



Awake Yoga  
Meditation

# Darshan

Autumn Equinox  
2021



# Sailing Through Foreverness

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 continue to be live streamed. Connect by Zoom, phone, or YouTube. You are also invited to join us in person at 11:00 a.m. on Sundays at Waldorf School of Baltimore, 4801 Tamarind Rd., Baltimore, MD 21209.*

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.



There is an eternal aspect of ourselves—infinite, non-physical, non-local, limitless—that knows no pain. That aspect of ourselves never had a single question, has never known doubt, fear, distraction, strain, struggle, or stress. That is the true nature that we are forever. Every one of us is that nature. That's what Adi Shankar called "One without a second." At this level of Oneness, we're there already. That's the aspect in all of us that is sailing through foreverness, that has never known anything but free sailing.

We're inviting ourselves to relax back into foreverness, to allow ourselves to be supported by foreverness always. When we feel strain or struggle, when we find ourselves leaning forward, eyes popping out and thinking, "I need to fix this now," it's a sign that we're not relaxing into foreverness. When that happens, we feel disconnected. We feel as if we have a limited amount of energy, or time, or friends.

A yogic teaching tells us that in the realm of time and space, everything arises and everything crumbles. It's an honest, aware, compassionate teaching. It says

that everything that is possible to see with human eyes is beautiful, tender, and so fragile. It is so brief. It is so ephemeral. So love it for that. Love it in that. Love it through that, and also know it crumbles. Jesus says this realm of time and space is where things burn and rust, where treasures are stolen. Everything vanishes in the realm of time and space. When anything seems to fail you, or seems to fall, falter, or fall short, rest in *shesh*.

*Shesh* is a Sanskrit word that means "that which remains." It is the cosmic support on which even God rests. It is there at the bottom of everything. There is never a moment without perfect support. Perfect support cradles every cell in your body and says, "You are tender. You

are precious. You are beloved. You are divine." Perfect support kisses you on the forehead with the love of a perfect mother, father, aunt, or grandfather. Perfect support is the friend that holds your hand exactly when you need your hand held. Perfect support also has the ability to smack you on the behind if that's what you most need. Perfect support says, "I love you so much that I'm going to tell you that it is time to move forward."

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***It is there at the bottom of everything. There is never a moment without perfect support.***



Photo by Dim Hou on Unsplash

Perfect support is with us always yet humanly we don't notice it until things change or seem to falter. Please know with every fi-

**When we connect with infinite support, we stop feeling cut off, as if there is not enough.**

ber of your being, with your entire heart, that in every moment of your existence you are held in that field of support. You are eternally

and fully blessed by that field of perfect support. Just come back to *shesh* and remember to rest into foreverness. You are cared for and nurtured by that field of support. When we connect with infinite support, we stop feeling cut off, as if there is not enough. We're connected with the ocean of support, with infinite resources, healing, grace and creativity. We're inviting ourselves to remember that. We always have supreme support and comfort.

# The Healing Touch

Sri Swami Shankarananda Giri

The consciousness of perfection acts as a healing influence in our environment. When Jesus went to the land of Gennesaret, the people heard of his arrival and brought the sick to him that these sick might touch the hem of his garment. And as many as touched the hem were made perfectly whole—not just whole, but perfectly whole. Is “the hem of his garment” merely a figure of speech, a poetic expression? Or is there something sublimely mystical and transcendental about that expression?

These sick people believed that to touch the hem was all that was necessary, and they were right. Our sickness really is our mistaken belief that we are separate from God; therefore, if only we could reach God in consciousness, we would be well. Then we develop homesickness—Om-sickness—because we want to be perfectly whole. The first condition for perfect wholeness is the conviction that if we touch any aspect of God's nature we will be perfectly whole throughout. That means, if we touch this world with the love of God, we will be made perfectly

whole. This healing is no temporary amelioration, no patch-up job. When we do a patch-up job, we simply keep patching one concept with another concept; and then we wonder why we are still sick, miserable, frustrated, and angry. Our ills persist because we have not touched the hem of the garment of that healing presence.

The garment of God is the whole cosmic manifestation. The hem of that garment is the individualized expression of that divine manifestation and manifestor. How beautiful! Do we realize that our every thought and feeling permeate our garments and radiate into the furniture we sit on, into the dishes we use, into everything we touch? Then

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whoever touches the hem of the garment into which we radiate our consciousness receives our radiation.

It is not sufficient to look at the hem, we actually have to touch it. That means we need to experience that divine radiation. We must come in personal contact with the divine radiation the way the sick ones did. All who touched the hem of his garment were made





# Spiritual Charity

Sri Swami Premananda Giri

Charity is the noblest of all virtues because in the performance of charity we unfold, as well as manifest, all the qualities of righteousness and moral excellence. Charity is the very essence of our spiritual life. It is the fulfillment of our ethical idealism. Charity is an innate quality of our soul. Desire to perform deeds of charity springs forth from our innermost self. It is an integral part of our spiritual nature. An inexplicable feeling of inner joy pervades our entire being when we accomplish acts of charity. The abstract qualities of love and benevolence become real to us in the actualization of our charitable inspiration. Kindness and goodwill assume tangible form when the spirit of charity is consummated into action. When the ideals of charity quicken our mind and heart, all consciousness of self-limiting finiteness vanishes from within us. In the performance of deeds of charity we become the revealers of the perfection of God.

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**All consciousness of self-limiting finiteness vanishes from within us.**

The idea and the ideal of charity are hidden within the soul of each of us. We are charitable by nature and disposition. Our response to the appeals of charity is spontaneous. We love to be helpful and charitable. This nat-

uralness of the quality of charity within us arises from our intuitive realization that we all live by the beneficence of charity. Each of us is dependent on charity for our life and existence. All the essential qualities of our being are endowments from our heavenly Father. Our intelligence, life and love are but charity unto us from the divine Benefactor. Above all, our very soul is a gift of God unto us. We are charitable in our heart because our soul intuitively knows that we live by the benevolent bounty of God.

Innumerable are the ways by which we may give expression to our feeling of charity. Yet, broadly speaking, all forms of charity may be classified under two groups, namely, material and spiritual. All types of charity wherein are offered things of physical nature and objects of external value are called material charity. Spiritual charity consists of gifts of soul-substances which are everlasting in their reality and divine in their consequences. Material charity is beneficial to the well-being of our society, but spiritual charity is vital to our existence. We need more abundantly the benefactions of spiritual charity to make our life on earth truly progressive and peaceful.

perfectly whole. O what a sublime recognition, that when we touch the manifestation of God we touch God as well, because there is no

***When we touch the manifestation of God we touch God as well, because there is no separation!***

separation! We are then touched with divine love.

We use the expressions, “Stay in touch,” or, “Keep in touch.” Are we keeping in touch with the divinity within us? We have to change

the quality of our touch. The healing touch is a commitment to be in touch with the divinity that is all around us. The hem of the garment is the outermost part of this universe, the outermost garment of the divine. The divine wears many dresses, many garments. If we but touch the hem of that garment with the consciousness, “I am touching the perfection of God; I am now in touch with the divine in the universe,” we will experience wholeness—physically, mentally, and spiritually.

Photo by Parastoo Maleki on Unsplash

# Warp Speed

Srimati Shanti Mataji

A man hitched up his fastest horse to his cart, which was rather old and was banged and chipped. In fact, one wheel had a piece broken off in its wooden rim, so that with every turn of that wheel, there was a decided thump and bump.

With his family safely seated in the cart, the man urged his horse to move along, at first slowly, then a hearty walk, and then to a trot and a canter. The faster the horse ran, the faster the broken wheel turned, and the faster the bumps the passengers all felt. As the man pushed the horse to go even faster, the ride became bumpier and bumpier.

Time, that elusive factor of third-dimensional existence, seems to be moving faster and faster, as our experience tells us. We think the speeded up time is bringing us into the future at ever greater speed—and in one

sense, so it is. At the same time, the “forward” speed of time is also speeding up the process of dragging forth unfinished business from the past—people unforgiven, events and circumstances not yet understood or healed, issues not entirely resolved, personal relationships still a source of pain, memories still raw.

So while we are moving forward at what seems like warp speed, paradoxically the unhealed ghosts of the past are being dragged forward into our awareness more speedily, like the fast-moving horse pulling the broken cart wheel even faster, so that the bumps may seem more con-

stant than the state of peace and calm.

If our life feels a bit bumpy right now, it is all to our good to use the past remembrances as opportunities for advanced healing!

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***Time is...  
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# The Purity and Perfection of a Newborn

Karuna

Cradling the precious little bundle that was my newborn granddaughter, I couldn't help but feel the presence of God. Love and wonder flooded every cell of my being. She was and is purity. She was and is perfection. The memory of holding my own daughter as a newborn, beholding her purity and perfection, helped me see her through some very difficult years when she was a teenager. Despite everything that was going on at the time, I could always return to that recognition of perfection when she was a newborn.

It's easy to feel the presence of God when we are holding a newborn. It's often more challenging to feel the presence of God when we're experiencing the heartbreak of a devastating loss, or in the midst of a seemingly unsolvable problem. In all moments, even in the most unspeakably painful ones, we are invited to see everything from the standpoint of Oneness, where labels such as “good” or “bad” just don't apply. Every day gives us countless opportunities to practice trusting in the unerring presence of God. When we transcend the consciousness of duality and see all of life through the lens of Oneness, we see God everywhere. In the light of God,

everything we perceive—*absolutely everything*—is transformed into a symbol of purity and perfection. How do we come to this awareness?

We can start by recognizing that each of us was once a newborn who came into the world as an expression of pure, divine love. Over time, however, we have allowed ourselves to identify with the false narrative that something is wrong with us, that we're not good enough, or that we are limited.

We need to wash off the dirt and grime we have accumulated from living in this realm of time and space, so that our true nature can shine through. Instead of identifying with a limited vision

of ourselves, we can focus on the pure, beautiful, expression of divine love that we are, have been, and always will be.

We can bring into our meditation the feeling of being held in the arms of Awareness itself—loved as totally and completely as a newborn child. May we experience the sense of being so beloved that we can extend that loving self to all we encounter. May we recognize the inherent perfection of ourselves and all beings. May we see everything as God, and God in everything.

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***Through the  
lens of Oneness,  
we see God  
everywhere.***

# Revelations of a Cosmic Traveler

Sri Swami Nityananda Giri

We are invited to dwell where all finiteness is extinguished in pure, clear, direct awareness that is already right here. We are invited to recognize the whole sea of suffering, viewed with clarity, is also not separate from the sea of Bliss, the sacred resounding Aum. When we recognize that all beings can awaken, we honor all and disparage none. We recognize, silently, *You will certainly attain Buddhahood! You will live in pure light!* We serve Awakeness within

***We are the divine singer, and the song, and the one who hears and smiles and recognizes at last that we have been living in pure love all along.***

each human sister and brother on the planet.

In the *Bhagavad-Gita*, Krishna, divine playful voice of wisdom and pure love, guides us to melt the mind into stillness, to devote ourselves to light, choose kindness, and let go of seeking a particular outcome from our actions. Step by step, we thus move ever deeper into the truth that is already

here. The divine, playful voice of wisdom and pure love is our own heart song calling us to remember, to wake up, to know with delicious awareness we are the divine singer, and the song, and the one who hears and smiles and recognizes at last that we have been living in pure love all along.

When the boundaries of the small self melt away, we realize we have always been one with all of life. We realize that we are Bliss itself, Stillness and Light, the absolute and the relative, the infinite and the whole realm of time and space. Never have we been separate.

We wake up from a dream, an illusion that causes pain and sometimes destructiveness. We remember we are pure, ever-new joy. We are light, healing, kindness, caring, harmony, forgiveness, blessing, oneness. We are simply here to share life, to allow life to share through us, in whatever ways are highest, most helpful, and of service.

# Cicada Symphony

Murali

It's July and the cicadas are gone from the forest near my home. Their loud droning has stopped and I find myself missing it. I got attached to their unique symphony of clicking and buzzing. There are still some summer bird and cricket noises, but mostly it is quiet. I had forgotten what this natural state of stillness was like and must now readjust.

Spiritually, this is the same adjustment we all must make. In childhood, an ego or egoic identity is formed within each of us, within our conditioned minds. Ego is nothing more than an ever-changing image or idea of ourselves. Our self-image may be positive or not so positive based mostly on what others told us about ourselves. However, even the most positive self-image is still only an unreal image. It is totally made up.

All egos or self-images make a lot of noise. They constantly tell us what is true about ourselves and provide opinions about every experience—past, present, and future. We grow up seeing that everyone pays a lot of attention to the voice of their self-image and so we do the same. We get attached and addicted to that narration and its point of view. We believe that

its perspective is relevant to every situation and especially those it perceives as an obstacle to happiness.

Just like the cicada's noise, our attention seems to effortlessly go towards the voice of our self-image. It feels completely natural to listen and follow because it is the loudest and most demanding part of our experience. The voice seems so fundamental to our identity that it's difficult to imagine not following its direction and impulses.

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***Even the most positive self-image is still only an unreal image.***

Gratefully, a deeper impulse also arises to discover what exists beyond self-image, opinions, and beliefs. The impulse guides us to simply allow our self-image and its noisy narration and its noisy narration just to be as it is. We let go of trying to control or change the buzzing and clicking just long enough to notice that there is something else that is always present. We notice a conscious ever-present silent peaceful background that is never diminished or altered by any limited self-image that arises within it. This mysterious, timeless, changeless presence is forever ready to reveal itself when we acknowledge it and offer it our loving attention, cooperation, and devotion.

# Teachings of the Gurus

## Sri Swami Nityananda Giri

“There is a practice from the Buddhist tradition said to originate because a student of the teachings couldn’t remember anything. He would try and try to remember a phrase and after six months, he would still forget the phrase. His teacher finally said, ‘Okay, here’s the practice for you. Here is a cloth to clean the temple, and as you clean the temple, say to yourself inwardly, *Clean the dust, purify the mind.*’ That was the only practice that this student engaged in. The student cleaned the temple, quietly, inwardly saying, *Clean the dust, purify the mind,* and realized the truth. That is how powerful this practice is. For those of you who like cleaning, and for those of you who don’t like cleaning, practice this. It absolutely works. It works if while brushing your teeth you say, *Clean the dust, purify the mind.* It works if you’re cleaning the car: *Clean the dust, purify the mind.* It works if you’re getting

dust off things in your house, or you’re down mopping the floor: *Clean the dust, purify the mind.* You can feel directly the spiritual energy of purity, clarity, and awareness. It’s also consistent with a teaching that comes from our line of teachers. Lahiri says, without inner purity, there is no progress spiritually, so this is a direct way to help yourself move forward. No matter what your chores are, *clean the dust, purify the mind,* and allow yourself to feel the freedom and sparkling energy of wisdom that we access as soon as we connect with the energy of purity within ourselves. Practice it for a week and notice what you notice. It’s fun. It’s joyful. It’s really freeing. And it reminds us that our own true nature, our natural state of being, is the energy of joy, which is one with supreme joy, wholeness, kindness, happiness, and gladness.”

## Sri Swami Shankarananda Giri

“Forgiveness is really all about self-forgiveness. Every form of

forgiveness is self-forgiveness. You know what happens when you

believe God will forgive you, or you turn to God to forgive you? You’re raising your consciousness to a level of acceptance of God’s love, which then abolishes the thought that there’s anything to forgive. When you turn to God for forgiveness, it’s because you believe that there’s a power greater than your unforgiveness, a power that has the power to replace the unforgiveness with forgiveness. And there is such a power. It’s love.

## Sri Swami Premananda Giri

“Self-knowledge is the surest foundation of self-advancement. The spirit of progress is inherent in our fundamental nature. The desire for the ever-increasing betterment of our life is not forced upon us by environmental circumstances, even though these indisputably have a stimulating effect upon it. The motive power of all progress, objective as well as subjective, is innate in our soul. Like the unfolding lotus we grow from within. We long for progress because our soul yearns for its

Love is at the heart of forgiveness. Forgiveness is the gift of love. Through forgiveness one truly bears witness to the all-pervasive and all-embracing power of love. What is life for, if not to give love for hatred? To give understanding and compassion for judgment and unforgiveness? Let us abide in the spirit of love, and we will be permeated with the gift of forgiveness.”

advancement. Self-advancement is the impelling force of all our actions and achievements. In the final analysis all our desires and deeds are prompted by the creative ambition for self-improvement and self-betterment. The magnificent accomplishments of civilization are but the results of the fulfillment of man’s aspiration for his own progress and perfection. It is the growth of man into a superior realm of perfection that brings about a higher state of civilization.”

## Paramahansa Yogananda

“What you are is much greater than anything or anyone else you have ever yearned for. God is manifest in you in a way that He is not manifest in any other human

being. Your face is unlike anyone else’s, your soul is unlike anyone else’s, you are sufficient unto yourself, for within your soul lives the greatest treasure of all – God.”

## Shyamacharan Lahiri

“Like nature revealing its own glory, the soul of an enlightened man manifests the celestial beauty

of its innate divine qualities and righteousness.”



# Joy of the Infinite

Sri Swami Nityananda Giri

The essential nature of pure consciousness pervades the entire universe. It inspires the world to dance to its tunes. There's a divine hum, a divine song, a divine angelic choir that's always singing to each one of us. If we allow ourselves to feel this divine resonance, doorways will open for us.



I give myself permission to be myself in my true nature, in that joy in which we all live and have our being. I give myself permission to be blissfully happy, to be blissfully free right in the midst of my daily activity.



Let go of the idea that there's anything wrong. Let this be your practice. Anytime we notice anything other than joy, that is a sign of resistance. Just say, "Divine Grace, here's something else I can let go of. I give it to you, my divine valet! Carry it for me, please." It is so simple. This practice is very clear and very pure and has the effect of opening a doorway between us and infinite joy.

No matter what we as human beings create for ourselves, no matter how hilarious or difficult, in truth we're always standing on a foundation of joy. In that joy we live and move and have our being.



The grace of God is always sharing itself with us in the form of intuition, inspiration, and healing. There's a pure life energy that comes rising up that we become one with. That is our true nature.



Celebrate the presence of the Divine right where you are. It is with us every step of every way. It laughs with us, wipes away our tears, helps us grow, helps us expand. We're held, we're comforted, we're safe, we're protected the entire time we're in embodiment. Connecting with that safety and that security, give yourself permission to be blissfully happy. Expand that energy. Let there be an ocean of divine companionship right there with you. Send it forth to all beings in all planes of existence.

# Swami Shankarananda's Pearls

Sri Swami Shankarananda Giri

To experience joy is very simple: Give loving attention to others. When you are miserable, see what happens when you think of the well-being of others. You are going to start feeling better, and when you start feeling better, your joy quotient increases. It's as simple as deciding that it's more important to experience joy than to live in misery.



Seek to realize joy within yourself because that's the only place lasting joy is found. You cannot seek your joy unless you decide to look for what is best within you amidst everything else that you think is not the best.



The basic question you have to ask yourself is this: What state of consciousness do you want to live in for the rest of your life—not just today, but the rest of your life? Out of what state of consciousness do you want to observe the world? Once you've decided, I guarantee that you will attract every means imaginable to make your choice your reality.

Bliss is God. You'll never realize God unless you make up your mind to live in joy. Bliss is the fulfillment of joy.



Whatever you worry about or give your loving attention to will grow in your life. If you don't want to continue manifesting what you don't want in your life, then you need to be very firm with yourself and say, "I'm going to gain mastery over my mind. I'm the boss of my mind." You can offer this intention with vigor: *I choose self-mastery because I prefer to be in charge of my life.* When you are in charge of your life, you are free.



If you say, "I am going to give my loving attention to what I want to feel and know, experience and realize," then you are energizing what you want with the power of love. Love connects you with anything you seek to know or experience. It will bring to you the feeling of anything else that you want to feel—joy, peace, freedom, gratitude, harmony, well-being.



# Garland of Truths

“Love is seeing God in the person next to us, and meditation is seeing God within us.”

—Ravi Shankar



“Cleanse the mirror of your heart, and you will see God.”

—Neem Karoli Baba



“Nothing else but seeing God in everything can make us loving and patient with those who annoy us. When we realize that they are only the instruments for accomplishing His purpose in our lives, we will actually be able to thank them (inwardly) for the blessings they bring us.”

—Hannah Whitall Smith



“When a person is resolute (determined, sold out, dedicated, single-minded) in his faith and recognizes God’s Presence everywhere, he is protected from all sides.”

—Gloria Copeland

“When men search for God with their bodily eyes they find Him nowhere, for He is invisible. But for those who ponder in the Spirit He is present everywhere. He is in all, yet beyond all.”

—Symeon The New Theologian



“The highest condition of the religious sentiment is when the worshiper not only sees God everywhere, but sees nothing which is not full of God.”

—Harriet Martineau



“When you look out of your eyes, at nature happening out there, you’re looking at you. That’s the real you. The you that goes on of itself.”

—Alan Watts



“The moment I have realized God sitting in the temple of every human body, the moment I stand in reverence before every human being and see God in him—that moment I am free from bondage, everything that binds vanishes, and I am free.”

—Swami Vivekananda

# Light of the Upanishads

Svetasvatara Upanishad  
(translated by Swami Premananda)

That One whose mystery of self-manifestation eludes the grasp of sense perception and mental comprehension, who is omnipotent by his inherent power, who is law and the guide of the entire manifested universe, who alone is the origin, existence, and perfection of all, those who realize their identity with him attain immortality.

Brahman is one, the eternal reality of pure consciousness. Therefore, the wise, who have gained the realization of Brahman, never accept a second. By his own power he has manifested himself as his creation. He is the indwelling self of all. He is the creator and the protector of all, and he draws all unto himself until each attains perfection in the

realization of absolute oneness with him.

He is the reality of pure consciousness. He is the substance of all creation. He is almighty. He is universal. He is the creator of heaven and earth. He is the intelligent and evolving life in man on earth and of the birds of the air.

The Lord of the universe, the omniscient one, who is the first cause and the source of the intelligence and life of all, may he enlighten our consciousness with wisdom.

O thou effulgent Reality, thou indwelling Self, thou source of peace, awaken within us thy love, power, and perfection.

Aum Shanti Shanti Shanti

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***Brahman is one, the eternal reality of pure consciousness.***

# Guided Meditation

Sri Swami Nityananda Giri

Being present in time and space, invite yourself to consciously push into the earth with your feet, feeling the steadiness, the connectedness at the core of the earth. Feel the way we are interwoven with all of life, the way our thoughts, and our words, and our deeds go forth with creative energy. They help create our individual and our shared reality as we perceive reality in time and space.

Feel the steadiness, the support, the interconnectedness, the caring, and notice that same poise, balance, interconnectedness and steadiness at the base of the spine. From the base of the spine, notice a river of energy, a superhighway of consciousness, of awareness, of beingness that pours from the base of the spine all the way up the length of the spine. This river of energy helps you connect with the space between the eyebrows at the center of the forehead, which can also be referred to as the spiritual eye. The more you notice that focal point of awareness, the more coherent it becomes.

Each of us carries this vast, limitless insight. We have access to a greater than individual awareness and we're inviting ourselves to connect consciously with it now. To do so, we must be willing to let go of any limitations we have been placing upon our separate, individual awareness. If you've



been carrying a bundle of ideas, or opinions, or concepts, or judgments, lay down that bundle, and just allow pure awareness without the separate "I," to be present.

Allow that vast, free, expansive awareness to connect you with the heart. Greet the human heart, that within us that is bruisable, breakable, that has known pain, and also greet the eternal heart, which is nothing other than limitless love, unbroken wholeness, the wisdom

that we are forever. Allow yourself to feel directly the support of your

**Connect with the space between the eyebrows at the center of the forehead, which can also be referred to as the spiritual eye.**

own life energy, your own light, your own caring, your own sweet, gracious, delighted laughter. Feel

that within you is the energy of sunshine. Feel that within you is the energy of shade beneath the tree. Feel that within you is freshness that is present at the top of the mountain. Feel that within you is a beautiful valley, which holds in its hands a lake as pure as a diamond.

# Quotes from Joel Goldsmith

“Man is always seeking a power, a power to overcome something or destroy something; and therefore he is not living in the awareness of God, because in the realization of the presence of God there is no need to overcome, to destroy, or to do anything.”

“God is life; and in that life which is God there are no years. The human sense of life is not your real life.”

“Every skill, every talent, every capacity, and every ability of the mind are really the Soul-action made visibly tangible.”

“So I do know this: Whatever you release, you are released from. What you cling to is that which binds you. You are your own liberator.”

“God expresses God, and that expression appears as you.”

“This listening is the art of meditation, in the learning of which we come to a place of transition where truth leaves the mind and enters the heart. In other words, there is no longer merely an intellectual knowledge about truth; but truth becomes a living thing within our being.”

“The reason that you cannot feel any progress in yourself is that you cannot feel spiritual. There is no such thing as a person’s feeling spiritual. That is as impossible as feeling that you are honest or feeling that you are moral.”

“Too many metaphysicians have spent too many years trying to make a spiritual God increase their human sense of good instead of being willing to abandon the human sense of good for the spiritual reality.”

# Be Of Good Cheer

Padma

**“These things I have spoken unto you, that in me you might have peace. In the world you shall have tribulation: but be of good cheer; I have overcome the world.”**

—JOHN 16:33 (KING JAMES TRANSLATION)

It is recorded in the Book of John that Jesus spoke these words to his disciples as he was preparing them for his crucifixion and their lives without his physical presence afterward. He was giving them final instructions, reminding them to believe that he is with his Father and his Father is with him, and if they can’t manage that, to believe because of the works the Father has accomplished through him. He

says whoever believes in him will do even greater works than he has done. He says whoever loves him will keep the word he has given to them. He gives them the new commandment to love one another as he has loved them. He promises that in his name, the Father will send to them the Comforter, the Holy Spirit, which will teach them

everything, and remind them of everything he has told him.

Jesus tells them not to let their hearts be troubled and not to be afraid. He says he has spoken these things to them so his joy may be in them and their joy may be full; so they may not stumble; and so that when the time comes, they may remember these things that he told them. He assures them that his peace will remain with them.

Reflecting on these passages, it’s easy to sense the deep love Jesus had for his disciples, and the urgency he must have felt to remind them of his teachings so they could withstand what was to come. By telling them to be of good cheer because he has overcome the world, he’s reminding them not to lose heart, but to be

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**Exercise and strengthen our spiritual muscles... Swami Shankarananda reminded us that if we don’t exercise them, at some point we won’t have any to exercise!**





the strong, steadfast yogis he has helped them realize they are.

It's not difficult to see the practical application his words have for

***We are more than human—we are divine beings here to grow in the awareness of our divinity and to be of service to others along the way.***

us today. As we look around the world, it's easy to understand how people might be afraid, stumble in

confusion, and feel that peace and joy are beyond reach. Even with an

established meditation practice, we may find ourselves slipping

into forgetfulness of who we are and why we're here. We may find good cheer to be elusive; it may be so elusive it's not even aspirational!

In that case, it could be helpful to remember the George Lamsa translation of this verse

uses the word *courage* instead of *cheer*.

Jesus and all illumined teachers acknowledge that we face hard things in this realm of time and space. Facing them is how we exercise and strengthen our spiritual muscles—Swami Shankarananda reminded us that if we don't exercise them, at some point we won't have any to exercise! By taking a step back from whatever drama or trauma has captured our attention, we can remember

we are more than human—we are divine beings here to grow in the awareness of our divinity and to be of service to others along the way. Whatever life presents to us, to our loved ones, to the world, we have all the teachings and tools we need to face it with the steadiness of courage and the sweet peace of good cheer, blessing ourselves and the entire world.



Sri Swami Nityananda Giri

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**QUESTION:**

*HOW DO I  
DEAL WITH  
RESTLESS  
ENERGY?*

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**ANSWER:**

Just look at dogs. “I think I need a treat now! I think I’ll find a bone now! I think I need a human to play with me now! I need more food now!” Dogs will use their nose to head-butt you. “I’m not going to let you forget me! Not until you give me what I want!” This energy of restlessness, of “I’m going to herd you, human, until you give me what I want from you,” is within all of us. We’ve all felt the need to go somewhere, to do something, to be praised, to be satisfied. Krishna says, “Every time you see a dog, bow and relate to the dog.” The dog is a teacher for all of us. We do not need to be angry with dogs, and we do not need to be angry or frustrated with that aspect of ourselves that is capable of feeling restless, that feels it needs to do something on an outer energy level. It is simply to remind us that energy is at play within us.

The yogis and Buddhists tell us, “Train your energy.” They’re not saying to be angry in relation to that energy. They’re not saying to judge or condemn in relation to that energy. They’re saying, “Work with it.” Invite that energy into your spiritual practice so

that it can be of service. Train yourselves. Establish yourselves. This is going to take practice over a long time. As long as we’re here in a body, there is potential we are going to experience that feeling of restlessness, that feeling of “I’d better go nudge somebody to make something happen.”

The advice here is to train yourselves. Make peace within yourself. Harmonize that feeling of restlessness from within and then notice what words still feel like they want to be spoken through you. Then see what actions would

be of service to offer. That’s how we work with what is. We do not need to work against it. We do not need to deny it. We do not need to suppress it. We can take the energy of restlessness and say, “How can we help this be of service?”

When we harmonize our own inner restlessness, we can calmly observe when other people are in a frantic state and not be shaken. If you see a stressed person and it makes you feel stressed, you have an opportunity to train your own dog. This is only ever about training your own dog. How can we harmonize inwardly, in relation to strain, stress, or struggle, so that

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***Invite that energy  
into your spiritual  
practice so that it  
can be of service.  
Train yourselves.***



we are always in the kingdom of peace? This is how we remain established, steady in the kingdom of peace, no matter what comes to us on an outer level. It's less talking

***Remain established, steady in the kingdom of peace, no matter what comes to us on an outer level.***

about peace and more walking in peace. We can ask that every word that comes from our lips be from the energy of peace, with the intention of peace, so that it helps create peace for whomever it is

that we are speaking with.

Every action our hands take, every step our feet take, every thought we think, let it come from the energy of peace. Let it flow from the energy of harmony so that, no matter what it is we're talking about, only harmony flows forth. We sail through foreverness even in the midst of the frantic energy that sometimes surrounds us. We can be fully present, fully human, but also fully connected to relaxation and ease, allowing us to connect with infinite energy, resourcefulness, and joy.

Photo by Ave Calvar on Unsplash

# Be Not Curious About God

Walt Whitman, *Song of Myself*

And I say to mankind,

Be not curious about God,  
for I who am curious about each am not curious about God,  
(No array of terms can say how much I am at peace about God and  
about death.)

I hear and behold God in every object,  
yet understand God not in the least,  
nor do I understand who there can be more wonderful than myself.

Why should I wish to see God better than this day?

I see something of God each hour of the twenty-four,  
and each moment then, in the faces of men and women I see God,  
and in my own face in the glass,

I find letters from God dropt in the street,  
and every one is sign'd by God's name,

And I leave them where they are,  
for I know that wheresoe'er I go,  
Others will punctually come for ever and ever.



# Light of Vedanta

Swami Chinmayananda  
Commentary on Section 41, verse 191  
from Sankara's *Vivekachoodamani*

*Paramatman* [the Supreme Self] is ever the same. It is of the nature of existence. It is pure Isness, the suchness in such-and-such a thing. If that suchness is removed from it, the thing will not have existence. Existence alone is its nature. There is no being or non-being in it. Nothing has even emerged out of it. In its pure existence state, it is not even consciousness. Consciousness it becomes only when it is illumining objects. It cannot be said to “be” anything. It is of the nature of existence. No other description is possible. And you are That. Even now you are That. Nobody can say, “I have no existence.” “I exist, I am” is the universal experience of all. That am-ness is the Truth.

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**“I exist, I am” is  
the universal  
experience of all.  
That am-ness is  
the Truth.**

It is of one nature because it transcends all nature. As consciousness, you cannot use any other definition. It is indescribable. All descriptions only detail the qualities of the thing described. Qualities are not there in the Infinite. The moment properties are seen, it becomes finite. The properties are what you see, hear, smell, taste, touch, feel, and think. It is beyond all properties or characteristic features. To understand that I am consciousness, and that I have nothing to do with the BMI [body-mind-intellect], is the realization of the highest state of spiritual perfection.

# 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 a 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

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