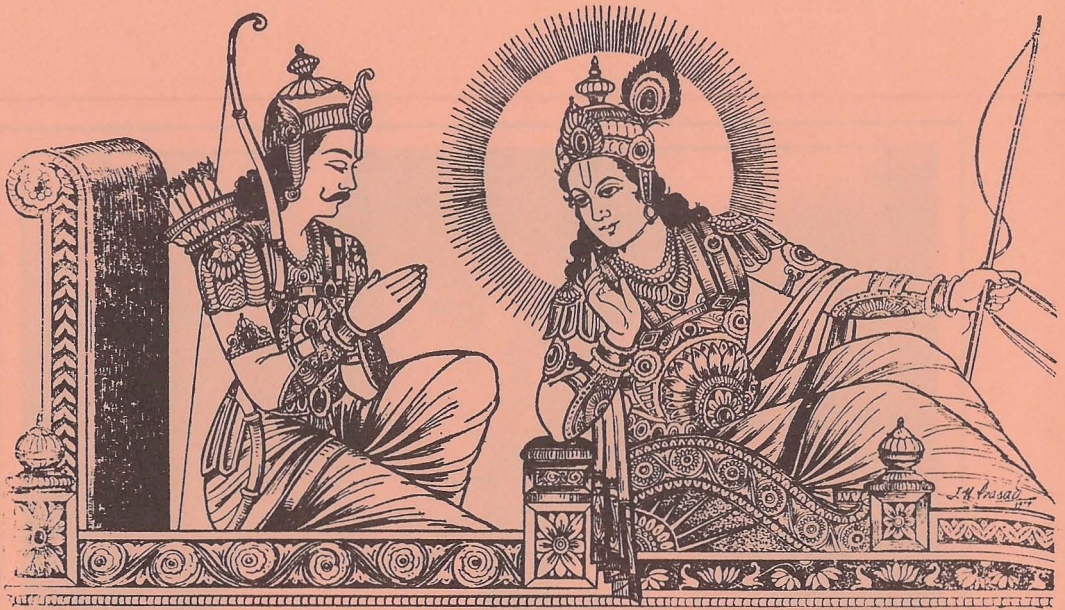




Gateways

Hanuman Fellowship Newsletter · April 1989 · No. 122



Chapter I
The Yoga of Dejection
Vishad Yoga

Description of Pandavas' Army
Verses 3-6

The army of Pandavas and Kauravas in total was eighteen *akshohinies*. Pandavas' army was seven *akshohinies* and Kauravas' army was eleven *akshohinies*. The energy of the seven *chakras* (energy centers) which is used for involution of the soul and the eleven energies of the body which are the ten senses and the mind are

for the evolution of the soul. The eleven energies of the body bind the soul by experiencing the worldly enjoyments through the senses.

So this is the war between evolutionary energy and involutionary energy within a human being.

Gateways

GATEWAYS appears on the first of each month. Deadline for material is the first of the previous month. Gateways is available at Sunday Satsang and at Mount Madonna Center on workdays. If you would like Gateways mailed to you, see the subscription form on the inside back cover of this issue.

Varuna/Pratibha-editors, Jayant-design, Karuna-typesetting, Nirmala-distribution

WISDOM *of the* GITA

1:4

Here are mighty bowed heroes equal to Bhima and Arjuna: Yuyudhana and Virata and the great warrior Drupada.

1:5

Dhrishtaketu, Chekitana, the valiant king of Kashi; and Purujit Kuntibhoja and Shaibya, the best of men.

1:6

And mighty Yudhamanyu and valiant Uttamaujas; Abhimanyu, the son of Subhadra and the sons of Draupadi, all mighty warriors.

The king Duryodhana enumerates eighteen names of great warriors of Pandavas' side who were equally powerful and skilled in war as Bhima and Arjuna.

These eighteen warriors represent positive energies of an aspirant which help the embodied soul in its endeavor to remove the bondage of desires, attachment and ego, and attain liberation.

The names of the warriors:

1) Bhima 2) Arjuna 3) Yuyudhana 4) Virata 5) Drupada 6) Dhrishtaketu 7) Chekitana 8) Kashiraja 9) Purujit and Kuntibhoja (two brothers) 10) Shaibya 11) Yudhamanyu 12) Uttamaujas 13) Abhimanyu 14-18) five sons of Draupadi.

**Description of Kauravas' Army
Verses 7-9**

1:7

Know also, O best among the twice born! the names of those who are principal warriors on our side — the generals of my army. For your information I mention them.

1:8

Yourself and Bhishma and Karna and Kripa the victorious in war, Ashvatthama, Vikarna and also Bhurishrava the son of Somadatta —

The king Duryodhana again enumerates the seven main generals of his army who were great warriors as well as virtuous; but due to their involvement with the negative side they help the desire to get strong which binds the soul in the cycle of birth and death caused by ignorance.

The names of the warriors:

1) Dronacharya 2) Bhishma 3) Karna 4) Kripa 5) Ashvatthama 6) Vikarna 7) and Bhurishrava.

Association with worldly people who are selfish is so strong that it can affect the minds of virtuous people.

1:9

And many other heroes who are ready to give up their lives for my sake, armed with various weapons and missiles, all skilled in warfare.

Continued next issue.

P

RANAYAMA

is not, as many think, concerned solely with the breath; breath indeed has very little to do with it. Breathing is only one of the many exercises through which we get to the real pranayama. Pranayama means the control of prana.

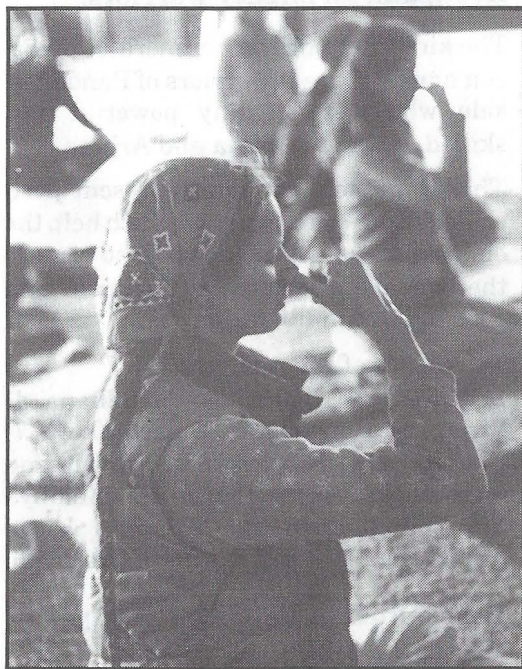
How to control prana is the sole idea of pranayama. All the trainings and exercises in this regard are for that one end. Each man must begin where he stands, must learn how to control the things that are nearest to him. This body is very near to us, nearer than anything in the external universe; and the mind is nearer than the body. But the prana which is working this mind and body is the nearest. It is a part of the prana that moves the universe. In the infinite ocean of prana, this little wave of prana which represents our own energies, mental and physical, is the nearest to us. If we can succeed in controlling that little wave, then alone can we hope to control the whole of prana. The yogi who has done this gains perfection; no longer is he under any power. He becomes almost almighty, almost all-knowing.

Yogis say that the mind can function on a higher plane, the superconscious. When the mind has attained that state, which is called samadhi—perfect concentration—it goes beyond the limits of reason and comes face to face with facts which no instinct or reason can ever know. All manipulations of the subtle forces of the body, different manifestations of prana, give a push to the mind, help it to go up higher and become superconscious, from where it acts.

In this universe there is one continuous substance on every plane of existence. Physically this universe is one: there is no difference between the sun and you. Each form represents, as it were, one whirlpool in the infinite ocean of matter. The whirlpools are ever changing. Just

as in a rushing stream there may be millions of whirlpools, the water in each of which is different every moment, turning round and round for a few seconds and then passing out, replaced by a fresh quantity, so the whole universe is one constantly changing mass of matter, in which all forms of existence are so many whirlpools. A mass of matter enters into one whirlpool, say a human body, stays there for a period, becomes changed, and goes out into another, say an animal body this time, from which again, after a few years, it enters into another whirlpool, perhaps a lump of mineral. There is constant change. Not one body remains the same. There is no such thing as my body or your body, except in words. Everything is changing, matter eternally forming and disintegrating.

So it is with the inner world. Matter is represented by the ether; when the action of prana is most subtle, this ether, in a finer state



Perspectives

5

of vibration, will represent the mind, and there it will be still one unbroken mass. If you can create in yourself that subtle vibration, you will see and feel that the whole universe is composed of subtle vibrations.

Thus even in the universe of thought we find unity; and at last, when we get to the Self, we know that that Self can only be one. Beyond the vibrations of matter in its gross and subtle forms, beyond motion, there is but one. Even in manifested motion there is only unity. These facts can no longer be denied. Modern physics has demonstrated that the sum total of the energies in the universe is the same throughout. It has also been proved that this sum total of energy exists in two forms. It becomes potential, unmanifested, and next it becomes manifested as all these various forces; again it goes back to the quiet state, and again it manifests. Thus it goes on evolving and becoming involved through eternity. The control of this prana, as before noted, is what is called pranayama.

Perhaps some of you have read that in pranayama, when drawing in the breath, you must fill your whole body with prana. In the English translation *prana* is given as breath, and you are inclined to ask how that is to be done. The fault is with the translator. Every part of the body can be filled with prana, the vital force; and when you are able to do that, you can control the whole body. All the sickness and misery felt in the body will be perfectly controlled.

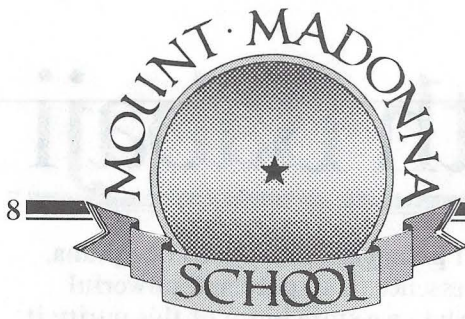
Pranayama really means controlling the motion of the lungs, and this motion is associated with the breath. Not that the breath produces it; on the contrary, it produces the breath. This motion draws in the air by pump action. Prana moves the lungs; the movement of the lungs draws in the air. So pranayama is not breathing, but controlling that muscular power which moves the lungs. That muscular power which is transmitted through the nerves to the muscles and from them to the lungs, making them move in a certain manner, is the prana we have to control through the practice of prana-

yama. When the prana has become controlled, then we shall immediately find that all the other actions of prana in the body will slowly come under control. The pure-souled man who has controlled his prana has the power to bring it into a certain state of vibration which can be conveyed to others, arousing in them a similar vibration.

In an ocean there are huge waves, like mountains, then smaller waves, and still smaller, down to little bubbles; but back of all these is the infinite ocean. The ocean is connected with the bubble at one end, and with the huge wave at the other end. One man may be a gigantic wave, and another a little bubble, but each is connected with that infinite ocean of energy which is the common birthright of every being that exists. Wherever there is life, the storehouse of infinite energy is behind it. Starting as some fungus, some very minute, microscopic bubble, and all the time drawing from that infinite storehouse of energy, a form changes slowly and steadily, until, in the course of time, it becomes a plant, then an animal, then a man, and ultimately God.

The ideal of the yogi, the whole science of Yoga, is directed to the end of teaching men how, by intensifying the power of assimilation, to shorten the time for reaching perfection instead of slowly advancing from point to point and waiting until the whole human race has become perfect. All the great prophets, saints, and seers of the world—what did they do? In one span of life they lived the whole life of humanity, traversed the whole length of time that it takes an ordinary man to come to perfection. In one life they perfected themselves; they had no thought for anything else, never lived a moment for any other idea, and thus the way was shortened for them. This is what is meant by concentration: intensifying the power of assimilation, thus shortening the time. Raja-yoga is the science which teaches us how to gain the power of concentration.

—Swami Vivekananda, from *Raja Yoga*



Tickets for the **Ramayana** are now on sale. Tickets can be purchased through the school office until March 14th, and then at Gateways Store. If you'd like to mail order tickets, just send a self-addressed, stamped envelope along with your request. Tickets sell out fast so don't wait till the last minute.

April 6 and 7 will be early-dismissal days so that students can get home, have dinner, and get to the theater by 5pm. The school day will end at 1pm on both of those days.

Meanwhile, the senior high continues to fund-raise and plan for its trip to Washington D.C., and the 1st-6th grades for their trip to Yosemite. Ramayana T-shirts are being sold by the lower grades to support their annual trip as are raffle tickets for a beautiful hand-made quilt. Contact Sri Gyan, Hamsa, Sarita, or Supriya for more information.

Congratulations to the Junior High Basketball team for its win last week over Salesian Sisters School, and the Senior High Basketball team who are still in the playoffs.

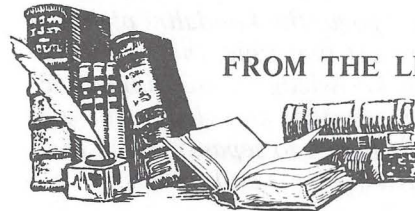
Mount Madonna Center has made its just completed dining hall addition available to us as a students' snack-and-lunch-room. Student Government is taking responsibility for monitoring and cleaning up each day, understanding that the new space will be ours to use only so long as it is enjoyed responsibly.

And, to insure that each student has every opportunity to discuss special needs, problem situations, and other concerns directly with at least one member of the staff, we've initiated a new counseling system. Each staff member has taken responsibility for up to four students for one-on-one counseling availability, taking into account preferences expressed by the students themselves. One advantage of being a small school is ready access to concerned staff who know each student better than would be possible in larger public schools, but even in our school

it's possible for a student to have difficulty making a connection. The new counseling system is designed to further insure that no one falls through the cracks.

We had good attendance at our Parent-Staff Meeting on February 5th at the First Methodist Church in Watsonville. Before the meeting we had lots of fun with softball for kids and adults together and a fine potluck dinner. Our **next School Board Meeting** will be March 11th, 3-5pm, at the Center (Dayama's), and, as always, is open to all who are interested.

Finally, congratulations to all our graduating seniors who have been receiving nothing but acceptance letters from the colleges of their choice, including University of California campuses and Cal Poly. Good work.



FROM THE LIBRARY

THE EDUCATION OF LITTLE TREE, a true story by Forrest Carter. I sat and stared at this book for a long time trying to find one essential theme that could neatly wrap up its content but to no avail. It seemed that every page that was open contained a new and touching insight into the very nature of life. It is a story in which not just the human actors perform upon the stage but one in which the harmony and the divine dance of all nature takes place. From the eyes and ears of our little Cherokee guide we embark on a trip through the beauty and innocence of original experience. We discover that all living things are conscious, each in its own way and, if you listen very carefully, you can understand the song. To love, meant to understand, to be at one with, and not separate from. We discover through Little Tree that there is

no difference between sharing and giving, for when the gift is given it is left for the receiver to find, an offering in the truest sense. In that, we all share.

There is the darker side to the story as we see the hypocrisy that pervades society. The brutality of racism and the cruelty of greed. We feel the pain more so for Little Tree tells the story through the eyes of a child. We listen with the calloused ears of adults. But as a child, the author enables us to stand back from the melodrama of our lives and laugh at how seriously we take ourselves and how much we miss of the beauty that surrounds us.

IT IS THE WAY

Life passes, a dream within a dream.

Earth folding and unfolding,
into her perpetual seasons.

Brief sojourns on windswept peaks.

Darkness in the valleys,

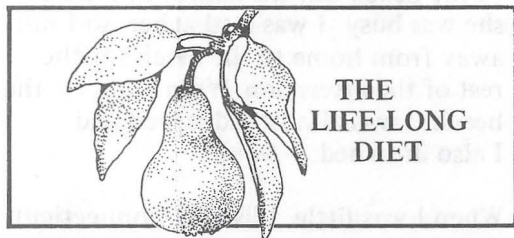
when the sun has set.

Laughter from the brim-full spring,

that even in the night,
reminds one of tomorrow.

Who but Mon-olah embraces to her fertile breast
the weeping child, and stills the anguished heart
with love and whispers, "I will wait for you"

—Amritanand Gilbert



After a generation of dietary advice from the popular press which has included macrobiotics, "living foods," and combining grains and beans for high-quality protein, the National Research Council has recently come forth with a comprehensive "life-long diet" which is designed to reduce cancer, heart disease, and obesity.

Responding to the plethora of recommendations from various agencies concerned with disease risk reduction, the Council has attempted to provide a "cradle-to-grave" diet which will lower the risk of contracting a chronic disease and presumably have positive health benefits as well.

Those of us who have made the transition to a vegetarian diet won't be surprised at the findings:

1) Reduce total fat intake to 30% or less of daily calories. And limit saturated fats to one-third that amount. Cholesterol intake should be less than 300 mg. per day (the equivalent of one egg yolk or 2 ounces of lean meat or poultry).

2) Eat five or more servings of vegetables and fruits each day. (One serving is ½ cup of fruit, juice or cooked vegetable, or one cup of a leafy vegetable.)

3) Eat six or more daily servings of complex carbohydrates (which should make up more than 55% of total calories). One serving is ½ cup grain or one slice bread.

4) Eat moderate amounts of protein, limiting meat or meat-alternatives to 6 ounces or less per day.

5) Eliminate alcoholic beverages from the diet. If this is impossible, then limit the intake to two drinks per day.

6) Limit the use of salt in cooking and avoid adding it to food. The recommendations suggest 2,200 mg. of sodium per day as the maximum.

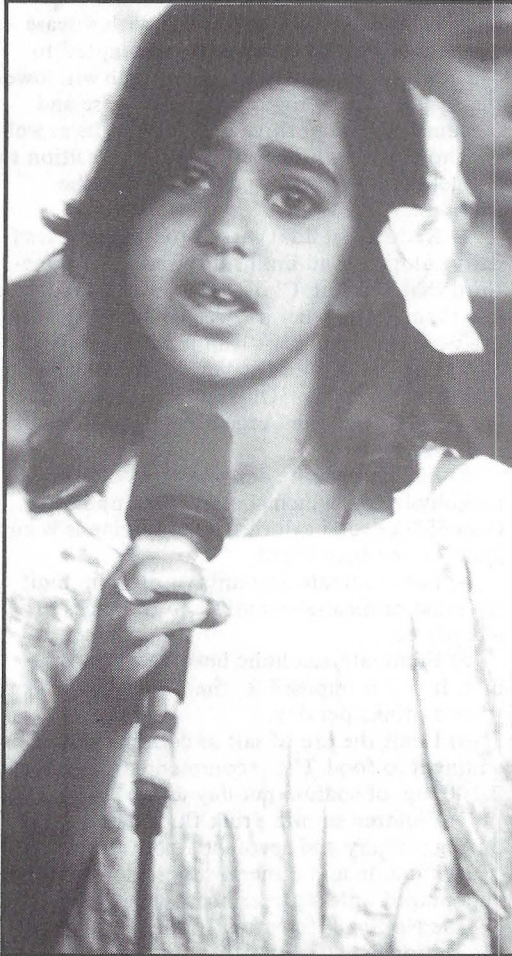
7) Children should drink fluoridated water during primary and secondary tooth formation.

8) Vitamin and mineral supplements are not encouraged unless prescribed by a doctor.

The National Research Council is an arm of the National Academy of Sciences, a private, non-profit organization that conducts scientific research to benefit the general population. The intent of this particular study seems to have been to describe a diet which integrates recommendations of the Heart Association, the Cancer Institute, and other one-disease study centers. Perhaps a step in the right direction toward viewing diet as a means of staying healthy, and not simply as preventing disease. —Pratibha

Kid's Corner

10



Memories

(4th to 6th Grades)

It was Christmas morning in my house. It was my old two-story house on Eddy Lane. It was just my mom, dad, and me. That morning, I remember, dad was opening one of his presents when he asked, "Tosh, will you go get the scissors out of the kitchen?" So, I went to get the scissors and when I walked into the kitchen I couldn't believe my eyes! There sitting in the middle of the kitchen, with the kick stand down, was a brand new 'Diamond Back' dirt bike for me!! I ran back to my parents and thanked them. Then, I rode my new bike up and down the street that Christmas Day. —*Santosh*

When I was three years old, my mother was making breakfast. I wanted to go to the beach but she couldn't because she was busy. I was mad at her, so I ran away from home to the beach for the rest of the afternoon. When I was on the beach, I was almost kidnapped and I also drowned. —*Saroj*

When I was little, I lived in Connecticut and it rained alot. I used to put on my bathing suit and play in the rain. It was so much fun, but there is so much about it I can't remember. I wish I was little still. —*Padma*

Calendar

MOUNT
MADONNA
CENTER

Thursday: Gita Class: 9–10:30 am
Work Day: 11 am–5 pm
Dinner: 5 pm

Saturday: Ashtanga Yoga Class: 7:30–9:30 am
Work Day: 11 am–5 pm
Dinner: 5 pm

Sunday: Satsang: 12:30–4:00 pm, Live Oak School, Santa Cruz

Mar. 24-26 **REV. LARRY FORSBERG: Following the Christ Path—An Easter Retreat**, using traditional and not-so-traditional methods—from the New Testament and parables of Jesus to eastern spiritual resources and focus on the Divine Mother—toward achieving union with the Christ within.

Mar. 24-26 **KALI RAE: The Tri-Yoga System of Fitness and Health**, focusing on how peace begins with a healthy body and a calm mind, and how to incorporate this experience into our daily lives for greater peace.

March 26 **EASTER**, at Mount Madonna Center

April 7,8,9 **CHILDREN'S RAMAYANA!!!!!!** at E.A. Hall in Watsonville. Tickets can be purchased at Gateways Bookstore or by mail order to Mount Madonna School office. They sell out fast, so don't wait!

May 5-7 **JULIE BOWDEN: Recovery for Adult Children of Alcoholics and Others**, moving through & beyond trauma in an atmosphere of safety and integrity.

GATEWAYS SUBSCRIPTION FORM

Enclosed is my payment for one year's subscription to *Gateways Newsletter*.

- \$10 U.S. mailing address \$12 mailing outside the U.S.
 I would like to support *Gateways* with a tax-deductible donation of \$

Name _____

Address _____

City _____ State _____ Zip _____

Make checks payable to: GATEWAYS NEWSLETTER. *Mail to:*
Gateways Subscriptions, 445 Summit Rd, Watsonville, CA 95076

Join us!



BULLETIN BOARD

Public Service Notices are printed without charge.
Private ads are \$3 for the first 20 words; 10¢ per word thereafter.
Get your copy to us by April 1 and it will appear in the May issue.

TRI-YOGA: Union of body, breath, and mind. Stretching and strengthening postures synchronized with the breath flow to Magical Music by Mercury Max. Open 7 days. All levels. Individual attention by certified staff. Kali Rae Yoga Academy. Call for schedule. 429-9138

FREE to good home: 4 year old 'Mackena', a Golden Retriever male (neutered), sweet natured and loving. Contact Ravindra or Varuna at 426-3348.

Hanuman Fellowship
Mount Madonna Center
445 Summit Road
Watsonville, CA 95076

Non-Profit
Organization
U.S. Postage
PAID
Freedom, CA
Permit No. 48

Your expiration date appears on the label. If the label is circled, it's time to renew.