



Awake Yoga  
Meditation

# Darshan

Autumn Equinox  
2020



# Sing A New Song

Sri Swami Nityananda Giri

**Awake Yoga Meditation** is a vibrant spiritual community oriented around awakening to our true divine nature. With love and good humor, our community helps each other to wake up through yoga philosophy, Advaita Vedanta, and the mystical teachings of Christianity, Buddhism, Taoism, Zen, Hinduism, and Judaism. Meditation, Kriya yoga, self-inquiry, and devotional practices are integral to these teachings.

We offer weekly meditations for adults and children, spiritual discussion, and meditation instruction. All are welcome.

## Schedules and Information

Sunday Morning Meditation for Adults  
Sunday Morning Meditation for Children (currently suspended)  
Every Sunday at 11:00 a.m.

Tuesday Night Darshan Meditation, every Tuesday at 7:30 p.m.  
Friday Night Healing Meditation, every Friday at 7:30 p.m.

*Please note: Our Sunday, Tuesday, and Friday meditations will be live streamed through January 2021. Connect by phone, Zoom, Facebook, or YouTube.*

Visit our website: [AwakeYogaMeditation.org](http://AwakeYogaMeditation.org) for more information on schedule and special events.

## Additional Resources

Join our free eYogi Community at [AwakeYogaMeditation.org/eYogi](http://AwakeYogaMeditation.org/eYogi)

Swami Nityananda offers private instruction in meditation (including Kriya yoga) and private spiritual counseling sessions by appointment. Call Lakshmi at 410-591-2646 or email [Swami@AwakeYogaMeditation.org](mailto:Swami@AwakeYogaMeditation.org) to schedule a conference.



Psalm 98 proclaims, Sing to the Lord a new song. All the earth, burst into jubilant singing with music. Make music to the Lord with the harp and the sound of singing, with trumpets and the blast of the ram's horn. Shout for joy before the Lord. Let the sea resound and everything in it, the world and all who live in it. Let the rivers clap their hands. Let the mountains sing together for joy.

This is the invitation for all of us to say, *Yes! In my expanded awareness, I am in the mountains. I am in the rivers, I feel joy! Let me clap my hands!* That is what we do when we focus on the power of Aum. Yogis say Aum is the power of the creative energy of the universe. Aum bridges everything, the visible and invisible, and it can also take us as human beings back to the Infinite. Paramahansa Yogananda says the Aum has all the power of God in it. It has the power of the creative aspect of divine energy. When we focus on Aum we focus on that which we want to create, that which we want to energize. So chant Aum. The power of Aum includes that which I would like to strengthen, nurture, and support. That which I would like to gather and intensify

and increase and bring forth is also there in the power of Aum.

Chant Aum. Aum has the power to work with the Absolute. The silence that comes at the end of Aum in meditation, if you allow yourself to truly rest, open, and receive, is where the Divine is, the Divine that is beyond name and form, beyond time and space.

We acknowledge the ever-present Aum by chanting it out loud or silently. The Aum is able to sing through us even if humanly we aren't able to sing very well at all. It pours through each of us uniquely and beautifully. The creative power moving through each of us is the Aum. And that

***Aum bridges everything, the visible and invisible, and it can also take us as human beings back to the Infinite.***

is the energy of the new song the Psalmist sings about. The energy of creation pouring through you is Aum.

The energy of Aum manifests in your day-to-day life. The energy of Aum is when you are effortlessly kind to someone without looking for a particular response or result. Even if your smile or offer to hold a door is met with rudeness, you were not doing it for recognition

or a particular outcome. That is the energy of Aum. That is the energy of Oneness. That is the energy of Wholeness.

Practice chanting Aum. You can feel how quickly we harmonize ourselves from within. In dealing with heartache you physically can place your hands over your heart, the left hand first and then the right hand. You are allowing yourself to let any sadness come up. We usually do not let ourselves feel the sadness that is there. Chanting Aum while focusing on the heart can give us the stability to allow ourselves to feel that sadness and then let the Aum dissolve it. After you have chanted Aum, let yourself absorb the stillness. The longer you can stay in the stillness the more healing and integration, harmonizing and resonance you are allowing yourself to receive.

Chant Aum. With Aum you can consciously access the creative power of your heart, whether

***Chanting Aum while focusing on the heart can give us the stability to allow ourselves to feel that sadness and then let the Aum dissolve it.***

working on a physical or emotional level. According to current measurements the energy field generated by the heart is sixty

times greater than the energy field generated by the mind. When you are constantly openhearted and in touch with your own inner coherence, you tap into the energy of devotion and connect with sixty percent more of your inherent power that you otherwise might not fully access or energize.

Chant Aum if you want a sense of steadiness, support and stability. It allows your heart to

be coherent and integrated. Aum connects you with your heart's wholeness and with the resonance of the earth. In the stillness after the Aum, visualize healing energy going to whatever it is that you are healing, whether it is your low back, your nerves, or your brain. All we are doing is consciously connecting with the highest resonance of the heart, the deepest healing resonance of the earth. In the stillness that follows the Aum is the power of the Absolute. Send that wherever you would like to

receive healing. Aum is a sacred, powerful tool. It works if you use it.

After you have used this tool, allow it to take you directly to silence, to stillness. That is where illumination comes as we consciously allow ourselves to open and receive, to be filled up from within and from the divine grace pouring down upon us. Let us always allow ourselves to be whole, to integrate. Chant Aum.



Photo by Darius Bashar on Unsplash

# Harvesting Joy

Sri Swami Shankarananda Giri

All the suffering and misery to which humans have been heir is due to conditioning. In ignorance, we believe that life in this world is filled with misery. For confirmation of this view, we can cite the words of Jesus, the enlightened one, who told his disciples, "In the world ye shall have tribulation." And many falsely assume Jesus was claiming that so long as we live in the world, we will have misery. That is not the deeper meaning of this saying. He reveals that so long as we live in the state of *worldly mindedness* we will have tribulation. So long as we see the world apart from God, limited to name and form, we will experience sorrow. So long as we see the objects of the senses as separate from God, we will experience pleasure and pain. From the enlightened state of consciousness, which understands this world as God's world, believing that misery is the natural condition of this world would be totally inconsistent with the nature of God. How can we be in misery in God's world?

When you know that the earth is the Lord's and the fullness thereof and all they that dwell therein, when you know everything is the manifestation of the divine Self, when you know that your body is the manifestation of the Divine, how could you violate the sanctity

of the body by giving it negative and destructive thoughts or any other poison?

No one wants to live in misery, but few know how to live in joy. There is a theory called the law of cause and effect, or karma. In the New Testament the action of karma is expressed as sowing and harvesting. Jesus taught that we shall reap what we sow. If we dwell on misery, we shall harvest misery. If we dwell on joy, we shall harvest joy.

One of the most sublime ways of cultivating the consciousness of joy is to recognize that whatever we have in our life is not really ours. We are free the moment we bring to our remembrance, ALL THAT I HAVE IS THINE, O THOU SUPREME SELF, AND ALL THAT I HAVE IS A DIVINE TRUST. In the consciousness of perfection there is nothing to gain and nothing to

***If we dwell on joy, we shall harvest joy.***

lose. All that exists is the joy of experiencing what is, the joy of being the creator, the joy of manifesting perfection in everything we do, the bliss of seeing perfection in everyone and in everything.

# Eternal Life

Acharya Premadas

Life is eternal. Our time together is precious and sacred and fleeting. This life in which we get to be together is an extraordinary, magnificent miracle. These bodies and these minds are beautiful, blessed instruments with which we have the opportunity to create something wonderful together.

In my view, we are meant to be free, not bound to endless cycles of bondage and limitation. We are offered ways to avail ourselves of the awareness of the infinite possibilities inherent in life. Just as we are forever evolving and unfolding, so, too are the expressions of the eternally unfolding possibility of life. Our precious opportunity

is to discover just how we might best respond to the conditions and circumstances within which we find ourselves; looking, seeing, and moving beyond apparent limitations established by time and space (history and culture) to find our best possible, most timely, responses that help to nurture and create a space that enhances the ever expansive unfolding and expression of possibility, of life.

We may find ourselves in situations where the prevailing consciousness is one of separation, divisiveness, or intense anxiety.

The healing salve for all of these is love and more love. It is our blessing, privilege, Dharma, and our gift to our whole world to join together in holy union, in a consciousness of Oneness, and to unreservedly offer pure love filled with our life wisdom and understanding and compassion to all. And when we bump up against our own limitedness in our capacity or willingness to love without restraint, we courageously step forward with open

receptive hearts; we lean on our partners and allies; and we devote ourselves to being free of absolutely everything that binds us or hinders our loving. We have come from a source free of all limitations,

a source that knows no separation; it is our destiny to live true to that source from which we have come and to which we will return. It is when we are true to that in each moment that we know abiding peace, the fulfillment of our fondest hopes and dreams for this life of pure love made manifest in human forms. Life is eternal as is this possibility for being true. Let us fulfill this together with all of our might and all our hearts. What a joy to do this with you all, beloved community in which all are welcome.

---

***We are meant to be free, not bound to endless cycles of bondage and limitation.***



# Meditation

Sri Swami Premananda Giri

The remembrance and return to God within our subjective self is meditation. The presence of the infinite God is of course everywhere. He is within us. He is within each and all of us permanently and forever. We must learn to commune with him within us, within our innermost being, within our cognitive consciousness.

With this knowledge of the nature of meditation, how is it to be practiced? How are we to establish our mind on God within us? There are many methods whereby mind is guided to God. But the fundamental principle of them all is the conscious identification of mind with the attributes of God enshrined within us. It is profound contemplation upon the infinity of consciousness, immensity of existence, and universality of one-

***Even a little meditation each day produces a considerable result after a while.***

ness. It is all-absorbing thought upon the ultimate source and eternal substance of intelligence, life, and love. Mind possesses the power to think. Thought is a means of bringing into conscious perception the essence and quality of a substance. By the power

of thought we reveal and know all spiritual and eternal truths. Truth unveils its mystery before the light of thought. Meditation is the complete engagement of our entire thought upon the reality and attributes of God within us.

Finally, let us understand the secret whereby success is attained in meditation. The secret of success is twofold. One aspect is the true knowledge of God and his attributes, and the other is practice, regular, unflinching daily practice. Meditation must be made an integral part of our everyday life. Under no circumstances should we ever sacrifice the practice of meditation, which is so vital to the well-being of our outer as well as our inner life.

Even a little meditation each day produces a considerable result after a while. The result may not be immediately perceptible and it seldom is. However, when meditation is practiced every day, however little, an appreciable beneficent effect will be attained and felt.

When we expose our mind to the light of God long enough we are sure to derive therefrom illumination of soul and happiness of heart.

# God Consciousness

Srimati Shanti Mataji

The nature of God-consciousness is always to do Good. The human mind has been so conditioned by mass-consciousness, by world events such as war and crime, by the emotional upheavals that tend to form our entertainment industry, and by slights and hurts, betrayals and jealousies that we can scarcely conceive of a God-conscious being whose only thought, word, and action is to do Good—Good unto those who are in embodiment, Good unto the world, Good unto those not presently in embodiment, Good unto those in other dimensions, Good unto the whole universe.

To do that kind of Good, God's Good (not as in good or bad), means to be, to do, to radiate, to send forth unconditional love and the vision of perfection and wholeness everywhere. It means to behold our fellow beings with total acceptance of their choices and their path in life, while at the same time beholding them in per-

fect wholeness and divinity.

To do God's Good means never to judge another for whatever they have done but to dwell in an understanding heart that would have only compassion for the depths of anger or hurt that would impel someone to acts of harm or other forms of unrighteousness, unrighteousness being any violation of the law of love.

To observe a being who lives in God-consciousness is to be able to observe the nature of God Itself, since there is no God but God-consciousness. How could a being of God-consciousness do only Good and yet God Itself be full of vengeance and judgment? So we can drop a lot of scriptural or religious ideas in the bucket and look

only to the glory of God as the ever-loving presence who fills *all* life, and know that the nature of God-consciousness is our true nature, awaiting our pure acceptance and conscious activation.

---

***The nature of God-consciousness is our true nature, awaiting our pure acceptance and conscious activation.***

# Is the Moon Really Broken?

Karuna

A friend who lives in Colorado recently posted a gorgeous photograph of a sunset on social media. The sky glowed various shades of orange, sinking below the purple mountains, the image reflected in a pond in the foreground. The caption: “The smoke from all the wildfires in the high country has been awful, but it does create spectacular sunsets.”

This got me thinking about how both the painful and the sublime coexist in this realm of time and space. We tend to sort our experiences into good and bad, positive and negative. It is often said that difficult experiences lead to something wonderful that we could not have anticipated—the familiar “when a door closes a window opens” line. And while I absolutely believe that to be true, it is also true that in oneness, wildfires and sunsets are equally perfect. That is a harder concept to wrap one’s brain around. Non-duality invites us to embrace *all* experiences without judgment.

How do we do this? How do we see the perfection in the tumultuous drama of our human lives? How do we square the fear and anguish that is sometimes part of our experience with being fully present to each moment and all that it offers? Faith and courage born of meditation and the teachings, as well as the grace

we offer one another, help see us through.

One evening, many years ago, I was outside, holding my daughter in my arms. She was about a year and a half old, and just learning to put together simple sentences. “Look, Mommy,” she said, pointing up. “The moon is broken!” I saw the crescent moon hanging low in the night sky. I understood why she thought it was broken—it was the first time she had noticed a moon that wasn’t full and she now had words to describe it. I explained

that the moon was whole, we just couldn’t see all of it right now.

Our perception of “negative” experiences reflects a similar dynamic. We often are unable to see the whole picture because our view is limited by personal experience and limited thinking. There is so much more to know and understand. Thank God we have meditation

and the tools of our teachings to keep moving us towards a deeper understanding of all that is.

---

***In oneness,  
wildfires  
and sunsets  
are equally  
perfect.***



Photo by Terry Richmond on Unsplash

# Revelations of a Cosmic Traveler

Sri Swami Nityananda Giri

“Do your work,” Sri Yukteswar told his divine student, the one who became Swami Yogananda. “Engage yourself in the service of humanity.” Rather than leaving humankind behind, he advised, find love in the midst of your daily work, in the midst of human beings. Following this beautiful guidance, we are invited to plunge into our work fully and freely, in a joyful, nonattached way. We are invited not to escape the world but to serve the Divine right in the midst of the all of it, to respect and reverence the highest and the best within all in every moment.

“No showing sour faces,” Yogananda used to tell the young students at the school he founded.

***Find love in the midst of your daily work, in the midst of human beings.***

“Thinking there is danger will not do.” Let us, too, take his invitation to heart. *Divine Grace, thank you for filling my face with smiles. Thank you for melting away fear. Thank you for helping me find the zestful joy in life that Yogananda imparted to his young students and to all of us.*

“Love conquers the whole universe,” Swami Premananda declares. Love conquers the whole universe because when we love, we are in harmony with all that is. We gain victory over ourselves, and then we are one with winningness itself. We give all to the Divine, and the Divine gives all to our expanded selves. We live in radiant harmony, blessing, and bliss, moving in a field of divine light, supreme love, in every breath, moment, and heartbeat.

“Yes, I still have some ego,” Swami Shankarananda declares. “I bounce the ball of the ego. It doesn’t bounce me.” With playfulness and absolute reverence, let us offer our ego to the Divine to be transformed into a divinely bouncing ball, a sweet and bright offering we place at the feet of Absolute Love and Pure Light. Let us learn to calm our minds so that we may be of greater service to the Divine. Let us learn to practice joyful self-awareness so that we are free to choose our highest way forward in every moment.

# Find Out What Remains

Murali

Ramana Maharshi once offered a supremely concise spiritual invitation. “Allow what changes to change. Find out what remains.” For many seekers, this invitation has sparked a powerful impulse to discover what is real and lasting within themselves.

“Allow what changes to change” refers to all the thoughts and memories that arise in mind plus the emotions that accompany that endless stream of thinking. It also includes every experience that comes and goes. No experience, feeling, or thought has or can remain forever. Our direct experience clearly reveals this truth.

We are taught to seek better and better experiences in the pursuit of some idea of happiness. We learn that the cure to unhappiness is finding just the right way of controlling and changing our experiences, circumstances, or mind. Ramana asks us to question that learned idea by allowing changing phenomena to be as they are. This “allowing” happens naturally when there is a sincere desire to know what living feels like without compulsively controlling our experience. “Allowing” happens when we openly explore our own direct experience without expecta-

tations, projections, and agendas.

The invitation to “find out what remains” begins with noticing the consciousness or awareness that is always here. Being aware is the most obvious and immediate truth of everyone’s experience in every moment. It is so obvious and fundamental, we never take real notice. Awareness is here always.

We don’t work to create it and it remains unchanged regardless of our infinite experiences. It is the unchanging space or ground where all changing phenomena come and go.

Many seekers will hear this point, take a look, acknowledge awareness, and quickly move on. The conditioned mind is looking for some imagined experience or concept and concludes, “nope, this ain’t it.”

Ramana assures us that this simple repeated acknowledgment of this pure awareness will ignite the recognition, “Oh, I don’t possess awareness, this is what I am.” As we live, abide, identify, and rest as the timeless, unchanging, aware space itself, it then reveals and expresses its full nature. Our true nature discovers its real identity and wakes up to itself.

---

***No experience, feeling, or thought has or can remain forever.***

# Teachings of the Gurus

## Sri Swami Nityananda Giri

“Ramana says, ‘There is only one Self.’ There really is no separate, individual ‘I.’ There really is no separate, individual ‘you.’ And so we’re inviting ourselves to let go of any fear and any sorrow and any confusion and distress and pain that is based on the illusion of separateness. When we fill ourselves up from deep within ourselves with what we have been hoping to receive from humans or from the realm of time and space, we connect with the source of what we have been seeking. And we realize, *it is with me, it is within me, it has been here all along. Not for one moment can I be separate from what I have been adoring, from what*

---

***There really is no separate, individual ‘I.’ There really is no separate, individual ‘you.’***

## Sri Swami Shankarananda Giri

“Self-control is vitally important, for it frees you from misery-producing greed. It is your passport to freedom, peace, and

*I have been longing for. Anything that you have been seeking or longing for or wanting, and thinking that it comes from outside, fill yourself up with the energy of that. Fill yourself up with the source of that, the source of all fruition, the source of all happiness, gladness, and delight, the source of beauty, strength, and balance, the source of positivity, faith, and trust, the source of self-respect, the source of I recognize you, I recognize myself. I recognize that all of this is the One and the only thing I have ever seen or experienced all the days of my life has only ever been the One. All of this is the Self, and there is only one Self.”*

illumination. Guide all thoughts, desires, and actions to the Beloved One. Begin now to feel that the Beloved resides within your heart,

that the Beloved works through you, that you cannot live without the Beloved for a moment; dedicate all actions unto the Beloved who alone is worthy of worship. Relax, rest, and abide in the word of Truth, the eternal truths, until you touch the great Silence. Then listen to It speak through you. Your mind will be transformed, full of light and love and peace. Purity

## Sri Swami Premananda Giri

“Devotion is a purifying power. Love cleanses all impurities. To a devotee, everything is holy, because he has learned to perceive holiness in all. He sees God everywhere. A devotee always thinks of himself as holy and pure, because he knows God resides in

## Paramahansa Yogananda

“One may learn the truth in two ways: by undergoing many good and bad experiences, or by cultivating wisdom. Choose which you prefer. Krishna said, ‘The attainment of wisdom immediately bestows supreme peace.’ Jesus said, ‘Seek ye first the kingdom of God.’ If you are seeking something

## Shyamacharan Lahiri

“Meditation leads us into the kingdom of the inner light wherein we perceive the supreme Self, the Self of our self, the God of our

of heart will reveal to you the presence of the Beloved, the all-wise Spirit. Through meditation you will enter the kingdom of perfection, the consciousness of infinite oneness. It will instruct you in the way you should go; It will make the crooked paths straight; It will be unto you the law of harmony, abundance and companionship.”

him. He sees, feels, and lives in holiness. If a church, a temple, a mosque, or any house of worship is to be considered holy because a symbol of God is placed in it, then how infinitely more holy a man himself must be in whom resides the living God?”

else first, you will surely be disillusioned. Each man rationalizes, ‘Well, others have been deceived, but I won’t be.’ Nevertheless, he will be deceived. The only experience that is real, the only experience that brings happiness, is awareness of the presence of God.”

soul. The ultimate goal of all our knowledge and realization is our real and spiritual Self.”



# Joy of the Infinite

Sri Swami Nityananda Giri

We are invited to check in with ourselves. Sometimes our journey feels like it is a highway. Sometimes it feels as if our forward movement and our pace are so rapid we wonder, *Do I even have time to pack? If that occurs, remember, I have what I need. I will find out what I need to do when I get there, wherever it is that I am going.* Sometimes our journey is rapid, and sometimes it feels like we are putting one foot in front of the other along a gravel road.

It is compassionate and wise to remind ourselves that both of those experiences are natural.

**Put one foot in front of the other. You do not have to make the journey in a single leap.**

They are both part of life, part of the journey. It does not mean that we are doing something wrong if it feels like we are walking slowly along a gravel road. It does not mean we're doing something right if we feel like we are on a super highway. May we remain steady and calm, kind and caring, remembering to be in constant contact with pure love and pure light.

Remember that no matter how fast we are moving, there is

a still point right at the center of our heart, right at the center of our being. Always honor that still point. Always be in contact with it. That is the only thing that is real, the only thing that matters. In those moments when we feel as if we are moving too quickly to even see the scenery that is blurring by, remember the still point. It takes only a single breath, only a single heartbeat of attentiveness, awareness, remembrance, of opening to what is, opening to Reality.

We are here to remind ourselves and to encourage everyone else. When we focus on the still point at the center of the blur of all motion, we are in contact always with what is steady

and real. If we ever feel becalmed, as if we are out on the water in our boat and we are wondering what happened to the wind, remember the Divine has placed us there for a reason, too. The yogis remind us, and Yogananda is absolutely clear about this: Put one foot in front of the other. You do not have to make the journey in a single leap.

# Swami Shankarananda's Pearls

Sri Swami Shankarananda Giri

- ॐ “Steadfastness in the Yoga of Self-knowledge” is a wonderful translation for an aspect of spiritual philosophy that is known as Jnana Yoga, wisdom. Self-knowledge differs from knowledge.
- ॐ So long as we focus on finite knowledge, we cannot be content, free, happy, secure, or at peace. We can be relatively secure, but not supremely secure.
- ॐ If you are not living in joy, I guarantee that you are holding onto something that's been painful, without exception. Negative memories always relate to blame, shame, and guilt. I call them the three stooges. See if you are carrying the three stooges along with you.
- ॐ Drop all the negatives you introduce. The moment you say, “I am not happy,” you are disconnecting from the stream of pure joy, love, wisdom, blissfulness, and creativity. Please watch your language. Mind your own business, which is is-ness, the business of being.
- ॐ Scripture reminds us that when you pray for anything, believe that you have received it, and it will be done for you. Whatever you image of a positive nature, zero in on that. Use the experience as the springboard for divine decision: *I want to feel exaltation, exuberance, aliveness, expansiveness, well-being, gratitude. Universe, show me what I need to do to experience all that. Show me in a way that I can relate to such joy, that I'm ready to accept it, that I have the capacity to receive it. I give you thanks now that you've heard me. I know you are always hearing me.* Then allow yourself to experience the well-being. What is the point of asking unless you allow yourself to receive?
- ॐ I wonder how many of us commit ourselves steadfastly to being a magnet for divine love? How many of us get up in the morning with the brightness of the day, welcoming it, and send forth a powerful intention such as this: I choose to be magnetized by divine love.

# Garland of Truths

ॐ “The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.”  
—**Albert Einstein**

ॐ “We do not believe in ourselves until someone reveals that deep inside us something is valuable, worth listening to, worthy of our trust, sacred to our touch. Once we believe in ourselves we can risk curiosity, wonder, spontaneous delight or any experience that reveals the human spirit.”  
—**E. E. Cummings**

ॐ “You know, it is one of the most marvelous things in life to discover something unexpectedly, spontaneously, to come upon something without premeditation, and instantly to see the beauty, the sacredness, the reality of it. But a mind that is seeking and wanting to find is never in that position at all.”  
—**Jiddu Krishnamurti**

ॐ “When you recognize the sacredness, the beauty, the incredible stillness and dignity in which a flower or a tree exists, you add something to the flower or the tree. Through your recognition, your awareness, nature too comes to know itself. It comes to know its own beauty and sacredness through you.”  
—**Eckhart Tolle**

ॐ “When we look for what’s best in the person we happen to be with at the moment, we’re doing what God does, so in appreciating our neighbor, we’re participating in something truly sacred.”  
—**Fred Rogers**

ॐ “To the poet, to the philosopher, to the saint, all things are friendly and sacred, all events profitable, all days holy, all men divine.”  
—**Ralph Waldo Emerson**

# Light of the Upanishads

Amritabindu Upanishad  
(translated by Eknath Easwaran)

## Verses 13–22

The Self appears to change its location but does not,  
just as the air in a jar  
changes not when the jar is moved about.

When the jar is broken, the air knows not; but the Self  
knows well when the body is shed.

We see not the Self, concealed by maya; when the veil  
falls, we see we are the Self.

The mantram is the symbol of Brahman; repeating it  
can bring peace to the mind.

Knowledge is twofold, lower and higher. Realize the  
Self; for all else is lower.

Realization is rice; all else is chaff.

The milk of cows of any hue is white. The sages say  
that wisdom is the milk  
and the sacred scriptures are the cows.

As butter lies hidden within milk, the Self is hidden in  
the hearts of all.  
Churn the mind through meditation on it.

Light your fire through meditation on it: The Self, all  
whole, all peace, all certitude.

“I have realized the Self,” declares the sage, “who is  
present in all beings.  
I am united with the Lord of Love;  
I am united with the Lord of Love.”

OM shanti shanti shanti

# Guided Meditation: The Energy of the Smile

Sri Swami Nityananda Giri

When you are ready, I invite you to place your hands on your thighs, palms turned up. This reminds us that we are opening to receive directly from pure awareness, from the One, from responsiveness itself, the sweetness of truth, of reality, of clarity, of calm, of peace, of dynamic, vital, creative, pure-hearted, glad energy. Connect with your feet upon the earth, consciously reminding yourself that we are here willingly, generously, interconnected with all of life, filling ourselves with the energy of the earth and the sky and the tall trees and the sun, the moon, the stars, the waters, the air, reminding ourselves that we are connected and supported.

This energy of stability and poise and balance is also present at the base of the spine. At the base of the spine, connect with the foundation of steadiness, of generosity, and then from that beautiful stability that we all carry within ourselves, allow the energy to spire up the spine, melting away blockages, confusion, congestion, illusion, melting away pain, melting away the fog of separateness. Visualize that your entire spine is a column of light, and at the space

between the eyebrows at the center of the forehead is a vast, expansive awareness. Awareness that is beyond the individual. Awareness that connects us to the whole, to the One, to the All.

And then from there, flow your attention down to the heart and see if you can enjoy, really allow yourself to revel in, to relish, the delicious sweetness of the Divine within your own heart. This is the energy of innocent, pure, kind, affectionate awareness, the energy that brings a spontaneous, sweet, tender, pure-hearted, half-smile

to your face. Allow that energy of the smile to fill your face, to soften the area around your eyes, and to fill the heart to overflowing.

Connect with the energy of the smile within your heart and invite that energy to fill the entire body. As we smile throughout our body, anywhere within our body where we have been holding on to frown energy relaxes. You might find that your body gives an involuntary sigh, a release, a feeling of relief, and of letting go. This is the energy of the smile that says to your body, *I am safe. I belong. I am loved. I am cared for. I am cherished.*

Give permission for the energy of the smile to sweep through your body and your heart and your mind and life and to harmonize and energize and activate the energy of the smile within you. Allow that energy to embrace you, to embrace your human self that sometimes feels sad, that sometimes feels lonely, that sometimes cries, that sometimes believes in the illusion of separateness. Allow yourself to be loved, held, cared for, nourished, and reminded of what is true, what is real, what

The energy of the smile is the energy of That which shines within each of us. It is the energy of the One that is within us and that is within everyone and everything. The energy of the smile is a doorway in the midst of daily life into Oneness, into awareness, into reality, into connectedness, into our true nature. When we are in contact with our true nature, illusion melts away. Fear melts away and we actually are able to see and feel and hear and taste and touch and have constant contact in daily life,



matters, by that gracious, sacred, blessed, kind, dynamic, inventive energy of the smile. Then, in stillness and in purity, set an intention that at any time your human self forgets and allows itself to engage the frown muscles, you will come back to the energy of the smile. You will bring yourself back consciously to the balance and the equipoise and the awareness, the affection, the innocence, the purity of what is highest and best, of what is awake, of what is free and liberating and possible for ourselves and for everyone else in daily life.

in our humanness, in the midst of our tasks, with the awareness that all of this is the One. All of this is the Self. All of this is the Supreme.

The Upanishads tell us that all this is Brahman. If we take that one teaching to heart, if we truly live that one teaching, we live in bliss, we live in love, we live in freedom, in steadiness, in gladness, in kindness, in caring, in generosity always. All the days of our lives we dwell in the house of the Lord. Goodness and mercy follow us everywhere we go.

# Quotes from Mirabai

“Don’t forget love;  
it will bring all the madness you need  
to unfurl yourself across the universe.”

“O my companion, worldly comfort is illusion,  
As soon you get it, it goes.

I have chosen the indestructible for my refuge,  
Him whom the snake of death will not devour.

My beloved dwells in my heart all day,  
I have actually seen that abode of joy.

Meera’s lord is Hari, the indestructible.

My lord, I have taken refuge with you, your maidservant.”

“I have felt the swaying of the elephant’s shoulders;  
and now you want me to climb  
on a jackass? Try to be serious.”

“I want you to have this,  
all the beauty in my eyes,  
and the grace of my mouth,  
all the splendor of my strength,  
all the wonder of the musk parts of my body,  
for are we not talking about real love, real love?”

“Some praise me, some blame me. I go the other way.”

“I went to the root of things, and found nothing but Him alone.”

“I know a cure for sadness:  
Let our hands touch something that makes your eyes smile.”

# Spiritual Readings

*Spiritual Notes to Myself: Essential Wisdom  
for the 21st Century* by Hugh Prather

Ananda

Hugh Prather (1938-2010) was an author, minister, and counselor best known for his first book, *Notes to Myself*, a journal that was first published in 1970 and has sold over five million copies in 10 languages. He went on to publish 13 other books, including *Notes on Love and Courage* (1977) and *Notes to Each Other* (1990).

In the foreword to *Spiritual Notes to Myself* (1998), Prather admits the limitations of his thinking in the late 1960s. His journal was primarily focused on the self and ego as he says he lacked “the *experience* of what connects us.” Now he states, “There is a way to have growing fulfillment, a deepening peace, and an unreasonable happiness free of circumstances and events. It lies in recognizing what binds us together.” The answer for him is God.

With this in mind, I was surprised by the first note, “Some-times I get the feeling that God

has pets and I’m not one of them.” Then I recalled why I liked his first book so much—his spiritual thoughts were filtered through the mind of a very real person. That relatable voice continues in this book, as he shares his thoughts about and experiences of God in every aspect of life.

The book concludes with a story called “Rowing Home” followed by a spiritual interpretation of the song *Row, Row, Row Your Boat*. Prather reveals how the song’s joyous tempo and words encourage gentle action to keep God’s vessel flowing in the stream of Love. He notes that “you get four merrilies for every three times you

row” and “when you dream gently, when you float in the dream, and when you take the dream as it comes—remembering that your boat is in it but that you are not—then you infuse the dream with many merrilies.”

---

**You get four  
merrilies for  
every three times  
you row.**



# Divine Comfort

Padma

**“Comfort ye, comfort ye my people, says your God.”**

—ISAIAH 40:1

When I think of comfort, I associate it with the common usage of the word—as a noun, ease, well-being, contentment, abundance; as a verb, giving support, encouragement, solace. It’s a quality that, given, received, or simply noticed and appreciated when present, helps us relax and feel loved, cared for, safe, and that all is, or will be, well. It’s a quality that the Divine shares with us and we share with one another.

---

**We have the power to choose the path of self-liberation.**

People have always sought comfort, although comfort can mean different things at different times, much as Maslow’s pyramid of needs illustrates, beginning with basic physical needs such as food and shelter, rising through love, belonging, and self-esteem, and culminating in self-actualization. We see people today in need of all these comforts—for food and shelter, for relief from fear, anxiety, grief, sickness, loneliness, or addiction,

and for the ultimate comfort of realizing our oneness with the Divine.

Recently, I came across an article that mentioned the Latin roots for *comfort*. It comes from the Latin *cum*, which, depending on its usage, can mean *with*, or *when*. *Fortis* can mean *strong, powerful, mighty, vigorous, steadfast, courageous, brave, and bold*. So, while *comfort* is still the soft-seeming, loving embrace of support we’ve come to think of it as, it’s also much more than that. Isaiah is letting us know that when God says, “Comfort ye,” we are actually

being called to meet whatever we are facing with bold, steadfast, vigorous courage and strength.

In his commentary on the *Bhagavad Gita*, Swami Premananda says: “Let thy consciousness be awakened to the knowledge of the distinction between the path of self-liberation and the way that leads to self-bondage.” Isaiah and

Photo by Annie Spratt on Unsplash



Swami Premananda are reminding us that we have the power to choose the path of self-liberation and to act from the power of all the divine qualities enshrined within us. Love, compassion, strength, generosity, peace, harmony, and

guidance are always available to us, for us, and for our use. Let us stand strong and steadfast and share that comfort with all.



Sri Swami Nityananda Giri

---

**QUESTION:**

*I FEEL SAFE AND PROTECTED IN THIS TIME OF PANDEMIC. YET OTHERS HAVE SHARED THEIR INTENSE FEAR, OFTEN TRYING TO INSTILL FEAR IN ME. I GET MAD SOMETIMES ALTHOUGH I KNOW IT'S THEIR OWN FEAR SPEAKING. COULD YOU SPEAK TO THIS?*

---

**ANSWER:**

That is a very helpful question. It is a good reminder. We receive invitations from the world to engage in fear. This is just part of what the world does. So that is why the yogis have always offered us teachings to remind us that in our true nature we are of fearlessness. We are of courage. We are of love. We are of heart.

And they also tell us that a yogi is able to see the light that is present everywhere, even in what looks like darkness to the world. That is the vision each of us is invited to cultivate. Another way to say that is, in the presence of fear or behind the fear, is love that has forgotten its own nature and its own name.

One practical recommendation I would give: In the moment, practice compassion rather than empathy. Compassion is that which allows us to find a way forward. Empathy is like swimming with someone who starts to go down and you allow them to take you down at the same time. You are not able to help them if you are allowing yourself to enter so fully into what they are feeling—the pain, the fear, the sorrow, the struggle, whatever it may be—that you lose your connectedness with

the stability and the balance and the joy that yogis demonstrate at challenging times in their lives.

Anytime you see or feel fear in another or feel it within yourself, be compassionate. Practice awareness and say, *I am observing fear in myself. I am observing fear in another. I am receiving an invitation to identify with fear or to energize fear.* Come back to the energy of the heart. *I choose to activate love. I choose to activate courage. I*

*choose to activate self-remembrance. I am of love, I am of courage. I am eternal. I am strength. And I am choosing to connect with that energy of joy, and fill myself with love.*

Often that remembrance will silently share through us in a way that will be

of greater service than anything we say in words.

Another recommendation I would put into practice is: if we have been walking or texting or talking on the phone or working on a project with someone and then later when we are back in our own space we realize, *Oh! That person was feeling the energy of fear and while I was in their presence I felt the energy of fear also. I would now love to remind myself I am connecting to the earth beneath my feet and with the*

---

***In the presence of fear, or behind the fear, is love that has forgotten its own nature and its own name.***



Photo by Michael Pfister on Unsplash

sky above me. I am compassionately extending blessings and courage and strength and whatever is optimal to that person, for that person. I am doing it in consciousness. If I am guided, I will do it outwardly as well. And then give yourself permission to remember, I am of love, I am of courage, I am eternal, I am that which is unchanging. And so I allow myself compassionately to clear from myself any energy of fear that I may have allowed myself unconsciously to internalize and to carry.

That is the equivalent metaphorically of being a lifeguard. To be of service, we remind ourselves, I am on shore. I am steady. If you see somebody out in the water who does need a helping hand, you are able to respond, aware of your own strength, your own ability to keep your head above water, to remember what the truth is, what the light is, what the energy of

kindness and strength is within yourself. And that allows you to help as many as possible.

Gratitude and joy to every one of you because no matter where you are, you are being the energy of courage, the energy of kindness, the energy of joy, the energy of light, the energy of self-remembrance. You are the energy of solutions, the energy that allows people to connect with what is highest and best, and that which allows people to make their own way back to shore, and to be filled with that energy of, I remember, I remember! I did not need to be swept away by this wave of fear. I remember! I can surf! We are all just reminding ourselves that we are being the energy of surfing even in the midst of waves. It is magnificent being here in kind, steady, helpfulness.

# Now Is The Time

Hafiz 1320-1389

Now is the time to know  
That all that you do is sacred.

Now, why not consider  
A lasting truce with yourself and God.

Now is the time to understand  
That all your ideas of right and wrong  
Were just a child's training wheels  
To be laid aside  
When you can finally live  
With veracity and love.

Hafiz is a divine envoy  
Whom the Beloved  
Has written a holy message upon.

My dear, please tell me,  
Why do you still  
Throw sticks at your heart  
And God?

What is it in that sweet voice inside  
That incites you to fear?

Now is the time for the world to know  
That every thought and action is sacred.

This is the time  
For you to deeply compute the impossibility  
That there is anything  
But Grace.

Now is the season to know  
That everything you do  
Is sacred.



# Light of Vedanta

Taittiriya Upanishad

Speak the truth. Practice virtue. Seek wisdom. Gain wisdom and attain self-mastery. Thus prepared lead the life of love and happiness. Do not deviate from truth. Do not stray away from the path of righteousness. Do not neglect the welfare of others. Do not neglect your own spiritual unfoldment. Do not fail to practice your daily meditation and prayer. Do not fail to perform your duties towards the great souls and all other souls who have passed on into other planes of existence. Honor your mother as a goddess. Honor your father as a god. Honor your spiritual preceptor as a god. Honor your guest as a god. Perform only righteous actions and never unrighteous ones. Only those deeds which are of eternal value and universal

good should be accepted as righteous and spiritual. Honor great souls with reverence, service, and desire for wisdom.

Practice charity with love, wisdom, and humility, as a spiritual duty and with the consciousness

of soul's oneness. If doubt should arise in your mind regarding the righteousness of an act or conduct, then you should follow the example of only those spiritual men who are wise, competent, devout, kind, gentle, virtuous and lovers of truth and God.

This is the law of righteousness. This is the guidance of truth. This is the mystic doctrine. This is the essence of philosophy and religion. One must practice this. By this one must live his daily life.

---

***Practice charity with love, wisdom, and humility, as a spiritual duty and with the consciousness of soul's oneness.***

# Our Line of Teachers

## **Swami Nityananda**

Joyfully following the path blazed by our founding teacher, Swami Shankarananda, our presiding teacher, Swami Nityananda, emphasizes our connection and oneness with all life, selfless service, meditation, Self-realization, and unconditional love. She is dedicated to helping us apply these ideals in our everyday life and promoting the progress of all beings – our global family.

## **Swami Shankarananda**

The spiritual founder and preceptor of the Divine Life Church of Absolute Oneness in Baltimore. He was the disciple of Swami Premananda. Swami Shankarananda left the body on November 24, 2014. He appointed Swami Nityananda as his successor.

## **Swami Premananda**

A direct disciple of Swami Yogananda. Swami Premananda established the Self-Revelation Church of Absolute Monism in Washington, D.C.

## **Swami Yogananda Paramahansa**

He was the first of this line of gurus to come to America, and was the guru of Swami Premananda, ordaining him as a minister in India and later consecrating him as a Swami in America.

## **Swami Sri Yukteswar**

A man of profound wisdom, a great astronomer, and adept in the science of astrology. He was a self-dedicated humanitarian. He was the guru of Swami Yogananda Paramahansa.

## **Shyamacharan Lahiri**

He attained the supreme illumination of God-realization while living an exemplary family life. He was the guru of Swami Sri Yukteswar.

## **Aum Babaji**

A guru of divine revelation and a man of supreme compassion. He was the guru of Shyamacharan Lahiri.





# Awake Yoga Meditation

---

DARSHAN is a nonsectarian magazine dedicated to the preservation, perpetuation, and dissemination of the ideals and the philosophy of Absolute Oneness.

**Founding Editor** Srimati Shanti Mataji  
**Editors** Karuna and Padma  
**Design** Dhruv

Copyright © 2020 by DARSHAN  
Autumn Equinox 2020

410-435-6121 | [AwakeYogaMeditation.org](http://AwakeYogaMeditation.org)

---