Announcing the e-newsletter

The purpose of this quarterly newsletter, Self Awakening, is to inform Sadhaks (seekers of self realization) about Maha Yoga, a very simple, no cost and effective method of self-realization.

P. P. Shri Narayan Kaka Maharaj of Nashik, India is a leading teacher and exponent of Maha Yoga, a centuries old tradition, whereby a realized Guru (Siddha Guru) awakens the Universal Life Energy (Kundalini) within the Sadhak, eventually leading him/her to self-realization.

To the tens of thousands of Sadhaks in the Maha Yoga tradition all over the world, this e-newsletter is intended to provide virtual Satsang. It is intended to help keep Sadhaks engaged in Maha Yoga, be informed about Maha Yoga-related events around the world, and to provide a forum for getting guidance about Maha Yoga from P. P. Shri Kaka Maharaj.

The success of this e-newsletter will depend upon Sadhak participation through their contributions of content. Sadhaks are therefore encouraged to contribute news about Maha Yoga-related events in their parts of the world, thoughtful articles and life experiences, and questions about Maha Yoga and their Sadhan (practice) they would like P. P. Shri Kaka Maharaj to address. Please send any content or questions you would like to submit to self.awakening@gmail.com.

Message from Shri Kaka Maharaj

All of us on this earth desire happiness and many of us go through great efforts to achieve that goal. Some look for happiness in material things, but are often disappointed because of the transitory nature of the material world. Others look to religion and spirituality for happiness, but too often their attempts fail because of the difficulties of most such paths and the lack of perseverance and discipline on part of the seekers.

India has a long history of having developed various religions and paths to guide humanity in its search for peace and happiness. In addition to having given birth to major religions such as Hinduism, Buddhism and Jainism, among others, it has also contributed the treasures of Yoga to the rest of the world. Yoga paths, such as Hatha Yoga, Mantra Yoga, Laya Yoga, Raja Yoga, etc. all rely on awakening the Mother Energy, or the Latent Spiritual Power (Kundalini Shakti), that lies dormant in all of us, since it has been found that this Energy, once awakened, can lead to eternal bliss and happiness. However, the rigorous practice of such Yogas can be daunting for most of us and as a result most seekers going down those paths also fail to achieve the bliss and happiness they desire.

The great 14th century Yoga Master, Shri Jnyaneshwar Maharaj, who is considered by many as being the crown jewel of Indian Yogis, has provided a clear and simple path for those of us looking for spiritual happiness and thirsty for such knowledge. In his master-work, Jnyaneshwari, he directs us to Maha Yoga, whereby a Maha Yoga...
Message from Shri Kaka Maharaj (continued)

Master/Guru can awaken the dormant Mother Energy (Kundalini Shakti) in each one of us. This awakening of the Kundalini Shakti is also referred to as Kundalini Shaktipat Deeksha.

Once the Mother Energy is awakened in an aspirant by the grace of a Siddha Guru, the aspirant is assured of achieving the happiness he/she seeks without having to go through the rigors of other Yogic practices. He/she will have amazing experiences during effortless meditation and in other aspects of his/her life. These experiences will happen automatically during the practice of meditation (Sadhan) guided by the Mother Energy and will depend on each individual aspirant’s spiritual needs. Such experiences will capture the hearts of eager aspirants and keep them steadfast in their practice of Maha Yoga, leading to happiness and satisfaction in all elements of their lives and eventually to eternal bliss. Maha Yoga, or Kundalini Shaktipat Yoga, is therefore the simplest and easiest form of yoga the world has ever seen.

So my dear friends, this Maha Yoga path, even in these troubled and transitory times, has the potential to move your hearts, positively and spontaneously, and to bring out in each one of you a natural and automatic flow of consciousness that will lead to everlasting peace of mind.

I urge you, therefore, to take advantage of this unique and free opportunity for achieving inner peace through Self Awakening followed by regular Sadhan during which you will be able to relax your body and surrender your thoughts to experience your own inner core of bliss.

To help Sadhaks and other seekers who are dispersed all over the world achieve “virtual Satsang” we are launching as an experiment this quarterly e-newsletter which has been aptly named “Self Awakening”. We are using this launch to remind everyone about the next worldwide Maha Yoga Trial on August 6th (see announcement on page 4). We intend to communicate through this e-newsletter on an ongoing basis, news about the Ashrams in Nashik and Pune and the Prachar efforts all over the world. We will also have interesting articles on Maha Yoga and on Yoga in general, as well as answers to questions from Sadhaks. I hope you are all as excited about this experiment on virtual Satsang as I am about initiating it.

I humbly pray to my Gurudev, P. P. Shri Loknath Tirth Swami Maharaj to grace the readers of this e-newsletter with his blessings and to induce them to follow the easy path of Self Awakening which is Maha Yoga.

Article on Maha Yoga - Part 1

We are initiating this e-newsletter with a short introduction to Maha Yoga. Subsequent editions will discuss how to get started on this path, what happens during Initiation (Deeksha) and what one can expect to have happen as one progresses on this path.

What is Maha Yoga?

All human beings have three distinct elements - body, mind and spirit. All of us are aware of our bodies, and most of us are aware of our minds. However, far too many of us are unaware of the spirit that resides in each one of us. Our normal awareness often extends only to our bodies and to our minds. Only rarely do some of us get the experience of being actually aware of our own spiritual existence. The objective of Yoga is to extend our Awareness beyond our bodies and our minds to the spirit (Prana), the Universal Life Energy (Chaitanya) that lies dormant in each and every one of us. When our Awareness merges with the Chaitanya we get happiness and satisfaction in all aspects of our lives, eventually leading to eternal bliss. This union of our Awareness with the Chaitanya is the true meaning of the term Yoga, which means “union” in Sanskrit.

The dormant sliver of Chaitanya, which resides in all of us, is referred to in Yoga terminology as the Kundalini Shakti (Kundalini Energy). Since our brains are usually chockfull of the physical and mental clutter of our day-to-day lives, the Kundalini in most of us gets pushed to the opposite end of our nervous system, the base of our spine (Mooladhara Chakra). There it lies dormant in its subtle form leaving most of us completely unaware of its existence throughout our lives. It is, however, our very own portion of the Chaitanya, which, if activated/awakened/enabled, will eventually find its way to our spiritual center in the brain (Sahasrara Chakra), leading to our own Awareness merging with the Chaitanya - i.e. achieving self-realization.

Over the centuries, philosophers, seers and yogis in India have developed several Yoga approaches to achieving this union. For example, Hatha Yoga, with its emphasis on physical postures (asanas), besides making
the body worry-free and supple, was primarily developed to get the mind focused on the slow and deliberate execution of those postures, thereby reducing brain clutter and enabling the yogi’s Awareness to unite with the Chaitanya. Mantra Yoga, which involves chanting a mantra, is intended to achieve the same result by having the mind focus on the chanting and the sound associated with the mantra, thus letting the chanter’s Awareness merge with the Chaitanya. In Bhakti Yoga, or the Yoga of Devotion, the devotee gets so immersed in the object of his devotion that it enables his Awareness eventually to merge completely with the Chaitanya, which the devotee sees manifest as the object of his devotion. Raja Yoga involves getting the Kundalini activated by living a virtuous life and with the diligent practice of Asanas, Pranayam (regulated breathing) and transcendental meditation. Other Yogas also involve similar themes to clear the brain of the physical and mental clutter that usually inhabits it so at to enable our Awareness to merge with the Chaitanya.

While it is possible to have one’s Kundalini be awakened, and for our Awareness to get merged eventually with the Chaitanya, solely through the rigorous practice of one or more Yogas or other spiritual/religious paths, it is a very difficult and arduous undertaking. Most of us do not have the patience and the diligence required, nor do we have the appropriate Gurus (teachers) to guide us along those paths. As a result, in this day and age, very few of us are able to achieve the happiness and the eternal bliss of having our Awareness be merged with the Chaitanya.

There is, however, another Yoga path available, the easy and simple path of Maha/Siddha Yoga. Under this approach a Siddha Guru (Spiritual Master) through his grace and through the sheer power of his will, absorbs all the negative Karma (results of past actions) of his disciple, and during initiation awakens the dormant Kundalini Shakti in his disciple. Anyone desirous of such an initiation (deeksha) does not have to do anything other than pray and request, in all earnestness, for such a favor from a Siddha Guru, have faith in the Siddha Guru, and follow the Guru’s simple instructions at the time of initiation. Once the Kundalini is awakened during initiation, the intrinsic power of the Kundalini begins its work, which through regular meditation (sadhana) will lead the initiated (sadhak) through amazing spiritual experiences and eventually to Self-Realization, i.e. the merger of his Awareness with the Chaitanya.

The tradition of Siddha Yoga is an ancient one, having been passed down over the centuries in India by Siddha Gurus to their disciples. It is described in the ancient Indian texts - the Vedas and the Puranas, in Lord Shri Krishna’s Bhagwad Geeta, and even in more recent (13th century) works of Shri Jnaneshwar Maharaj. The sage Shri Vasishtha is known to have initiated Lord Shri Rama into this path as did Lord Shri Krishna initiate Arjuna as stated in the Mahabharata. Shri Jnaneshwar Maharaj was also thus initiated by his spiritual master, Shri Nivruttinath Maharaj. Likewise, Shri Ramakrishna Paramahansa, by a mere touch, graced Swami Vivekananda with the spiritual power that eventually led him to Self-Realization. This ancient tradition continues to this day through a few Siddha Gurus primarily situated in India, but has been made available in recent years to initiates all over the world.

As mentioned earlier, the important difference between Siddha/Maha Yoga and other Yoga paths is that while followers of other approaches have to make strenuous efforts under the careful direction of appropriate Gurus in order to achieve Self-Realization, followers of Maha Yoga, once initiated, do not need to undertake such arduous efforts. During sadhana, a Maha Yoga initiate will automatically experience the physical and mental practices of other Yoga or spiritual paths depending on the specific requirements of his body, mind and the accumulated impressions of his past deeds (Karma). If an initiate needs specific Asanas and Pranayam (regulated breathing) to purify his body, mind and spirit (Prana), these Yogic practices will happen automatically. If the initiate needs a mantra, he will receive it in a dream or through divine utterances during sadhan. The initiate will also find his spiritual progress getting accelerated and he will be able to attain deeper meditative stages than he had experienced before. Like-wise it is also observed that initiates automatically give up bad habits and addictions, and their eating and sleeping habits also change for the better. In other words, once awakened by a Siddha Guru, the awakened Kundalini Shakti becomes the initiate’s Guru, and during his sadhan and otherwise, helps direct his actions and practices to enable him to make rapid and significant progress toward Self-Realization.
Experience of a Sadhak

This happened soon after I got initiated by P. P. Shri Gulvani Maharaj (around 1971-72). I was asleep. In my sleep I saw an Ekakshari mantra shining like lightning. I said to myself “Well I have got the mantra, what should I do with it?” The next moment I saw a beautiful satvic suvasini (Devi) dressed in pure white traditional Indian clothes (sari blouse etc.)

She said “Put it in milk and drink it” and I woke up. It was dawn. I got perplexed regarding the instructions given by the Devi. Pondering to myself I made some sandalwood paste, wrote the mantra on a saucer, poured some milk on it and drank the same.

I immediately wrote about this incident to P.P. Shri Gulvani Maharaj and was awaiting his letter/instructions. A couple of days later, I learnt that Maharaj was in Mumbai and that I had a chance to get his Darshan at a Sadhak’s house at Sion. Accordingly I went there and stood in a queue to get his Darshan.

When my turn came, I narrated my dream. Maharaj gave me a beautiful smile and then asked me whether I remembered the mantra. When I replied in the affirmative, he asked me to write the mantra on a piece of paper, put it in a glass of milk and drink it. When I asked him if I should do it daily, He replied that doing it once would be sufficient. He also asked me to repeat the mantra 108 times daily.

Much later I found that the mantra was a beej mantra and that P.P. Shri Vasudevanand Saraswati had expounded on the same mantra for half an hour during one of his chaturmas. I am filled with wonder that I got this divine mantra due to the grace of Maharaj.

Anonymous

Answers to questions of Sadhaks

- **Question:** While doing dhyan, many times my body vibrates up and down uncontrollably as if I am a pneumatic drill (of the kind used to break rock). At times my breath gets choked and I feel that my head is going to burst outwards. What are these kriyas and what could be their purpose?

  **Answer:** All Kriyas of various types are manifestations of the Mother Energy. A Sadhak should see them just as an observer or onlooker, not a doer. These are automatic activities manifested by the Mother Energy and should not cause any concern or fear.

- **Question:** What is the third eye? How does it open? What happens after the third eye is opened? Does the opening of the third eye result in the sadhak getting everything he needs to get?

  **Answer:** This is a higher stage of Sadhana/meditation where the Sadhak is experiencing some activity in his/her Ajna Chakra in the middle of the eyebrows. Once the Mother Energy (Kundalini) is activated she will give the Sadhak all the experiences he/she needs. The Sadhak should simply sit for Sadhana as an observer, without any material or specific spiritual desires or expectations.

- **Question:** Do we really have “free will” or is everything determined by Prarabdha?

  **Answer:** Our will is only a concentrated aspect of our mind which exists only because it is supported by Chaitanya or the Mother Energy. Our will, as well as other aspects of our mind, will disappear one day, but the Chaitanya which supports it is permanent. In this context, our free will leads to actions in our lives which result in (and result from) attachments and aversions.

Prarabdha is the result of unfulfilled attachments and aversions remaining from our past lives which provides the context for who we are in our current lives. Our actions, attachments and aversions during this life which result from our free will, and our Prarabdha, together shape who we are. They can be thought of as accumulated layers or deposits around the permanent Chaitanya which resides within each of us. It is these layers of our Prarabdha, combined with our attachments and aversions arising out of our free will, which result in our Ego and which keeps us from experiencing our true selves which is made up of pure Chaitanya.

Sitting for Sadhana regularly will gradually remove these accumulated layers from this and previous lives, while at the same time reducing our ongoing attachments and aversions, thus leading to a reduction in the balance of our unfulfilled attachments and aversions. Once that balance goes to zero we become connected with the Chaitanya and one with the Gurutattwa.
A Grand Finale

Indeed it felt like, it was the grand finale of a music concert, ending with the musicians performing their very best, creating a harmony that would take the audience to a state of pure bliss.

It was the concluding ceremony of the year-long celebrations which began on July 3, 2007 to commemorate Shri Kaka Maharaj completing 81 years of life and entering his 82nd year. During the year, there were around 40 public events conducted all over India and several events in the US and the UK.

The grand finale took place at Nashik, India from May 14, 2008 to May 18, 2008. This was the Sahasra Chandra Darshan Shanti event, to commemorate Shri Kaka Maharaj having blessed this earth with his presence for the duration of a “thousand lunar cycles”.

Around 2500 Sadhaks from various parts of India had come to attend the 5-day program which included various religious, social and cultural events for the Sadhaks in attendance as well as for the Nashik community. Each day began with group sadhana from 6 am to 7 am followed by discourses (Pravachans) and Kirtans/Satsang. Five Tulas, ceremonies in which Shri Kaka Maharaj was weighed against various items such as sugar, books, pedhas (sweets), coconuts, mangoes, etc., were conducted every day for the 5-day period. Social programs including free health and dental checkups as well as blood donation drives were also held each day. Again there was group sadhana in the evening.

Finally, at the end of the day Mr. Sharad Upadhye conducted a satsang.

The next day, 15th May also was an eventful day with Prof. Yashawantrao Pathak delivering a splendid lecture on Dhnyaneshwari followed by a discourse by PP Shri Jitendranath Maharaj. In the evening the gathering witnessed ‘Bhakti Sangeet’ (devotional music) by renowned singers like Shri Ravindra Sathe, Mrs. Uttara Kelkar and others.

Day by day the attendance for the programs increased. Now, it was 16th May, a significant day as far as the activities were concerned. It was the 116th birth anniversary of P.P. Shri Loknath Tirth Swami Maharaj, who was Shri Kaka Maharaj’s Guru. Shri Niturkar Maharaj gave a discourse about the life of P. P. Shri Loknath Tirth Swami Maharaj. Other speakers during the day included Shri Sharadrao Joshi Maharaj. The other important activities of the day included “Go-Pradaan” or Donation of a Cow.
Also, “Purnahuti” or the concluding ceremony of the “Navakundi Rudra” also took place in the evening with the chanting of Mantras. At night a palkhi ceremony was performed in which a photo of PP Shri Loknath Tirth Swami Maharaj was placed on a decorated palanquin and a procession was held.

17th May was the day everyone was waiting for. It was the day when PP Shri Kaka Maharaj was to be felicitated in the evening in an open-to-all program. Earlier in the day, discourses were given by Shri Sunil Chincholkar Maharaj and Yogeshwarji Upasani Maharaj. The late afternoon was set for a “Shobha Yatra” or a grand ceremonial parade which included P.P. Shri Kaka Maharaj riding on a decorated elephant. The whole procession had around 2000 Sadhaks walking while singing bhajans and chanting “Digambara Digambara Shripad Vallabh Digambara”.

All the Deeksha Adhikaris were riding various vehicles. Apart from the elephant, there were six decorated horses, two camels. The procession also had 3 different band squads with traditional instruments such as Lezim, Zanja and so on. The route was almost 3 kms. long. The procession ended at the Sambhaji Stadium which was the venue for the public program.

As expected, the stadium was teeming with Sadhaks and people from the Nashik community who had gathered to witness a moment of a lifetime when P.P. Shri Kaka Maharaj was to be felicitated by various spiritual leaders and other learned dignitaries and leaders. On stage were religious leaders including P.P. Shri Chakrankit Maharaj, P.P. Shri Swami Swarupanand Maharaj, P.P. Om Gurudev Shri Jangalidas Maharaj, P.P. Shri Annasaheb More; leading politicians such as Mr. Chhaganrao Bhujbal and Mrs. Shobha Bachhav; and local government officials Such as the Mayor of Nashik and the Commissioner of the Nashik Municipal Corporation. Also present on stage were all the Deeksha Adhikaris.

After the felicitation ceremony, PP Shri Kaka Maharaj was asked to say a few words. He obliged the crowd by talking about Siddhayoga and the importance of regular sadhana. He also reiterated his desire for the entire world to follow the noble path of Siddhayoga. It was a wonderfully inspiring ending to an eventful day.
A Grand Finale - (continued)

May 18th was the final day of the Grand Finale of the year long series of events. Vidyavachaspati Shri Vivek Ghalsasi delivered the concluding discourse following which concluding ceremonies were conducted to mark the end of the year-long program of the Sahastra Chandra Darshan Shanti of PP Shri Kaka Maharaj.

Shri Milind Joshi

Rudrabhishek: Sunnyvale, California July 3rd 2008

Shri Aba Deshpande from Vasudev Niwas, Pune arranged a Pooja and Rudrabhishek ceremony on July 3rd, 2008 at the Sanatan Dharma Kendra in Sunnyvale, California on the occasion of P. P. Vasudevanand Saraswati (Tembe) Swami Maharaj’s Punyatithi. Sadhaks from all over the Bay Area in California attended the event.

The highlight of the day was the chanting of the Rudra by 12 Brahmins followed by Upanishad Pathan. Sadhaks also had the wonderful opportunity to participate in a Samuhik Sadhan with Shri Aba and Sau. Mandakini Deshpande. This was followed by a lively discussion when Shri Aba and Sau. Mandakini Deshpande addressed several questions from Sadhaks about their Sadhan and the practice of Maha Yoga.

Sadhaks in the Bay Area have created an active community in the area. We get together every weekend (Saturday or Sunday and sometimes on both days) at 6:30 a.m. at residence of Sadhak (Santa Clara/Cupertino) to do Samuhik Sadhan. We also celebrate important events, such as the Guru Purnima festivities held recently at Sadhak - Smita Gadre’s residence on July 18th, 2008. Those interested in participating should attend one of the Samuhik Sadhan events on weekends. There will be a Purvabhyas Meditation Event on 3rd August at 7:00 am at Santa Clara for those who want to know about Siddhayoga.

Ms. Neha Vishwarupe, Sunnyvale, CA
Mr. and Mrs. Karanjakar hosted a very festive Prabodhini celebrating the work of P. P. Shri Vasudevanand Saraswati (Tembe) Swami Maharaj at their residence in Albany in upstate New York on May 10th and 11th. Dr. Dhirubhai Joshi from Vadodra and Dr. V.V. Deshmukh from Pune led the meeting and festivities which were attended by 20 to 25 people. Most of the attendees were from Albany and its surroundings, however, some came from NJ, Long Island, NY, Chicago, and even all the way from California.

The Prabodhini began on the evening of the 10th with Mr. Pravin Karanjakar welcoming the attendees. This was followed by Dr. Deshmukh giving a short introduction to the Shri Datta Sampradaya (Path) and to the monumental work done by P. P. Shri Vasudevanand Saraswati (Tembe) Swami Maharaj for mankind as a whole. Dr. Dhirubhai Joshi explained why P. P. Shri Kaka Maharaj established the Prabodhini and its timeless relevance to us as individuals and to the future of mankind. He also gave an interesting account of its activities during the past five years. The evening’s festivities ended with all attendees participating in the singing of devotional songs including enchanting renditions of P. P. Tembe Swami Maharaj’s Karunatripadi and P. P. Shri Taranekar Maharaj’s bhajans, followed by the sharing of delicious Prasad.

The next day (May 11th) a Hindu priest performed Shri Satyadatta Pooja.

This was followed by the distribution of books on Maha/Siddha Yoga to the attendees with the blessings of P.P. Shri LoknathTirth Swami Maharaj. Later, Purvabhyas (pre-study) was explained to those interested in Maha Yoga. The day’s festivities ended once again with the sharing of delicious Prasad.

The Prabodhini get together will linger on in our minds forever. It was our good fortune to listen to the inspiring and devotional speeches by Dr. Dhirubhai Joshi and Dr. Deshmukh as they narrated the life work and miracles of the devout Yogi P.P. Shri Tembe Swami Maharaj.

Our participation in the devotional singing, the Pooja and the discussions were uplifting and strengthened our commitment to the Maha Yoga path. Our silent and humble Pranams to P. P. Shri Tembe Swami Maharaj’s Prabodhini and to his sacred memories! I am pleased to say that the Mother’s day (May 11, 2008) was dedicated to our real mother P.P. Tembe Swami Maharaj, Shri Datta Guru Maulee.

There is a DVD made on the life of P.P. Shri Tembe Swami Maharaj which is a treasure for all sadhaks. Those interested may contact Shri Vasudeo Niwas, Pune (tel # 91-20-2545-5584) to purchase the same.

Mrs. Anjali V. Mone, NY
Global Maha Yoga Trial - August 6, 2008 from 6:18 am to 6:39 am local time

Shri Kaka Maharaj would like to invite everyone on this earth to participate in a Global Introductory Trial of Mahayoga Shaktipat (Siddhayoga) for the uplift of all humankind. This introductory trial will be held on August 6th, 2008, from 6:18 am to 6:39 am local time. Those interested can participate during that time at no cost from the privacy of their own homes. All are eligible to participate in this trial regardless of religion, race, sex, age, caste or creed. This world-wide trial can be considered to be a “trailer” or a precursor for the awakening of one’s Kundalini Shakti (Universal Life Energy) through Shaktipat (transfer of Energy) from a Siddha Yoga Master. It is a rare opportunity to experience first-hand such a transmission of Energy from a Siddha Guru.

Here’s how to participate:

- At the designated time (August 6th, 2008 from 6:18 am to 6:39 am local time) sit comfortably with your eyes closed in a quiet location in your home. Instantly observe a wave of energy along your spinal column.
- Relax your body completely in order to minimize the awareness of your body.
- Let your mind observe your involuntary breathing.
- Observe your experiences during the designated time interval and if you wish you may share them by e-mail with P. P. Narayan Kaka Maharaj at mahayoga_kaka@yahoo.com.
What’s New

The Ashram website has been updated with lots of new information. Please go to:

http://www.kundalinishaktipatayoga.net

How to contribute to the e-newsletter

The goals of our e-newsletter are:

1. Spread the word about Siddha Yoga.
2. Provide virtual Satsang to Sadhaks
3. Share relevant life experiences which might help the Sadhak community
4. Ask Kaka Maharaj for guidance on Siddha Yoga
5. Share news about Siddha Yoga events around the world

If you want to contribute content (articles, news reports, questions, life experiences) related to any of the above objectives please send it to:

Self.awakening@gmail.com

Upcoming Events

Wadi Yatra in October

We’re on the Web!

http://www.kundalinishaktipatayoga.net

May all desire to follow this nectarous Siddhayoga Path!