

Creating in an Age of Consciousness Program Teaching Recording – February 27th, 2013

Monika:(reading Swami's words) "A lot of people are carrying a lot of unworthiness, feeling left out, jealous, anger, depressed, a holding nature. Fifteen years back, somebody hurt you and you still want to hold that. Ten years back, your wife or husband divorced you and you still want to hold that pain in you. Even you missed your kid who died. You did a lot of prayers. It's okay, the love and affection is natural, but is it necessary you still have to hold that?"

The only medicine to people suffering depression and heartbreak is spirituality. Give them real bliss. There's no other medicine at all to them in this world. There are little tiny, tiny, tiny bit things but my prescription as a spiritual doctor, I can recommend for them to do meditation. That's the best way to change their behaviors and their character. In all aspects it really purifies, it really purifies." These are the words of Sri Sai Kaleshwar Swami.

Nityaananda: Welcome once again to a continuing dialogue in our mutual investigation in the ancient knowledge of the far east, India and the ancient manuscripts as shared with the world by Sri Sai Kaleshwar Swami, Guruji. Today we will be talking and introducing about and introducing the subject of the sadhana that Swami called Neytra Darshini. A technique for washing out all kinds of karmas, but especially heart pain, heart break, painful karmas that we are holding.

Monika: This is a powerful sadhana and the instructions are on the video in using the eyes to connect with the eyes of a divine soul. And we provided a photograph of Swami. In using the two eyes, (?) of your two eyes, you can discharge the pain and sadness that is in your heart.

Nityaananda: This is about, at the chakra level this sadhana is using the neytra chakra which are the two eyes. But there is always a link between the two eyes and the third eye, the trineytra chakra. And there is always a link, actually from the trineytra chakra there you go, you're inside, you're linked to everything, gurusthan is there. But it's hrudaya chakra is a strong link to the third eye, and those are the three chakras that are primarily involved in this sadhana. We're benefiting and blessed while we do this practice by the sankalpam at least of Swami Kaleshwar and you can surmise the entire guru parampara Datta energy to wash out that which is obstructing us right now, where we're stuck, where we're blocked, especially pain we are holding. When Swami taught this technique he said it is not necessary to give a specific sankalpam to your meditation, it's just simply do it. And the guru parampara knows how to bless you, what you need in that time and it's an amazing beautiful experience. And also we should mention that this is using the fire element channel. This is a combination of pieces of the teachings put together in a brilliant and powerful way.

Monika: Heartbreak is a disease that Swami said was the most prevalent in the modern day. And many of the ancient teachings show us how to take care of the heart and the womb chakra. One of the most important points that he mentioned is that when we are holding heartbreak we're cutting off the channel to the cosmic. So we are cutting ourselves off from the whole divine energy that we are really seeking when we are holding heartbreak. So, this process is a beautiful way to release that heartbreak and especially or not especially, but one angle that we have to look at is heartbreak with the master, especially for long time students and for students who have been through the mahasamadhi of a master and have to really come to a new relationship with the master. And many times there are unfulfilled longings and desires that have not been fulfilled with the relationship with the divine and with the master. And of course that longing was the very thing that brought us to spirituality, but that is also something that we have to be healed from. This is a beautiful time to do this process before we enter into the anniversary of the mahasamadhi of Swami Kaleshwar.

Nityaananda: But I think the word "especially" is appropriate for this group process, when we say especially spiritual heartbreak, we're focusing on any kind of heartbreak and it is the single biggest affliction affecting the globe today from the Indian knowledge point of view that we're, from our traditions point of view, that we're practicing. So any heartbreak is as you said it's a pure obstacle, it's cutting our connection with the cosmic, this is cutting it. Heartbreak with a lover, heartbreak with a friend, heartbreak with a family member, with a parent, with a child. All kinds of heartbreak are there. But there is also heartbreak with the master, heartbreak in a relationship with the divine and that's a more advanced topic. It's not something that a beginning seeker in spirituality is either going to be drawn to or really understand, but it is true. In fact heartbreak seems to be at least on this planet today a ubiquitous piece of the landscape, literally nobody gets off this place, well nobody gets off this planet alive and that's true. As a corollary almost nobody gets off this planet without having their heart broken.

In spiritual characters, in lives that are drawn into and practicing and exhibiting high high stages of spirituality there is heart pain present in those lives. And that includes in relationship with the master, with the guru, with the teacher. And Swami talked about it at many different times how all the greatest characters that we know experienced heartbreak in their lives as well and they had to overcome that. This process is one of the ways for each of us to have a tool in our hand to wash heartbreak as it comes in our lives, it will come less and less, but nobody, there is a seed of everything in us and as long as we're in the body we're 50% surrendered to the five elements. It means we need to be on our guard and take care of our own hearts for always. Swami was always taking care of our hearts that way. So, he talked about Hanuman having his heart broken twice, once with his master and once with the Mother. He talked about his own heartbreak with Mother. And right now in this stage, especially, and this is, that's why I liked the word "especially" when you were talking Monika, I think it is appropriate to say "especially" people who have received the immortal enlightenment transmission or any longtime students with Swami who have unresolved issues with Swami in their life. There is a lot of heart pain out there, there's a lot of that kind of a block. And it's unnecessary and it's something that the

master isn't going to take away from us, *for* us, it's something he gave us the tools to take away for ourselves. That's one of the ways we demonstrate eligibility, by understanding and practicing the knowledge, but it's also one of the ways we receive experientially based knowledge which is called wisdom, when we practice something and we receive the knowledge based on practicing that, that is wisdom. And this is an area that is very important for us to embrace in this stage of our consciousness group process, we really want everyone here in the group process to practice this at least one time and there are two Thursdays between now and Shiva Ratri, at least as of the recording of this teaching. And to do this process at least once, you could do it both times, but at least once is enough before Shiva Ratri, especially because we are focusing so much there. What we are really doing is saying we are going to do everything possible to clean the obstacles that we can identify in any angle between ourselves and the divine as represented in the form of our master. You can use a picture of Swami in this process and that is a powerful picture that is being distributed. But you can also use Shirdi Baba, you can also use Jesus, as the video instructions will say, Swami said any form of the divine, it's all one, there is a universal light. And the key is just looking into the eyes of a figure which represents the divine through the light of a candle flame, much the way we looked and gazed at a candle flame when we purified the fire element, that channel, way back whenever we did the five elements.

Monika: We'll talk a little bit more about the heartbreak with the master. The nature of the student master relationship is that the student puts a lot of projections on the master in the same way that a child puts a lot of projections on the parent. And to understand in our process of evolution and purification that we project a lot of things on to the master. And that's natural, it's part of the growing process, the process of growing spiritually. But finally to go the higher stages the blocks between the student and the master have to be healed. To realize the immortal enlightenment the relationship between the master and the student must be clear, no blocks, no misunderstandings, pure love must be flowing between the student and the master. So this process will help to wash those blocks. And also help us to recognize that the master is beyond the physical body, beyond any thing that we really perceived as the master because the master in a physical embodiment is the principal of the light that removes the darkness. And that light is eternal. That light is beyond any one body, any one personality, any one form. It is the liberating energy that will help us to recognize who we are.