



Awake Yoga
Meditation

Darshan

Spring Equinox
2022



The Upper Room

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 for more information on schedules and special events.

Additional Resources

Join our free eYogi Community at 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 to schedule a conference.



Every one of us is invited into the Upper Room. There we join the sacred gathering, the precious banquet of love, unity, and kinship with true nourishment embodied in that Last Supper.

Self-effort is required to enter the Upper Room and yet it really is all grace that makes it possible. We have the blessing, joy, and urgency of climbing into the Upper Room. To a yogi this means raising your vibration, lifting your vision, focusing on what is highest and best, seeing with the eyes of Christ, and not allowing yourself to slip into the human vision that berates and focuses on limitation. Allow your heart and mind to open. Allow yourself to be truly known and seen by the eyes of Christ. Then you will be able in turn to extend kind, wise vision to others.

Such vision is not something that anyone announces. Kind awareness silently shares itself through you as you're pumping gas, taking out the trash, going about your daily activities. This energy of universal caring, steady sweet truth, and harmony lifts you as it lifts that which you encounter so that through you an energy of knowingness is shared as a silent broadcast that sings out through your very presence.

Jesus says to his disciples, "A new commandment I give you: Love one another. Be of service to one another. You are blessed if you do these things." He asks us not to *know* these things but to *do* these things. As you live and love the truth, intrinsically blessings flow through you. As you harmonize yourself from within, as you correct within yourself the faults you see within another, as you emulate the virtues within yourself that you see within another, a fountain of blessing spontaneously arises within you. All are blessed.

I vow as often as is necessary to lift my vision, to lift my awareness, to expand my perception so that I live and breathe and move and have my being in the Upper Room. I vow with my heart, my mind, my soul, my entire life, to harmonize within myself so that I might live in peace, in harmony, in glad, generous, kind, delighted service to all sisters and brothers. I vow to allow the eyes of the Christ to so transform my vision that the eyes of the Christ look out through me always.

Allow these vows to be integrated into the deepest levels of your being. We kneel gladly, joyfully, in loving service wherever service is helpful. We live the teachings of truth every moment of our human days and nights, thought by thought, heartbeat by heartbeat, choice by choice, allowing the sweet truth to be made visible in our very body, breath, minds, hearts, in our very lives.

Knowing the Truth

Sri Swami Shankarananda Giri

To develop the spiritual healing consciousness, which sets us free from self-delusion and external influences, we first need to *hear* the truth. True hearing does not mean simply listening with the sense organs called the ears; it means inward listening. We have to reflect with single-mindedness on what is heard, written, or spoken. We need to contemplate truth every day. To set the tone of the day, we begin our day by immersing ourselves in the study of scriptures, including the *Upanishads*, the *Bhagavad Gita*, the *Dhammapada*, the *Psalms*, Solomon's *Song of Songs*, and the New Testament—especially *The Sermon on the Mount* and *The Gospel According to St. John*. If, in addition to our meditation, we give even half an hour each morning to such study, to feasting on the truth, our mind will be so suffused with statements of truth that those truths will continue feeding us throughout the day.

To be inwardly sustained by scripture, we must do more than reflect on the truths, more than memorize these statements: We will need to *meditate* on them. We have to attune ourselves to the essence of these statements of truth so that they become a living experience, flesh of our flesh. The moment arrives when these statements of truth are discovered to be revelations within our own being. With inner revelation we enter the realization of truth.

Knowing the truth means realizing the truth to be our own Self. The time has come to be the truth! Each one of us is a statement of the truth. To help us attain such knowing we need association with like-minded devotees so that we are undergirded and strengthened in our spiritual endeavors, pursuits, and prayers.

Another condition of perfect knowing is to share whatever we are guided to share from within as the inner presence says, “Go, and do likewise.” In the story from the Old Testament, Moses had a speech defect. Full of fear and self-concern, he said to God, “I cannot speak.” God told Moses, “I will put the words in your mouth; just do as I say. Now you must go forth, in trust.” When that spirit within commands us to go, then we must go, and we are made whole.

Knowing the truth means that only our conscious awareness of the presence of God within makes it possible for truth to manifest in our life—in every form, as every form, as everything that is necessary for our spiritual unfoldment. Knowing the truth means that we know God within as our life, as our consciousness, as our soul, as our power, as our love, as all our capacities, as all our spiritual faculties and as all our divine potencies.

Storytime

Srimati Shanti Mataji

A man needed to catch a certain train to keep an important appointment in another city. Traffic delayed his travel to the train station, and the ticket seller advised him to run if he hoped to get on that train.

The man ran and, as he approached the track for his train, saw that the train was already departing from its berth. Summoning his strength, the man sprinted down the platform and, with a mighty leap, caught hold of the bar beside the entrance to the last car. At the same time, he managed to place one foot on the stairway into the passenger car. Of course, once he had his foothold, he swung his whole body onto the steps and pulled himself up onto the entry platform between cars and then found a seat inside. And all this he managed to do even while the train was picking up greater and greater speed.



Have you heard the expression, “Catch a tiger by the tail”? If you can catch the tail, you have caught the whole tiger. Same with the train story. Once the man had a foothold on the lowest step and one hand gripping the safety handle, even though he wasn't all the way on the train yet, he was in essence on the train.

The man's initial handhold is a metaphor for a wonderful spiritual truth. The Upanishads tell us “Aum is Brahman.” This is a powerful revelation! As we meditate with the mantra *Aum* resonating in our minds and hearts, we eventually become absorbed in the Aum, and it may begin to hum itself within us even when we are not specifically sitting in meditation. Getting hold of the Aum within us is similar to the man who managed to get a hold on the handle outside the train proper and, having a firm grip on that, was in fact really on the rapidly accelerating train. So although Brahman is the infinite immeasurable, if we get a hold of the emanation of Brahman, namely the Aum, we have gotten hold of Brahman. This is the power and opportunity of the cosmic Aum.

Our Divine Song

Karuna

It is here. It is in you, it is in me, it is in all life, both sentient and insentient. It is everywhere. As long as you are searching for it, it cannot be found because you assume that it is someplace else.

—Gangaji

The Kingdom of Heaven Jesus spoke of is not some abstract place promised in the future; it is a state of consciousness accessible to each of us right here, right now. But it is only available if we can open ourselves to accepting things as they are. To realize the Kingdom of Heaven, we must let go of resisting what is and embrace the perfection of every experience. When we can do that, we surrender to the current and float down the river of life without having to cling in fear to tree roots and branches along the banks. We move downriver effortlessly, appreciating the beauty of life and knowing we carry divine wisdom with us as we go.

I recently heard a very talented, young jazz musician talk about a recent Carnegie Hall performance in which he played a completely improvised solo program for 90 minutes. When asked why he undertook such a challenge, he said he saw himself as a vessel through which music that is already there can be expressed. He described the experience as “terrifying,” but also “transcendent,” in that he believed an entirely improvised performance provided reassurance to people attending that they could live more freely and without judgment. He also recognized that “telling the truth” in his work—being totally authentic—was essential for people to connect to it. “Tapping into something that is the soul of humankind, that is universal, helps people feel they’re not alone,” he said. He intends for his music to be a universal force of hope.

This musician’s story perfectly describes the spiritual journey. To find peace, we must surrender to the faith that peace is here, available to us right now. By learning to live authentically we connect with others. It’s that simple, but it’s not easy. To sing our song to the world, to surrender to the truth, requires letting go of our limitations, our perceptions, and our expectations. It requires us to trust, really trust, that we have access to the current of divine love and wisdom always.

When we live in this vibration, we connect with others who also aspire to live in the awareness of Oneness. May we help one another live in that awareness. May we remind one another that our true nature is love. May we share our divine song with all. May we navigate together the river of life in Oneness, joy, and love.

Revelations of a Cosmic Traveler

Sri Swami Nityananda Giri

The *Ashtavakra Gita* teaches us that when we let go of identifying with any human categories or classifications, we remember, *I am essentially divine! I am ever-free! I am a child of Immortality!* As we remember, as we fill our entire being with pure Light and supreme Love, we naturally and effortlessly become one with Bliss, which flows forth through us to bless everyone we meet.

Like an ice cube in the summer sun, let us invite our ego to let go of all hardness and become shining, flowing Light and Oneness. As we open to Light, as we offer ourselves totally to the Divine to be transformed, we let go of our limitations. We heal ourselves from deep within. We resonate with divine song. We become able to respect and honor that same symphony of grace within all beings, all Life. We become light-hearted, calm, cheerful, steady, kind, able to be infinitely helpful and hopeful.

Let us invite Jesus’s stepfather, Joseph, to show us how to be with our human family members who need our support. Let us respond instantly to divine guidance, as this beautiful human father does. Let us give our lives to caring for those who are nearest to us and need love. Let us offer ourselves to our daily work, our life’s service and faithfulness, like Joseph with his giant heart and capable hands, knowing that whatever work is before us, that is exactly where the Divine invites us to share light right now. In that awareness, we open ourselves to receive and pour forth such blessings. God is so good!

Go straight to God, straight to supreme Love and radiant Oneness, and God will accomplish through you the true miracle of helping you be fully human, fully yourself, free, joyful, true, loving, strong, and beautiful in your daily life. Light can do anything it wants, any time. When we open our lives to Light, we manifest our divinity right in the midst of daily demands.

Sri Nisargadatta Maharaj

Murali

Ever since Facebook changed its name to Meta, the world has become very curious about the metaverse. People want to know what it is, what we will do or could do in a metaverse, an alternate reality or virtual reality. Spiritually, it seems we are already living in a virtual reality created by our own conditioned mind with all its conditioned beliefs, opinions, concepts, and judgments. A virtual reality could also be called a dream state or illusion since it doesn't actually exist. Since our mind creates its own version of reality so unconsciously, it is really helpful to investigate the process.

Any belief backed by strong emotion gives rise to judgments, points of view, desires, and fears that feel powerfully real and true. That realness is what makes each person's version of reality feel so true. The belief with the deepest conviction and feeling is the belief that I am this separate me, separate from all beings and all life. That false identification is at the heart of whatever virtual reality the mind creates and tries to navigate with great anxiety and feelings of inadequacy. From the conviction of separateness, the primary concern becomes "How do I feel better?" The mind asks what it can do, control, change, experience, achieve, learn, or obtain to feel happier, more fulfilled, or less fearful.

One purpose of spiritual teaching is to help the mind investigate the virtual reality it has created and the reality that remains unchanged by any belief or experience. That reality is our natural state of being or true nature. The challenge of this investigation comes when mind is unwilling to question the belief that feeling better is only achieved by controlling or changing some experience within its virtual reality. The spiritual seeker may cling to a conviction that peace or the natural state can only be attained by controlling thoughts and feelings with great effort in meditation or other practices. If you find yourself in that camp and frustrated, these questions may spark a desire to explore a different way of relating to thought and feeling. What would it be like if I rested from all effort to control or change my experience, my thoughts, my feelings? What would it feel like if nothing in my experience is held onto or pushed away? What would it be like to rest from all struggle to make something happen or get somewhere?

Resting in this way frees our attention so it can investigate the truth—the truth we miss when distracted by all our efforting and struggling—the truth that is always present in our direct experience—the timeless truth of our own being.

Light of the Upanishads

Svetasvatara Upanishad
(translated by Swami Premananda)

This is the truth:

The mystic rituals hidden in the Vedic mantrams were discovered by the sages and practiced by the polarization of the manifold currents of prana, life force, within the triune ida-pingala-susumna. Ye lovers of Truth, perform these rituals within yourselves, for this is the path which leads to the realization of the highest good.

As the flame of prana ascends in illuminating effulgence, with devotion and determination, perform the mystic ritual between muladhara, the coccygeal, wherein the transmuting fire of regenerated life force dissolves matter consciousness, and ajna, the spiritual eye, wherein the transporting flame of Self-illumination renounces ego, the sense-bound self-consciousness.

This mystic ritual of the cosmic flame must be practiced with self-discipline, serenity of mind, discrimination, renunciation, righteousness of living, cultivation of moral virtues, and at the proper time, in accordance with the prescribed rules to attain the right realization, at each of the seven states of self-revealing consciousness.

As the prana rises through the susumna each of the lotus-like centers of life force unfolds in vibrant flames. In this sacred fire on the subjective altar, in order of progression, is made the true sacrifice of psycho-sensory attachment, fear, greed, delusion, pride, and finally of the ego. Thereupon the prana, in illumined pure consciousness, ascends through the brahma-nadi, the mystic path of God, to the sahasraram, the abode of the supreme Self.

And all the powers of revelation, in ever increasing joyous inspiration and illumined contentment, lead the sacrifice, the kriyaban, in vivid Self-consciousness, through the effulgent brahma-nadi to the state of absolute Self-realization at sahasraram.

—Mundaka Upanishad

Teachings of the Gurus

Sri Swami Nityananda Giri

“It’s right in the midst of the nitty-gritty that we’re invited to be the ocean of compassion, mercy, laughter, generosity, goodness, gladness, and caring. That is our true nature. That is our eternal identity. It’s right in the midst of the everydayness of life, the human tasks, the relationships, the conversations, and the things we understand and the things we don’t, the things we know and don’t know, the things we like and don’t like. That’s exactly where grace, divine love, and wisdom in motion come flowing into form, where flowers of light bloom through each of us. And we each do that in our own way. Simply connect consciously with *the Divine is fully present*. Wherever we are, whatever we have been noticing or feeling, or not noticing or feeling, simply come to that: *the Divine is fully present*. Connect with that awareness and notice how much love, joy, and laughter we can bring into every moment. That’s grace, that’s divine love and wisdom in motion. That is forgiveness. That is liberation from all limitation. That is letting go of the consciousness of pain, of the consciousness of imperfection. That is living in gratitude overflowing, the energy of sheer love, the energy of pure, dynamic joy in expression in embodiment. That is what each of us is, and what we’re invited to sing into expression right where we are.”

Sri Swami Shankarananda Giri

“It is vitally important that we have centers of worship for generating spiritual consciousness into the world. Without such spiritual aid, human beings will blindly continue to pursue the path of suffering and self-destruction. We can no longer depend on others to be responsible for the welfare of humankind. We have to be totally and actively committed to the enlightenment of all. The light that is within us must be shared with all if the world is to become free from the darkness of ignorance, superstition, and fear.”

Sri Swami Premananda Giri

“The spirit of appreciation is a dynamic force. It is a creative power. It generates goodwill, augments better understanding among others, promotes friendly intercourse and abiding friendship in the society of mankind. It at once removes the causes of prejudice and intolerance, distrust, and dissension which plague the human family and rob it of its harmony and happiness, progress and peace. The spirit of appreciation draws our mind and heart toward the goodness and beneficence of life and human relationship. It opens our vision to gain the perception of that which is right and righteous. The knowledge and realization of truth become the sole ideal when the spirit of appreciation guides our intellect and reason. The spirit of appreciation lifts our mind, heart, and soul into the light of wisdom, power, and love of God.”

Shyamacharan Lahiri

“At the spiritual eye, the Kutastha, shines the light of God in man. The spiritual eye is the inner door that leads the soul of man into the realm of the divine glory of God. God dwells in man and can be known only when man enters the inner sanctuary of his pure and illumined consciousness. There is no other ideal superior to the attainment of the realization of God”.

Babajji

“By the unfoldment and illumination of the divine qualities of his soul, man can and will become one with God.”

Joy of the Infinite

Sri Swami Nityananda Giri

Honor everyone you encounter. Everyone, whoever they are, wherever they are, they are somewhere on the path of light, even if they are not aware of that. Light is all that there is. We can recognize, support, and honor the truth as it appears within the hearts of all beings. Pay attention only to what is real, what lasts, and what matters. Only love is real. Only light is real. Only kindness matters.



Do your best to live in the laws of harmony. We directly meet and feel all the consequences of what we create. Choose wisely. Choose joyfully. Create in harmony with the laws of wisdom and kindness. Now or later we get to burn away anywhere we have created imbalance, harm, pain or separation. If we are dedicated to our meditative path, it will happen naturally. Then there's nothing left but pure love.



When we offer three Aums, we connect with the creative energy that brings the whole universe into expression. Whatever you would love to let go of, let the Aums sweep that away. And whatever you would love to welcome, let the Aums connect you with the feeling of that, the energy

and awareness of that, beyond form, not expecting it to take a particular form. Connect with the source of it, which is energetic, in frequency and in feeling, before it is in form.



We're here. All of us are here, and we're nurturing one another every step of the way. We're also celebrating every moment, every heartbeat, every breath. We're inviting ourselves always to be the highest and the best. That's where noble expansion comes from. It's joyful and fun. Be willing to let go a million times of plans, expectations, attachments, images, the past, pain, sorrow, fear, trauma. Go to Love, and then from the energy of Love, we get to create a whole new world, a whole new universe.



There's not a single human step taken that is not made possible by the song of the universe. And each of us is important, dynamic, and essential to that song. In everyday ordinary moments, our vision can be lifted so we see Reality. The awareness of that, even if it's for a short time, will never leave us. Practice that awareness. Open to it. The good news is that's what we do when we meditate. This truth is always present, always available.

Swami Shankarananda's Pearls

Sri Swami Shankarananda Giri

To give love, we need to enter the consciousness that we are love, and nothing else. We are divine love! Of course, if we do not believe this truth about ourselves, how can we give love? How can we be loving if we think we are terrible or that we are full of sin? Nor can we give love if we think we are better than everyone else, for in the consciousness of love, all are known to be one.



We have to know we are love to share love, for we cannot give away something that is not our own. We can only give of ourselves, and the whole universe can only give back to us what we have given to it. Let us ask, "What of myself have I given to the universe today? What of myself have I given to my fellow beings today? What of myself have I given to myself?" The last question is very important, because self-givingness is essential in loving God as our Self and in loving our neighbor as our Self.

Consciously and consistently remembering the divine potential in another creates a divine link between us and the inner Self of the other. This link resurrects the awareness of the divine in the other person. We have to continue that practice so long as the other does not remember his or her divinity.



When we know the truth, we are then free to release the love that is within us. Our love will bless the individual or situation. In this way, we transform all that needs to be transformed every moment of the day. When we recognize the divine potential in everybody, including ourselves, we are then seeing God face to face.

Our Superhighway of Consciousness

Sri Swami Nityananda Giri

Pressing your feet into the earth beneath you, allow yourself to feel stable and strong, steady and secure, supported and embraced completely by the Divine in the fullness of this moment. Allow yourself to actually feel what it is to be here in a human body. Feel the freshness of the breath as it greets your lungs. Feel the beat of your own heart, the pulse within the center of your chest, at the base of your throat, at your wrists. Notice if you feel the pulse of your own life energy anywhere else in your physical body.

Notice what it feels like to have a human spine. At the base of the spine there is an energy bowl. Connect with this energy bowl that is, in its true nature, pure light. Visualize yourself seated in a basin of light, immersed in a fountain of liquid light that melts away worry, fear, anxiety, instability, and any of the energies of the lower self. Anger, lust, and greed melt away, becoming steadiness and honor, serenity and faithfulness, fortitude and generosity. Sitting in this basin of light at the base of the spine, notice how it's possible for that light to flow peacefully, gracefully, and also with incredible potency, up the length of the spine. The spine is a beautiful physical structure and also like a superhighway of consciousness. Give yourself permission to notice and open to both in whatever way you are able in this moment.

From the base and all the way up the length of the spine, connect with the spaciousness, the vastness, at the center of the forehead. Here cosmic clarity, the energy of pure consciousness, far vaster than the individual, is available. This is the energy that is present when you look up at the night sky and see the calm, clarity, brightness, expansiveness, steadiness, ongoingness of the eternal. Connect with and partake of that energy.

Finally, connect with the energy of the heart, your incredibly tender, breakable, gorgeous, emotional human heart. Your wise expanded Heart is also all-embracing, spiritual, pure kindness, infinite good humor, amusement, forgiveness, liberation, strength, steadiness, and sweetness beyond measure. Rejoice and give thanks for all aspects of yourself—your human self with your body, emotions, and mind, and your eternal vast, immortal, equally magnificent divine self.

I Come from Thee and I Go To Thee

Padma

Every year in the early spring I take a hike with friends in a regional park known for its wide diversity of wildflowers. Many years we manage to time our hike at the peak of blossoming, and sometimes come upon almost 30 species. Spring beauties, bluets, trout lilies, bluebells, star chickweed, columbine—after what always seems like a long winter, it's transcendent to be in the presence of spring's uplifting offerings of radiant light, beauty, and joy.

Remembrance of the reality of resurrection is spring's gift to us all. The earth's blossoming opens our hearts and, whether consciously or unconsciously, reminds us of our soul's deepest desire to awaken to our true nature, our own divinity. And then, as quickly as they appear, the delicate flowers fade and disappear, making way for summer's hardier offerings. Spring's boost of joy and confident intention slides into summer's awareness of the self-effort required to maintain our commitment to Self-realization.

The life cycle of wildflowers is our life cycle as well. A passage in the Mundaka Upanishad describes this cycle as "all the multitudinous beings of manifold forms come into existence from the imperishable Reality and again they merge in it in undifferentiated oneness." A refrain in a beautiful Sikh chant states it a bit more simply: "I come from thee, and I go to thee."

In this realm of time and space, nothing stays the same; everything is always changing. There are always comings and goings, but the Divine is the source and foundation of all, upholding this world and the entire cosmos. Some days we may not even notice the advent of wildflowers, but as the poet Margaret Elizabeth Sangster wrote, "Never yet was a springtime when the buds forgot to bloom." It's spring, we're blooming, and we're here to share our love, light, joy, peace, harmony, and goodwill for the healing of the nations. And when summer comes, we'll stand even stronger, our light shining ever brighter, for the blessing and upliftment of all.



Sri Swami Nityananda Giri

QUESTION:

*HOW TO I HANDLE
SQUABBLING?*

ANSWER:

As Jesus gives his last words of encouragement and truth in the Upper Room, the disciples, acting from their limited human perspectives, start squabbling. They're fighting and contending with one another over who is going to be the greatest. Jesus said to all of them and all of us, Don't waste a moment competing with one another! Be the energy of harmony with one another. Be loving and of service to one another. No matter what, be the energy of kindness.

This obviously is a practice of a lifetime. We step up for this joyfully and willingly. We say, "Yes! Here I am. How may I practice this with my very life, with this body, with this breath, with these tiny little human hands? How may I harmonize myself from within so that I may be harmonious with all?"

The laws of energy teach that whatever fault you see in another, correct that fault within yourself. Once you harmonize it within yourself, you will have no quarrel with anyone or anything externally. Others might want to quarrel with you, but you will have no enmity toward anyone. You will see all through the eyes of Christ, with sweet, steady kindness and forgiveness. And you will be always in the Upper Room as you live these teachings, as you put them into practice.

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

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

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