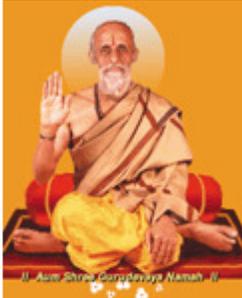


# Self Awakening

November 4, 2008  
Volume 1, Issue 2

Maha Yoga - Simplest, no cost and highest method of self-realization

## About the e-newsletter



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### Upcoming Event

**P.P. Kaka  
Maharaj to tour  
the Middle East**

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

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

To the tens of thousands of Sadhaks in the Maha Yoga tradition all over the world, this e-newsletter is intended to provide virtual Satsang. It is intended to help keep Sadhaks engaged in Maha

Yoga, be informed about Maha Yoga-related events around the world, and to provide a forum for getting guidance about Maha Yoga from P. P. Shri Kaka Maharaj.

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

## Message from Shri Kaka Maharaj

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

all rely on awakening the Mother Energy, or the Latent Spiritual Power (Kundalini Shakti), that lies dormant in all of us, since it has been found that this Energy, once awakened, can lead to eternal bliss and happiness. However, the rigorous practice of such Yogas can be daunting for most of us and as a result most seekers going down those paths also fail to achieve the bliss and happiness they desire.

India has a long history of having developed various religions and paths to guide humanity in its search for peace and happiness. In addition to having given birth to major religions such as Hinduism, Buddhism and Jainism, among others, it has also contributed the treasures of Yoga to the rest of the world. Yoga paths, such as Hatha Yoga, Mantra Yoga, Laya Yoga, Raja Yoga, etc.

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

## Message from Shri Kaka Maharaj (continued)

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

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

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

## Article on Maha Yoga - Part 2

**In Part 1 of the article on Maha Yoga, which appeared in our premiere issue, we described what Maha Yoga is and how it relates to other forms of Yoga. In Part 2 we describe how to get started on this path. Subsequent editions will discuss what happens during Initiation (Deeksha) and what one can expect to have happen as one progresses on this path.**

### How Can I Get Started on Maha Yoga?

The key to Maha/Siddha Yoga is to have one's dormant Kundalini Energy be awakened by a Siddha Guru. This is usually done during an Initiation (Deeksha) when the Siddha Guru transmits his spiritual energy to the disciple either through touch, word (mantra), glance, or simply through sheer will power. The basic principle underlying these four ways is ultimately the will of the Siddha Guru, with the first three being nothing more than different modes for manifesting the Guru's will. The transmission of spiritual power by the Siddha Guru to the person being

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

To help Sadhaks and other seekers who are dispersed all over the world achieve "virtual Satsang", three months ago we launched as an experiment, this quarterly e-newsletter which has been aptly named "Self Awakening". We intend to communicate through this e-newsletter on an ongoing basis, news about the Ashrams in Nashik and Pune and the Prachar efforts all over the world. We will also have interesting articles on Maha Yoga and on Yoga in general, as well as answers to questions from Sadhaks. I hope you are all as excited about this experiment on virtual Satsang as I am.

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

initiated is also called Shaktipat, or the descent of spiritual energy - i.e. the descent of spiritual energy from the Guru to the initiated.

In addition to having a Siddha Guru be willing to initiate an aspirant into Siddha/Maha Yoga, it is very important for the aspirant himself to have an earnest desire to get initiated and have faith in the Siddha Guru. When these elements are present, an aspirant can get initiated in his/her own home, even without being in the physical presence of a Siddha Guru. By making an earnest request for initiation through a letter/fax/e-mail and fixing a date and time for initiation, an aspirant can get initiated half-way across the world. Some aspirants even get initiated simply by participating in spiritual congregations of initiates during their meditation sessions (Sadhana). Others have been known to have received initiation just by reading books on Siddha/Maha Yoga.

Formal Maha Yoga initiation is available to all aspirants without regard to age, sex, religion, race, caste or creed. The aspirant should have an intense desire to obtain direct and actual spiritual experiences that will lead him/her to enlightenment. The aspirant should also

## Article on Maha Yoga - Part 2 - (continued)

be willing to follow certain dietary rules that are intended to ensure rapid and ongoing spiritual progress. The consumption of mind-altering items such as alcohol, drugs and tobacco and non-vegetarian foods (meat and eggs) and enhancers such as onions and garlic are considered to retard spiritual growth and should therefore be avoided following initiation. The aspirant should also be willing to devote one hour every day for spiritual practice/meditation (sadhana). Those aspirants meeting the above criteria should send a request for initiation by letter/fax/e-mail to the Siddha Guru P. P. Narayan Kaka Dhekane Maharaj. They will receive from Kaka Maharaj an initiation letter setting a date and time for initiation with instructions for preparing for initiation. The next initiation day is February, 8<sup>th</sup>, 2009. Those desirous of getting initiated on that day can find details at [www.kundalinishaktipatayoga.net](http://www.kundalinishaktipatayoga.net)

In addition to the formal Maha Yoga initiation, there is also an introductory approach (precursor) available to those who are interested in Maha Yoga, but for whatever reasons, are not yet desirous of getting formally initiated. This approach can be performed by anyone desirous of getting a taste for what Maha Yoga can help

## Experience of a Sadhak

I got initiated by P. P. Shri Gulvani Maharaj (another renowned proponent of Maha Yoga) on 8th June, 1970. I was then only 19 years of age doing my Bachelor of Science degree in Physics in Mumbai.

Soon after my final year B.Sc. exams in 1971, I had an occasion to go to Pune and pay a visit to my Guru. After bowing down I took a seat nearby and waited for an opportunity to have a short discussion with him. After a few moments of my waiting, Maharaj inquired where I came from and what I was doing. I replied that I had just appeared for my final B.Sc. exams. He then asked me what I intended to do subsequently. I replied that if I scored good marks and if I got admission, I intended to do my Master of Science degree, preferably in Nuclear Physics.

He casually remarked that good marks should not be the sole criterion for getting admission, saying that even if one did not score great marks one might still get admitted and that one might study harder subsequently. I did not quite appreciate the profound remarks he made at that time. I was to understand the significance much later.

them achieve without making the commitments needed for a formal initiation. It is as follows:

- Sit comfortably, preferably on a padded/carpeted floor or yoga-mat, with your eyes closed.
- Keep the body completely relaxed.
- Breathe normally and keep the mind engaged in observing your involuntary breathing.
- Think that you are not the body but only the pure air which is the gross manifestation of Prana (Life Energy)
- Let your body be relaxed and free to do whatever happens, just observe your involuntary breathing
- Try this daily for 3 to 18 minutes or more. Do not open your eyes unless you feel the urge to.

Diligent daily practice of this approach, even without getting formally initiated, will lead to a diminishing of the normal clutter in one's brain, providing the practitioner glimpses of Chaitanya (Universal Life Energy). This is the preliminary stage of the path leading to supreme bliss.

It so happened that although I had studied quite hard, I managed to secure only about 56% marks in my B.Sc. exams. Nevertheless, I applied for admission to the M.Sc. degree course in Nuclear Physics at the Institute of Science at Mumbai University. The first list of those admitted did not include my name and I was quite disappointed by that. However, as many of the students on that list decided to take other courses, my name appeared on the second list and I got admitted to the course I wanted!

The M.Sc. curriculum consisted of two parts conducted over two years. During the first year all the students had common subjects like classical mechanics, electromagnetism, thermodynamics, quantum mechanics, electronics and solid state physics. That year we had the good fortune to have professors like Dr. A. A. Rangwala, Dr. Arvind Kumar, and Dr. M.G. Joshi among others, who had just come from the Tata Institute of Fundamental Research and had joined Mumbai University as faculty in Physics.

We had the immense good fortune to study Physics from them on a sound footing. However, despite my hard work, I managed to score only 54% in the first year.

I was very disappointed by this, because since the total percentage for the M.Sc. degree exams was the average of the percentages for the first and second years I didn't think I had any chance of securing a first class (scoring 60%) in M.Sc. because I would need to score 66% in my second year. And I didn't think it was possible for me to score that high a percentage in such difficult and advanced second year subjects such as Nuclear Physics, Quantum Mechanics and Elementary Particle Physics. However I decided to do my best.

In my second year, after our college lectures got concluded and we had preparation time before facing the final exams, our Institute decided to keep the library premises open from 10am to 9pm. I and a couple of my friends, Vijay Sethna and Sudhakar (Appa) Moholkar decided to make use of the library facilities available during the preparation break. Daily we used to go to the Institute and slog from 10 am to about 8:30 pm with a break for a snack or a soft drink. We also used to help each other in studying and solving problems.

Exam time: We had three papers. The first paper was OK. The second was Quantum Mechanics set by Dr. Rangwala. It was extremely tough and my friends and I got disheartened. I was not even sure that I would pass, much less get a first class or even second class. In comparison the third paper was just fine. The practicals which followed were also quite easy. Since I had misgivings about my success, I confided in my father (who had also been initiated by Maharaj) and told him to expect the worst, i.e. I may not pass that year. Then my father showed me a letter he had written to P. P. Gulvani Maharaj, unbeknownst to me, stating that though I had studied very hard, I was not sure of passing. Maharaj had replied that I should appear for the exam with confidence.

Result time: I scanned the newspaper for the results, expecting that I may just scrape through. To my utter surprise my name appeared in the list of those who had secured first class. Even then I was not convinced, thinking that maybe it was a printing mistake. Only after I got the mark sheet from Mumbai University did I realize that I had scored 66% in the tougher second year exam, giving me an average of 60% for the first and second years combined. I then recalled the prophetic utterances of Guru Maharaj two years earlier and marveled at his ability to see in the future and to help his initiates even in such mundane matters. A Siddha Guru supports Sadhaks in many more ways than one can imagine!

As a result of my success in the M.Sc. exams, I subsequently got a good job, got married and settled down. It has not always been smooth sailing for me, but due to the blessings of Guru Maharaj, I have got on reasonably well through life. More importantly, I think I have been able to maintain an even keel regardless of all the ups and downs I have experienced. Now that I am retired, I intend to focus more attention to meditation in order to achieve self-realization, which I hope to achieve with Guru Maharaj's blessings.

**By Shri Uday Rege**

## Answers to questions of Sadhaks

- **Question:** Although I have given up eating fish, meat, onion and garlic, there are a few occasions when I am forced to eat preparations where onion and garlic are used, especially when I go for social occasions such as weddings, birthday parties, visits to friends and relatives or an occasional visit to a restaurant. Though I scrupulously avoid non-vegetarian food, I sometimes cannot avoid food which though vegetarian may contain onions and/or garlic. What is the remedy for this?

**Answer:** Dietary restrictions and other rules are for Sadhana being safe and efficient and for achieving good and timely results. Therefore, the effectiveness of Sadhana will be better if one avoids eating non-vegetarian food and onion and garlic. There are many vegetarian foods such as rice, bread, milk, and milk-based products such as curd/yogurt, dals/pulses and lentils which can be eaten instead of non-vegetarian foods. Onion and garlic can be replaced by flavorful spices, chilies, etc. The strict observance of rules and restrictions will be rewarded by the Mother Energy in good coin through rapid spiritual progress. I pray to the Almighty to help all Sadhaks in this matter.

- **Question:** Often during Sadhana, Pranayam takes place automatically, but it does not follow any prescribed time ratios such as 1:4:2 for Poorak, Kumbhak and Rechak i.e. drawing in of the breath, holding it in and letting it go. In some Yoga scriptures it is said that Pranayam if not performed properly, can have deleterious effects on the body and the mind. Should I be concerned about experiencing such automatic but irregular Pranayam, or will the Divine Shakti protect me from any bad effects?

**Answer:** It is very important to understand that in Maha Yoga the Sadhak should **not be doing anything intentionally** during Sadhana, whether it is Pranayam or any other Kriya. Kriyas, including Pranayam, happen **automatically** during Sadhana and are “done” by the Mother Energy of her own course. Any such automatic Kriyas that happen without the ego of the Sadhak being involved will not in any way harm the Sadhak.

If on the other hand, a Sadhak intentionally “does” Kriyas or Pranayam, instead of letting them just happen automatically, then there is a risk that the improper “doing” of Kriyas can create ailments or other difficulties. During Sadhana the Sadhak should just surrender to the Mother Energy and let her take over. Any Kriyas, including Pranayam, that **happen** (not “done”) during Sadhana will contribute to the process of self-purification and will eventually lead to bliss.

- **Question:** I occasionally see what I think is the bindu, i.e. a very tiny spot or dot, sometimes when my eyes are closed and sometimes when my eyes are open. Mostly it is blue in color but sometimes of a different hue and color. If I am only subconsciously aware of it, it may stay for 3-4 seconds but as soon as I become aware of it and try to see it, it disappears. What is it that I am seeing and what is its significance?

**Answer:** In Mahayoga, different kinds of lights/sparks and dots (bindus) of various colors are often seen by Sadhaks during Sadhana. The duration of such experiences and the harmony of colors seen are in the hands of the Almighty, and hence should not be emphasized. However, such experiences are fortunate events and are clear signs that the Sadhana is progressing quite nicely. I pray to my Lord Gurudev that you have good and continuous progress in your Sadhana.

- **Question:** Milk and milk products such as curds, buttermilk, ghee, etc., though from animal origin are considered acceptable for consumption by Sadhaks. What about eggs and egg products? Nowadays most of the eggs from poultry farms are not fertilized i.e. they would not hatch even if kept in an incubator. Can such eggs be considered as vegetarian?

**Answer:** Eggs are not considered as vegetarian (or Satvic) food, even if they are not fertilized. All eggs should therefore be avoided. However, the consumption of milk, especially milk from cows, is considered favorable for progress in Sadhana.

- **Question:** Guruji, how should we judge whether we are making progress in our Sadhana?

**Answer:** A simple way to judge our progress is - if our wants and desires have begun to reduce, then we can be sure that our Sadhana is on the right track. The effect of Sadhana is similar to that of pouring pure water into a pot full of mud. When you start pouring pure water in the pot, the mud starts flowing out and the turbidity starts reducing. Finally, a time will come when just pure water will remain in the pot. If we sit for Sadhana daily, the pure water of Sadhana will continually be poured into the muddy water within us. And, since the Shakti - i.e. Mother Energy - has entered the body, it will certainly continue the purification process. It doesn't depend on our specific actions or Kriyas. Just look inside, and you will know that Sadhana is going on and that you are progressing. Reduction in wants and desires, and reduction in the force or intensity of wants and desires, are clear indications of progress. It might take some time, but it will certainly happen.

## Wadi Yatra - Pilgrimage to a holy site



**Nrusimha Wadi view - river Krishna**

Since the time of P.P. Gulvani Maharaj, Wadi Yatra (pilgrimage to Nrusimha Wadi) has been a regular practice among followers of Maha Yoga during the lunar month of Ashwin, usually occurring toward the end of October or early November. P.P. Datta Maharaj Kavishwar continued the same, and today at age of 82, P.P. Kaka Maharaj has enthusiastically continued the practice and has encouraged Sadhaks to go on this annual pilgrimage for the spiritual gains it provides. This year the event took place from October 23<sup>rd</sup> to 25<sup>th</sup>.

Around 650 Sadhaks from various regional centers in Maharashtra state, including Nashik, Pune, and Mumbai made the pilgrimage to Wadi this year. Accommodations for the pilgrims during three days of events were provided at Dattatreya Niwas, Ved Bhavan and at Mhadba Patil Hall among other places around Nrusimha Wadi.

Each day began at 5 am with Sadhana (meditation) for an hour, followed by Pratahsmaran (morning prayers) and Sankalpa (focused thought) on the banks of holy river Krishna. The evenings also included group meditation for an hour followed by Aarti (chanting of devotional songs) and the chanting of Ramraksha.

The Sankalpa event each morning would begin with Sadhaks gathering at the ghat (constructed riverbank) by 7:10 am. P.P. Sooryakant Rakhe Guruji would chant the mantras for Sankalpa, and give instructions to all those gathered to perform the Sankalpa rituals simultaneously. The Sankalpa went as follows:

I am bathing in this holy river at this auspicious place and time,  
 For my spiritual progress,  
 To overcome my sinful deeds,  
 To obtain the Master's grace,  
 For the good health and long life of my Master,  
 To gain the ability to spread this path of Siddhayoga in the world,  
 To fulfill the Master's divine wish for all the Siddhayoga centers to be successful in spreading the Masters' work.



**Nrusimha Wadi View near river**

After chanting this Sankalpa, the Sadhaks gathered would take 3 dips in the water of the holy river Krishna and then get the holy water sprinkled on them by one of the Deekshadhikaarees (persons authorized to impart the divine power onto another). The Deekshadhikaarees included P.P. Sharad Rao Joshi Maharaj, P.P. Thakar Kaka Maharaj, P.P. Sooryakant Rakhe Guruji, P.P. Dr. Deshpande Maharaj, and P.P. Prabhune Maharaj.

## Wadi Yatra - Pilgrimage to a holy site - continued



**P.P. Kaka Maharaj after reaching Nrusimha Wadi**



**Mahapooja at Wadi**

### Day 1 (October 23<sup>rd</sup>, 2008)

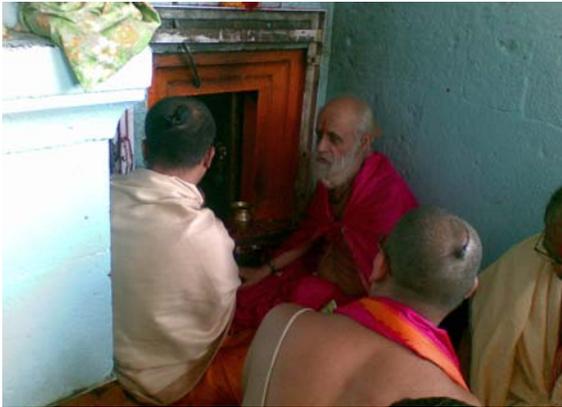
On the first day, after morning rituals and breakfast, an hour and a half discussion on Maha Yoga was held at the Mhadba Patil Auditorium. Various regional coordinators and Deekshadhikaarees spoke about their views and shared their experiences regarding Maha Yoga Prachar, or the spreading of Maha Yoga to everyone on Earth. The session ended with P. P. Kaka Maharaj sharing his thoughts in a discourse on Maha Yoga Prachar in which he emphasized the following points:

- There are many different spiritual paths that are followed by people, often even within same religion. We have to understand and know that each path is good, and when we are involved in spreading and teaching about Maha Yoga, we should not in any way condemn or belittle other paths.
- While teaching others about the Preparatory Practice of Maha Yoga, having them sit for a 5 minute practical meditation experience is far more important than the information on Maha Yoga we give in our speech.
- Avoid detailed discussions on different aspects/questions asked about Maha Yoga, instead tell people to experience the path through Preparatory Practice, they will get answers themselves during the journey on this path.
- It is most important for Sadhaks to sit for Sadhana for one hour each day; one should never miss doing that.

The discussion on Maha Yoga was followed by the 'Maha Pooja' that was performed in the main temple of Lord Dattatreya at Nrusimha Wadi. P.P. Kaka Maharaj and all Sadhaks who wished to perform the Pooja dressed in "Sovla", a specific dress code, and joined the temple priests in performing the Pooja rituals which went on for more than couple of hours. After the Maha Pooja, everyone gathered at our host, Shri Shrikant Guruji's residence, for Prasad (consecrated lunch).

After lunch, the second session began, with the Sadhaks splitting up into 6 groups, each representing a zone in the state of Maharashtra, and continued their discussion on Maha Yoga Prachar. Later, each zone co-ordinator presented his report to P.P. Kaka Maharaj, the Deekshadhikaarees and all the Sadhaks attending.

## Wadi Yatra - Pilgrimage to a holy site - continued



**Maha Pooja at Wadi**

Following the Sadhana and Aarti that evening, the much awaited 'Palkhi' of the Lord Dattatreya began around 7:30 pm. The Palkhi, even though a daily event, is not at all an emotionless, mechanical act of taking the God in a procession. It is conducted extremely beautifully and is a highly emotional experience for most Sadhaks. The entire atmosphere is charged with Bhakti (devotion); it goes beyond description and it needs to be experienced by everyone. This holy procession of Lord Dattatreya goes on for around an hour, during which devotional songs (Aarti, Stotra, and Padas) are sung and chanted by the priests and devotees.

After the intense experience of the Palkhi everyone again gathered at Shrikant Guruji's house for evening Prasad (consecrated dinner).

### **Day 2 (October 24<sup>th</sup>, 2008)**

This day was Ekadashi, or the 11<sup>th</sup> day of the lunar month, and as suggested by P.P. Kaka Maharaj, everyone was going to be fasting on this auspicious day. Hence the food provided throughout the day was restricted to that allowed during ritual fasting.

This was the day when the Sadhaks and P. P. Kaka Maharaj would be travelling to Kolhapur to visit the temple of the Mother Goddess, Mahalaxmi. After morning Sadhana, Pratahsmaran and Sankalpa everyone got ready to travel to Kolhapur and boarded several buses which were hired for the occasion. On the way to Kolhapur, the pilgrims stopped to visit the holy sites of Avadumbar and Bhuvaneshwari Devi temple.



**Sangli Program, October 24, 2008**

P.P. Kaka Maharaj and the rest of the pilgrims reached Kolhapur around 1:30 pm and went to the temple of Mother Mahalaxmi for Darshan (viewing). Some Vedic scholars who had gathered there, recited the 'Shree Sookta', following which P.P. Kaka Maharaj gave a very special discourse on Maha Yoga at the Garuda Mandap in the temple complex. It was a very special discourse because, as P. P. Kaka Maharaj said, he was giving it at the home of Mother Mahalaxmi, none other than 'Shakti' (Mother Energy) herself, the mother of all living beings. Therefore, he said, all living beings are already brothers/sisters to each other. If this is understood by all, brotherhood amongst all living beings on earth will become obvious, and hence no separate efforts will be needed to achieve peace in the world. The spreading and teaching of Maha Yoga is therefore important not only for self-realization, but also for establishing brotherhood among all humans and all living beings and thus for bringing peace on earth. P. P. Kaka Maharaj followed the discourse by leading the attendees in a short preparatory practice of Maha Yoga meditation.

## Wadi Yatra - Pilgrimage to a holy site - continued

Following an hour of free time at the temple, at around 5 pm the pilgrims boarded the buses for their return journey to Nrusimha Wadi. On their return to Wadi, following the evening Sadhana and other routines, all again gathered at the main temple of Lord Dattatreya for the Palkhi event.

Once again, after the Palkhi, the evening Prasad was served at Shri Shrikant Guruji's house.

### Day 3 (October 25, 2008)

This was the most auspicious and important day of the Wadi Yatra. It began with the morning Sadhana and other usual routines followed by breakfast. At 9:30 am, those who wanted to perform "Panchamruta Pooja" gathered at the Mhadba Patil Auditorium. The atmosphere was charged by the chanting of Atharvasheersha, Shri Sookta, and Rudra etc. After P.P. Kaka Maharaj arrived, the Pooja began. Some rituals were to be performed by all, and others were performed by P.P. Kaka Maharaj on behalf of all the Sadhaks. The Pooja lasted for around a couple of hours, following which P.P. Kaka Maharaj once again delivered an inspiring speech on Maha Yoga to the entire gathering.



Sangli Program, October 24, 2008

As usual, the evening schedule on this day included Sadhana and Aarti, but since the day was Guru Dwadashi (12<sup>th</sup> day of the lunar month) a particularly auspicious day, the Palkhi celebrating the Guru, Lord Dattatreya, was not going to begin at 7:30 pm as usual, but was going to be held much later, at the early morning hour of 3 am the next day.

Some Sadhaks made the most of this time available and gathered to sing Bhajans (devotional songs), while others went to the temple and meditated or chanted God's name or did "Pradakshina" (circumambulations) till the wee hours when the Palkhi finally began at around 3:30 am. This holy procession was an unforgettable and indescribable experience, and brought out the Bhakti (devotion) in all Sadhaks who participated and it lasted until well after 5 am that morning, an ecstatic finale to a spiritually uplifting 3 days!

After the Palkhi was over, we all returned to where we were staying in Wadi and following the morning routines began our respective journeys back home.

The Wadi Yatra experience benefitted me in many ways, beyond just the wonderful experiences of the three days it was held. I got to know many Sadhaks from all around the state of Maharashtra and formed several new connections. I learned new Bhajans and different styles of singing and playing musical instruments and experienced the devotion one gets through such music and singing. My interactions with various Sadhaks gave me many different and new perspectives on Maha Yoga as a whole and on its many aspects. And most importantly, Wadi Yatra brought in me a new sense of Bhakti (devotion) that is so very essential to those of us who are on this path. I would recommend it highly to all Sadhaks.

Reported by Shri Harsha Parchure

## P.P. Shri Kaka Maharaj met with Shri Shri Ravi Shankar

P.P. Yogatapasvi Shri Narayan Kaka Dhekane Maharaj has only one objective in his life, and that is to spread the message of Maha Yoga to young and old and to people of all faiths worldwide. He strongly believes that doing so will not only enable many people on this earth to achieve self-realization but it will also enable world peace. With this objective in mind, Kaka Maharaj met with Shri Shri Ravi Shankar, the founder of “Art of Living” at his world headquarters in Bangalore.

P.P. Kaka Maharaj discussed with Shri Shri Ravi Shankar the all-inclusive and comprehensive path of Mahayoga. He explained to Shri Shri Ravi Shankar how Maha Yoga includes within itself all forms of Yoga and other spiritual practices, and during the one hour meeting he demonstrated to Shri Shri Ravi Shankar through a practical meditation how Maha Yoga can help a Sadhak achieve real peace.



**P.P. Shri. Kaka Maharaj and Shri. Shri. Ravi Shankar**



**P.P. Shri. Kaka Maharaj and Shri. Shri. Ravishankar**

The meeting began with Kaka Maharaj asking Shri Shri Ravi Shankar about the Art of Living techniques that he teaches his followers. Having understood Shri Shri Ravi Shankar’s approach to Yoga and meditation, which has the Sadhak do Pranayam (breathing techniques) and other Yoga practices, Kaka Maharaj explained to Shri Shri Ravi Shankar that the Maha Yoga approach does not require a Sadhak to actually do anything other than to sit for Sadhana. Whatever practices the Sadhak needs for his/her spiritual progress happen automatically, without any effort on part of the Sadhak.

## Meeting with Shri Shri Ravi Shankar - continued

Shri Shri Ravi Shankar honored and thanked Kaka Maharaj for accepting his invitation and for visiting him in Bangalore. He also said to Maharaj, “Your path is the highest of all. I am really fortunate that your lotus feet touched my residence.”

Reported by Shri Nikhil Prabhune



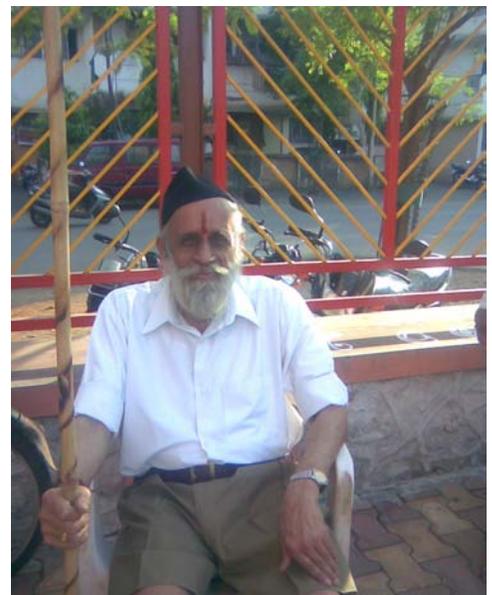
**P. P. Kaka Maharaj and Shri Shri Ravi Shankar**

## Webcast to Jalgaon Schools

P.P. Shri Loknath Tirth Swami Maharaj Maha Yoga trust, Nashik and Shikshan Prasarak Mandal, Jalgaon, jointly organized live video lectures cum demonstrations by P. P. Shaktipatacharya Shree Narayan Kaka Dhekane Maharaj of how students can improve their power of concentration and gain other benefits from the practice of Maha Yoga.

The lecture-demonstrations were telecast live from Nashik simultaneously to S.P. Mandal’s Sheth L. N. Public School and Lunkad Kanya School in Jalgaon. More than 3000 students and teachers attended the web telecasts held on August 25<sup>th</sup> and 26<sup>th</sup> at 7:30 am. This free event was the first of its kind in Jalgaon district and was organized by Shikshan Prasarak Mandal, Jalgaon.

Reported by Shri Prashant Rao, Jalgaon



**P.P. Kaka Maharaj in RSS uniform**

## Global Maha Yoga Trial - February 8, 2009 from 6:11 am to 6:32 am local time

Shri Kaka Maharaj would like to invite everyone on this earth to participate in a Global Introductory Trial of Mahayoga Shaktipat (Siddhayoga) for the uplift of all humankind. This introductory trial will be held on February 8, 2009 from 6:11 am to 6:32 am local time. Those interested can participate during that time at no cost from the privacy of their own homes. All are eligible to participate in this trial regardless of religion, race, sex, age, caste or creed. This world-wide trial can be considered to be a “trailer” or a precursor for the awakening of one’s Kundalini Shakti (Universal Life Energy) through Shaktipat (transfer of Energy) from a Siddha Yoga Master. It is a rare opportunity to experience first-hand such a transmission of Energy from a Siddha Guru.

Here’s how to participate:

- At the designated time (February 8, 2009 from 6:11 am to 6:32 am local time) sit comfortably with your eyes closed in a quiet location in your home.
- Instantly observe a wave of energy along your spinal column.
- Relax your body completely in order to minimize the awareness of your body.
- Let your mind observe your involuntary breathing.
- Observe your experiences during the designated time interval and if you wish you may share them by e-mail with P. P. Narayan Kaka Maharaj at ([mahayoga\\_kaka@yahoo.com](mailto:mahayoga_kaka@yahoo.com)).



**P.P. Shri Loknath Tirth Swami  
Maharaj Mahayoga Trust**  
Shrirang Nagar, Gangapur Road,  
Nashik 422013, Maharashtra, INDIA

**Phone:** 91 - 253 – 2311616

**E-mail:** [self.awakening@gmail.com](mailto:self.awakening@gmail.com)

**To Subscribe:** Please visit the website (<http://www.kundalinishaktipatayoga.net/index.htm>), enter your email address in the box that appears on the left-side below the menu and click on 'Subscribe' button.

**To Unsubscribe:** Send us an email to ([self.awakening@gmail.com](mailto:self.awakening@gmail.com)) and put 'UNSUBSCRIBE' in the subject line.

## What's New

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

<http://www.kundalinishaktipatayoga.net>

## How to contribute to the e-newsletter

The goals of our e-newsletter are:

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

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

[Self.awakening@gmail.com](mailto:Self.awakening@gmail.com)

## Upcoming Events

### P.P. Kaka Maharaj to tour the Middle East

P. P. Kaka Maharaj has a strong desire to spread the practice of Maha Yoga throughout the world. Having completed a highly successful two month tour of the UK and the US last year Kaka Maharaj will be visiting the countries of Kuwait and Bahrain in the Middle East this month beginning November 8<sup>th</sup>, 2008. He will be accompanied by Dr. Deshpande Maharaj and will be hosted by Shri Abhijeet Ranade in Kuwait and by Shri Anil Dandge in Bahrain. Kaka Maharaj is expected to give several lecture-demonstrations of Maha Yoga during his tour. Kaka Maharaj and Dr. Deshpande Maharaj will return to Mumbai on November 17<sup>th</sup>, 2008

We're on the Web!

<http://www.kundalinishaktipatayoga.net>

**May all desire to follow this nectarous Siddhayoga Path!**