्य, गुण, दोष, प्रेम, असूया, सूड, दया, शौर्य, भीरूता तसेच मोह, माया, मत्सर, लोभ या षड्रिपूंची रेलचेल असलेले ज्वलंत चित्रण करणारे महर्षी व्यास यांचे खंडकाव्य आहे. मानवी जीवनाचा अवघा अवकाश व्यापणारे

If you think that things are not going your way, introspect! Change the environment around and convert the situation into a positive one.

- H.H. Sadguru Yogiraj Dr. Mangeshda



जीवन गाणे आहे. त्यातून आपण काय घ्यायचे आणि काय टाळायचे हे ज्यास कळले त्याला गीतेचा अर्थ समजला!

ज्ञानेश्वरी वाचायला सुरवात केली आणि एक वेद लागले प्राकृत भाषेतील ग्रंथ वाचण्याचे! आता वेध

लागलेत दासबोध व तुकारामाची गाथा वाचायचे! बघूया कसे जमते ते!

**अथ सद्गुरु चरणी अर्पण!**

**चंद्रकांत बारस्कर, मुंबई**

## बोन्साय

नभा तिच्या गार्डन फ्लॅटच्या मागच्या गार्डनमध्ये झोपाळ्यावर बसली होती त्या डेरेदार वडाच्या सावलीत. त्या वडाच्या पारंब्या आता मातीत घट्ट रुजल्या होत्या. त्यामुळेच की काय, पण झाड कसं डेरेदार प्रशस्त वाटत होतं. त्याच्या सळसळणाऱ्या पानांचा गारवा ती डोळे बंद करून अनुभवत होती. एवढ्यात मागून निखिल आला आणि म्हणाला,

"आई, टिड्डीवाले येतीलच इतक्यात मुलाखत घ्यायला. आत येतेस ना?"

"मला वाटतं, निखिल, इथे बाहेरच बोलवू त्यांना. छान निसर्गरम्य वाटते ना ही बॅक-ग्राऊंड?"

"हं आई, उगाचंच कारण सांगतेस झालं. मला खरं कारण माहीत आहे बरं. तुझं करीयर करण्याचं, मोठ्या पदापर्यंत जाण्याचं स्वप्न पूर्ण करणाऱ्या ह्या स्फूर्तिदायक वडाखालीच द्यायचीय तुला मुलाखत. हा वड इथे आणून लावल्यानंतर तू मागे वळून पाहिलंसच नाहीस कधी. अॅडमिनिस्ट्रेशनमधून मार्केटिंगमध्ये शिरलीस. पहाता पहाता प्रमोशनस घेऊन एवढ्या मोठ्या कंपनीची व्हाईस प्रेसिडंट झालीस. खरंय ना मी म्हणतोय ते?"

निखिलने आपल्या मनातलं ओळखलं म्हणून तिच्या चेहऱ्यावर हास्य उमटलं आणि तिच्या डोळ्यांसमोर तो दिवस तरळला.

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रामनारायण रुईया कॉलेजवरून नभा जात होती. चालताना पुढे पाहायचं सोडून ती कॉलेजकडेच पाहत होती. खरं तर ती किंग जॉर्ज शाळेत ऑफिसची परीक्षा

द्यायला आली होती. परीक्षा संपल्यावर ठरवल्याप्रमाणे ती कॉलेजवरून चालली होती. कॉलेज, कॉलेजचा कट्टा हे सारं पाहून तिला ते दिवस आठवत होते. तिचा ग्रुप आठवत होता. तेवढ्यात कानावर हाक पडली

"नभा, ए नभा! ए, थांब ना!"

आवाज खूप परिचयाचा वाटला. वळून मागे पाहतेय तर अनघा.

"अनू, तू? ए, काय योगायोग गं हा! आत्ता मनात तुम्हा सगळ्यांचे विचार आणि तेवढ्यात समोर तूच!"

खूप वर्षांनी भेटल्याने दोघी खूप आनंदल्या होत्या.

"ए, चल ना कट्ट्यावर बसू या?" अनघाला काय करू नि काय नको असं होत होतं. पूर्वी तासन् तास कट्ट्यावर असायच्या त्या. पण आता चाळीशीला आल्यावर असं कॉलेज कट्ट्यावर बसायचं म्हणजे...

"चल, काही तरीच काय? बरं नाही दिसणार."

"बरं, चल मग, मणीसमध्ये जाऊ या? किती दिवसांत तिथली इडली चटणी खाल्ली नाही गं."

"हॉटेलमध्ये? अग, पण आज तर शनिवार आहे ना?" नभा बोलून गेली आणि मग तिच्या मनाने जीभ चावली.

"बाप रे! तू चक्क उपवास करतेयस शनिवारचा? अग, किती बदललीस तू! उपासतापास, व्रतवैकल्यं आवडायची नाहीत ना गं तुला?" अनघाच्या भुवया आभाळात गेल्या होत्या. आता काय बरं उत्तर द्यावं हिला? नभा विचारात पडली, पण लगेच विषय बदलत म्हणाली, "छे गं उपवासबिपवास काही नाहीय माझा. चल, जाऊ या मणीसमध्ये."



ती पटकन असं बोलून गेली होती ह्याला कारण होता शेखर. हॉटेलात जायचं, पण महिन्यातून दोन वेळा. त्या वेळाही ठरलेल्या. महिन्याचा दुसरा आणि चवथा रविवार. गेल्या सोळा वर्षांत हा नियम मोडला नव्हता. आणि म्हणूनच शनिवारी हॉटेलात जायचं? अशी प्रश्नार्थक प्रतिक्रिया नकळतच तिच्याकडून आली होती. हे सर्व अनघाला कुठे सांगत बसायचं, म्हणून तिने लगेच विषय बदलत इतर मैत्रिणींची हालहवाल विचारली होती.

अनघाकडून खूप काही कळलं. अमृता सायकॉलॉजिस्ट होऊन खूप प्रसिद्ध काउन्सेलर झाली होती. अधूनमधून तिचे लेख, मुलाखती मासिकांतून, टीव्हीवर येत होत्या. प्रणोतीही वकील झाली होती. होतीच ती तशी मुद्देसुद बोलणारी. दुसऱ्यांवर छाप पाडणारी. घटस्फोटांच्या केसेसमध्ये तिचा हातखंडा होता. मनीषा बँकेत मॅनेजर होती. ती तर वर्गात नेहमीच पहिली असायची. आणि अनघाचा स्वतःचा कॅटरिंगचा व्यवसाय होता. जयश्री फक्त गृहीणीच होती. पण तिला तेच करायचं होतं. नोकरीव्यवसाय यात तिला रस नव्हताच. त्यामुळे ती संसारात, मुलाबाळांत रमलेली होती. म्हणजे प्रत्येकीने त्या वेळेस जे जे ठरवलं ते ते त्या करत होत्या.

आपल्याच बाबतीत असं का घडतंय? नभाला प्रश्न पडला. ह्या कारकुनी नोकरीला ती आता कंटाळली होती. खरं तर ती कधीची परीक्षा देऊन प्रमोशन घेऊ शकली असती; पण घरून विरोध होता.

"तू कसं नाही गं अजून प्रमोशन घेतलंस, एवढी करीयर माइंडेड असून?" अनघा तिला विचारत होती.

"अं? नाही घेतलं अजून."

"मग त्यासाठीच आज परीक्षा द्यायला आली होतीस का किंग जॉर्जमध्ये?"

"हो". नभा अगदी त्रोटक उत्तरं देत होती. कारण खरं काय होतं ते तिला उघड करायचं नव्हतं. तिची एक वेगळीच प्रतिमा मैत्रिणींच्या मनात होती. त्या प्रतिमेला तिला तडा जाऊ द्यायचा नव्हता.

आजची परीक्षा पास झाली की खरं तर दोन फायदे होते. एक म्हणजे तिला दर महिन्याला तीन हजार रुपये अलाउन्स मिळणार होता आणि दुसरं म्हणजे ऑफिसरचं प्रमोशनही मिळणार होतं. शेखरने तिला या परीक्षेला बसू दिलं होतं ते फक्त पहिल्या फायद्यासाठी, म्हणजे तीन हजार अलाउन्स मिळणार म्हणून पण तिला प्रमोशनला पाठवायला मात्र तो तयार नव्हता. प्रमोशन झाल्यावर वर्ष दोनवर्ष तरी मुंबईबाहेर रहावं लागणार होतं. मग संसार कोण सांभाळणार? शिवाय, ऑफिसर पदाच्या वाढत्या जबाबदाऱ्या नकोत म्हणून त्याने स्वतःही प्रमोशन घेतलं नव्हतं.

त्याचं आयुष्य असंच होतं. चाकोरीबद्ध, चौकटीतलं... सारंच कसं प्लान्ड.. परफेक्ट! हा वारसा त्याच्या घरातून आलेला. त्याचे आई, वडील सारेच तसे. लग्न होऊन आली तेव्हा तिला या घराप्रमाणे जुळवून घेणं जरा जडच गेलं होतं. इतक्या वर्षांत एकदाही शेखरची नऊ अकरा चुकली नव्हती. सासऱ्यांच्या शर्तावर एक छोटीशी सुरकुतीही पडलेली तिला दिसली नव्हती, की सासूबाईंच्या अंबाड्यातून एखादी बट बाहेर आलेली तिने पाहिली नव्हती. तिघांच्याही आयुष्यातील क्षण न क्षण प्लान केलेला. अगदी वारांच्या भाज्याही ठरलेल्या. सोमवार म्हणजे उसळच, शुक्रवारी पालेभाजी, तर गुरुवारी रात्री पालेभाजीच्या जुड्या आणून, निवडून वगैरे शुक्रवारसाठी तयार ठेवायच्या. सकाळी साडेबाराच्या आणि रात्री साडेआठच्या ठोक्याला जेवायला बसायचं... आणि असंच बरंच काही.

नभाचा स्वभाव मात्र एकदम मनस्वी. तिच्या मनात कधी काय येईल, सांगता यायचं नाही. एकदा कॉलेजच्या सहामाही परीक्षेचा अभ्यास करायला ती पेपरच्या आदल्या रात्री जागणार होती. अभ्यास करताना तिला एकदम डिसेंबर महिन्यात असणाऱ्या कॉलेजच्या 'मल्हार' या उत्सवासाठी नाटक सुचलं होतं. अभ्यास बाजूला ठेवून तिने रात्री तीनपर्यंत जागून ते लिहून काढलं होतं. दुसऱ्या दिवशीचा पेपर जेमतेमच गेला, पण



नाटकाने मात्र इंटर कॉलेज स्पर्धेत प्रथम क्रमांक पटकावला.

ती एका वेळेस अनेक गोष्टी करायची. म्हणूनच ती फक्त अभ्यास एके अभ्यास न करता नाटक, लिखाण, एनएसएस, इलेक्शन साऱ्यांत अग्रेसर असायची. तलावातील पाण्याप्रमाणे एका जागी थांबणे हा तिचा स्वभावच नव्हता. नदीप्रमाणे वाहत राहणं तिला आवडायचं. जमेल त्या क्षेत्रात जमेल तसं पुढे जायचं, अशी तिची धडपड असायची. त्यामुळे सासरचं वातावरण तिला खूप वेगळं वाटलं होतं.

"अग, परवाच ना, आमच्या पार्थने गंमतच केली." मणीसमध्येही अनूची अखंड बडबड चालू होती. गाडी आता सर्वांच्या मुलांवर आली होती. तिच्या मुलाबद्दल ऐकताना तिला स्वतःच्या छोट्या निखिलची आठवण आली.

हल्ली निखिलही तिच्या सासरच्यांच्याच वळणावर चालला होता. परवाचाच प्रसंग दहापर्यंतचे पाढे त्याला येत होते. ती म्हणाली, "चल, पुढचे करु." तर म्हणतो, 'छे! कशाला उगाच? शाळेत झालेत तेवढेच पुरे." तिला आठवलं, अगदी लहान असताना त्याची नेहमीची दुधाची बाटली जुनी झाली म्हणून तिने बदलली, तर त्याने रडून रडून घर डोक्यावर घेतलं होतं, ती जुनी बाटली तोंडात धरेपर्यंत.

निखिल फार हट्टी होता. अगदी सासुबाईंच्याच वळणावर. बाहेरच्या बायका स्वच्छ काम करत नाहीत म्हणून धुण्याभांड्याला बाईही नव्हती घरात. सासूबाई कामालाही दणकट होत्या. नोकरी, घरसंसार, मुलगा ह्या चौकटीत ती अडकून पडली होती. इच्छा असूनही प्रमोशन, इतर कला, छंद ह्यापासून ती दूर राहिली होती. जोपर्यंत घराच्या नियमांत सारं होत असे तोपर्यंत तिला कुणाचाही त्रास नव्हता. सर्वांच्या सर्व वेळा पाळल्या, नियम पाळले तर बाकी तिला काही बंधन नव्हतं. ठराविक सेव्हिंग झालं की मग पैसे खर्च करायलाही स्वातंत्र्य होतं. तिच्या माहेरच्या मंडळींशीही त्यांचे संबंध

चांगले होते. असं सगळं असूनही तिला जखडल्यासारखं वाटे.

कधी वाटलं, आज पोळीभाजी नको, ऑम्लेट ब्रेड खावा किंवा नुसती मूगडाळ-तांदळाची खिचडी टाकावी, किंवा चक्क बाहेरून काही मागवावं, तर ते शक्य नसे. एखाद्या सुट्टीच्या दिवशी वाटायचं, छानसं नाटक पहावं, तर शेखर म्हणे, "अगं, नाटकच पहायचंय ना, मग दोन महिन्यांतून एकदा आपण पिव्चर पाहतो ना शेवटच्या शनिवारी, त्याऐवजी नाटक पाहू, त्यात काय?" शिवाय हातात अॅडव्हान्स तिकीट हवंय. पिव्चर असेल तर शेवटच्या दोन लाईनीतलं आणि नाटक असेल तर पहिल्या दोन लाईनीतलं तिकीट असेल तरच जायचं.

एवढं काटेकोर आणि नियोजनबद्ध आयुष्य जगणं तिला सुरुवातीला अशक्यच वाटलं होतं. कधी कधी तिचा पारा खूप चढे. पण कितीही चिडली म्हणून तिच्या मनाप्रमाणे होत नसे. घरात कोणीही भांडत नसे, पण सर्वजण त्यांच्या मताप्रमाणे ठरल्याप्रमाणेच वागत असत. नभाला वाटतंय तर तसं करू, असं कोणालाच वाटत नसे. हॉटेलमधून बाहेर पडल्यावर अनघा तिला जबरदस्तीने कुठल्या प्रदर्शनाला घेऊन गेली. नभाने 'उशीर होतोय' असा एसएमएस शेखरला केला आणि घरी गेल्यावर प्रश्नांच्या भडिमाराला कसं उत्तर द्यायचं याची तयारी ती मनातल्या मनात करू लागली. कारण आजचा जेवणाचा साडेआठचा ठोका चुकणार होता. खरं तर अनेक वर्षांनी मैत्रीण भेटणं, तिच्याबरोबर जुन्या आठवणींना उजाळा देणं, ते फुलपंखी दिवस आठवणं हे किती एक्सायटींग होतं! भले त्यामुळे पुढच्या कामांना थोडा उशीर होईल. फार फार तर काय होईल? बाहेरचं मागवायला लागेल किंवा साधा पिठलंभात खावा लागेल. तसं झालं एखाद दिवस तर बिघडलं कुठं? पण हे तिचं मत घरातल्या सर्वांसाठी मात्र फार बिघडलेलं असे. त्यांच्या मते मैत्रिणीला भेटायचं तर वेळ ठरवून भेटावंट आणि भेटली जर अचानक रस्त्यात, तर नुसतं हाय, हॅलो करून पुढे व्हावं.



तर अशा सर्व चौकटींना, नियमांना ती पुरती कंटाळली होती. आईशी गप्पा मारता मारता आकाशाकडे पाहत ती म्हणाली होती, "आई, मला ना, ह्या पक्ष्यांसारखं जगायचंय... स्वच्छंदीपणे विहारायचंय, आकाशाला गवसणी घालायचीय."

"अगं, मग विहरतेयस की तू! स्वतःची नोकरी आहे. पैसे खर्च करायची मुभा आहे. सोन्यासारखा संसार आहे. स्वातंत्र्य म्हणजे अजून काय असतं गं?"

"तू म्हणतेस ते खरंय, मी विहरतेय आकाशात, पण ते ह्या पक्ष्यांप्रमाणे नाही, तर ह्या पतंगाप्रमाणे. ह्या पतंगाचा दोर माझ्या नवऱ्याच्या आणि सासूसासऱ्यांच्या हातात आहे. त्यांना वाटेल तेवढा वेळ मी आकाशात आणि त्यांची इच्छा झाली तर मी खाली!"

"नशीब समज नभा, तुझ्या आयुष्यात पतंगाचं जीवन आलं. कित्येक बायका पायातली वहाण होऊन राहतात. आहे त्यात समाधान मान. शेखरला सोडायचं म्हणतेस. कारण काय देशील? तो दारू पितो, मारझोड करतो, की तुझा मानसिक छळ करतो? येऊनजाऊन काय, तर तुमच्या जगण्याच्या तऱ्हा वेगवेगळ्या आहेत. तो जरा शिस्तबद्ध आहे. चाकोरीतला आहे. घड्याळ्याच्या काट्यांवर प्रेम करणारा आहे. तुझ्यासारखा बिनधास्त, आव्हानांना तोंड देणारा नाही. त्याच्याच दिशेने आणि वेगाने तूही चालावंस अशी त्याची अपेक्षा आहे. तुला प्रमोशन घेऊ देत नाही. खरंच आहे त्याचं. निखिलला कोण सांभाळणार मग?"

"अगं आई, दीडदोन वर्षांचा प्रश्न आहे. माझ्या मैत्रिणीच्या मुलांना त्यांच्या सासवा नाही तर आयाच सांभाळताहेत ना? म्हणून तर त्या दीडदोन वर्षं मुंबईबाहेर जाऊन परत बदली करून घेतात. घरातून भरभक्कम पाठिंबा असेल तरच स्त्री प्रगती करू शकते."

"मान्य आहे. पण तुझ्या सासूबाई तयार नाहीत ना? आणि त्या नाही म्हणतात तर मी कशी हो म्हणू? त्यांच्यावर कुरघोडी केल्यासारखं होईल ते. त्यांचे आणि माझे बरे संबंध आहेत. उगाच बिघडायला नकोत

ते. तुलाच त्याचा त्रास होईल नंतर."

कितीही समजावलं तरी आईला पटलं नाहीच. आईला तिची घुसमट कळत होती, पण तिने तडजोड करायलाच हवी असं तिचं मत होतं. कारण अगदी काटेकोर, शिस्तबद्ध असली तरी ती माणसं मनाने वाईट नाहीत. त्यामुळे आपल्या मुलीने एवढा त्रास न करता जमवून घेणं च जास्त योग्य आहे असं तिला वाटत होतं.

मग नभानंही ठरवलं, रोज आपल्या डोक्याला त्रास करून घेण्यापेक्षा आपणच बदलायचं. चालू द्यायचं आयुष्य वेळापत्रकावर. प्रमोशन या विषयावरही पडदा टाकायचा. ग्रहांप्रमाणे ठरलेल्या कक्षेत फिरायचं. शेखरसारखं राजमार्गाने, सरळसोट चालत राहायचं. म्हणजे उंच कठीण कडा चढल्याचा आनंदही नको आणि दरीत कोसळण्याची भीतीही नको!

इतके दिवस ऑफिसच्या परीक्षेला 'नको बसू' म्हणणारा शेखर टेक्निकल अलाउन्स सातशे रुपयांवरून तीन हजारांवर गेल्यावर मात्र तिला परीक्षा देण्याचा आग्रह धरू लागला. परत अट होतीच. फक्त अलाउन्ससाठी परीक्षा द्यायची, प्रमोशन घ्यायचं नाही. अर्थात इतक्या वर्षांनी नभाचाही त्यातला रस गेला होताच.

"ए, सांग ना नभा हा वड घेऊ की हा पिंपळ?"

अनघाला तिच्या लिफ्टिंग रुमसाठी बोन्साय प्लान्ट घ्यायचं होतं. त्याच प्रदर्शनाला ती नभाला ओढत घेऊन आली होती. "त्या पिंपळाची वळणदार पानं किती आकर्षक दिसताहेत नाही? आणि ह्या वडाच्या इटुकल्या पारंब्या तर कसल्या क्यूट आहेत गं!" अनघाची बडबड चालू होतीच.

"अग, तू बोन्साय घेतेयस, पण ते कसं वाढवतात, माहीत आहे का तुला?"

"हो, मी केलाय त्याचा कोर्स मागे, नोट्स आहेत त्याच्या माझ्याकडे. तसं खूप कठीण नाहीय गं, ह्या लोकांनी ना, ऑलरेडी त्याच्या मुळांना वायर्स बांधून त्याची वाढ



खुंटवलेली असते. आपण त्याच्या फांद्या थोड्या थोड्या दिवसांनी ट्रिम करायच्या. प्रूनिंग म्हणतात त्याला. आणि हल्ली नेटवरून तर किती माहिती मिळते!"

"ए, पण मला खरंच आश्चर्य वाटतं. निसर्गाच्या विरुद्ध जाऊन त्याला वाढवायचं. मग मरत नाही का गं हे?"

"छे गं! त्याची नीट काळजी घ्यायची फक्त. त्याला ऊन, पाणी, खत सारं काही देऊन हिरवंगार, टवटवीत, जिंदादील ठेवायचं. फक्त त्याची जास्त वाढ होऊ द्यायची नाही. वाढायला लागलं की किंवा त्याआधीच त्याचं कटिंग करायचं."

नभाला त्या बोन्सायची दया आली. तिला वाटलं, ह्याच्या पालनकर्त्याला त्याच्या त्या छोट्या छोट्या फांद्या, छोट्याशा पारंब्यां हव्यात, पण त्या मोठ्या व्हायला नकोयत. त्याचा वटवृक्ष व्हायला नकोय. शेखरलाही आपण नोकरी सोडायला नकोय. आपला टेक्निकल अलाउन्स हवाय, पण आपलं प्रमोशन नकोय. सासूसासऱ्यानाही आपण त्यांच्या मुलाच्या संसाराची शोभा वाढवण्याकरता हवे आहेत, पण त्यांच्या नियमात राहून त्यांनी आखलेल्या लक्ष्मणरेषा न ओलांडता संसार सांभाळायला हवाय.

त्या सर्वांना आपण हव्या आहेत ते एका छोट्याशा कुंडीमध्ये वाढणाऱ्या, मुळं खुंटवलेल्या, फांद्या कापलेल्या बोन्सायच्या रुपात... फक्त एका बोन्सायच्या रुपात!

डोळे फडफडवून डोळ्यात जमू पाहणाऱ्या आसवांना

तिने आवर घातला. न राहवून तिने तिथल्या व्हॉलेंटियरला विचारलं.

"काय हो, समजा हे बोन्साय प्लान्ट एखाद्याने कुंडीतून काढून परत जमिनीत लावलं तर?"

"तर.. तर...? पण असा प्रश्न कधीच कोणी विचारला नाही. मला वाटतं, नाही जगणार ते. पण थांबा, मी विचारून सांगतो." तो बहुतेक त्याच्या सीनियरला विचारायला गेला असावा. काही मिनिटांतच परत आला नि म्हणाला, "मॅडम, वाढेल ते जमिनीतही, पण जमिनीत लावताना त्याच्या मुळाच्या वायर्स काढून टाकायच्या. आणि हो, त्याची थोडी जास्त काळजी घ्यावी लागेल. त्याच्यासाठी ते वातावरण वेगळं असेल ना, म्हणून."

त्या वॉलेंटियरचे ते शब्द ऐकून नभाच्या मनात एक आशेचा किरण प्रवेशला. हृदयाच्या कुठल्यातरी कोपऱ्यात त्या निर्णयाने जन्म घेतला. आणि अनघाप्रमाणेच नभानंही एक वडाचं बोन्साय प्लान्ट विकत घेतलं. अनघाने घराला शोभा आणण्यासाठी घेतलेलं बोन्साय तिच्या हॉलच्या एका कोपऱ्यात स्थानापन्न झालं होतं. पण नभाने घेतलेलं बोन्साय? ते परत एका नभाच्या गार्डनच्या मोकळ्या मातीत रुजलं होतं. दिमाखात वाढलं होतं. नवनवीन पारंब्यांनी डवरलं होतं...

अगदी नभासारखंच....

**राजश्री बर्वे, मुंबई**

## एक अतूट नातं

सद्गुरू योगीराज डॉ. मंगेशदांच्या चरणकमलांवर नतमस्तक होऊन मी त्यांना त्यांच्या जन्मदिनानिमित्त अनेकानेक शुभेच्छा देते.

सद्गुरू मंगेशदा क्रियायोग फाऊंडेशन ही संस्था माझ्या जीवनातील एक अविभाज्य घटक कधी बनली, हे मला कळलेच नाही. द अवेकनिंग! हा माझा आवडता अंक! मला काही विशेष लिहिता येत नाही तरी देखील

कधी कधी काही अविस्मरणीय घटना मात्र सुचतील तशा शब्दांकित केल्याशिवाय चैन पडत नाही!

संस्थेमार्फत क्रियाबानांच्या (व इतरांच्याही) व्यक्तिमत्व विकासासाठी अनेक योजना राबविल्या जातात. यातीलच हा ESP हा कार्यक्रम! ह्यात आपल्याला काय नवीन शिकायला मिळणार ह्याची उत्सुकता होती. आपल्या सद्गुरूंवर पूर्ण विश्वास ठेऊन सरस्वतीने "ये"



म्हटल्यावर मी लगेच नाव नोंदविले. आपली दैनंदिनी व तिच्याशी निगडीत इतर बऱ्याच गोष्टी सद्गुरूंनी सहजपणे समजावून सांगितल्या. मी प्रत्येक गोष्ट तन्मयतेने ऐकत होते कारण गुरूजी सांगत असलेली प्रत्येक गोष्ट माझ्यासाठी नवीन तर होतीच पण उपयुक्त देखील होती. वरवर सहज सोपे वाटणारे पण आपली गडबड उडवून टाकणारे खेळ घेतले जात होते. कृष्ण असाच आपल्या सवंगड्यांसोबत नित्य नवीन खेळ खेळत होता का?

प्रत्येक वेळी मिळणाऱ्या निखळ आनंदामुळे ह्या संस्थेसोबत एक अतूट नाते निर्माण झाले. सुरुवातीला फक्त सद्गुरूजींबद्दल आम्ही बोलत असायचो... म्हणजे त्यांचाच विषय असे! पुढे मग प्रपंचातील अनेक अडचणींवर सहीसलामत मात केली. हवे असणारे प्रापंचिक सुख मिळू लागले. तेव्हा आपले सद्गुरू किती मोठे व तेजोमयी आहेत हाच बोलण्याचा विषय असायचा! त्यामुळेच व्यायाम व क्रिया करण्याची गोडी वाढत गेली.

हळू हळू मी कधी अंतर्मुख होत गेले हे मला कळलेच नाही! माझ्यातील दोष कमी करण्यासाठी मी स्वतःच प्रयत्न करू लागले. सद्गुरूंच्या शिकवणीमुळे निष्ठा वृद्धिंगत झाली. काहीही झालं तरी ते आपल्या कल्याणाकरीताच घडत असतं, कितीही मोठं संकट आलं तरी त्याचा सामना करण्याची ताकद आपल्यात निर्माण होते; हे मी यथावकाश अनुभवू लागले.

काही महिन्यांपूर्वी माझ्यावर असाच दुःखाचा डोंगर कोसळला! त्या दिवशी सकाळी लवकर आमच्या मांजरीला खायला घालून वरच्या घरातून मी आमच्या तळमजल्यावरील घरात आले. पहाते तर माझे यजमान बेडवर बसून राहिले होते. नेहेमीप्रमाणे "चहा घ्यायचाय ना?" असे म्हणत चहा गरम करण्यासाठी मी

ओट्याजवळ आले. त्यांनी मला हाक मारली. त्यांना काहीतरी वेगळंच वाटत होते. त्यांना अर्धागवायूचा झटका आला आहे, हे पण त्यांनीच मला सांगितले. कोणतीही शंका न घेता आणि क्षणाचाही विलंब न करता मी मुलाला व अॅम्बुलन्सला फोन केला आणि ह्यांना इस्पितळात अॅडमिट केले. ह्यांनंतर सर्व परिस्थितीला सामोरे जाण्याची मनाची तयारी होत गेली. प्रत्येक क्षणाला मुखात असणारा गुरूमंत्र आपल्याला ताकद देतो. अनेक माध्यमातून वेळच्या वेळी मदत मिळते, लढण्याची ताकद मिळते. योग्य मार्ग व मार्गदर्शन हे सद्गुरूंकडूनच मिळतं! त्यांनी शिकवलेल्या जीवनशैलीचे अनुकरण करणे फार महत्वाचे असते. त्यातच आपले कल्याण असते. चुकीची जीवनशैली स्वीकारणे म्हणजे जणू मरण यातनांना आमंत्रण देण्यासारखे असते. क्षणिक सुखाच्या मोहात पडण्यापेक्षा सद्गुरूंच्या कृपाछत्राखाली राहून दीर्घकालीन टिकणाऱ्या सुखाकडे मार्गक्रमण करणे कधीही चांगले!

क्रियायोगाच्या अभ्यासाने आपला आत्मविश्वास वाढतो. जिद्द वाढते. हृदयात आपुलकी निर्माण होते. ठायी ठायी भगवंत कसा पहावा ह्याची उमज येते. कितीही पुस्तकं वाचली आणि व्हिडीओ ऐकले तरी परमेश्वर ही संकल्पना सद्गुरूंजिकडून स्पष्ट होते. आपला अहंकार किती ठिकाणी भरला आहे हे कळायला लागते. मग आपण कुणीही नाही. कर्ता-करविता आपले सद्गुरूच आहेत हे कळते.

सगुण उपासनेकडून निर्गुण उपासनेला योग्य मार्गदर्शनाखाली आपण सुरुवात जरी केली तरी देखील राहून राहून एक प्रश्न मनात रुंजी घालतो. कित्येक पिढ्या आपल्या घरात देवाची पूजा आपण करत आलो आहोत. सध्याच्या व्यस्त व अनिश्चित

*Love knows no boundaries, cause or condition. It is this oneness with the universe, which purifies our hearts and makes us compassionate human beings.*

**- H.H. Sadguru Yogiraj Dr. Mangeshda**



दैर्घ्यांमुळे देवांची पूजा करणे बायकांकडे आले आहे. स्त्रियांकडे अजून एका गोष्टीची जबाबदारी वाढली आहे. पण ह्याची नवीन पिढीतील सर्वांनाच आवड आहे असं नाही! वय वाढू लागलं की आवड असली तरी हे काम आपल्याला शेवट पर्यंत जमेल का किंवा पुढे ह्या देवघरातील मूर्तीचे काय करायचे, असा यक्ष प्रश्न मनात उभा राहतो. भगवंतावर प्रेम आहे, त्याच्या अस्तित्वाची

जाणीव आहे. पण बदलत्या काळानुसार मनात आलेली ही शंका आहे. हा प्रश्न माझ्या एकटीचाच आहे असे नाही. सर्वांच्या वतीने मी परमपूज्य सद्गुरूजींना अतिशय नम्रपणे ही शंका विचारू इच्छिते व त्यांचं मार्गदर्शन घेऊ इच्छिते.

सद्गुरूंच्या कमलचरणांवर माझे कोटी कोटी दंडवत!

**अनुराधा उ. दीक्षित, मुंबई**

## गुरुकृपा

'द अवेकनिंग!' ह्या आंतरराष्ट्रीय पुरस्काराने गौरवण्यात आलेल्या वार्षिक अंकाच्या रौप्य महोत्सवी वर्षानिमित्त सद्गुरूजी योगीराज डॉक्टर मंगेशदा आणि सर्व संपादकीय परिवाराचे अभिनंदन!

गेली अनेक वर्षे मी सद्गुरू मंगेशदा क्रियायोग फाऊंडेशनची सदस्य आहे, ह्या परिवाराचा भाग आहे. सद्गुरूजी आपल्या शिष्यांची सर्वतोपरी काळजी घेत असतात. सद्गुरूजींची कृपा आपल्या जीवनात अखंड बरसत असते ह्याचा प्रत्यय मला पदोपदी येत असतो. 'क्रिया' आणि 'चिंतन' यांचा सराव करत असताना नेहमीच सद्गुरूजींचे अनमोल मार्गदर्शन लाभत असते. गेल्या काही वर्षात माझ्या आई आणि वलांच्या उतारवयातील तब्येतीच्या तक्रारी चालू झाल्या आहेत. पण सद्गुरूजींच्या कृपेने दोघेही लगेचच ठीक होतात. सद्गुरूचरणी केलेली प्रार्थना त्वरित फलद्रूप होते. वैद्यकीय उपायांचा अवलंब न करता हे सगळं होतं, असं

मी म्हणत नाही. पण recovery time कमी असतो किंवा healing लवकर होतं! म्हणूनच आईबाबांना मोठ्या शारीरिक समस्यांना तोंड द्यावे लागलेले नाही. त्याबद्दल मी सद्गुरूजींची आजन्म ऋणी आहे.

डेंग्यु, नागिण यासारख्या प्राणघातक आजारांमधून ज्ञानेश सुखरूप बरा झाला ही केवळ गुरुकृपा आहे. विविध आव्हानं आणि आकस्मिक संकटांनी भरलेल्या माझ्या जीवनात गुरुकृपेविना एक पाऊल चालणेही कठीण आहे. गुरुकृपेविना माझे जीवनच अशक्य आहे. कृतज्ञता आणि कृतकृत्यता या भावनांची सुमने सद्गुरूचरणी अर्पण करण्याचा माझा हा छोटासा शाब्दिक प्रयत्न!

"गुरुविण कुणी नाही त्राता  
गुरु तुचि रे जीवनदाता"

हरि ॐ.

**शिल्पा लाड, मुंबई**

## जेथे जातो तेथे तू माझा सांगाती

हरि ॐ!

संत श्री तुकाराम महाराजांच्या अभंगाद्वारे मला असा बोध झाला की जेथे 'जातो' म्हणजे जेथे 'माझा आत्मा जातो'; एका जन्मातून दुसऱ्या जन्मात... मग तिसऱ्या जन्मात... निरंतर शृंखला, तेथे 'तू' म्हणजेच परमशक्ती माझी शाश्वत सोबती आहे. ईश्वरच पालनकर्ता होय -

ह्या बोधानुसार जन्मोजन्मीच्या निरंतर प्रवासात माझी गुरुमाऊलीच ईश्वरीय सांगाती आहे. माझे सद्गुरू योगीराज डॉ. मंगेशदा ह्यांस कोटी कोटी प्रणाम!

शाळा-महाविद्यालयीन जीवनांतर लेखणीशी केवळ व्यवहारापुरतंच नातं उरलं होतं. कालांतराने परमपूज्य सद्गुरू योगीराज डॉ. मंगेशदा माझ्या जीवनी अवतरले.





लेखणी शब्दांशी सुसंवाद साधू लागली. नकळत बुद्धीस साहित्याचा साक्षात्कार झाला अन कविता जन्मू लागल्या. आता सविस्तर पार्श्वभूमी सांगून मी व्यक्त होते.

'द अवेकनिंग!' हे सद्गुरू मंगेशदा क्रियायोग फाऊंडेशनचे आंतरराष्ट्रीय मुखपत्र आहे. ह्या अंकात निरनिराळ्या विषयांवर समाजप्रबोधनपर लेख, कविता सादर करण्यास सद्गुरू योगीराज डॉ. मंगेशदा समस्त शिष्यगणांस प्रेरीत करतात. 24 ऑक्टोबर हा सुवर्णदिन आहे. कारण हा माझ्या सद्गुरूंचा जन्मदिन असून 'द अवेकनिंग!' अंकाचाही वर्धापन दिन आहे. 'द अवेकनिंग!'चा रजत महोत्सव साजरा करण्यास क्रियावान परिवार 24 ऑक्टोबर 2023 च्या प्रतिक्षेत आहे.

मी 'द अवेकनिंग!'शी कशी संलग्न झाले, हे गूढ आहे व त्याचा उलगडा मी करू इच्छिते. शाळेत मी अभ्यासापूरत्याच कविता वाचल्या आणि केवळ परिक्षार्थी झाले. साहित्यास आत्मसात करून, विद्यार्थी होण्याची इच्छा मला झालीच नाही. थोडक्यात म्हणजे मी कवितांवर प्रेमच केलं नाही. ह्या अपराधाची कबुली लज्जास्पद आहे. शाळेतून खूप वर्ष लोटली. मी सद्गुरू मंगेशदा क्रियायोग फाऊंडेशनची सदस्य झाले आणि परमपूज्य सद्गुरूजींकडून क्रियायोगाची दीक्षा मिळण्याचे भाग्य मला लाभले.

2005 सालची ही घटना! सद्गुरूजींनी मला 'द अवेकनिंग!'साठी कविता लिहिण्यास सूचित केले. आदेशच होता तो! पण तो स्वीकारण्यास माझी भयभीत बुद्धी तयार होईना. 'मी आणि कविता' ... खूप दूरपर्यंत काहीच संबंध नव्हता पण काय चमत्कार! सद्गुरूंचे उद्गार भविष्यवाणी ठरले आणि कोऱ्या पाटीवर अमृत अक्षरं उमटली. हे ही अजबच! मी कविता कशी लिहू, ह्या चिंतेत जुहू क्लासवरून घरी कधी पोहोचले समजलेच नाही. ताजीतवानी झाले. माझ्या गुरूदेवांच्या प्रतिमेसमोर दिव्याच्या साक्षीने गुरूमंत्राचा जप केला.

'जय गुरूदेव' म्हणत कागद आणि लेखणीस देवघरांत पुजून त्यांस प्रसन्न होण्याची विनवणी केली. भक्तिमय मनात आत्मविश्वास पाझरला. अन बुद्धीने सद्गुरूचरणी माथा टेकला. लेखणी आपले कृतत्व दाखविण्यास सज्ज झाली. श्री सरस्वती मातेच्या कृपेने पान काव्यरसात भिजले अन शब्दांशी खेळत माझी चारोळी म्हणजे चार ओळींची कविता उदयास आली. मी सुखावले! त्या चिमुकली चारोळीच्या जन्माने मला काव्यात्मक मातृत्व लाभले अन सद्गदीत मनाने कवयित्री आईचे डोळे पाणावले. हे सर्व चमत्कारीकच होते! पण भक्तियोगात मुरलेल्या माझ्या आत्म्यास सद्गुरूमय अविष्कार उमगला, मी धन्य झाले. मनोमन मी सद्गुरूंची कायमची ऋणी झाले.

एकामागून एक नवनवीन चारोळ्या रचू लागले. काही काळाने, माझ्या कवितेचे मुक्तछंदात रूपांतर झाले. चार ओळी ते चोवीस ओळी ... असा माझ्या काव्याचा प्रवास सुरू झाला. कालांतराने सद्गुरूजींनी शाबरी मंत्राची दीक्षा देऊन वरदान दिले. शाबरी मंत्राच्या नित्यजपाने सूप्त इच्छा पूर्ण होतात. मी शाबरी मंत्राचा नित्यजप करू लागले. पुन्हा चमत्कार घडला. अन मला गीतरचनेचे तंत्र आपोआप साध्य झाले. 'द अवेकनिंग!'ने मला आईसारखे गोंजारले आणि त्याच्या कुशीत माझी बडबड गीते म्हणजेच माझ्या कविता, गाणी सादर करण्याची अमूल्य संधी दिली.

'द अवेकनिंग!' माझे प्रेरणास्थान आहे. माझी लेखनकला जागृत करून सादरीकरणाकरिता 'द अवेकनिंग!' हे भव्य व्यासपीठ दिल्याबद्दल मी सद्गुरू डॉ. मंगेशदांचे - माझ्या गुरूंचे शतशः आभार मानते. 'द अवेकनिंग!' ह्या मुखपत्रास यशस्वीरीत्या कार्यरत करण्यास सद्गुरूजींनी नेमलेल्या बहुगुणी संपादकिय मंडळास माझा सलाम!

सद्गुरूप्रसादानेच मला कवयित्री, गीतकार ही ओळख मिळाली, ह्याची मला पूर्ण जाणीव आहे व त्यासाठी मी गुरूजींची सदैव कृतज्ञ राहीन. जय गुरूदेव! माझी



गायनकला सद्गुरूजींनी हेरली व मला त्यासाठीही प्रोत्साहित केले. स्टेज फ्राईटमुळे मला प्रेक्षकांसमोर गीत सादर करणं शक्यच नव्हतं! पुन्हा त्यांचा आदेश आला आणि महाशिवरात्रीच्या पावन दिनी मला 'ॐ नमः शिवाय' हे नामस्मरण सादर करण्यास स्टेजवर आमंत्रित केलं गेलं! मी भीतीपोटी चांगलं गाऊ शकले नाही. परंतु माझी चूक पोटात घालून, मला सद्गुरूजींनी भक्तीसंगीत गाण्याची संधी दिली. स्व. ज्योती चंद्रगिरी ह्यांनी मला संपूर्ण मार्गदर्शन दिले. परंतु स्टेज फ्राईटमुळे मी डोळे बंद करून गायले. सलग दोन वर्षे फाऊंडेशनच्या भक्तीसंगीताच्या कार्यक्रमात मला डोळे मिटून गायची परवानगी सद्गुरूजींनी दिली. हळूहळू माझा स्टेजफ्राईट जाऊ लागला आणि मी श्रोत्यांचा प्रतिसाद पाहत गाऊ लागले. मी सुगम संगीत शिकण्यास पुढे सरसावले. हळूहळू माझ्या गायनात सुधारणा होऊ लागली. ऑर्केस्ट्रा क्षेत्रात आज परफॉर्म ही माझी ओळख आहे. दोन दशकांपूर्वी मला डोळे बंद करून गाण्याची संधी जर गुरूदेवांनी दिली नसती तर माझी गायनकला पडद्याआडच राहिली असती. मी माझ्या गुरूमाऊलींच्या चरणी नतमस्तक आहे.

सद्गुरूजींनी माझ्या वक्तृत्वकलेस वाव देऊन वेळोवेळी मला व्यासपीठ दिले. माझ्या चुका सुधारून कसं बोलावं, किती बोलावं, प्रेक्षकांशी सुसंवाद कसा साधावा ह्याचं व्यक्तीशः मार्गदर्शन सद्गुरूजींनी मला प्रेमाने केलं. सद्गुरूजींनी फाऊंडेशनच्या सामाजिक कार्यासंदर्भात दिग्गज व्यक्तींची भेट घेण्याची सुवर्णसंधी मला देऊ केल्या. ह्याद्वारे माझा आत्मविश्वास वृद्धीगत होऊ लागला.

माझा आत्मपरिचय घडवणारे 'देवमाणूस' म्हणजे फक्त आणि फक्त माझे सद्गुरू योगीराज डॉ. मंगेशदा होय! माझ्या व्यक्तिमत्व विकासाच्या प्रवासात माझ्या सोबत असणाऱ्या दिव्यशक्तीचा स्रोत म्हणजे माझ्या गुरूमाऊलींचा आधार, मार्गदर्शन आणि आशीर्वाद! गुरूमंत्र हा माझ्या जीवनाचा बीजमंत्र! गुरूदेव हाच

माझा विश्वास! जेथे जातो तेथे तू माझा सांगाती!!

24 ऑक्टोबर हा दिन सोनियाचा

24 ऑक्टोबर हा दिन सोनियाचा

जन्मदिन हा सद्गुरू योगीराज डॉ. मंगेशदांचा अनंद 'अवेकनिंग!'चा

सर सर सरली 25 सालांची भ्रमंती

आली समीप द अवेकनिंग!ची 'रजत जयंती'

शतशः प्रणाम माझ्या गुरूमाऊलींना अनंद वंदन माझ्या 'द अवेकनिंग!'ला

तेवते हृदयी भक्तीज्योत, अर्पिते मी कृतज्ञतेची माला सांगते इतिहास माझ्या काव्यमाणिकांचा वाचूनी येईल प्रत्यय सद्गुरू महिमेचा शालेय जीवनात वाचल्या कविता पण न केल्या आत्मसात

प्रेम न केले साहित्यावर न केली अज्ञानावर मात आदेश आला गुरूदेवांचा अनं मुरू लागली बुद्धी काव्यरसात

झाला चमत्कार, मन रमू लागले साहित्यात लेखणी मंतरली अन बरसले नितळ शब्द पानावर झाला अविष्कार प्रतिभेचा, विराजली कविता अंतरंगावर

चारोळीस माझ्या प्रदान केले भव्य व्यासपीठ 'द अवेकनिंग!'चे

झाले मन माझे सद्गुरू मानून उपकार गुरूमाऊलींचे नित्य जपाने शाबरी मंत्राच्या, झाला काव्यप्रतिभेचा उद्धार

अनुभूति झाली गीतरचनेची, झाले मी गीतकार लाभली कृपा क्रियासाधनेची, प्राशुनी काव्यप्रतिभेचे तीर्थ

होऊनी धूळ श्रीसद्गुरू चरणांची, झाले मी कृतार्थ 'कवयित्री-गीतकार', दिली मजला ओळख ही मोठी 'जय गुरूदेव' हे सुवर्णशब्द कोरले मी लेखणीच्या ओठी बरसत राहिली मजवर गुरूमाऊलींची कृपाशिषधारा सांभाळली सद्गुरू योगीराज डॉ. मंगेशदांनी माझ्या उत्क्रांतीची धुरा



'गायन-वक्तृत्व-व्यक्तिमत्व विकास', टप्प्याटप्प्यात  
पाजले बाळकडू ज्ञानाचे  
दिशा दर्शविणारे माझे गुरुदेव, 'हे रूप ईश्वराचे'  
सद्गुरु योगीराज डॉ. मंगेशदा माझे देवाधिदेव  
वसला अंतरी माझ्या हा भक्तीभाव!

जेथे जातो तेथे तू माझा सांगाती, आत्मबंधाने  
युगानुयुगाच्या केली  
प्रसारीत सद्गुरुमहती  
जय गुरुदेव ॥

हेमांगी महाडीक, ठाणे

## आयुष्याच्या वळणावर

सद्गुरूंचे मार्गदर्शन आम्हाला 2002 सालापासून  
मिळत आहे. रेकीपासून सुरू झालेला हा प्रवास आता  
क्रियेच्या तिसऱ्या दीक्षेपर्यंत पोहोचला आहे. ह्या  
प्रवासात आलेले अनुभव सुंदरच आहेत.

2004 मध्ये आमच्या लेकाने, चैतन्यने, सद्गुरूजींच्या  
SRD (Self Recognition & Development) ह्या  
कार्यशाळेचा लाभ घेतला. हा कार्यक्रम दोन दिवसांचा  
होता. त्यातून शिकलेल्या तंत्रांचा उपयोग त्याला  
त्याच्या दैनंदिन जीवनात तसेच ऑफिसमध्येही होत  
आहे.

ज्येष्ठ नागरिकांसाठी सद्गुरूजी योगाभ्यासाच्या  
स्पेशल बॅचेस घ्यायचे (व अजूनही घेतात). ह्याचा  
आम्हाला खूप फायदा झाला. अत्यंत सोप्या पद्धतीने व  
खेळीमेळीच्या वातावरणात त्यांनी आमच्या कडून  
योगाभ्यास करून घेतला. त्यांनी प्राणायामाचे देखील  
विशेष वर्ग घेतले होते. आपणच आपल्या श्वासावर  
नियंत्रण ठेवू शकतो आणि विशिष्ट पद्धतीने  
श्वसनक्रिया करून त्यापासून लाभ करून घेऊ शकतो.  
कोरोना काळात (व नंतरही) सर्वांना त्याचा खूप फायदा  
झाला.

त्यांनी निर्माण केलेल्या आध्यात्मिक ग्रामात सामूहीक  
हवन, विपश्चना कार्यशाळा, हाऊ टू बी हॅप्पी!... असे  
विविध कार्यक्रम घेऊन सर्व क्रियाबानांना सद्गुरू वेळ  
तर देतातच पण ह्या सगळ्यामुळे व्यक्तिमत्व  
विकासाला फायदा होतो.

लॉकडाऊनच्या काळात लहान मुलांची संस्कार शिबिरं  
ऑनलाईन पद्धतीने घेऊन त्यांनी अनेक मुलांना

मार्गदर्शन केले. माझ्या नातवंडांनाही ह्याचा फायदा  
झाला. आपली CNS (Central Nervous System)  
कशी कार्यरत असते ह्याबद्दल त्यांनी 2 दिवसांची  
कार्यशाळा घेतली व मार्गदर्शन केले.

केवळ क्रियायोगच नव्हे तर ते सामाजिक बांधिलकी  
जपत कार्यरत असतात. त्यांचा महत्वाकांक्षी  
मोहिमेमध्ये, आय प्लेज - वी प्लेजमध्ये, आत्तापर्यंत  
एक कोटीहून अधिक लोकांनी मरणोत्तर नेत्रदानासाठी  
नोंदणी केली आहे व ही एक मोठी उपलब्धी आहे.

आजची तरुणाई शिक्षणासाठी तणावाखाली असते.  
त्यांनादेखील डॉ. मंगेशदा मार्गदर्शन करतात. क्रिया-  
संस्कार साधनेचे वर्ग आमच्यासाठी सुरू करून  
सद्गुरूंनी त्यांचा अमूल्य वेळ आम्हाला दिला. ह्यातून  
आपल्या बऱ्याच परंपरांचे शास्त्रीय महत्व आम्हाला  
कळले. त्यामुळे आम्ही गुरूजींचे खूप ऋणी आहोत.  
शरीर तंदुरुस्त ठेवण्यासाठी मैदानी खेळ खेळणे  
आवश्यक असते व आमचे गुरूजी क्रीडा महोत्सवाचे  
देखील आयोजन करतात.

त्यांना फिरण्याची आवड असल्यामुळे व ते स्वास्थ्यप्रेमी  
असल्यामुळे चारधाम, कैलासमानसरोवर, बद्रीनाथ-  
केदारनाथ येथे ते आपल्या शिष्यांसोबत गेले होते.  
मुंबई ते मानस ही त्यांची अत्यंत गाजलेली यात्रा!  
स्वच्छता मोहिमेची गरज कैलास सारख्या पावन  
ठिकाणी देखील आहे, हे जाणून त्यांनी ही मोहीम  
राबवली! केदारनाथ मंदिरासमोर त्यांनी आपल्या  
शिष्यांसह आंतरराष्ट्रीय योगदिन साजरा केला!  
13000 फुटांवर योगाभ्यास करणारी आमची सद्गुरू



मंगेशदा क्रियायोग फाऊंडेशन ही बहुधा पहिलीच संस्था व त्यामुळे त्यांचे करावे तितके कौतुक कमीच! ह्या सगळ्या यात्रांचे प्रवास वर्णन वाचल्यावर आम्हा सर्वांना तिथे जाऊन आल्यासारखे वाटले.

दर रविवारी आम्ही ज्याची आतुरतेने वाट पहात असतो, तो क्रिया योगाचा वर्ग असतो. आम्ही आमचे शारिरीक व आध्यात्मिक आरोग्य कसे जपायचे ह्याबद्दल ते माहिती देतात व आमच्याकडून क्रियेचा अभ्यास करून घेतात. आयुष्याची गाडी तारुण्यात मोठ्या वेगाने पुढे जात असते. जसे रस्त्यावर खडे तसे चढउतार आयुष्यात देखील येतात. मन स्वच्छ केले तर ते सद्गुरूंचे आशीर्वाद घ्यायला तयार होते. त्यांच्याकडून आपल्याला जो आतील आवाज येतो त्यावर मन केंद्रीत केले तर आयुष्य योग्य वळणावर येते.

आश्चर्य वाटते ना? पण मी ते 2006 च्या गुरुपौर्णिमेला अनुभवले आहे. माझा सेंट्रल रेल्वेचा प्रथम दर्ज्याचा पास होता. पण त्या दिवशी मी वेस्टर्न रेल्वेच्या ट्रेनने अंधेरीला महासत्संगासाठी येणार होते. माझ्या अंतर्मनात ध्वनी येत होता की फर्स्ट क्लासने जाऊ नये. मी त्याच ट्रेनमध्ये होते आणि खार ला ट्रेनमध्ये bomb blast झाला. ट्रेनमधून उडी मारून मी तशीच पुढे जात राहिले व 8 वाजता सत्संगाला पोहोचले. सद्गुरूकृपेने

माझा पुनर्जन्म झाला. हा अनुभव अजूनही अंगावर शहारे आणतो. त्यांच्या सुरक्षाकवचामुळे माझे रक्षण झाले हे नक्की! सद्गुरूंचे कितीही आभार मानले तरी ते कमीच आहेत!

माझी बाल मैत्रिण मीना आजारामुळे निर्वाणीचे बोल बोलत होती. मी एक बालमैत्रिण आधीच गमावली होती, त्या दुःखातून मी जात होते. मी मीनाला सांगितले की तुझे reports सद्गुरूजींना पाठव व त्यांचे मार्गदर्शन घे. योग वर्गामधून तुला ते मिळेल. त्यांच्या मार्गदर्शनाने तिला बरे वाटले.

मला ऑगस्ट-सप्टेंबर मध्ये अनेक आजारांनी ग्रासलं होतं! वैद्यकीय उपचार आणि सद्गुरू कृपेने मी बरी झाले. सर्व स्नेह्यांचे प्रेम आणि गुरूकृपेमुळे मी ठणठणीत बरी झाले.

आयुष्याच्या खडतर वाटेवरून आमची गाडी योग्य त्या वेगाने पुढे नेणाऱ्या आमच्या गुरूंना - सद्गुरू योगीराज डॉ. मंगेशदांना कोटी कोटी प्रणाम व त्यांना जन्मदिनाच्या शुभेच्छा! जिवेत् शरदः शतम्!

दसऱ्याच्या व येणाऱ्या दिवाळीच्या सर्वांना हार्दिक शुभेच्छा!

**अरुणा प्रकाश साखळकर, मुंबई**

## धक्क्याला ... दे धक्का!

एप्रिल 2022 ची गोष्ट! मी 15 एप्रिलला वैद्यकीय तपासणीसाठी जातो काय आणि सुरुवातीलाच डॉक्टर सांगतात की बाबा तुझा रक्तदाब वाढलेला आहे. ह्या निदानामुळे आलेल्या अस्वस्थतेच पुढील सगळ्या चाचण्या पार पडतात, दुपार होते. सगळे रिपोर्ट्स दोन-तीन दिवसात मिळतील असं सांगण्यात येतं आणि मी घरी येतो.

दोन तीन दिवसांनी सगळे वैद्यकीय अहवाल मिळतात! स्वभाव गोड असला तरी शरीराच्या आत तो शिरता कामा नये - ह्या नियमाला भेदून गोडपणा शरीरात

शिरलेला असतो, कॉलेस्ट्रॉल वाढलेलं असतं! अजून काही parameters हललेली असतात! थोडक्यात काय तर आतमध्ये सगळा केमिकल लोचा झालेला असतो.

हे जरी विनोदी भाषेत लिहिलेलं असलं तरी त्या वेळी आलेलं दडपण खास होतं! बाहेरून सगळं ठीकठाक वाटत असताना, फिटनेसकडे बऱ्यापैकी लक्ष असूनसुद्धा, नियमित चालणे-धावणे होत असतानासुद्धा "ये क्या हुवा, कैसे हुवा" अशी मनोवस्था झाली होती! स्पोर्ट्समन असल्यामुळे, भरपूर शारीरिक



हालचाल होत असताना देखील माझ्या अंतर्देहात एवढे दागिने कसे घातले गेले, ह्याने मी देखील चकीत होतो.

लगेचच फॅमिली डॉक्टर आणि स्पेशलिस्ट डॉक्टरांची भेट झाली! त्यांनी गोळ्या लिहून दिल्या, DOs आणि DONTs सांगितले, "आमच्या Dietician ची भेट घ्या हा" असा आपुलकीचा सल्ला देखील दिला. हे सगळं एक ट्रीटमेंट म्हणून ठीकच होतं! मला देखील टेन्शन आलंच होतं!

शेवटी मी गुरुमाऊलींकडे धाव घेतली! आपल्या सगळ्यांना ते अंतर्बाह्य जाणतात! कशामुळे काय होतंय आणि काय करायला हवंय, हे त्यांच्यापेक्षा अधिक उत्कृष्ट रीतीने कोण सांगणार? आधी सगळे रिपोर्ट्स त्यांना पाठवले व नंतर तुमच्याशी थोडंसं बोलायचं आहे, अशी विनंती केली!

सद्गुरूजींनी ते रिपोर्ट्स पाहून लगेच स्वतःहून मला फोन केला व त्यातील गांभीर्य सांगितलं! अनेक बाबींवर आपल्याला काळजी घ्यायची आहे व काम करायचे आहे असं सांगितलं! त्यांनी त्वरित व ताबडतोब काय काय करायचे, काय खायचे, काय नाही खायचे, दैनंदिनी कशी असावी ह्याचे पूर्ण विवरण दिले. योग आणि ठराविक वेळेचा व गतीचा walk घ्यायलाच पाहिजे, हे नमूद केले. काही बदल हे कायमचे करावे लागतील, हे देखील आवर्जून सांगितले! "घाबरू नकोस, मी तुझ्यासोबत आहे. तु फक्त मी सांगितलेल्या गोष्टी follow कर!", हे नमूद केले.

त्यांच्याशी बोलण्यानेच मला हुरूप आला व त्यांनी सांगितलेली दिनचर्या आणि आहार मी तंतोतंत पाळायला सुरुवात केली! सुरुवातीला दोन - तीन दिवस मला आव्हानात्मक गेले. एखादं ठरलेलं रुटीन सोडून आपण काही वेगळं करतो तेव्हा हा बदल त्रास देतोच. पण त्यातून काहीतरी उत्तमच घडतं! हळू-हळू ह्या बदललेल्या दिनचर्येची, आहाराची मला सवय झाली! आहारावर नियंत्रण आले. सोबत योग वर्ग सुरू केला होताच. सद्गुरूजींनी मधुमेहावर मात

करण्यासाठी काही विशेष आसनं सांगितली, त्याचा अभ्यास केला! त्यांचा प्रत्येक योगवर्ग, त्यांची प्रत्येक सूचना मला मदतच करत होती. माझं वजन 105 किलोवर जाऊन पोहोचलं होतं! आयुष्यात मारलेली ही पहिलीच सॅच्युरी! पण लवकरच मी चेतन चौहानच्या स्कोअरवर आलो! आजतागायत मी परत तीन आकडी वजनात गेलेलो नाही, जाणारही नाही! मी 105 वरून 93 वर पोहोचलो होतो, सापशिडीच्या खेळात आपल्याला सापाची भिती वाटते, पण इथे मात्र मी 105 वरून 93 आलो तेव्हा हा साप हवाहवासा वाटला!

सद्गुरूजींनी सांगितलं होतं की दर महिन्या-दोन महिन्यांनी काही चाचण्या परत करायच्या! तसं मी केलं आणि अहो आश्चर्यम - माझ्या शरीरातील गोडपणा कमी झाला होता, मी मधुमेहमूक्त झालो होतो, कोलेस्ट्रॉलने माझ्याशी फारकत घेतली होती! हे सगळं घडलं होतं ते सद्गुरूजींच्या आशीर्वादामुळे! ह्या सर्व विषयांतील त्यांचा अभ्यास इतका दांडगा आहे की विचारू नका! त्यांचा 56 वर्षांचा योग व पर्यायी उपचार पद्धतीतील अनुभव, त्यांची शास्त्रीय विचारसारणी, मानवी शरीररचनेचे संपूर्ण ज्ञान - हे सगळं एकदम अचंबित करणारं आहे. काय केल्याने काय साधते, हे त्यांना पक्के ठाऊक असते. दुसऱ्याचा अनुभव ऐकणे आणि आपण स्वतः एखादी गोष्ट अनुभवणे, ह्यात खूप फरक असतो. मला नेमका हीच वेगळी अनुभूति आली आणि ती शब्दातीत आहे!

सद्गुरूजींचे योग वर्ग देखील विशेष असतात! त्यांचं प्रत्येक विद्यार्थ्यांवर लक्ष असतं! कोणी काय केलं पाहिजे हे जसं ते सांगतात तसंच कोणी काय नाही करायचं हे देखील ते आवर्जून सांगतात! एखाद्याला एक विशिष्ट आसन जमत नसेल तर त्याचं पर्यायी आसन सांगतात! त्यांची शिकवण्याची, संवाद साधण्याची पद्धत अनोखी आहे. म्हणूनच त्यांच्या योगवर्गात आबालवृद्ध विद्यार्थी हजर असतात! योगवर्ग झाल्यानंतरचे आलेले अनुभव लोकं शेअर करतात व ते



वाचण्याजोगे असतात! ह्या सगळ्या प्रोसेसचा मी भाग असल्यामुळे मी ते अनुभवले आहे व त्याचे फायदे अनुभवले आहेत. माझ्या शरीराची लवचिकता वाढली आहे. अजून सुधारणेला खूप वाव आहे. पण टिव्हीवरील जाहिरातीनुसार आधीचा ते नंतरचा (before and after) हा प्रवास सुरू झाला आहे.

स्थिर पाण्यात एखादा दगड पडतो आणि त्याच्यामुळे लहरी निर्माण होतात! एखादी घटना वादळ निर्माण करू शकते. माझ्या बाबतीत तसंच काहीसं ह्या वैद्यकीय तपासणीच्या निमित्ताने झालं! एका नकारात्मक निकालामुळे एक लढाई सुरू झाली. ह्या लढाईत सद्गुरूजींची मोलाची साथ मला लाभली! त्यांच्यामुळे ही आगळीवेगळी लढाई लढण्याची प्रेरणा मला मिळाली! मी स्वतःकडे जास्त लक्ष द्यायला लागलो. कमी झालेल्या वजनाचा फायदा असा झाला की ऑगस्ट महिन्यात मी नेव्ही मॅरेथॉनमध्ये भाग घेतला होता, त्यात आजपर्यंतची सर्वोत्तम वेळ मी नोंदवू शकलो आणि त्यामुळे 2023 मध्ये होणाऱ्या टाटा मुंबई मॅरेथॉन करिता मी पात्र ठरलो. सद्गुरूजींनी दिलेली दिनचर्या मी अजूनही पाळत आहे. अजूनही सर्वोत्तम फिटनेस गाठायचा आहे! पण त्यांच्या आशीर्वादाने तो सोनेरी क्षण नक्कीच लवकर येईल ह्याची मला खात्री वाटते!

आपण भारतीय बरेचदा 'रॉकेट तत्वावर' कम करत असतो. म्हणजे काय तर जो पर्यंत बुडाला आग लागत नाही तो पर्यंत आपण पेटून उठून झोपावत नाही. सद्गुरूजी व त्यांची शिकवण नेमकी इथेच कामाला येते. आंग्ल भाषेत ज्याला proactive आणि reactive म्हणतात, तेच तत्व इथे कांअ करतं! आपल्या विविध वर्गातून गुरूजी आपल्याला proactive maintenance शिकवित असतात, अर्थात अस्वास्थ्य, शारिरिक व्याधी ह्यांना आपण नियमित योगाभ्यासाने दूर कसं ठेवू शकतो, हे ते सांगत असतात! त्याचा सर्वांनी लाभ करून घ्यायची गरज आहे. Reactive treatment देखील त्यांच्याकडे शिकायला मिळते, पण त्या पायरीला आपण शक्यतो जावू नये असं मला वाटतं! गुरूजींच्या ज्ञानाच्या तिजोरीत एवढा खजिना भरलेला आहे की आपण त्याची कल्पना करू शकत नाही! आपण फक्त त्यांच्या शिकवणीचे तंतोतंत पालन करून त्याचा फायदा करून घेऊ शकतो.

Transformation किंवा बदल काय असतो, ते मी अनुभवत आहे व ह्यासाठी सद्गुरूजींचे आभार मानावे तितके कमी आहेत, त्यांच्या ऋणातून मूक्त होणं कठीण आहे! जय गुरुदेव!

**ऋषिकेश आंबये, मुंबई**

## डिटॅचमेंट

"अनिता, अगं आहेस कुठे तू?" हॉलमधून बेडरूममध्ये आणि बेडरूममधून स्वयंपाकघरात अशा फेऱ्या मारत सुभाष अनिताला शोधत होता. ओले केस टॉवेलमध्ये गुंडाळत अनिता बाथरूममधून बाहेर आली. मनात कारंजं उसळत असल्यासारख्या दिसणाऱ्या सुभाषला ती नव्याने पाहत होती.

"तुझ्यासाठी एक गंमत आणलीये. ओळख बरं काय असेल?"

त्यानं तिच्या हातात कागाचे दोन चिटोरे ठेवले. तिचा

उत्फुल्ल चेहरा पाहण्याच्या अपेक्षेनं!

तिनं निर्विकारपणे त्याच्याकडे पाहत म्हटलं, "ही तर शिवाजी मंदिरची नाटकाची तिकिट आहेत."

"मग खूष झालीस ना? तू पूर्वी म्हणायचीस ना, मी कधी स्वतःहून नाटकाला, सिनेमाला चल असं म्हणत नाही."

"सुभाष, सॉरी पण नाही जमणार मला. पहिली गोष्ट म्हणजे हे नाटक मी गेल्या महिन्यात पाहिलंय. त्यातूनही मी परत पाहिलं असतं पण उद्या मला सत्संगाला जायचंय. महिन्यातून एकच दिवस सत्संग असतो.



ज्योतिबेनचं व्याख्यान तर मी मुळीच बुडवत नाही. त्यामुळे तुम्हाला दुसऱ्या कुणाला घेऊन जावं लागेल." सारं काही एका दमात बोलून अनिता भाजी आणायला बाहेर पडली!

आपण तिकीट काढल्याचा ना तिला आनंद झाला ना आपल्याबरोबर येऊ न शकण्याचा खेद वाटला. तो हिरमुसला. पण तक्रार करायला जागाच नव्हती. इतकी वर्ष आपणही असेच वागत होतो की!

लग्नानंतर काही वर्ष अनिता मोठ्या उत्साहाने तिकिटं काढून आणत असे, पण आपण सतत मीटिंग्ज, क्लायंट्स आणि ऑफिसात व्यस्त असायचो. मग ती आईबरोबर किंवा मैत्रिणीबरोबर जायची. तेव्हा खरं तर आपल्याला अगदीच अशक्य नव्हतं, पण तरीही...

तिकिटं ड्रॉवरमध्ये ठेवून तो आरामखुर्चीत बसला. शरीर आरामखुर्चीत डोलत होतं तर मन विचारांच्या आवर्तनात! निवृत्त झाल्यापासूनचा आजचा आपला पाचवा दिवस. गेल्या आठवड्यात या वेळेस आपण महत्त्वाच्या मीटिंगमध्ये होतो. आपल्या जागेवर येणाऱ्या फर्नांडिसची कंपनीच्या क्लायंट्सबरोबर ओळख करून देत होतो. चार्ज हँडओव्हर करताना तर छातीत पिळवटल्यासारखं वाटत होतं. एक रितेपण, अनामिक हुरहुर मनात घर करून राहिली होती.

ऑफिसला आपण ऑफिस मानलं होतं कधी? घराहूनही ऑफिसचं मोठं स्थान होतं आपल्या मनात. कामापुढे सारं नगण्य मानलं होतं. घरसंसार सांभाळायला अनिता होतीच की! ऑफिसचा विचार बाजूला करण्यासाठी सुभाषने उठून रिमोट आणला आणि टीव्ही सुरू केला. टीव्हीवरही ऑफिसातला प्रसंग चालू होता. त्यातली केबिन पाहून त्याला आपल्या प्रशस्त केबिनची आठवण झाली.

कंपनीत तो मॅनेजिंग डायरेक्टर होता. तिथे त्याच्या कामाचा, शिस्तीचा बोलबाला होता. रोज सुटाबुटात जायचा. केसांची पांढरी बट त्याच्या उठावदार व्यक्तिमत्त्वात अजूनच भर टाकायची. ऑफिसमध्ये

त्याचं पाऊल पडलं की एक प्रकारचा दबदबा आसमंतात जाणावायचा. त्यासाठी त्याला स्वतःचं कौतुकही वाटायचं.

टीव्हीतला बॉसही त्याच्यासारखाच. सबऑर्डिनेट्सशी चर्चा करत होता. सुभाष अस्वस्थ झाला. एक रिकामपण त्याच्या शरीरात, मनात भरून राहिलं होतं. छे! काही खरं नाही. कसे जाणार दिवस? सरळ उठून ऑफिसात जावं असं वाटू लागलं.

तसा दोन दिवसांपूर्वी तर तो गेलाही होता. पण जातानाचा उत्साह येताना नव्हता. निरोप समारंभाच्या दिवशीसुद्धा नव्हती एवढी मोठी पोकळी त्या दिवशी त्याला जाणवली. तो गेला खरा पण जेवढा वेळ तो तिथे होता तेवढा वेळ अस्वस्थपणाची भावना त्याच्याभोवती गिरक्या घेत राहिली.

पूर्वी त्याच्या मागेमागे करणारे त्याचे ज्युनिअर्स अगदी तोंडदेखलं हसले, बोलले. आपल्या केबिनमध्ये फर्नांडिसच्या समोरच्या खुर्चीवर थोडा वेळ बसणंही त्याच्या जीवावर आलं. फर्नांडिसच्या चेहऱ्यावर होती मालकीची भावना, बॉसपणाची चमक. त्याचा चेहरा मात्र पोरका, अनाथ, केविलवाणा. पाच-दहा मिनिटातच तो केबिनबाहेर पडला. त्याची सेक्रेटरी श्रीजासुद्धा त्याच्याशी पाच मिनिटांवर बोलू शकली नाही. तिं मागवलेला चहा कॅन्टीनबॉयने आणून दिला पण तो चहा पूर्वीप्रमाणे सोनेरी कडांच्या कपात नव्हता. त्यासाठी श्रीजा त्या मुलाला बाजूला घेऊन ओरडलीही, पण त्यात त्याचा काय दोष होता? त्यानं नियमानुसार काम केलं होतं. श्रीजाही जास्त वेळ आपल्याशी बोलत बसली असती तर तिचं काम कोण पूर्ण करणार होतं? कामाला जास्त वेळ लागला म्हणून आपणही तिला पूर्वी फटकारलं होतंच की.

आता मागे वळून पाहताना त्याला स्वतःच्या चुका कळत होत्या, पण काळ हा बुद्धिबळातल्या प्याद्यासारखा फक्त पुढेच सरकू शकतो. चुका सुधारण्यासाठी आता त्याला मागे वळणं थोडंच शक्य



होतं?

तो जसा ऑफिसमध्ये वागायचा तसाच घरीही होता. रुक्ष... कोरडा... एखाद्या पाषाणासारखा. नदीच्या कोरड्या पात्रासारखा. कुठे ओलावा नाही. प्रेमाचा शिडकावा नाही. जीवन समरसून जगण्याचा उत्साह नाही. सारं कसं सुकं. अगदी कॉलम भरल्यासारखं. टिक मारल्यासारखं. शिक्षणानंतर नोकरी, मग लग्न. नोकरी करणारी नि घर सांभाळण्यात तरबेज पत्नी. दोन मुली. सुंदर, हुशार. सारं आयुष्य एका सरळ रेषेत. चाकोरीबद्ध!

तसं तर साऱ्यांचच आयुष्य चाकोरीबद्ध असतं, पण तरीही प्रत्येकजण प्रयत्न करत नसतो का क्षण फुलवण्याचा... आनंद उपभोगण्याचा... स्वतः आनंदी होण्याचा... आपल्या माणसांना सुख देण्याचा?

अनिता तरी आपल्याला यापेक्षा वेगळं काय सांगत होती? अपुरा वेळ, घड्याळाच्या काट्याबरोबरची शर्यत, जीवनातली आव्हानं, यशस्वी होण्याची आपली उमेद, सारं काही मान्य होतंच तिला. तरीही हे सर्व सांभाळून आपल्या माणसांची मनं सांभाळली पाहिजेत या मताची होती ती. स्वतः मोठ्या हुड्यावर असूनही ती ऑफिसबरोबर घराची जबाबदारी मोठ्या उत्साहात आणि अगदी लीलया सांभाळायची.

टीव्हीप्रमाणे विचारांचं बटणही बंद करून तो बेडरूममध्ये येऊन बसला. लायब्ररीचं पुस्तक चाळू लागला. त्याला आठवलं, जवळजवळ पंचवीस-तीस वर्षांनी तो कथा वाचत होता. मधल्या कित्येक वर्षांत तो फक्त पेपर, ऑफिसात लागणारी माहिती आणि 'कुशल व्यवस्थापन', 'यशस्वी होण्याचा मंत्र' तत्सम पुस्तकंच वाचत होता. भावनांचे पदर हळुवार उलगडणारं, मनाच्या स्पंदनांना छेडणारं, हृदयाची कवाडं ओघडणारं असं काही त्याच्या वाचनात आलं नव्हतं, नव्हे, तसलं काही वाचणं त्याला त्या काळात अतिशय फालतू वाटत होतं. असली पुस्तकं वाचणं हे रिकामटेकड्या माणसांचं काम आहे असं त्याला मनोमन वाटत असे.

आपण एवढे यांत्रिक का होतो? भावनेपेक्षा व्यवहाराला महत्त्व देणारे का होतो? सुरुवातीला आपल्याला बदलण्याचा अनितानं खूप प्रयत्न केला होता. पण आपण बदललो नाही. कणमात्रही! पुढे पुढे तिनं आपल्याला काहीही सांगणंही सोडून दिलं होतं. स्वतःच्या आवडीनिवडी मात्र जोपासायच्या, हे तिनं कसोशीनं पाळलं होतं.

ऑफिस आणि घर यांची वेगवेगळी कंपार्टमेंट करणं आपल्याला नाही जमलं, पण तिनं मात्र ते जमवलं. शनिवार, रविवार मुलींना फिरायला नेणं, रोज संध्याकाळी त्यांचा अभ्यास घेणं, त्यांच्या आवडीनिवडी, त्यांचे क्लासेस सारं काही तिनंच सांभाळलं. आपण फक्त करिअर केलं. आता अगदी सद्सद्विवेकबुद्धीला स्मरून विचार केला तर नक्कीच जाणवतंय की थोडा वेळ कुटुंबाला द्यायला आपल्याला नक्कीच जमलं असतं.

जंगलातल्या पायवाटेने चालत चालत जंगल पार करायचं काम असलं तरीही चालता चालता आजूबाजूच्या निसर्गाचा आनंद डोळ्यांना घेता येतोच की. स्वाती चित्रा पाळण्यातून बाहेर पडून रांगल्या कधी, शाळाकॉलेजात गेल्या कधी नि आशीर्वाद घेऊन बोहोल्यावर चढल्या कधी, काहीच आठवत नाही आता.

स्वाती-चित्राचा विषय मनात आला आणि मग त्याने कपाटातून त्यांचे अल्बम काढले. त्यांचे लहानपणीचे फोटो तो पाहू लागला. सर्व फोटो अनिताने काढलेले. हसतानाचे, रांगतानाचे, फॅन्सी ड्रेस स्पर्धेतले, वाढदिवसाचे... कितीतरी फोटो. एकही फोटो आपण काढलेला नाही. त्याला आठवला अनिताचा हट्ट. दोघींच्या वाढदिवसाला स्टुडिओत जाऊन चौघांचा फोटो काढायचा. मागे तारीख घालून ठेवायची. किती बालीश वाटलं होतं आपल्याला सगळं. पण खरंच काढायला हवे होते. मुली कश्या मोठ्या झाल्या, हे पाहायला आता मजा वाटली असती. पण तेव्हा मात्र आपल्याला तिच्या भावनाप्रधान स्वभावाचं हसू यायचं.





कित्येक प्रसंगी तिच्या डोळ्यांत आलेल्या अश्रूंचं हसू यायचं. वाटायचं, मूर्ख आहे झालं. तिला वाटायचं, आपण तिला, मुलांना वेळ द्यावा. कौटुंबिक सुख उपभोगावं. यशस्वी सहजीवन अनुभवावं. आपल्याला वाटायचं, तिनं आपल्यावर स्वतःची मतं लादू नयेत. तिला हवं ते तिनं करावं. तिला करिअर करायचं असेल तर घरात नोकरचाकर ठेवावेत. हवं असेल तर नोकरी सोडावी. पण आपल्याला ज्यात त्यात गोवू नये.

पण आज आपल्याला समजतंय की ती बरोबर होती. आपण पैसा खूप कमावला पण नात्यांचं रेशीमपण जपलं नाही. जे ऑफीस आज आपल्याला अर्धा तासही सामावून घेत नाही त्याच्यासाठी आपण आपल्यावर जिवापाड प्रेम करणाऱ्या माणसांवर अन्याय केला. एवढंच कशाला? तर चार मित्रही आपण कमावले नाहीत. निवृत्त होऊन आठवडाही झाला नाही नि दिवस आपल्याला खायला उठलेत.

त्याचं घड्याळाकडे लक्ष गेलं. सकाळचे फक्त साडेदहा वाजले होते. पेपर वाचून झाले, आंघोळ, देवपूजा तीही झाली. सकाळपासून टीव्ही काय पहायचा? आणि पुस्तकं तरी अख्खा दिवस थोडीच वाचणार? त्याला वाटलं, उठावं आणि घड्याळाचे काटे हातानेच तीनचार तास तरी पुढं सरकवावे.

एवढ्यात बेल वाजली. कामवाल्या इंदूबाई आल्या होत्या. त्यांच्या केसांत त्यानं काल अनितासाठी आणलेला मोगऱ्याचा गजरा होता. हृदयात कुठेतरी खेदाची रेघ उमटली. अनिताला मोगरा खूप आवडायचा. नवऱ्याने स्वतःहून आपल्यासाठी गजरा आणावा अशी रोमॅंटिक कल्पना तिच्या मनात असायची पूर्वी. आपली अपेक्षा तिनं त्याच्यासमोर बोलूनही दाखवली होती. पण बायकोसाठी गजरा आणणारा नवरा ही कल्पना हास्यास्पद वाटायची त्याला. 'तुला आवडतो ना मग तू आण!' ह्या एका वाक्यात तो विषय संपवायचा.

काल मार्केटात गजरा दिसला. हे सारं आठवलं! त्यानं

तिच्यासाठी विकत घेतला. त्याला वाटलं ती खुलेल, आनंदित होईल.. होईलच.. पण नाही तसं काहीच घडलं नाही. तिनं तो गजरा फ्रिजमध्ये ठेवला. यांत्रिकपणे. तिच्या चेहऱ्यावरची रेषाही हलली नाही.

हीच का ती अनिता? पूर्वीची? त्याचा त्यालाच प्रश्न पडला. तो काही न बोलता बाहेर आला. थोड्या वेळाने इंदूबाई काम उरकून बाहेर पडल्या तेव्हा त्यांच्या हातात तो गजरा दिसला. अनिताने त्यांना दिला? देऊन टाकला? आपण तिच्यासाठी आणलेला?

का वागतेय ती अशी? आपल्यावर सूड म्हणून? आपण तिला तेव्हा दुखावलं म्हणून? म्हणून ती आता आपल्याला..? असं? आपल्या डोळ्यांत ओलसरपणा आलाय का? तो चमकला. छे! कसं शक्य आहे? आपल्या डोळ्यात पाणी येणं शक्यच नाही. तो चिडला. स्वतःवरच. आपण बदलतोय? हळवे होतोय?

परत बेल वाजली. अनिता जड पिशव्या घेऊन आत शिरली. दमून भागून. त्याला वाटलं तिला गार पाणी आणून द्यावं. ती आपल्याला किती वेळा देते, पण नकोच. आणून दिलं तर ती नको म्हणेल. मुद्दाम, आपल्याला दुखवायला? छे छे! ती अशी नाहीच आहे. आपण चुकतोय. तिच्याबद्दल विचार करण्यात जाऊ दे. ती उठली. स्वयंपाकाला लागली. त्याला एकदम वाईट वाटलं. तिच्या एकटीनं काम करण्याचं. इतक्या वर्षात नाही ते आता वाटलं.

"मी तुला भाजी निवडून देऊ का? एकदा दाखव मला काय करायचं ते." तिच्याशी जवळीक साधण्याचा पुन्हा एक प्रयत्न.

"छे हो! इतक्या उशिरा आता कुठे ही कामं शिकताय? करेन मी." तिच्या उत्तरातून तिचं मन कळत नव्हतं. आपल्या बदलण्याचा ना हिला आनंद होतोय ना खेद वाटतोय.

"मी तुला काय म्हणतोय, संध्याकाळी मी रोज शिवाजी पार्कला फिरायला जातो ना, तू पण येशील का माझ्याबरोबर? तू सकाळी जातेस, मी संध्याकाळी,



त्यापेक्षा बरोबरीने जाऊ. मी तुझ्याबरोबर सकाळी येईन किंवा तू संध्याकाळी चल." त्यांने परत एक खडा टाकला.

"आले असते हो, पण काय आहे ना? सकाळचा आमचा बाराजणींचा मस्त ग्रुप झाला आहे. दर महिन्यात एकदा आम्ही एकेकीकडे जमतो आणि महिन्यातून अजून एकदा हॉटेलात जातो. खूप बरं वाटतं एकत्र भेटलो की. त्यामुळे सकाळी तुमच्याबरोबर नाही जमणार आणि संध्याकाळी माझा योगासनांचा क्लास असतो. त्यानंतर देऊळ वगैरे." इथंही त्याचा पराजय. परत तिनं झिडकारलं. फक्त गोड बोलून.

का वागतेय ही अशी? मनात परत द्वंद्व. इतक्या वर्षांचा तिरस्कार साठला असेल का आपल्याबद्दल? पण तिनं तो तसा कधी जाणवू दिला नाही. त्याला आठवलं. पूर्वी तिला राग आला की ती ताडताड बोलून मोकळी होत असे. पण अलीकडे तिचं ते रूप त्यानं पाहिलं नव्हतं. कधी झालं हे स्थित्यंतर तिच्यात? अचानक झालेलं स्थित्यंतर नाही हे. आपल्या नकळत हळूहळू झालं. इतकं हळू की आपल्याला जाणवलंच नाही ते.

तो आठवू लागला पाचसहा वर्षांपूर्वी तिनं नोकरी सोडली. तिनं आधीच ठरवलं होतं. पन्नाशीनंतर नोकरी करायची नाही. धाकट्या चित्राचं लग्न झालं नि ती सान्या जबाबदाऱ्यांतून मुक्त झाली मग तिनं स्वतःसाठी जगायचं ठरवलं. घरातली कामं, वाचन, लेखन, व्यायाम, वॉक, समाजसेवा ह्यात स्वतःला रमवलं. म्हणता म्हणता ती त्यात व्यस्त झाली.

पूर्वी त्याला तिला देण्यासाठी वेळ नव्हता. त्याचा वेळ मिळावा म्हणून तिनं प्रयत्न केले होते. विनवण्या केल्या होत्या. पण थोडाही वेळ न देणाऱ्या त्याला आता तिला द्यायला वेळच वेळ होता. कारण आता त्याच्याकडे ती एकच गोष्ट होती. भरभरून देण्यासारखी. पण आता

तिची ओंजळ रिकामी नव्हती. ती मात्र काठोकाठ भरलेली होती.

तिला ज्योतीबेन मेहतांचं व्याख्यान इतकं का आवडतं हे पाहण्यासाठी आज तो तिच्याबरोबर सत्संगाला गेला होता. त्याला आवडणार नाही म्हणून ती त्याला नकोच म्हणत होती. तरीही तो गेला आणि तो ऐकत राहिला. त्यांचे शब्द त्याच्या कानात गुंजत राहिले.

"मोक्ष हवाय का? तर मग वैराग्य प्राप्त केलं पाहिजे. वैराग्याकडे जायचा मार्ग सोपा मुळीच नाही. अनंत अडथळे आहेत. अनेक प्रलोभनं आहेत. सर्वांवर विजय मिळवावा लागेल. हट्टी मनाला दोर बांधावे लागतील. त्याचे लगाम आवळावे लागतील. सुख आणि दुःख दोहोंना एकाच तराजूत तोलावं लागेल. सामान्य माणसाला हे फार कठीण आहे. कठीण आहे पण अशक्य नाही. यासाठी एकच शब्द लक्षात ठेवा. 'डिटॅचमेंट'. वैराग्य साधण्याची पहिली पायरी 'डिटॅचमेंट' कशापासून डिटॅचमेंट? तर आवडत्या तसेच नावडत्या गोष्टींपासून. दुःखापासून तसंच सुखापासूनही. रागापासून, लोभापासून, मोहमायेपासून. कोणत्याच गोष्टींचं दुःख वाटून घेऊ नका. कोणत्याही गोष्टीचा आनंदही वाटून घेऊ नका. समोरच्या माणसात आणि तुमच्यात एक अदृश्य रेषा आहे. ती कधीच ओलांडू नका. कुणातच अगदी नवऱ्यात किंवा मुलांमध्येही खूप गुंतू नका. स्वतःची कर्तव्यं मात्र चुकवू नका. त्यापासून मागे हटू नका..."

त्यानं अनिताकडे पाहिलं. ती लक्ष देऊन ऐकत होती. आता त्याच्या लक्षात आलं, तिच्या अलिप्त वागण्याचं कारण. तिनं आत्मसात केली होती... डिटॅचमेंट!

**राजश्री बर्वे, मुंबई**

('चांदण्यांचं झाड' ह्या पुस्तकातून)

Life is precious! It takes merely seconds to break a bond that took years to build.  
Practice compassion, unconditional love and unconditional forgiveness.

- H.H. Sadguru Yogiraj Dr. Mangeshda



## गुंजन

सत्संगी ऐकले गुरुवचन  
करावे नित्य गीता पठण  
मनी दाटले सहज संमोहन  
संकल्प त्वरित केला नवीन  
अन्य नसता काही साधन  
आठव- ध्यानी पसायदान  
उलगडता एक एक पान  
गोमटे भासे गीता निरूपण  
आकळिता ते गुह्य ज्ञान  
हरपून जाई देहाचे भान

पार्थ सखा देवकी नंदन  
संवाद घडे जीवन दर्पण  
कर्म फल सूत्र विश्लेषण  
अवघे विश्वाचे आकलन  
करिता प्रत्यही नित्य पारायण  
मेधा स्त्रवतसे सुधारस पान  
उमलते सहस्त्रकमल चरण  
मन्वंतरी गुंज-अंतर्नाद गान  
सोऽहम् सोऽहम् सोऽहम्

चंद्रकांत बारस्कर, मुंबई

## उत्सव जगण्याचा

वसा घेऊनी प्रकाश देणाऱ्या सूर्याचा,  
रात्रीच्या शीतल चंद्र-चांदण्यांचा  
चला करू साजरा हा प्रकाशमय उत्सव जगण्याचा...  
डोळे भरून आस्वाद घेऊ निसर्ग सौंदर्याचा,  
झाडे, पक्षी, डोंगर, नद्या अन् अथांग क्षितिजाचा  
चला करू साजरा हा नयनरम्य उत्सव जगण्याचा...  
आनंद लुटू या बालपणीच्या निरागस हास्याचा,  
तरुणाईच्या जल्लोषाचा, वार्धक्यातील उत्साही मनाचा  
चला करू साजरा हा निरंतर उत्सव जगण्याचा...  
सेवाभावे करूनी दानधर्म, हात देऊ मदतीचा,

बनूया थोडासा आधार त्या निराधार लोकांचा  
चला करू साजरा हा निष्कर्मी उत्सव जगण्याचा...  
गर्व करू सीमेवर लढणाऱ्या सैनिकांचा,  
करूनी उचित गौरव त्यांच्या शौर्य व देशभक्तीचा  
चला करू साजरा हा अभिमानी उत्सव जगण्याचा...  
सदैव आशिष लाभो त्या गुरू- परमात्म्याचा, त्या  
अलौकिक शक्तीचा,  
रोज करूनी त्यांना वंदन, लावू दिवा भक्तीचा  
चला करू साजरा हा अद्भूत उत्सव जगण्याचा...

स्वाती आंबये, मुंबई

Yoga is an attitude and this attitude will lead us from outward material attractions to renunciation where one can experience Peace of Mind with Unconditional Love.

You are the owner of your breath - accept it, control it, and prepare it to bring about a positive change within and around you.

Compose a music with the rhythm of your breath, the beats of your heart and the flow of your thoughts. This rendition is the most beautiful natural melody to live with.

- H. H. Sadguru Yogiraj Dr. Mangeshda



THE AWAKENING!



OUR MOTTO IS TO SPREAD UNCONDITIONAL LOVE &  
UNCONDITIONAL FORGIVENESS ALL OVER THE WORLD.

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Your comments on this issue will be appreciated on our web site: [www.mangeshda.org](http://www.mangeshda.org)

# VANSH INDUSTRIES:

We are a leading & trusted manufacturer of superior quality LPG, PNG, Industrial, Automotive, Hydraulic Hoses & Rubber Moulded Products.



Vansh Industries was incorporated in 1998, with manufacturing of Green Tube. In 2003, we had started manufacturing of Orange Suraksha LPG Hose and in 2014, Rubber Moulded products. In 2020, we also started manufacturing all types of Rubber Braided Hoses (Hydraulic, Industrial & Automotive Hoses).

In the last 25 years, Vansh Industries has grown considerably and now emerged as one of the largest manufacturers in INDIAN market. We have major share of 40% for SURAKSHA LPG Hose and have also contributed 35% in PMUY Scheme (out of 10 crore connections Vansh Industries successfully supplied to 3.5 crore connections, which is 35% share of the scheme in INDIA).



"Continuous progress for me has been a dream. It has always been a distant reality and once one milestone is achieved, there is always another one waiting to be crossed. The journey of Vansh is never ending. But with the support of my team and clients, I am confident that the company will continue to scale milestones of excellence for years to come."

**Vikas Rungta, MD**

A recipient of the prestigious "UDYOG RATNA" AWARD by the Ministry of Commerce, Govt. of India, we take immense pride in being the pioneering team of professionals with a common aim.

Vansh Industries was recently awarded "TOP DOMESTIC SALES AWARD" by AIRIA, PLATINUM BUSINESS AWARD by DAINIK JAGRAN and INDIA 5000 BEST MSME AWARDS 2022 WINNER".

Vansh Industries was also felicitated by BIS as INDIA's first BIS Licence Holder for LPG Rubber Hose as per "IS 9573:PART 1:2017 for INDUSTRIAL APPLICATIONS".



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Mutual Fund investments are subject to market risks, read all scheme related documents carefully.

# Message From Mangeshda Upasana Centre, Thane

Humble Pranams at the Divine Lotus Feet of our  
Sadguruji and Wishing Him a Very Happy Birthday.



**"Strongly believe in what you wish to create.  
You achieve what you think you can."**

**- H.H. Sadguru Yogiraj Dr. Mangeshda**

**Seeking Our Beloved Sadguruji's Blessings  
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**Dedicated to  
Sadguruji with  
Pranams at  
Your Lotus Feet**

**Love  
Ishaan & Pragyan**







Wishing Sadguruji a Very  
**HAPPY BIRTHDAY**



*From*  
**Kishori, Tanya, Sunit & Sabar Morarjee**



From:  
Sunil  
Archana  
Muskaan  
Vinayak  
Melbourne, Australia



Wishing Sadguruji a very  
**Happy Birthday**

With Best Compliments from

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