



ABSOLUTE PEACE DRIVE



By
Yogacharya Prof. Jayadeb Dansana



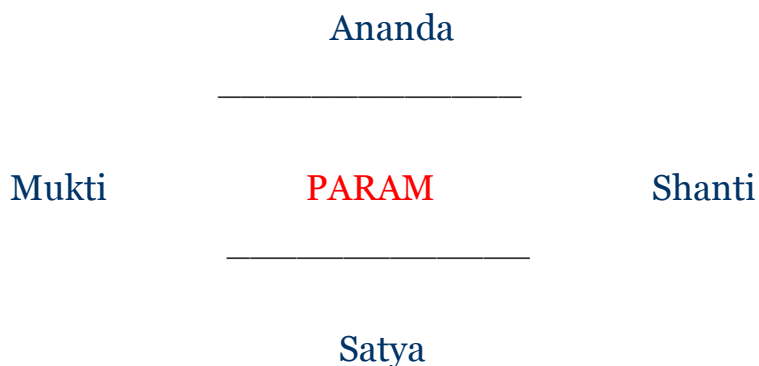
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Chapter-1

ABSOLUTE PEACE AND RELATIVE PEACE

Everything Absolute is the Highest Principle / which we call God. In Tadi Mantra Swaasa (TMS Yoga) or Tymnastics the Individual is the most important being who is ever conscious of perfecting himself. Peace belongs to the sub-set/ family Mukti, Aananda, Shanti, Satya (Freedom, Bliss, Peace, Truth). One important Square Thought is



For a Tymnast (skilled in TMS Yoga) “Past is Present – Was ,Future is Present Will-be. Present is the only time for the application of Action (Karma) and Knowledge (Gyaana).” God is Absolute / Param. Freedom, Bliss, Peace, Truth. Let every individual CONSCIOUSLY link himself to the Highest Principle God. Relative peace is ‘ you are only not quarrelling now.’ You are not a conscious Saadhaka, practioner of spirituality.

58 Responses to **ABSOLUTE PEACE AND RELATIVE PEACE**



1. **Dr. Mahesh Chandra Panda** says:

April 11, 2011 at 1:08 am

What I understand is: Seeking peace is absolute peace where as searching peace is relative peace. Searching is more practical action oriented, where as seeking is more receptive, spiritual connotation.

 **Jayadeb Dansana** says-


Dear Dr Panda and...The ground-reality is Now-and-Here. An idea of J.Krishnamurti is.'Gradualness is stupidity.' Just be what you want to be, and continue being: if you are acutely conscious of your ascending Self now-and-here, you are enjoying MukTi-AanDa-ShaanTi-SaTyA (Freedom-Bliss-Peace-Truth).(Yogacharya Dansana,10.9.12.)

Reply

 **Jayadeb Dansana** says:
August 2, 2011 at 8:52 am

Let everyone ask himself how I am perfecting myself, and let others ask themselves how each one of them is perfecting himself. It is an individual who maintains peace or disrupts it : if every individual be perfecting himself there will be an absolutely peaceful individual who will form the basis of an absolutely peaceful family, which in fact is the basis of an absolutely peaceful world.(Yogacharya Prof. J.Dansana.)

Reply

 **Jayadeb Dansana** says:
August 3, 2011 at 9:59 am

The Idea of the Average and the Role of the Individual : Every individual affects the average- hence the all-importance of the unit, however seemingly negligible. As regards the basic needs of the human individuals the species has progressed quite a bit, though to the shame of human intelligence millions still need a square meal; this is because by progress is naively meant only material progress, and all attention is showered on senseless accumulation of wealth. This way the economic average of the species is, maybe quite high; but surely for this reason the average happiness of human beings has not risen. Every intelligent human must know " Ashaantasya kutah sukham" (Where is happiness for the non-peaceful ?) Intelligence is a rare possession which is based on WISDOM. T.S.Eliot lamented: " Where is the life we have lost in living/ Where is the wisdom we have lost in knowledge/ Where is the knowledge we have lost in

information,”...For raising the average happiness of the human race we have to raise the average peace of the species. One Gautam who transformed himself to be a Buddha raised the average peace (and thereby average happiness) of the race. Gautam Buddha had realized Absolute Peace (Param Shaanti) in his life. Every intelligent human being should aim at achieving absolute peace rather than absolute prosperity. Never mortgage your peace for prosperity. Gauge your intelligence by weighing the words of J.Krishnamurti,” To die rich is to have lived in vain.”...Time and money are our two resources: be fully awakened to how you are utilizing them. The whole world is one family–’ Basudhaiba Kutumbakam’ “By hurting others you hurt yourself, by helping others you help yourself.” says Swami Vivekananda. To be of greatest use to others join the Param Shaanti Abhiyaan (Absolute Peace Drive) in your own situation. The Highest Principle (God) is Absolute Peace or Perfect Peace; and the sublimest task for each one of us human beings is to keep perfecting. The perennial question is, ” Am I perfecting ?”: and the most satisfactory answer is ,”Yes, I am perfecting NOW.” (Yogacharya Prof.J.Dansana. 3rd August.2011)

[Reply](#)



4. **[Dr.Mahesh Chandra Panda](#)** says:

[August 4, 2011 at 10:41 am](#)

The Grace of the God is the most essential thing.

When the God is pleased with anybody, He gives him Viveka and Vairagya and takes him safe beyond the mundane existence.

”The Self can not be gained by the study of Vedas, nor by intellection, nor by learning.He whom the self chooses gains it. To him the Self reveals its nature” says the Katha Upanishad.

[Reply](#)



5. **[Jayadeb Dansana](#)** says:

August 4, 2011 at 1:51 pm

The Grace of God is the most essential thing.—It is eager to be showered (nay cloudburst) on each one of His creations.

When God is pleased with anybody He gives him Viveka and Vairagya and takes him safe beyond the mundane existence.—God is always ready to give Viveka and Vairagya to any one who deserves It by his deed to take him safe beyond the mundane existence.

The Self cannot be gained by the study of the Vedas, nor by intellect, nor by learning only. He whom the Self chooses because of his purushaatha (individual will) gains It: to him the Self reveals its nature: so avers the Katha Upanishad. (J.Dansana. August 4 2011)

Reply



• **Dr. Mahesh Chandra Panda** says:

August 4, 2011 at 2:41 pm

Thank you Yogacharya Prof. Jayadev Dansana for the above moderated version of Katha Upanishad.

Dr. Mahesh Chandra Panda

Yoga Practitioner

Reply



6. **Jayadev Dansana** says:

August 4, 2011 at 3:52 pm

My Place and Role: To celebrate his 80th birthday Bertrand Russell presented a book 'The Impact of Science on the Society' to the world. There is an entry there -My Place in the Universe: How much negligible it is! Maharshi Arambinda says, "Materially you are nothing; spiritually you are everything." An intelligent awakened human must ask himself, "What is my place and role in my family? What is my place and role in my lane (padaa), my ward, my town, my culture, my world, my human race?" While answering these questions we are prone to forget the most important question we should address ourselves, "What is my role for myself?"

Who is this Me ? Who am I ? Am I only this body which my mind is wearing ? Am I my mind which is wearing its body ? What is my role for my body and my mind, which are the two resources God has so mercifully bestowed on me. Our Shastras say our greatest purushaarth or achievement in our human birth will be Dharma-Artha-Kaama-Moksha. Earn money only to enjoy economic stability and do charity, and develop strong desire to liberate your soul from the shackle of your mind-body-world....Start off at some point and the rest will follow.Join the Absolute Peace Drive (Param Shaanti Abhiyaan) in your own situation and help the process of EVOLUTION which God is thirsting forth.(J.Dansana.August 4th 2011)

[Reply](#)



• **Dr.Mahesh Chandra Panda** says:

August 4, 2011 at 5:49 pm

I may be a little bubble, you may be a wave mountain-high, but know that for both of us the infinite ocean is the background, the infinite Brahman is our magazine of power and strength, and we can draw as much as we like, both of us, I the bubble and you the mountain-high wave.(Kathopanishad in the words of Swami Vivekananda)

[Reply](#)



7. **Dr Nirmal Padhan** says:

August 4, 2011 at 6:51 pm

We are happy to see param shaanti abhiyan blog.Comments of Prof J.Dansana and Dr Mahesh Ch Panda are of high standard.

[Reply](#)



8. **Jayadeb Dansana** says:

August 5, 2011 at 8:00 am

Ocean is a very useful image for understanding the place and role of the individual in the Universe. The individual could be a bubble, or a mountain-high wave, or even a finite ocean like

Chilikaa or Bay of Bengal or Indian ocean or even the terrestrial ocean ; but all are forms of the same ONE OCEAN (with definite differences though): the different kinds of fishes or crabs or frogs or snails are also different forms of that ONE. There is nothing but that ONE: this dristi is the dibya dristi, which dhanurdhara Arjuna so earnestly sought and yogeshwara Krishna more so bountifully gave in the battle field of Kurukshetra. In this divine play of the world that One desires each one of us human beings to attain that divine perception and realize that state of Param Shaanti (Absolute Peace).The state of consciousness which bestows this divine perception is called the Kaibalya Samaadhi Sthiti: let every intelligent awakened man go on realizing this state of consciousness NOW, which in Nuclear Metaphysics is referred to as O4.(J.Dansana, 5th August 2011.)

[Reply](#)



• **[Dr. Mahesh Chandra Panda](#)** says:

August 5, 2011 at 8:08 am

Spirituality says that inner happiness comes from living not for ourselves but living for others. When we only seek to please ourselves, then we can only get a limited happiness, our pleasure will be limited. However through selfless action, through serving others we can go from a limited human perspective to becoming aware of an extended reality. Surrendering one's actions to God, the supreme consciousness, existence or whatever name one has for that; one can seek divinity through spirituality.

[Reply](#)



• **[Jayadeb Dansana](#)** says:

September 10, 2012 at 5:32 am

Dear Dr Panda and ... An idea from Dr Paul Brunton, the disciple of Raman IMaharshi, 'Only when you know the TRUTH, you know exactly what to do to serve people.' If you don't know the TRUTH, you very likely cheat, exploit and harm others in the name of service: you become only a hypocrite, Thus knowing the Truth, and letting others know It is the best service one can do. And the TRUTH is—THAT ONE BRAHMA HAS BECOME MANY. To the extent a person has realized THIS, he serves in right earnestness. (Yogacharya Dansana.10.9.12.)



9. **Jayadeb Dansana** says:

August 5, 2011 at 5:18 pm

Place and of Spirituality:

Reply



10. **Jayadeb Dansana** says:

August 6, 2011 at 10:48 am

Place and role of Spirituality: Let us elaborate a little on Total Health Care (THC). World Health Organization says— Health is a state of complete wellbeing -physical, mental and social, not only absence of disease or infirmity. Medical science adds another aspect to it, spiritual. Thus we have four aspects to health physical, mental, social and spiritual.... Let us consider whether there is any clash between sociality and spirituality: there is none, because the consummation of sociality is spirituality. It is only unfortunate that in the name of religion there could be any clash: it seems those who love titillation of nerves only find a sound excuse in their prejudice of protecting their religion. It should be the foremost moral duty of every intelligent awakened man to save humanity first: only thereafter comes other priorities. One must learn in his maturity of mind to transcend religion to be spiritual, nationalism to be patriotic.

Reply



• **Dr. Mahesh Chandra Panda** says:

August 6, 2011 at 11:05 am

We search for ways to end conflict, we seek peace. We search for quiet places, we seek solitude. We search for like minded people, we seek relatedness. We search for affectionate persons, we seek love. We search for answers, we seek meaning. In the same way, we can seek spirituality in religion and patriotism in nationality.

Reply



• **Jayadeb Dansana** says:

September 10, 2012 at 5:59 am

Dear Dr Panda and... Let each one of us be ambassadors of PEACE. Let us all focus on PEACE in all our walks of life. The dictum is—ashaanTasya kutah sukham (GiiTaa), meaning, 'Where is happiness for him who has no peace.' About 'peace', a thought from Times of India—"There is no way to peace; peace is the way." It means that peace is the natural state of the world. In our craze for serving people we are only disrupting peace, and unleashing sorrow. Let us be APD activists—Absolute Peace Drive / Param ShaanTi Abhiyaan. (Yogacharya Dansana.10.9.12.)



11. **Jayadeb Dansana** says:

August 6, 2011 at 11:56 am

Spirituality as the highest form of sociality: Sociality deals with the relationship between individuals, The worst form of relationship between two is one of enmity, and the best is that of identity. A sparrow goes on charging its own image in the mirror, thinking it to be one of his race, though it be bleeding. Swami Shivanandji Maharaj gives the example of the dog who barks at himself, finding it with a piece of meat thinking him to be another of his race. We humans feel pity for the poor creature who does not even recognize himself, saying we of the human consciousness are of a much higher consciousness than the envy-prone canine consciousness. Think of the human beings of higher divine consciousness who must be feeling pity for the fanatics of religion and nationalism....To talk of the ideal spiritual approach to relationship, the four great mahabakyas of the four Vedas are: (1) Om Pragyanam Brahma (Wisdom is God), (2) Om Aham Brahmasmi (I am God), (3) Om Tatwamashi (You are God) and (4) Om Ayamatma Brahma (This Soul is God). A bit of mathematics now: I am God and You are God; therefore, I am You. This is the highest relationship of the identity of the Seer with the Seen. This is a better approach than even seeing God everywhere. This approach is the real challenge for every intelligent, awakened man.

Reply

-  **Dr. Mahesh Chandra Panda** says:

August 6, 2011 at 12:00 pm

True and sustained peace comes from self realization, the goal of spirituality.

Dehabuddhyaa Tu Daasoham Jeevabuddhyaa Tvadamsakah

Atmabuddhyaa Tvamevaaham Iti Me Nischitaa Matih

We move gradually from the perspective of Dehabuddhi to Atmabuddhi in true self realization, settling into true nature of self.

Reply

12.  **Jayadeb Dansana** says:

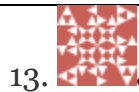
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Spirituality as the highest form of sociality: Sociality deals with the relationship between individuals, The worst form of relationship between two is one of enmity, and the best is that of identity. A sparrow goes on charging its own image in the mirror, thinking it to be one of his race, though it be bleeding. Swami Shivanandji Maharaj gives the example of the dog who barks at himself, finding it with a piece of meat thinking him to be another of his race. We humans feel pity for the poor creature who does not even

recognize himself, saying we of the human consciousness are of a much higher consciousness than the envy-prone canine consciousness. Think of the human beings of higher divine consciousness who must be feeling pity for the fanatics of religion and nationalism.... To talk of the ideal spiritual approach to relationship, the four great mahabakyas of the four Vedas are: (1) Om Pragyana Brahman (Wisdom is God), (2) Om Aham Brahmasmi (I am God), (3) Om Tatwamashi (You are God) and (4) Om Ayam Atma Brahman (This Soul is God). A bit of mathematics now: I am God and You are God; therefore, I am You. This is the highest relationship of the identity of the Seer with the Seen. This is a better approach than even seeing God everywhere. This approach is the real challenge for every intelligent, awakened man.

Reply



13. Jayadeb Dansana says:

August 8, 2011 at 12:13 pm

Blessings of Science and Realization : What a wonderful world, with all its challenges has science presented to all intelligent persons ! What a frontier has cybernetics opened for all of us ! It has helped us to transcend all barriers of time and space. In this huge spaceship called Mother Earth I am traveling with old and new acquaintances and friends enjoying chit chat useful, inspiring and enlightening leading to Absolute Peace (Param Shanti). I have accosted Dr. Mahesh Chandra Panda, Dr. Nirmal Padhan and Snehalata Jaiswal; I carry in my memory and travel-kit thoughts, ideas and feelings of friends, philosophers and guides, as much as I deserve. I am particularly happy about Prakash Pradhan who has virtually introduced me to this enthusiastic environment. Self-realization alone is God-realization; not the other way about: don't say—God-realization is self-realization; (One can never realize God who is Absolute Peace, before he realizes himself as a soul.) Now, the all-important question is—What is realization. Which state of ability of a pursuer in any line is called realization ? What is the place and role of this theme called realization in the concept 'Ignorance-Knowledge-Realization' ? What are the steps involved in the movement of the practitioner from ignorance to knowledge to realization ? What is ignorance of soul ? What is knowledge of soul ? What is realization of soul ? And at the end we are to

consider whether there is anything called realization, or it is always realizing on the part of the yoga saadhaka ? (J.Dansana. 8th August 2011)

[Reply](#)



• **[Dr.Mahesh Chandra Panda](#)** says:

[August 8, 2011 at 2:14 pm](#)

I am Dr.Mahesh Chandra Panda, M.B.B.S., M.D.Retd.Chief District Medical Officer, Bargarh Orissa living in Bangalore Karnataka India.I have come in personal contact with Prof.Jayadev Dansana when he was working as NYK Coordinator.I have been commenting on his articles posted in his blog Absolute Peace Drive as a comment author.I enjoy his writings and views expressed in his articles & reply comments. Expressing my feelings and thoughts in writing and communicating to the community through my articles in my blog Yoga and Spirituality ; practicing Yoga and devotion in Sai spirituality; reading scriptures and texts on Yoga and Spirituality all alone have made me realised that “Be raised by self alone; for self alone is self`s true friend. The self who has conquered self, that alone is the friend of self”.

[Reply](#)



14. **prakash padhan** says:

[August 9, 2011 at 3:39 pm](#)

Respected Guru Yogacharya Dansana sir,


Please accept my humble obeisances.

I enjoy a lot with reading your philosophical articles in the form of comments.Your each and every comment is an valuable article.Kindly enlighten me through your regular posting in this blog.

Your servant

prakash padhan

[Reply](#)

15.  **Vijay Tiwari** says:

[August 9, 2011 at 3:51 pm](#)

Dear Sir,

Thanks a lot for your articles and comments. Your every comment is an article, so why not you are posting your comment as article. Thanks to Mr Prakash Padhan who informed me about your article.

With high regards

Vijay Tiwari

Chief functionary

Gramin Seva Sanstha, Bilaspur (Chhattisgarh)

[Reply](#)

16.  **Jayadeb Dansana** says:

[August 10, 2011 at 10:31 am](#)

I am very happy to know that our co-traveler in the huge spaceship Mother Earth Dr Mahesh Chandra Panda with his professional scientific attitude is both a yoga practitioner and an earnest devotee of a well known Saint Sri Shiridi Sai Baba. As a doctor he would like yoga to be practiced by every intelligent awakened person, as it has a healthy effect on, as he points out, musculo-skeletal, cardio-respiratory, neuro-muscular and glandular systems; (it helps check overactive or underactive adrenal, pituitary, thyroid and other glands); yoga is supposed to teach the best life-style, and thereby prevent and cure hypertension, diabetes, anxiety and depression. A sound body is essential for a sound mind, generally speaking. An unsound body cannot contain a sound mind: a muscular physique does not ensure an enviable mind and harmless nature. If character is gone everything is gone. Let human birth be justified by exploring all possibilities of a man's—two resources, his body and his mind. The aim of yoga is nothing less than developing the personality of an individual to its utmost limit: let with sincerity or nisthaa, as Dr. Panda shows it, every awakened man puts forth efforts to

realize his potentialities before he leaves his mortal body. Precious is his body—let him take care of all the four aspects of his health— physical, mental, social and spiritual. The wise never repent: they take full responsibility of their own actions: they are meted out just reward and punishment by the all-merciful and all-knowing God. No one can hoodwink God, the Highest Principle. Be properly advised, and realize your soul to realize the Supreme Soul....Concentrate on perfecting yourself. Maintain your Hourly Diary, and your Yoga Saadhanaa Diary— That will be your best guide to Absolute Peace, that is .Param Shaanti. (J.Dansana 10th August, 2011)

Reply



• **Dr. Mahesh Chandra Panda** says:

August 10, 2011 at 12:16 pm

Thank you Yogacharya Prof. Jayadev Dansana for your wise comment on Yoga and Spirituality. I have published your above comment as your response in my blog Yoga and Spirituality.

You can view it through the link <http://yoganspirituality.wordpress.com/about/> .

Reply



17. **Jayadeb Dansana** says:

August 11, 2011 at 8:01 am

Maintaining Hourly Diary with an eye on Param Shaanti or Absolute: Everyone is unique: that is the greatness of God. Depending on a person's nature and the limitations of his resources like time and money, he behaves in a particular fixed manner. Almost everybody does his best, only he is conscious of what he is doing. An awakened man is only to be conscious of what he is doing. This he could be doing only if he would like to record that as an entry in his Diary Hourly Diary. One may put the numbers from 0 to 24 along a margin downward. Then keeping an eye on the items Saadhnaa, Swaadhyaya, Satsang and Samparka (Yoga practice, Reading Spiritual Literature, Listening to Spiritual Man and Connection with others) one is to record whatever he might be doing and would like to record. This is a spiritual practice: this will open up the mind of the practitioner and lead him ultimately to Absolute Peace. An awakened

intelligent man is only to love peace and enjoy it. Just know that your mind should move from titillation of nerves to calming of nerves and be settled there. Attain freedom by individual-will and enjoy peace of bliss: this is realization of truth. Purushartha balare mukti haasal kari shaantira aananda anubhuti satyara upalabdhi ate. (Jayabeb Dansana. 11th August 2011)

[Reply](#)



• **[Dr. Mahesh Chandra Panda](#)** says:

[August 11, 2011 at 8:17 am](#)

Respected Dear Yogacharya Prof. Jayadev Dansana,
I am maintaining daily diary mentioning briefly the yoga and spiritual practices with duration devoted for the same. However, I will take initiative to maintain daily hourly diary as suggested by you.

Yours Sincerely,

Dr. Mahesh Chandra Panda

Yoga Practitioner

[Reply](#)



18. **Jayadeb Dansana** says:

[August 11, 2011 at 8:25 am](#)

Entry on 11.8.11—Line no.1: Param Shaanti is Absolute Peace. Line no.4 —Generally a man is not conscious of what he is doing. (J. Dansana)

[Reply](#)



19. **Jayadeb Dansana** says:

[August 12, 2011 at 6:31 am](#)

Development of Personality and Mother Tongue: Purushaartha balare mukti haasal kari shaantira aananda anubhuti satyara upalabdhi ate. Experiencing bliss of peace by achieving freedom through individual-will is realizing Truth. Now it is the work of Prakash Pradhan to translate this sentence into Hindi with the help of Vijay Tiwari, who

is evincing interest the development of his personality, knowledge and yoga. The language in which I teach yoga in Gangaadhar Meher Yogaalaya in Gangaadhar Meher College campus of District Sambalpur, Odisha is Koshali, my mother tongue in which alone I am able to pour out my heart and soul to my utmost satisfaction. Always try to understand a theme or thought in the language which you learned on your mother's lap, and in which you can go full-throated with your intimate friends. No translation can do full justice to your thoughts and feelings. Let the ideas indwelling the words and sentences sink into your personality through cogitation, concentration and meditation in your own mother tongue. (J.Dansana. 12th August 2011)

[Reply](#)

20. Vijay Tiwari says:

August 15, 2011 at 8:05 am

Respected Yogacharya Prof Dansana,

I read carefully all your articles as well as precious comments .All these can be applicable for us who are working in development sector. Particularly your views on total health care ,spirituality a part of health etc useful. May I know sir, how old are you, where your YOGA branches are going on.

Thanking you with high regards

Vijay Tiwari

Bilaspur(C.G)

[Reply](#)



• **Sudhir Meher** says:

November 24, 2011 at 1:38 am

Thanks mr Twari that u are realizing the need and importance of JOGA AND SPIRITUALITY and its applicability in development sector .I m sudhir one of the close disciples of Professor Jayadev Dansana .U can know all his details on the about the author page of this blog .he is 76 now and still working on this drive continuously for the last 40 years for the betterment of mankind . He is basically reside in Sambalpur, Orissa and all his joga centres runs all over Orissa by his associates and he himself manages to

run the GANGADHAR JYOGALAYA at G M COLLEGE ,SAMBALPUR

Reply



21. **Jayadeb Dansana** says:

August 16, 2011 at 4:32 am

Nuclear Metaphysics and Realization of Immortality: I visualize clearly that we are traveling on the lap of our spaceship Mother Earth in the infinite blue sky from time immemorial and will continue our journey on the charter path as desired by our beloved Father Param Brahma interminably, It is a cosmic journey, not in the least chaotic. We are all immortal beings traveling together, changing our forms from life to life , undergoing in every birth a process of inception, growth and decay. The merciful beloved Supreme Judge metes out punishment and reward to us as we deserve on our actions, for our actions we are bound to own to have been done with our free will. We must accept the fact that we are the cause of our sorrow, pleasure, bliss and absolute peace (duhkha, sukha, aananda and param shaanti.) Like the mythological Ram Rock that floated in the ocean, as Purushottam Raam built the bridge with the help of his devotees, our spaceship Mother Earth is proceeding on and on, unfolding the divine play scene after scene. We, each one of us, are are bound to be there in the boundless Universe somewhere or other, in some form or other from the crudest to the subtlest. Lord Sri Krishna says to his disciple-devotee Arjuna, " There was never a time when myself, yourself and these kings were not there; nor will there be ever a time when myself, yourself and all of us will not be there." We are all immortal souls constantly changing our body in every inhalation and exhalation.

It is a question of realization of the eternity and immortality of the soul as its nature. The soul, whether it is of Brahma or of a Jiiba, cannot cease to be at any point of time. Universe , which is the body of Brahma is eternal; but the body of a Jiiba, in which a soul dwells changes every moment.It is the nature of the body to change form, which is made up of the 5 bhuutas (elements)– kshiti, ap, tej, marut and byom (earth, water, fire, air and ether). While a Jiiva lives these elements are in a crude (sthuula) form; when life leaves its body, the lifeless body goes back to its subtle (suukshma) forms. While

relating the essence of Truth to Brahma MahaaBishnu says in the Bhaagabata (2. 9) that just as 5 Mahaabhutas enter the 5 suukshma bhutas, and the 5 suushman bhuutas enter the 5 sthuula bhuutas, so also I enter the illusary bodies and leave them again and again : jemante shthuula suukshma bhuute/ prabesha pancha mahaabhuute// chhaadi pashanti puna puna/ mun maayaa shariire tesana// (Jagannaatha Daasa in Odiaa.) That one Param Brahma or MahaBishnu has become the Universe, like a mango-stone becoming a mango tree with numerous mangoes on its branches ,each one carrying in its womb a stone each. Param Brahma (the Whole) has become Its parts, thus inwelling every part and also transcending it.

This is Holism: its 4 aspects are (1) A whole is a whole of its parts, (2) the whole inheres and transcends each of its parts, (3) the whole is greater than the sum total of its parts, and (4) hence there is tremendous need of close cooperation and coordination between the parts. By whichever Essence the Whole is greater than the sumtotal of its parts is the Soul of the thing or concept. Hence it is the duty of every part of the Whole (God or Truth) to realize God, and go on realizing Him...Self-realization alone is God-realization, let every one realize that he is not the mind-body, but the soul. But we must know that mere knowledge of any thing is not its realization. Realization is TO BE. Simply knowing that people can swim is not enough; only when you swim for yourself, you start realizing in your personality what swimming is. And then you are to be an expert swimmer and start the noble job of a swimming coach – this is going on realizing higher and still higher heights on the scales of swimming.

So is also the case with Ignorance of Brahma or Truth; mere knowledge of Brahma or Truth; and realization of Brahma or Truth. There is nothing called realization of Absolute Truth or Param satya; you go on realizing absolute truth Param Brahma. Our shastras talk of Brahmabid, Brahmabidbar, Brahmabidbarian, Brahmabidbarishtha. These higher and higher consciousness of God refers to deeper and deeper union with God, as a Yoga practitioner develops his power of concentration which deepens into meditation and then further and further deepens into Sabikalpa Samaadhi, Asampragnyaata Samaadhi, Nirbikalpa Samaadhi, Sahajaananda Samaadhi and Kaibalyaananda Samaadhi.

I have been teaching Yoga in Gangaadhar Meher Yoga Bidyalaya for more than a decade. I teach Yoga as a subject, as if almost in an Ashram, I call Nuclear Metaphysics. Out of

my research, I have developed a Map of the Mind whose nuclear formula is: $2 \times (PN)^2 = (SN)^2$. Pythagoras (570 BC – 495 BC), the Greek Philosopher, our co-traveler in the spaceship Mother Earth worshipped “equilateral triangle as the fount and root of everflowing nature” (Family Enclopaedia of World History). I worship right-angled isosceles triangle, which the above formula is, as the core Mind. Swami Vivekananda says, “The world is a play of unity in variety and of variety in unity.” This $2 \times (PN)^2 = (SN)^2$ is that Unitive Principle, as I find and teach.

During July 2011, I taught Tymnastic Yoga or Tadit Mantra Swaasha Yoga to 24 Yoga practitioners in Sambalpur, to 11 Yoga practitioners in the month of June 2011 in Sonepur and to 14 yoga practitioners in Bargarh. I am happy that Prakash Pradhan has introduced me to the Cyberworld, where I shall attempt to teach the theory and practice of Tymnastics or Tymnastic Yoga or Tadit Mantra Swaaaasha Yoga (TMS Yoga). In all, I teach 13 lessons in my Yoga Centers – they cover 32 Utterances, 63 Yoga byaayaams and Yogaasans, 17 Praanaayaams and Meditation. An ardent student of Tymnastics should at least master 3 lessons, and pass the 3 tests.

The whole purpose of this cybernetic exercises is to awaken more and more people to the urgent need of a common man to raise himself in consciousness by a process of purification of the six instincts with which a man is born: The six instincts are: Selfishness, Rage, Greed, Attachment, Pride and Envy. These in Indian Cultural Language (ICL) are: Kaaama, Krodha, Lobha, Moha, Mada and Maatsarya. (J.Dansana, 16.8.11)

Reply



• **Dr. Mahesh Chandra Panda** says:

August 16, 2011 at 8:15 am

Respected Dear Yogacharya Prof. Jayadev Dansana,

I am overwhelmed with your depth of knowledge & wisdom in yoga.

I am interested to know what is your chronological age, I mean age of your physical body and at what age you started practising yoga.

Yours Sincerely,

Dr. Mahesh Chandra Panda

Yoga Practitioner

[Reply](#)



22. **Dr Nirmal Padhan** says:

August 16, 2011 at 11:10 pm

Respected Yogacharya Prof Dansana sir,

I read your philosophical articles which are helpful to attain peace. Still I have to know more difference between “Ashaanti, Shaanti & Param Shaanti”. Has your book “param shaanti” been published.

[Reply](#)



23. **Jayadeb Dansana** says:

August 19, 2011 at 2:18 pm

Enlightenment : Enlightenment is the realization/ realizing that the self (soul) is not the body, or the mind. He, who possesses his body and his mind, is his soul. It is not entangled in the affairs of the world or of his dreams: the world for him is as much unreal as the dreams are real. He becomes a player and a seer at the same time. An enlightened man becomes a seer; the stream of events pass by surrounding him as a stream against a protruding rock. (J.Dansana, 19.8.11)

[Reply](#)



24. **Jayadeb Dansana** says:

August 21, 2011 at 3:17 pm

19.8.11/Kolkata

Importance of NOW in Nuclear Metaphysics (NM): Yoga means union with the Highest (Param Shaanti); and $Yoga \propto (PN)^2 = (SN)^2$ aabhyaas is the physical and mental exercises we do to effect that union. It is the movement towards that Highest (the WHOLE) that is important, and this you do through your Purusha artha or individual will, not because of your destiny. Ultimately it is the God's will that prevails, but never say that when God shall will, you will start your Yoga practice. It is always God's will that

you start your movement towards Him right NOW. And what is He: He is Paramshaanti (absolute peace).

Why do events occur in a man's life? It is always to teach lessons to a man's soul (Self) through his experiences of sorrow, pleasure, bliss and absolute peace (which is absolute bliss) and bring him to Him. The ultimate goal Paramshaanti is to happen Now. It is only 'now' that every thing happens; nothing happens in the 'past' or in the 'future'; the 'present' becomes the 'past', and the 'future' has to happen 'now'. This is the importance of the present instant. The present (NOW) is not only important, it is our only asset or resource on which any superstructure stands.

An intelligent, awakened man gives great importance to the words of the J. Krishnamurthy (12 May 1895 – 17 February 1986), “ Surely the whole future is now”; this whole future does not refer only to the remaining future of this life, but also of any number of lives of any duration, if at all. This is the very nature of time (kaala). Can you at all say, which number of life is the present one you are living? No one can say. Nor can an ordinary man say, which body of the 84 lakhs he had worn in his previous birth(s). You cannot also say what form you are going to take certainly in the uncertain future, after this life. Sri Krishna assured Arjuna that if a yoga-practitioner dies before realizing his soul, he would be born in the next birth in the family of a Yogi to continue his Yoga practice; thus, to be sure of at least a human body in the following birth, a man should at once start the practice of Yoga, (that is , think and act moving towards God or Paramshaanti). The complete endeavour of a Jibaatmaa or a self of a man is (1) movement towards God, (2) union with God, (3) living in God and (4) living for God. Thus, simplifies about Aurobindo Yoga one of Maharshi's ardent devotees M.P. Pandit.

What must a man do if he desires to move towards God (paramshanti)? Has a common man to leave his worldly pursuits and say good bye to his family? NOT AT ALL.

Ramakrishna Paramhansa said that married life (Gaarhasthya Jiiban) is like a fort; there is less chance of invasion on your happy family life from outside forces, if you guard yourself and family members against the onslaughts of the six 'kaamadi' instincts. All of us of the Indian Cultural Tradition (ICT) should understand this word used by Sant

Tulsidas in Raam Bhajan,

“Iti badati Tulasi Daasa Shankara/Shesha muni manaranjanam/mama hridaya kanja nibaasa kuru/kaamaadi khaladala ganjanam.”

Tulasi Daas says, “ O You, who entertain the minds of Shankara, Shesha and other sages reside in my heart-lotus, and destroy kaamaadi.” That Kaamaadi means exactly only Kaama, Krodha, Lobha, Moha, Mad*a and Maatsarya –the six instincts (Prabrittis), how many Indians know as conversantly as they know the multiplication table of 2 ? This kaamadi (for which we have no English equivalent word) is at the root of all corruptions; and Yogic mechanism that purifies the instincts is the

solution to all world’s problems. A criminal like Ratnaakara was transformed into Vaalmiki by the Yogic technique applied by the seer Naarada. Angulimaalaa was transformed during the life of the Gautam Buddha. Tadi Mantra Swaasha Yoga (TMS or Tymnastics) technique used in Paramshaanti Abhiyaan aims at fulfilling the role of Yoga: it transforms mind and divinises body (Maharshi Aurubindo).

In the subject Nuclear Metaphysics (NM) kaamaadi is referred to as SEN: this term SEN has direct reference to the Unitive Principle of the Mind Map – $2 \times (PN)^2 = (SN)^2$. NM is an attempt to set forth Spirituality as a subject of Science. It should be possible to give a visual certainty to spiritual items of knowledge. When the famous Greek philosopher Pythagoras solemnly declared in the 6th century B.C. that he worshipped equilateral triangle as the fount and root of everflowing nature, he must be having in his mind some principle like ‘Samatwam yogam uchyate’: In NM we teach four ‘triks’ or triangular thoughts which form important bases of the perennial movement of Nature : The three sides of the (equilateral) triangles could be (1) Janma, Jeebana and Mrutyu (Birth, Life and Death), (2) Deha, Mana and Aatmaa (Body, mind and Soul); (3) Sattwa, Raja and T*ama) and (4) Sthaana, Kaala and Paat*ra (Space, Time and Causation).

Let us talk definitely how Lobha, the third Instinct (Greed) can be more and more purified. NM delineates the different forms this Greed will take as the fire of purification, i.e. tymnastics works on it: In Kosali it is Atyanta lobha → lobha → alobha → d*aana → bairaagya → bairaagii → d*aani. In English language it is Excessive greed → greed → nongreed → charity → dispassion → dispassionate → charitable. In NM it is GPo → GN → NG1 → G1G2 → G2V → VG3 → G3G4.

We will see, and learn to draw the Mind Map by and by.

Remember a map is only a guide to reality or truth. Our mind is there only to guide us to God (Paramshaanti); if you cannot use your mind properly, it will create havoc (as it does with most people). The power of the mind is to be properly utilized through manana and bhajana (cogitation and devotional songs). To lead us in our mental evolution from great sorrow (ghor ashaanti) to sorrow (dukhkha) to happiness (shaanti) to bliss (aananda) to paramshaanti or paramaananda.

Practice paramananda NOW whether (1) in still position in any aasana or (2) in motion, doing nishkaama karma.

This approach of a new subject of science called Nuclear Metaphysics imparting in some manner precision to an abstract sphere of philosophy – and – religion. This approach of the precision of geometry and alzebra is likely to strike/seem to some as queer, eccentric and obsessive. I have been teaching this NM as an aspect of paramshaanti (Absolute Peace Drive/APD), aiming at a peaceful society (world) through perfecting individuals. Tymnastics (Tymnastic Yoga or TMS) is the yogic technique which through purification of ‘kaamadi’ instincts raises individuals from lower consciousness to higher and still higher consciousness, and contributes to the process of Evolution squirrel-like, building bridge across oceans. I am prone to designate Tymnastics as Koshali yoga, as I have been effective in achieving mental evolution of the tymnasiasts (practitioners of tymnastics), and tymnasts (experts in tymnastics) in some tymnasia (a parallel expression of gymnasia) of Sambalpur, Bargarh and Sonapur of Koshala.

I had demonstrated Koshali Yoga in front of hundreds of Koshalis in a meeting of Koshali enthusiasts in Brajarajnagar. Koshali Yoga for me is the finest flowering of Koshali culture, that nurtures peace-loving Profoundly Ordinary Man (POM). Teaching NM and transforming Sadhaarana Maanaba to Mahaan Sadhaaran Manaba is the immediate need of the human race to protect it from the ravages of the regularly ongoing violence, corruption,terrorism, and cold and hot battles and wars. The world definitely is God’s affair, but every man creates his own world, and can participate consciously in the process of Evolution. (Yogacharya Prof. J. Dansana/21.8.11)

[Reply](#)



• **Dr. Mahesh Chandra Panda** says:

August 22, 2011 at 7:45 am

Spirituality involves living in the present. When we worry about the future, we apprehend problems. When we regret the past, we waste our precious time. It is only by focusing on the present moment that we can practise the essence of spirituality. Peace and harmony only exist in awareness of the present moment. Living in the present moment creates the experience of eternity.

Reply



25. Jayadeb Dansana says:

August 27, 2011 at 2:53 am

23.8.2011

We are cotravellers in the spaceship Mother Earth into the infinite sky with the message of Param Shaanti for all inhabitants of the universe. In a major way we are all peace-loving humans trying to forge acquaintance into friendship amongst ourselves. I am happy to be interacting with Dr. Mahesh Chandra Panda, Dr. Nirmal Padhan, Snelalata Jaiswal, Prakash Padhan, Kabita Kaul and Rahul. It is always interesting, engaging and enriching to know each other, and be familiar with the ideas of others as we travel together, “with bitterness towards none and charity for all” (Abraham Lincoln, the 16th President of U.S.A.)

To introduce myself, in some manner, I was born in Kunjelpadaa in the district headquarters of Sambalpur (Odishaa) on 25th May, 1936 of father Ishwara Dansana and mother Ushaa. I passed Lower Primary from Brajamohan Pattanaik School, High School from Chandra Shekhar Beheraa Sambalpur Zilla School, B.A. from Gangaadhar Meher College, Sambalpur and M.A. from Ravenshaw College, Cuttack. I served in Education Department under Govt. of Odishaa from 1962 to 1994. While on deputation service to Govt. of India from 1976 to 1991 as Youth Coordinator, Nehru Yuvak Kendra, Sambalpur I was involving non-student rural youths in sports, culture and welfare activities in 29 Blocks and 10 N.A.Cs by forming them into well-knit Yubak Sanghs and Mahilaa Samitis....As a student I was Captain of Gangaadhar Meher Football team for 4 years, and represented Utkal University Football Team for 3 years. As a college teacher I encouraged students in sports and athletic activities as Athletics Vice President.... As

for my present passion for yoga, I have been practising yoga from 1976 onward regularly, and now it has become my ultimate concern. God has been very kind to me, for I consider my present age 75+ as quite considerable, India's life-expectancy being 65 years for male and 70 years for female. Because of regular practice of Tadit Mantra Swaasha Yoga my mind has sufficiently matured, and I am able to lead a lifeful day. I get born every day early in the morning as I leave my bed and go about my usual round of work with an awakened mind, recording with full consciousness my Yoga Saadhana, Swaaddhyaaya, Satsang, and Samparka (Yoga-practice, Spiritual-literature-and-introspection, Spiritual-coterie and Relation); then after living the lifeful day of contentment-impregnated-with-aspiration, when I go to bed I remember the words of Swami Vivekaananda and go to Samaadhi: "A fool goes to sound sleep and returns a fool; a fool goes to samaadhi and returns a sage." Tymnastic Yoga/ Tymnastics teaches how to go to samaadhi. Thus everyday is a complete life for me: you keep on practising this. Another piece of wisdom which I collected from Graffiti is, "The great thing about Future is that it only comes one day at a time."...Now, between the terms 'the present moment' and 'a day' come a few events which fill your 'lifeful day'. And as you deal with people in different events, you are practising how well you are able to identify yourselves with others: in your spiritual approach you know that the worst relationship you can have with others is one of enmity, and the best is that of identity.

In 1976 when I went to the Bihar School of Yoga, Sambalpur to formally belong to it under the great Shibaanandji Mahaaraaj and Satyaanand Saraswati I humbly showed 50 aasanas which I had been practising since my football-playing days before my Yoga Guru Swaami Swaruupaanand and Swami Asheshaanand. Since then I have been learning, practising and teaching yoga everyday as solution to all problems: I have been vastly effective by the blessings of yoga gurus and grace of God. My dikshaa-guru is Mahaapurush Anukul Chandra and I was initiated into spiritual life by Bikaash Daa. (Yogaacharya Prof. Jayadeb Dansana, 27.8.2011)

[Reply](#)




26. **ramesh chandra sahu** says:

[September 1, 2011 at 2:56 am](#)

hari aum sir.....

[Reply](#)

27.  **Prayas Dansana** says-(Article of Guru Jaydeb Dansana)
[September 25, 2011 at 7:52 am](#)

Mental Evolution and Tymnastics

Mental Evolution and Tymnastics: Absolute Peace Drive (APD) or Param Saanti Abhiyaan is a movement from titillation of nerves to calming of nerves by stimulating the chakras. Every human being has to make this movement sooner or later: this is the movement of the human body and human mind on the path of evolution. Swami Vivekaananda says, “Physical evolution stops with man, and thereafter continues mental evolution.” The truth is that the external feature of the human may not change, but as his mind evolves his body chemistry will be transformed. That is evolution of the body enough. Definitely the body of Swami Vivekananda is diviner than most other human beings. Shri Krishna had given a divine sight (Dibya Drusti) to Arjuna who could theirwith see the Biswarupa of Shri Krishna (the whole vision of Supreme Lord). Definitely, the body of Shri Krishna was a divine body. Such a transformation happened to the body of Gautam when he became a Buddha. Swami Vivekananda says, “Gautam became Buddha; Jesus became Christ.” We know also how Ratnakar became Valmiki: it was the spiritual training imparted to Ratnakara by Naarada that made a Transformed Man (TM) of a Criminal Man(CM). Sree Maa talks of three types of lives: Ordinary, Higher and Transformed. We in nuclear metaphysics talk of four categories of men :- Criminal Man (CM), Instinctive Man (IM) / Ordinary Man (OM), Higher Man (HM) and Transformed Man (TM). Maharshi Aurobinda says, “ The aim of Yoga is transformation of mind and divinization of matter.” This divinization of matter is the divinization of the body, or transformation of an ordinary human body into a divine body (Dibya Sarira). Tymanastics / Tymnastic Yoga / TMS Yoga / Tadit Mantra Swas Yoga aims at and achieves this divinization of the body. Tymnastics teaches

physical and mental discipline. By such practice, intellectual and emotional commitment is created by the Tymnasiasts / practitioners of Tymnastics and Tynasts (skilled in Tymnastics); as a result physical and mental abilities increase, which is development of personality, the greatest goal of life.

-Yogacharya Jayadev Dansana (25/09/2011)

Reply



• **Dr. Mahesh Chandra Panda** says:

October 2, 2011 at 1:55 pm

Respected Dear Yogacharya Jayadev Dansana,

I am interested to know whether Tymnastic Yoga is a part of Hatha Yoga, Raja Yoga, Mantra Yoga or an integrated yoga.

Reply

• **Yogacharya Prof. Jayadev Dansana** says:

November 12, 2011 at 5:06 am

TADIT MANTRA SWAASA YOGA

&

GANGAADHAR MEHER TYMNASIUM

Introduction : Tymnasium is a yoga kendra where tymnastics / tymnastic yoga /TMS yoga / TADIT MANTRA SWAASA YOGA is practiced and taught. Dr. Mahesh Ch. Panda, a regular yoga practitioner himself, wants to know which yoga is Tymnastic yoga—Karmayoga, Gyaanayoga, Bhaktiyoga, or an integration of different types of yoga practice. I have been teaching and practicing Tymnastics in Gangadhar Meher college campus, Sambalpur, Odisha, 768001 since 1995 and have got tremendous result in making Profoundly Ordinary Man (PMO) out of ordinary Instinctive Man (IM). This system of yoga practice makes the ultimate man. It transforms the mind, divinizes the body, raises Kundalini and bestows the bliss of Samaadhi to the tymnasts (those skilful TMS practitioners). It teaches the technique of yogic living : It (1)awakens, (2)activates and (3)concentrates the mind, and thereby ensures better functioning of the mind in all its four aspects, (1) Bichaara (discernment), (2) Bitarka (ratiocination), (3) Asmitaa (ego-experiencing) and (4) Duhkha

Sukha Aanada anubhuti (pain- pleasure- bliss experiencing).

Tymnastics is Tadit Mantra Swaasa Yoga –‘T’ for Tadit (electricity), ‘MN’ for Mantra (incantation), ‘S’ for Swaasa (breath), ‘Y’ for Yoga (practice for union with the Ultimate Truth or Reality).

Tymnastics is the main mechanism in our Param Saanti Abhijaan /Absolute Peace Drive (APD), which teaches yoga as a regular subject called Nuclear Metaphysics. It is a complete system by itself. Besides, its technique can be incorporated in other system of yoga practice to enliven and charge it with tremendous power.

The Abhijaan (Movement) aims at _____

1. pratyeka aalaya jogaalaya heu. (Let every home be a tymnasium)
2. pratyeka byakti joga saadhaka huantu (Let every individual be a tymnasiast or tymnast) and
3. pratyeka abhibhaabaka jogaachaarya huantu. (Let every guardian be a Yoga teacher)

At the end, before I start teaching tymnastics I make here a fervent appeal and extend my invitation to my cybernetic friends and co-travelers on the spaceship Mother Earth to pay a visit to Gangaadhar Meher Tymnasium any time to see and experience how effective can tymnastics be in ultimate man-making.

Tadit Mantra Swaasa (Tamaswaa) sustra

1. Yogaavyaasa o byaktitwara bikaasa—Saaririka o maanasika srunkhalaara abhyaasaku jogaabhyaasa kuhaajaa. Ehaadwaaraa bauddhika o haardika pratibaddhataa baa nisthaaparath`aa srusti hue. Falatah saaririka o maanasika saamarthyah badhichaale. Ehaaku byaktitwara bikaasa kuhajaa. Ehang ehaa heuchhi jibanara sarbasrestha lakhya.

(Tymnastics formula No1. Yoga-practice and personality-development. The practice of physical and mental discipline is practice of yoga. By this intellectual and emotional commitment or sincerity is created. As a result physical and mental ability goes on increasing. This is called development of personality. And this is the greatest goal of life.)

Deliberation on Tymnastic formula No1 (Yoga-practice and personality-development); See to it that your physical and mental ability is increasing. If you get this Tyms formula No1 by heart, know definitely in your consciousness that you are developing your ability and personality.

Tymnastics yoga practitioners/students of Nuclear Metaphysics get by heart and use the tyms

formulas as students of Mathematics or Nuclear Physics use the multiplication table.



28. **Haradhan** says:

October 13, 2011 at 11:49 am

Revered loving sir,

Myself Haradhan Karmi, one of your student. Happy to see you in this page. How is your health? How are others? I have a great respect to all your noble thoughts and all about tymnastic yoga. At present I am in BBSR. You are most wellcome always.

Hari Om

Haradhan Karmi

Reply



• **Sudhir Meher** says:

November 23, 2011 at 4:56 pm

hello hara happy that u r still practising tadit mantra swasa.

Reply



29. **Rajnish Patel, Varanasi (U.P)** says:

November 14, 2011 at 2:26 am

I read about this unique Tymnastic Yoga. In modern time it is more relavant. I am very much glad to know that Yogacharya J. Dansana gives formula to become ultimate man from a ordinary man. Media should highlight this Yoga for the benefit of mankind.

Rajnish Patel

Varanasi

Reply



30. **JAYADEV DANSANA** says:

November 23, 2011 at 5:00 pm

One important tymnastic formula which will guide us is to know that there are 7 classes of man :

1. Criminal Man (CM) with their propensity for Excessive Selfishness, Excessive Rage, Excessive

Greed. Excessive Attachment, Excessive Pride and Excessive Envy. 2. Ordinary Instinctive Man (IM) with their propensity for normal Selfishness, normal Rage, normal Greed, normal Attachment, normal Pride and normal Envy. 3. Purified Man (PM) with their earnest desire to purify their six instincts; they inculcate the qualities of Non-selfishness, Non-rage, Non-greed. Non-attachment, Non-pride and Non-envy. 4. Socialized Man (SM) with their inclination for service to mankind as service to God/ the Whole; they enthusiastically cultivate the qualities of Service, Love, Charity, Universal Brotherhood, Humility and Patronage. 5. Enlightened Man (EM) with further attainment of a higher state of consciousness; their embellishments are Selflessness, Tranquility, Dispassion, Dutifulness, Non-pride and Sympathy. 6. Universalized Man (UM) with their embellishments embedded in their personality without any tinge of pride; they become Selfless, Tranquil, Dispassionate, Dutiful, Non-Proud and Sympathetic. 7. Apotheosis-man/ Divine-man with their socialization ingrained in their personality; finally they are transformed as Servant, Lover, Munificent, Universal Brother, Humble and Patron. ...This is how the six instincts of man are purified. For that reason don't think that a man has to move step by step: you need only to know this process. Remember the words of J. Krishnamurti, 'Gradualness is stupidity.' A practitioner of gymnastic yoga goes on realizing the best in himself at the present moment according to his available knowledge in all earnestness. (Yogacharya Prof. J. Dansana. 23.11.2011.)

[Reply](#)



• **[Dr. Mahesh Chandra Panda](#)** says:

[November 28, 2011 at 10:17 am](#)

Sir,

I fully agree to your hypothesis 'A practitioner of gymnastic yoga goes on realizing the best in himself at the present moment according to his available knowledge in all earnestness'.

I would like to say 'Spirituality involves living in the present. When we worry about the future, we apprehend problems. When we regret the past, we waste our precious time. It is only by focusing on the present moment that we can practise the essence of spirituality. Peace and harmony only exist in awareness of the present moment. Living in the present moment creates the experience of eternity'.

[Reply](#)



31. **Surendra Prasad Panda** says:

November 28, 2011 at 6:11 pm

Dear Dr Panda,

Living in the present presupposes complete freedom from knowledge(mere words) and the effort needed to be earnest.Frankly,I don't fully comprehend the 'hypothesis'.Kindly help. sincerely yrs, S.P.Panda.email id-sarojinisurendra@gmail.com.

Reply



• **Dr.Mahesh Chandra Panda** says:

December 1, 2011 at 5:34 pm

Dear Sj Surendra Prasad,

It is difficult on my part to comprehend spirituality in a few words.

I would like to request you to read the articles on Yoga and Spirituality in the website yoganspirituality.wordpress.com.

Reply



32. **Jayadeb dansana** says:

March 20, 2012 at 8:15 am

aparaaDhii mana is Criminal Mind (CM) is 1. aTyanTa swaarThaparaTaa (excessive selfishness} 2.aTyanTa kroDha (excessive rage) 3. aTyanTa lobha (excessive greed) 4. aTyanTa moha (excessive attachment) 5. aTyanTa garba (excessive pride) 6. aTyanTa parashriikaaTaraTaa (excessive envy). These 6 instincts in their excessive form breed charam ashaanti (excessive non-peace),resulting in excessive sorrow. Our theory is 'ashaanTasya kutha sukham' (where is happiness for those who hve no peace of mind?'. A practitioner of TadiT ManTra shwaasa yoga, who deals in Total Health Care (THC) definitely knows it, and gets it by heart and lives the idea. He grinds this idea into the minds of those who pursue this all-important Param ShaanTi Abhiyaan/ Absolute Peace Drive. In our next entry we will deal with Prab*TTisTa mana (Instinctive Mind) (Perfecting Yogaachaarya Prof.J.Dansana. 20.3.2012.)

Reply



• **Dr. Mahesh Chandra Panda** says:

March 20, 2012 at 8:37 am

As a physician as well as a yoga practitioner what I understand is that: 'The Total Health Care' (THC) covers physical, mental, social & spiritual aspects of health.

Reply



33. Jayadeb dansana says:

March 29, 2012 at 10:44 am

At one go we take care of 1. Education 2. Health 3. Service and 4. Development of Personality when we practice and preach TadiT ManTra Swaasa Yoga.

1. Education— 'Education is the manifestation of the perfection already in man' Swami Vivekananda.

2. Health— Health is a state of complete wellbeing-physical, mental, social (and spiritual), not only absence of disease or infirmity. — WHO.

3. Service— 'Meditation is the most direct service.'—Swami Shivananda.

4 Development of Personality—A developing personality is a developed personality.

Reply



34. Jayadeb dansana says:

April 7, 2012 at 4:00 pm

Charam Ashaanti—Ashaani—Shaanti—Param Shaanti. This is how human mind can move from lower copnscious to higher and still higher consciousness. Sri Maa says, 'Mind is like a cork in a tempest.' The world is the manifestation of the mind: and mind is the subtle world. Mind by its very nature is ashaant; that is why in Hindi Shaanti is called Aman. that means Man/mind is Ashaanti. It all depends on how A MAN CAN CONCENTRATE HIS MIND. The more a man concentrates his mind the more and more he gets Peace. And the golden rule is 'Ashaantasya kutah sukham?' Where is happiness for him, who has no peace?

Param Shaanti is experienced by him, who has yogically trained his mind to transcend mind and can at ease move between mind and supramind: it is a state of mind a yoga-practitioner has attained. There is nothing supernatural about it : you need to practise concentration till it

deepens into meditation, and further deepens into SamaaDhi. (SamaaDhi is tangibly experienced in Kundalini JaagaraNa.(Perfecting Yogacharya Prof.J.Dansana.7.4.12)

[Reply](#)



35. **Kumud Chandra Dash** says:

September 4, 2012 at 4:29 am

sir is it that even the most cruel man,the criminal is moving towards para mshanti instinctively ?

kumud dash

[Reply](#)



36. **Jayadeb Dansana** says:

September 10, 2012 at 7:14 am

Dear Kumud and... Ultimately it is all God's play: but that is not important. What is important is 'My place and role in my family, in my para/ lane, in my ward, in my village/ town, in my culture, in humanity.' Let every awakened person wake up the ordinary Instinctive Man (IM), and try to make him/her a Higher Man (HM). A HM has at first to purify his Instincts, which are six in number. We have to educate the masses in Spirituality. Unless we educate people in schools and in colleges and in universities and in assemblies and in parliaments and in HRD (Human Resource Development) Cells and in jails and in asylems through TaDiT ManTra Shwaasa Yoga, and try to purify the instincts of IM and make Purified Man (PM) of them, they are likely to become Criminal Man (CM). Unless through effective yogic education you make a PM of an IM you are likely to make him/her a CM, There is a whole MET (Mental Evolution Table) which is to be learnt by every educated man; without this an educated man only becomes a 'cunning animal'.(Yogacharya Dansana.10.9.12.)

== 0 ==

Chapter-2

CYBERSCRIPT

By-Yogacharya Prof Jaydev Dansana(Founder of Tadit Mantra Swaasa Yoga)

Tadit Mantra Swaasa Yoga assimilates Gaayatri Mantra with the practice of Yoga-byaayaam (yoga-exercises), yogaasanas (physical postures), and praaNaayaamas (breathing exercises/control of breath).

Any utterance, especially mantra (incantation) deals with Sabda Brahma (Primordial sound / God-manifesting sound). Sound is uttered to convey an idea to someone or some group to extract certain response; while producing a sound we don't bother about spelling a word correctly.

Cyberscript in a way guides us in uttering a sound: the sound may pertain or belong to some language, or literature, or culture.

Sabda Brahma Pronunciation Kosali

a awe andaa (egg)

aa ask aai (grand mother)

i it itaa (brick)

ii eat iishwara (God)

u to upar (up)

uu woo bhuuT (ghost)

r* rue r*shi (sage)

ae at aeklaa (alone)

e ate ek (one)

ai maiDaan aishwarya

o oak ot (camel)

ou koushalyaa noukar (servant)

a^ a^ (limb) a^gur (grape)

a: aa: waa:

a~ aa~ sa~sa~

k Ka kaa ki kii ku kuu k* kae ke kai ko kou k^ k: k~

kh Kha Khaa khi khii khu khuu kh* khae khe khai kho khou kh^ kh: kh~

g Ga Gaa gi gii gu guu gr* gae ge gai go gou g^ g: g~

gh Gha Ghaa ghi ghii ghu ghuu ghr* ghae ghe ghai gho ghou gh^ gh: gh~

ua ua~ uaa~ ui~ uii~ u~ uu~ u*~ uae~ ue~ uai~ uo~ uou~ u^~ u:~ u~

ch Cha chaa chi chii chu chuu ch* chae che chai cho chou ch^ ch: ch~

chh Chha chhaa chhi chhii chhu chhuu chh* chhae chhe chhai chho chhou chh^ chh: chh~

j ja Jaa ji jii ju juu j* jae je jai jo jou j^ j: j~

jh jha Jhaa jhi jhii jhu jhuu jh* jhae jhe jhai jho jhou jh^ jh: jh~

nia nia~ niaa~ ni~ nii~ nu~ nuu~ n*~ nae~ ne~ nai~ no~ nou~ nia^~ nia:~ nia~

t ta Taa ti tii tu tuu t* tae te tai to tou t^ t: t~

th tha Thaa thi thii thu thuu th* thae the thai tho thou th^ th: Th~

d da Daa di dii du duu d* dae de dai do dou d^ d: d~

dha Dhaa dhi dhii dhu dhuu dh* dhae dhe dhai dho dhou dh^ dh: dh~

N Na Naa Ni Nii Nu Nuu N* Nae Ne Nai No Nou N^ N: N~

T Ta Taa Ti Tii Tu Tuu T* Tae Te Tai To Tou T^ T: T~

Th Tha Thaa Thi Thii Thu Thuu Th* Thae The Thai Tho Thou Th^ Th: Th~

D Da Daa Di Dii Du Duu D* Dae De Dai Do Dou D^ D: D~

Dh Dha Dhaa Dhi Dhii Dhu Dhuu Dh* Dhae Dhe Dho Dhou Dhou Dh^ Dh: Dh~

n na Naa ni nii nuu nuu n* nae ne nai no nou n^ n: n~

p pa paa pi pii pu puu p* pae pe pai po pou p^ p: P~

ph pha phaa phi phii phu phuu ph* phae phe phai pho phou ph^ ph: ph~

b ba baa bi bii bu buu b* bae be bai bo bou b^ b: b~

bh bha bhaa bhi bhii bhu bhuu bh*

bhae bhe bhai bho bhou bh^ bh: Bh~

m ma maa mi mii mu muu m* mae me mai mo mou m^ m: m~

y ya yaa yi yii yu yuu y* yae ye yai yo you y^ y: y~

r ra raa ri rii ru ruu r* rae re rai ro rou r^ r: r~

l la laa li lii lu luu l* lae le lai lo lou l^ l: l~

w wa waa wi wii wu wuu w* wae we wai wo wou w^ w: w~

sh sha shaa shi shii shu shuu sh* shae she shai sho shou sh^ sh: sh~

S Sa Saa Si Sii Su Suu S* Sae Se Sai So Sou S^ S: S~

s sa saa si sii su suu s* sae se sai so sou s^ s: s~

h ha haa hi hii hu huu h* hae he hai ho hou h^ h: h~

kS kSa kSaa kSi kSii kSu kSuu kS* kSae kSe kSai kSo kSou kS^ kS: kS~

SOUND OF THE CONSTANTS:

ka for (kangaroo) ; kha for (sakhaal meaning morning); ga for (bigul meaning bugle); gha for (ghost): cha for (chair); chha for pachh (meaning back); ja for (joy); jha for (jhaar meaning jungle) ; ta for (tea) ; tha for (chithi meaning letter) ; da for (daaku meaning dacoit) ; dha for (dhaal meaning shield) ; Na for (god gaNesh) ; Ta for (gaTi meaning motion) ; Tha for (aTiThi meaning guest) ; Da for (maDa meaning liquor) ; Dha for (gaDha meaning donkey) ; na for (paban meaning air) ; pa for (paap meaning sin) ; pha for (phatu meaning photo) ; ba for (baat meaning way) ; bha for (bhaaraT meaning India) ; ma for (maTa meaning opinion) ; ya for (mayur meaning peacock) ; ra for (roga meaning disease) ; la for (laal meaning red) ; La for (maLaya meaning spring-wind) ; wa for (haawaa meaning wind) ; sha for (shaash meaning mother-in-law) ; sHa for (bishesH meaning special) ; sa for (sakhaal meaning morning) : ha for (mahak meaning scent) ; kSha for (ksHaTi meaning loss).

While teaching tymnastic yoga and learning it and practicing it we have to quote from kosali, odiaa, Bengali, hindi and English ; hence the need of cyberscript : but, for that reason let us not be bogged down to it. All except Brahma, the Supreme Principle, the epitome of absolute peace and bliss are indicators to guide us to attain that state. Let us move together on the spaceship Mother Earth with the massage of Param Shaanti (absolute or perfect peace.)

BIIJAMANTRA AND MAATR*KAA

Let us deal with this topic 'bijjamantra and maatr*kaa' from three closely knitted quotes from Swami Vivekananda on Imagination-and-Kundalini :

1. Imagination properly employed is our greatest friend; it goes beyond reason and is the only light that takes us everywhere.

2. The more powerful the imagination the more quickly will the real result be attained and Kundalini awakened.

3. To raise the Kundalini is the complete object of Raajayoga.

Imagination best employed concerns susumnaa naadi , chakras, bijjamantras and maatr*kaas. The naadis are the canals carrying life-current to the nooks and corners of the body: There are one crore and one naadis spread throughout the body: that one most important naadi is the susumnaa naadi that spreads inside the spinal cord in the subtlest way from the mulaaDhaar chakra at the base of the spinal cord to the sahasraara chakra at the crown: the other two very important naadis closely knitted with the susumnaa are idaa and pingalaa. These three naadis are conjoint at a point midway between the anus and the genitals which is called mulaaDhaar chakra, an imaginary celestial lotus with its thalamus and four petals: in Nuclear Metaphysics we designate this chakra as M4, M indicating the name of the chakra mulaaDhaar and 4 indicating the number of petals of the lotus: when the concentration practice of the yoga saadHaka stimulates the thalamus of M4 its throbbing produces the sound LM (pronounced as LANG): this LM is known as the bijjamantra of mulaaDhaar chakra. When the petals of M4 throb they separately produce the sound vm shm sHm sm (pronounced as wang shang Shang sang): these sounds are known as maatr*kaas of M4, that is mulaaDhaar. This M4 is known in Indian Cultural Language (ICL) as yukta TribeNi: from this M4 on the left side of the saadHaka rises life-current upward along idaa naadi, and on the right side of the M4 rises life-current upward along pingalaa naadi. Thus inside the spinal cord of the yoga saadHaka practicing DhaaraNaa Dhyaana samaaDhi (together known as sanjama-saaDhanaa) rise three life-currents, one centrally along susumnaa, and two beside it—on its left along idaa, and on its right along pingalaa. As the life-currents move upward inside the spinal cord idaa and pingalaa criss-cross each other intertwining along suSumnaa. At the meeting points of the three life-currents sacred live power stations are generated known as different chakras. Above M4 is S6 (above the karmendriya paayu), known as swaaDhisTaana chakra: its bijjamantra is VM

(pronounced as wa^) and its maatr*kaas are bm bham mam ym rm lm (pronounced as ba^ bha^ ma^ ya^ ra^ la^.) Then, above S6, opposite the navel on the susumnaa naadi is maNipur chakra designated in Nuclear Metaphysics as M10: its bijjamantra is RM (pronounced as ra^), and its maatr*kaas are dm dhm Nm Tm Thm Dm Dh m nm pm phm (pronounced as da^ dha^ Na^ Ta^ Tha^ Da^ Dha^ na^ pa^ pha^). Then, above M10, opposite to the hr*Daya-kuupa (heart-well) on the susumnaa is A12, anaahaTa chakra with 12 petals: its bijjamantra is YM (pronounced as ya^), and its maatr*kaas are km khm gm gh m ua~ chm chhm jm jhm nia~ tm thm (pronounced as ka^ kha^ ga^ gha^ ua^ cha^ chha^ ja^ jha^ nia^ ta^ tha^). Then, above A12 is B16, opposite to kantha-kuupa (throat-well) on the suSumnaa: it is bishuDDhi chakra with 16 petals: its bijjamantra is HM (pronounced as ha^), and its maatr*kaas are the vowels a aa i ii u uu r* rr* ae e ai o ou a^ a: a~, all incorporated in the symbol V. Then, above B16 is A2, opposite to the forehead; it is aagyaa~ chakra. A2 in ICL (Indian Cultural Language) is also known as mukTa TribeNi, because the three naaDi's idaa, pingalaa and suSumnaa converge in this power house for the last time: thereafter suSumnaa naadi alone spreads up to the sahasraara chakra, designated as MS in Nuclear Metaphysics, M indicating 1000 and S indicating sahasraara, The bijjamantra of A2, aagyaa~ chakra is om (pronounced as AUM), its maatr*kaas being hm and kSm (pronounced as ha^ and kSa^). The bijjamantra of sahasraara chakra is Nm (pronounced as Na^); and its maatr*kaas are all letters from 'a' to 'kSa^', incorporated in the symbol L.

These bijjamantras and maatr*Kaas are the bases of all mantras. When during saaDhanaa or yoga practice a person concentrates on them he stimulates the thalamus and maatr*kaas of different chakras and thereby effects a change in his body chemistry; this transforms the mind of the practitioner. This verily is the mechanism that evolves the mind and moulds a Baalmiki out of a Ratnaakara. This mechanism of mental evolution should be made compulsory in all schools and colleges and universities and HRD cells: this is the surest way to check corruption of the mind and society, and usher in peace, bliss and happiness in the society. This yogic practice is one of the surest ways to change mind, character, family, society and humanity. It is unfortunate that educationists and social scientists don't yet know its efficacy. Let more and more individuals join the Absolute Peace Drive (APD)/ Param Shaanti Abhiyaan and raise the Spiritual Average Condition (SAC) of human beings: it is the PERFECTING INDIVIDUALS practicing tymnastic yoga who definitely expedite the mental evolution of homo sapiens. Swami Vivekananda says, "Physical evolution stops with man; thereafter continues mental evolution."

Pursuit of Nuclear Metaphysics and practice of Tymnastic Yoga definitely achieves it. Now, we shall put together the chakras, bijamantras and matr*kaas, so that we know definitely the seats from which the different SOUNDS/ (SHABDA-BRHMAS) are emanating. They play a very important part in concentration-practice and raising Kundalini, which is the ultimate goal of yoga: the efficacy of a yoga-system is to be justified by this. Yoga, which is the goal of yogaabhyaasa/ practice of yoga is the eighth organ of aStaanga Yoga of MaharSi Patanjali is experienced and attained only by raising Kundalini: at this stage of yoga practice the siDDha saaDhakas/ the tymnasts experience samaaDhi of different intensities — sabikalpa, asampragya~Ta, nirbikalpa, sahajaananda and kaibalya: at this stage of consciousness is experienced ABSOLUTE BLISS/ param aananDa of ABSOLUTE PEACE/ param shaanTi. Educationists, social workers, social scientists, politicians, philosophers and spiritualists should take up this mental adventure, and lead humanity on the path of peace-and-bliss through practice of SANJAMA, that is DhaaraNaa+Dhyaana+samaaDhi. Name of the chakra_ Place Symb BijamanTra MaaTr*kaa Nucl Metaph

1. MulaaDhaara Above paayu M4 LM vm—sm
2. SwaaDhiSthaana Opp. above upasTha S6 VM bm—lm
3. MaNipura Opp. Navel M10 RM dm—phm
4. AnaahaTa Opp. Heart-well A12 YM km—thm
5. BishuDDhi Opp. Throat-well B16. HM a—a~
6. Aagya~ Opp. Mid-brows A2 OM hm—kSm
7. sahasraara Crown-top MS NM a—kSm

CONCENTRATION-PRACTICE AND PERFECTING INDIVIDUALS

Remember, concentration makes all the difference between animal and man as between man and man. It is concentration that deepens into meditation which further deepens into samaaDhi: this samaaDhi is YOGA, and all other exercises are on the part of the practitioners only steps to experience, achieve, attain and be enriched and embellished. Thus we are to note that CONCENTRATION is the most important organ of yoga-practice. We in Tymnastics Formula No1. had stressed on getting by heart the formula and, know with certainty that we, the tymnasiasts and tymnasts are developing our physical and mental abilities. Formula No1. dealt with 'Yogaabhyaasa o byakTiTTwara bikaasha'/ 'Yoga-practice and Personality- development'.

Tyms Formula No2 is 'praak shaariirika cheTanaa panchaka', which in English we render as 'Pre- Physical Penta-consciousness': we in our 'Hourly Diary' and 'saaDhanaa daaaeri' refer to this item as P cube (p3). All the yoga practitioners of Gangaadhar Meher Tymnasium everyday during 'Utterances' declaim this P cube (p3). A sincere tymnasiast gets by heart the following five 'cheTanaas': they mean in course of time to live or materialize in their personality the following 5 items of knowledge. All tymnastic yoga practitioners of Gangaadhar Meher Yogaalaya everyday utter the yogakriyaas in Kosali, whatever be their mother-tongue. In another tymnasium of Sambalpur town named Naaraayan Satsang Mahilaa TadiT Mantra Swaasa Yogaalaya,(Baidyanaath Chhak) the saDhikaas utter the following yoga-items or yogakriyaas in their fixed Hindi translation.

1. cheTanaa nambar ek: TadiT mantra swaasa joga aStaanga jogara kSepaNaastra aTe. aStaanga joga—jama niyama aasana praaNaayaama praTyaaahaara DhaaraNaa Dhyaana samaaDhi.: jama (5) ahi^saa saTya asTeya brahmacharya aparigraha: niyama (5) shoucha sanToSa Tapa swaaDhyaaya iishwara-praNiDhaana
2. cheTanaa nambar Dui: aStaanga joga aSta sopaana nuhanTi: emaan^ku ekaa saaThire saaDhanaa karaajaae.
3. cheTanaa nambar Tin: puruSaarTha o bhaagya. uDyama karibaa puruSaarTha ate eb^ jaahaa ghatuchhi Taaku iishwar^kara aashirbaaDa bhaabi cheTanaa saha prafulla chiTTare grahaNa karibaa.
4. cheTanaa nambar chaaaer: prabachana o joga. Kebala prabachana paribarTana aaNi paarenaahi~: prayoga prayoga prayoga byakTiTware gyaanara jogahi~ paribarTana aaNe.
5. paTha o lakSyaa: Thik baaTare saTyara upalabDhi paai~ gotaae paDakSepa lakSyre pahanchilaa saD*sa ate.

English version of praak-shaariirika chetanaa panchaka (pre-physical penta-consciousness):
Consciousness No1: Tymnastics is the missile of Astaa^ga yoga. Astaa^ga Yoga : 1.yama (don'ts) 2.niyama (do's) 3. aasana (physical postures) 4. praaNaayaama (control of breath) 5. pratyaahaara (rejection) 6. DhaaraNaa (concentration) 7. Dhyaana (meditation) 8. samaaDhi (trance) ...Yama (don'ts)(5)—ahi^saa (non-violence), saTya (non-falsehood), asTeya (non-theft), brahmacharya (non-wastage), aparigraha (non-bribery). Niyama (do's)(5)—shoucha (cleanliness), santoSa (contentment), Tapa (austerity), swaaDDhyaaya (study-and-introspection), iishwara praNiDhaana (prostration to Lord).
Consciousness No2: aSTaa^ga yoga are not 8 steps; they are practiced simultaneously.

Consciousness No3: Individual Will and Destiny: Endeavoring is individual will/ will-power; whatever is happening is to be thought of as the blessings of God, and accepted with consciousness and cheerfulness.

Consciousness No4: Lecture and Yoga: Lectures cannot effect change; application, application and application – union alone of knowledge with personality can effect change.

Consciousness No5:- Path and Goal: A step in the right direction is as good as reaching the goal.

Deliberation on Tyms Formula No2, we refer to as, P3 (P cube—Pre-Physical

Penta-consciousness): In tymnastic yoga we attune the minds of saaDhakas (practitioners) of all levels to the idea of living an ABHUL life, that is, A1 Blissful Healthy Useful and Long life. As the tymnasiasts and tymnasts live their life they are to apply the ideas and thoughts ingrained in P3 (P cube). AND WHEN DO YOU APPLY ALL YOUR THOUGHTS AND IDEAS? Remember, there is no other time but NOW.

With the concept NOW also remember ‘present SECOND’— S for Sincerity, E for Enthusiasm, C for Cheerfulness. O for Ordinary Profoundly, N for Non-me and D for Dedication. Never forget that Life = Time = Present : there is no time but the Present SECOND. Remember the two concepts ABHUL and SECOND simultaneously: first—ABHUL, and second—SECOND.

Tymnastic yoga practitioners of Gangaadhar Meher Tymnasium deal with Gyaana Yoga (Utterances), Karma Yoga (Yoga Byaayaam ,Yogaasan and PraNaayaam) and Bhaki Yoga (DhaaraNaa, Dhyaana and SamaaDhi) in a major way in Kosali language the inhabitants of Kosal, wherever they be of the spaceship Mother Earth, carry their Kosali Self with them which is manifested in SabDa Brahma (primordial sound) through different languages such as Sanskrit, English, Hindi, Kosali, Bengali and Odiaa mainly. These languages work on the personality of the Kosalis and enrich it. One important issue the awakened Kosalis are very likely to miss is to know definitely about the NATURE of Kosali language, script,literature and culture.

Now that we have talked of CYBERSCRIPT and Tyms Formula No1 as ‘Yogaabhyaasa o byakTiTwara bikaash’, and Tyms Formula No2 as ‘P3’ (Praak shaariirika cheTanaa panchaka), we assign the status of Formula No3 to ‘ABHUL’ and Formula No4 to ‘SECOND’.... Jiiban kenTaa hebaar kaThaa ? Jiiban ABHUL hebaar kaThaa— A for A1 for ‘Excellent’ meaning ‘uTTama’; B for ‘Blissful’ meaning ‘aananDamaya; H for ‘Healthy’ meaning ‘susTha’ in all its four aspects—‘physical, mental, social and spiritual’, in Kosali referred to and understood as ‘shaariirik, maanasik, saamaajik and aaDhyaaTmik’; U for ‘Useful’ meaning ‘paropakaari’; and L

for 'Long' meaning 'Dīrgha'. Thus while living life we are to be conscious that it becomes 'Dīrgha', *susTha*, *paropakaari o aananDamaya*—such a life becomes 'A1/ excellent/ uTTama.' Formula No4 is 'jīibana = samaya = barTamaan (muhurTa): extend your mind to the concept's English version 'Life = Time = Present (SECOND). As you live your ABHUL life, also remember its 'seconds'— S standing for 'Sincerity' (*niSthaaparaTaa*); E for 'Enthusiasm' (*uTsaaha*); C for 'Cheerfulness' (*prafullaTaa*); O for 'Ordinariness profound' (*saaDhaaraNaTaa mahaan*); N for 'Non-me' (*naah^=akarTaa=iishwarechchhaa*); and D for 'Dedication' (*samarpaNa*). So, we are to live our ABHUL life 'SECOND by SECOND' Sincerely, Enthusiastically, Cheerfully, profoundly Ordinarily, Non-selfishly and Dedicatedly



About Yogacharya Prof. Jayadeb Dansana

Founder of Tatit mantra shwash Yoga, Retd Principal, Ex NYK coordinator, writer-Param shanti Abhiyan, poems-ulisish aur shaligram etc

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11 Responses to CYBERSCRIPT

1.  [Dr. Mahesh Chandra Panda](#) says:

January 4, 2012 at 1:03 am

Integral yoga is a holistic method to discipline human behaviour, physical well-being, mind management and spiritual understanding.

[Reply](#)

•  [Yogacharya Jayadeb Dansana](#) says:

July 21, 2012 at 8:45 am

Dear Dr Panda, and other cotravellers on the Spaceship other Earth with the message Absolute

Peace Drive (APD)/ Param ShaanTi Abhiyaan,

We teach Holism, whose base-word is WHOLE, as having 4 tenets. (1) A whole is a whole of its parts, be it a cycle, or a family, or a mango tree, or a human being. (2) The whole inheres or indwells and transcends each of its parts. (3) The whole is greater than the sumtotal of its parts. (4) Hence, there is definite need of cooperation and coordination between the parts. Total Health Care (THC) refers to all the 4 aspects of Health—1. Physical, 2. Mental, 3. Social and 4. Spiritual. (Yogacharya Prof. Jayadeb Dansana. 21.7.12)

[Reply](#)



2. **prakash padhan** says:

January 7, 2012 at 5:36 pm

Respected Sir,

Thank you very much for your unique article. I remember, you have developed script for kosli language. I do hope, one day TMS Yoga will be popular. People will realise its benefit.

My self realisation is only due to TMS Yoga. I believe, self realisation alone is GOD realisation.

With high regards

Prakash Padhan

Varanasi(U.P)

[Reply](#)



3. **Jayadeb Dansana** says:

January 16, 2012 at 11:06 am

On cyberscript: While quoting bhaktakabi Jagannath Das, or mystic poet kabir, or kabiguru Rabindranath Thakur we have to produce different sounds of shsbDabrahma: hence we use capital letters of D J L N S T to differentiate them from usual sounds of d j l n s t.

There are 72 crore and 1 naadis through which gymnastic yoga charges all the cells with divine power: the chief among these naadis are susumnaa, idaa and pingalaa. The consonant sounds take the help of the vowels to be effectively uttered. (Yogacharya Prof. Jayadeb Dansana 16.1.2012)

[Reply](#)



• **Dr. Mahesh Chandra Panda** says:

January 18, 2012 at 4:11 am

The control and regulation of breathing through right nostril (Pingala Nadi), left nostril (Ida Nadi), both nostrils (Sushumna Nadi) can be practiced in daily life to save the vital force of Prana and to utilize it to get optimum benefit.

Reply



4. **Rajnish Patel** says:

January 27, 2012 at 11:43 am

Dear sir,

I am much happy to read your article. Please tell more about TMS Yoga.

Regard

Rajnish

Varanasi

Reply



5. **Yogacharya Prof. Jayadev Dansana** says:

January 29, 2012 at 10:03 am

Respected Sir,

Dandavat Pranam. One TMS Yoga Centre has been running by me here. Could you please inform about Uchharanas, Asanas & Pranayama for new learners i.e basic course of TMS Yoga.

Thanking you with high regards

Yours obedient,

Prakash Padhan

Consultant, UNICEF-U.P

Reply



6. **prakash padhan** says:

January 29, 2012 at 10:06 am

Respected Sir,

Dandavat Pranam. One TMS Yoga Centre has been running by me here. Could you please inform about Uchharanas, Asanas & Pranayama for new learners i.e. basic course of TMS Yoga.

Thanking you with high regards

Yours obedient,

Reply



7. **Yogacharya Prof. J. Dansana** says:

March 9, 2012 at 5:12 pm

TYMNASTIC YOGA PRACTICE

Basic Course of Tadi ManTra Shwaasa Yoga consists of

1. CU (Common Utterances)
2. ASN 1 (Aasan series No1 —Danda NiSkaasan Maalaa/ Standing Cleansing Series.)
3. Tymnastic KapaalabhaaTi .
4. PSP (Praak-ShaanTi Paath yogakriyaa/ Pre-ShaanTi Paath yoga item).
5. SP 1 (ShaanTi Paath 1).
6. ASN 1A (Danda NiSkaasan Maalaa Prayog/ Standing Cleansing Series Application). A tymnastic yoga practitioner is to follow this sequence, when he has covered this Basic Course: but to give immediate benefit and a sense of ease to the TMS yoga beginners we will start the training with ASN1— Standing Cleansing Series of Yoga-Byaayaam and yogaasan.

This series comprises the following 15 items to be done in Dandaasan / Standing posture —

1. baama uTTaraNa abaTaraNa byaayaam + baama gomukhaasan
2. DakSiNa uTTaraNa abaTaraNa byaayaam + Asian gomukhaasan
3. baama hasTa chaalanaa byaayaam + baama hasTaasan
4. DakSiNa hasTa chaalanaa byaayaam + DakSiNa hasTaasan

5. baama khandaa chaalanaa byaayaam + baama garudaasan.
6. DakSiNa khandaa chaalanaa byaayaam + DakSiNa garudaasan
7. urDhwa pr*Stha Taali byaayaam + om namo naaraayaNaasan
8. baama Tiryak Taada byaayaam + baama Tiryak Taadaasan
9. DakSiNa Tiryak Taada byaayaam + DakSiNa Tiryak Taadaasan kati chaalanaa
10. maDhya Taada byaayaam + maDhya Taadaasan
11. baama kati chaalanaa + baamaarDha matsyenDraasan
12. DakSiNa kati chaalanaa + dakSiNaarDha matsyenDraasan
13. Tendaa chaalanaa byaayaam + Danda-kurmaasan
14. uddiyaan chaalanaa
15. apaana chaalanaa
16. Danda mandukaasan (swaaDhiSThaan & maNipur)
17. naulikriyaa (baama, DakSiNa & maDhya)

1. baama uTTaraNa abaTaraNa byaayaam + baama gomukhaasan:/ Left Ascending-descending Exercise + Left Gomukhaasan.

Stand steadily on both the feet. Raise your left hand, bend it at the elbow; put your right fist at the back of your waist; exhale. Then in marching style, while inhaling, swing your right hand upward completely, and bend it at the elbow putting the right fist at the back of your neck; and simultaneously swing down your left hand to occupy a similar position like your right fist at the back of your waist. Make sure you have inhaled 'OM'. Now, while exhaling 'BHUR', swing down the right hand and occupy its former position, and simultaneously swing up your left hand to occupy its former position at the back of your head. Standing steadily on both the feet, continue this marching style of swinging of both the hands, fully conscious of inhaling and exhaling GaayaTri mantra in its 8S form. After the yoga-byaayaam/ yogic-exercise, relax breathing 8S normally. This is tymnastic baama uTTaraNa abaTaraNa byaayaama/ Left Ascending-descending Exercise. The unique and most important feature of Tadit Mantra Shwaasa Yoga/ TMS Yoga is assimilation of GaayaTri Mantra with inhalation (puraka) and exalation (rechaka) . Below is given TMS table for breathing 8S :

Puraka Rechaka

om Bhur

bhubah Swah
TaTsa Witur
ware Nya^
bhargo Dewa
syaDhih mahi
dhiyo Yonah
pracho DayaaT

Another very important TMS yogic breathing is BREATHING THROUGH THE SUSUMNAA NAADI : A TMS yoga practitioner learns to inhale and exhale GaayaTri mantra in its various forms through his suSumnaa naadi which is imagined to have spread inside the spinal cord from down under MulaaDhaar chakra (M4) upward through other chakras swaaDhiSthaan (S6), MaNipur (M10), AnaahaTa (A12), BishuDDhi (B16) and Aagya~ (A2) to sahasraara (MS). This aspect of TMS Yoga/ tymnastics consolidates the SPIRITUAL ASPECT of Total Health Care (THC).

Baama Gomukhaasan/ Left Gomukhaasan

Bend your left hand at the elbow over your head, extending your left palm downward along your spinal cord. Start extending your right hand upward along your spinal cord. Attempt to lock the fingers of your left hand with those of your right hand. A step in the right direction is as good as reaching the goal. Do one 8S relaxed in the Baama Gomukhaasan, you have attained. As you go on practicing the appropriate exercise the attempted aasan/physical posture will go on improving, ensuring flexibility of your body. This is earning and deserving a healthy body. And, sure enough, A healthy mind (resides) in a healthy body. 2.DakSiNa uTTaraNa abaTaraNa byaayaam + DakSiNa gomukhaasan

Follow the same instruction, as given above, replacing only DakSiNa/right in place of baama/left.

Be sure, it is the incorporation and assimilation of mantra in inhaling and exhaling that ensures the spiritual aspect of health. A Sanskrit mantra does not make a human endeavor Hindu; it is only a gift from Indian culture to waking huminity. An intelligent human being draws wisdom from all cultures. We are to update the use of past performances for current better use for peace and bliss of mankind. A practitioner of TadiT ManTra shwaasa Yoga may choose any manTra

and suitably break it into 8 parts, or 12 parts as per need, and incorporate and assimilate it while inhaling and exhaling during practice of yoga-byaayaam and yogaasan. In tymnastic yoga system GaayaTri mantra is being utilized, as it is chiefly and importantly meant for (1)

awakening, (2) activating and (3) concentrating mind. Manu Mahaaraaj says:

aekaakSaram param Brahma: (The great GOD is one and indestructible:

praaNaayaamah param Tapah: Control and breath-stretching is best practice:

saawiTryaasTu param nasTi: Nothing is greater than saawiTri:

maunaaT satyam wishiSyatae. Sharing TRUTH is nobler than experiencing IT.)

(SaabiTri ManTra is GaayaTri Mantra. Its original ChhanDa in which it is chanted is GaayaTri, its popular name.)

3. baama hasta chaalanaa byaayaam/ left hand press exercise:

Stand squarely on both the feet. Keep your left elbow pressed against your waist. Bend your left palm at the wrist. Put your right palm atop your left palm. Press your left palm by your right palm away from the body while exhaling. Now, while inhaling 'Om' let your left palm press your right palm, maintaining the contact of your left elbow with your waist. Then, go back to the initial position while exhaling 'bhur'. Continue this mechanism till you complete one round of normal 8S mantric (incantationised) breathing.

Baama HasTaasan : Take the initial position of baama hasta round of normal chaalanaa byaayaam. Do one 8S mantric (incantationised) breathing. Then, standing astride do another round of 8S mantric (incantationised) breathing.

4. DakSiNa hasTa chaalanaa byaayaam + DakSiNa hasTaasan :

Follow the same mechanism as detailed in yogakriyaa no.3 above. Only interchange of places between 'left' and 'right'.

Reply



8. **Jayadeb dansana** says:

April 7, 2012 at 3:03 pm

Dandaasan Maalaa (ASM1) comprising 17 items start giving immediate benefit to TMS Yoga practioners called tymnasiast (t for TadiT, mn for mnTra, s for Shwaasa and y for yoga).It is taught free of cost everyday in Gangaadhar Meher Yogalaya, in Gangadhar Meher College Campus, Sambalpur,Odisha. You may open a centre (call a tymnasium) at your place with our

advice. (Perfecting Yogacharya Prof.Jayadeb Dansana.7.4.12)

Reply

9.  **jayadeb dansana** says:
May 10, 2012 at 6:09 am

In continuation No 5.Baama Khandaahaalanaa Byaayaama+ Baama Garudaasan.

Baama Khaandaa Chaalanaa Byaayaam : Stand erect: keep the heels jointed. Put your close-fisted left hand on the right shoulder. Also, put your close-fisted right hand under the left arm-pit.Then exhale. Thereafter, inhaling 'Om' of the GaayaTri ManTra stretch out both your hands opening out all fingers : follow it up with the exhaling of 'bhur' of the GaayaTri ManTra, and taking to the previous position of close-fisted hands. Continue this yogic exercise till you complete the 8S : thereafter relax again in normal 8S. Follow up this yoga byaayaam by Baama Garudaasan : Stand erect; put your left knee on top of your right knee and the left foot on the right side of your right foot. Then, putting your left elbow above your right elbow, let it cross it; thereafter let the thumb of your right hand touch the middle of your forehead; let also your left thumb touch your mid-forehead, as you try to join both your palms in namaskaar mudraa. In this final posture of Baama Garudaasan, do mudraa-traya (aswini+khechiri+shaambhabi) and complete a round of normal 8S.

In continuation do No 6. DakSiNa Kandaa Chaalanaa Byaayaam + DakSiNa Garudaasan :Foll. Jow similar instructions only interchanging baama (left) and DakSiNa (right). (Perfecting Yogaacharya Prof Jayadeb Dansana. 10.5.2012)

== O ==

Chapter-3

INSTANT LIBERATION (TaTkaal MukTi)

Remember, everything happens NOW-and-HERE (with their definite consequences, dispensed by Nature/ God automatically). We are to act always with caution, because “Effect is the cause in another form.” (Swami Vivekananda.) Action of a liberated person like BuDDha does not breed result; action becomes the result with no further fallout. Such action is *niskaama-karma*. *Niskaama-karma* is as good as *Dhyaana* (meditation); in such a state of consciousness mind remains still, heart oozes love, lifecurrent dances with glee and an aura of contentment fills the life of the enlightened man. (In Kosali it is----‘DhyaanasTha chiTTare mana shaanTa Thaae, h*Daya premapuurNa Thaae, praaNa aananDita Thaae eba^ jiibana sebaamaya hue.’) This is the samaaDhi state of a tymnast, a deft saaDhaka: this state of consciousness a BuDDha carries with

him as he treads the world with his message ‘ashaanTasya kutah sukham?’ (‘Where is happiness for a man who is not at peace—with himself and with others?’)

“What can we do with God but to remember Him?” averred Dr. Paul Brunton, the famous seeker of Truth and disciple of Bhagabaan Raman Maharshi. We the tymnasiasts and tymnasts give utmost importance to our breathing and charge it with GaayaTri Mantra, so that our remembrance of God becomes most intelligent, intense and effective: technically speaking, we breathe 8S 12S 20S 24S 1M 2M 3M and 4M during our practice of tymnastic yoga. By this mechanism we send through our breathing divine ower and CONSCIOUSNESS to every cell of our body.

As we practice yoga-byaayaams, yogaasans and praaNaayaams tymnastically we systematically breathe 8S, that is 8 swaasas(or breaths), or 12 swaasas(or breaths), or any other breathing pattern as per instruction. First we are to learn the most important tymnastic breathing pattern 8S: in yoga inhalation is called ‘puraka’, and exhalation is called ‘rechaka’. See, how we breathe GaayaTri Mantra in 8S. The complete GaayaTri Mantra is ---‘Om bhur bhuwah swah TaT sawiTur wareNya^ bhargo Dewasya Dhiimahi Dhiyo yonah prachoDayaaT.’: but for tymnastic yoga purpose the shabDaBramha has been transformed in its 8S form as ---

(1) Inhale ‘Om’ and exhale ‘bhur’ (2) Inhale ‘bhuwah’ and exhale ‘swah’ (3) Inhale ‘TaTsa’ and exhale ‘wiTur’ (4) Inhale ‘ware’ and exhale ‘Nya^’ (5) Inhale ‘bhargo’ and exhale ‘dewa’ (6) Inhale ‘syaDhii’ and exhale ‘mahi’ (7) Inhale

‘Dhiyo’ and exhale ‘yonah’ (8) Inhale ‘pracho’ and exhale ‘DayaaT’. In a tabular form GaayaTri ShabDaBrahma is presented below as:

<u>Puraka</u>	<u>Rechaka</u>
Om	bhur
bhuwah	swah
TaTsa	wiTur
ware	Nya^
bhargo	Dewa
syaDhii	mahi
Dhiyo	yonah
pracho	DayaaT

Likewise, in its 12S form GaayaTri ManTra with its meaning is utilized as follows : the tymnastic yoga practitioner inhales (Puraka) the different parts of the ManTra, and exhales (Rechaka) their appropriate meanings (in Kosali) as---

PURAKA RECHAKA

- (1) Om = Brahma saTya jagaT miThyaa
- (2) Bhur = praaNa-swaruupa
- (3) Bhuwah = duhkha-naashaka
- (4) Swah = sukha-swaruupa
- (5) TaT = sehi
- (6) Sawitur = Tejaswi
- (7) wareNya^ = shreSTha
- (8) bhargo = paapanaashaka
- (9) Dewasya = Deba-swaruupa

(10) Dhimahi = sehi paramaaTmaanku anTaraaTmaare DhaaraNa
karibaa

(11) Dhiyo yo nah = se aama buDDhiku saT maargare

(12) prachoDayaaT = parichaalanaa karibe.

In its 20S form GaayaTri Mantra japa (incantation) is practiced as 12S+8S=20S.

In its 24S form GaayaaTri ManTra japa is practiced as 4S+12S+8S=24S: 4S refers to 4 times Ekashwaasi GaayaTri ManTra japa; 12S refers to GaayaTri ManTra with its meaning; and 8S refers to GaayaTri ManTra's usual normal division into 8 purakas (inhalations) and 8 rechakas (exhalations). In its 1M form a yoga practitioner breathes in 1 complete GaayaTri ManTra as puraka, and breathes out 1 complete GaayaTri ManTra as rechaka. In its 2M form the complete GaayaTri ManTra is inhaled twice and exhaled twice. Likewise in its 3M form GaayaTri ManTra is inhaled thrice and exhaled thrice in a single breath. The same mechanism also is applied in GaayaTri ManTra's 4M form. A tymnastic yoga practitioner's capacity for slow and long inhalation, and slow and long exhalation increases as he practices tymnastic yoga-byaayaams, yogaasans and praaNaayaams regularly everyday. Verily, for such a tymnast alone ALL LIFE IS/ BECOMES YOGA. Concentrate on the theme 'Instant Liberation, or TaTkaal MukTi'. Ideas to be inculcated on this theme are: (No 1). We have highlighted the allimportance of the PRESENT MOMENT/ EVENT/ DAY. (No 2) We are breathing in and out God/ ParamaaTmaa continuously charging every cell of the physical body (Annamaya koSa) with the tremendous power of GaayaTri ManTra, and thereby taking care of the other four koSa's namely PraaNamaya, Manamaya,Bigyaaanamaya and Aanandamaya. ManTra, or any part of the ManTra

is God Himself, that highest Principle/ TaTwa/ Truth which showers Param shaanti and Param aananDa (absolute peace and absolute bliss). Hence the importance of 8S 12S 20S 24S 1M 2M 3M 4M of tymnastic yoga. (No 3) Apply in your personality that most important insight of John Milton (1608-74) spelt out in 1667 in ‘Paradise Lost’ in the following two immortal lines:

*“The mind is its own place, and in itself
Can make a heaven of hell, a hell of heaven.”*

Your mind in itself, that means, your mind without depending on any other thing (like property, educational certificate, or patronage of well-known personalities) can make a heaven of hell: make a heaven of peace-and-bliss NOW-HERE. Love peace, enjoy peace. Take active part in this all important PARAM SHAANTI ABHIJAAN/ ABSOLUTE PEACE DRIVE (APD). Bhagbat Geetaa says, AshaanTasya kutah sukham ?” Where is happiness for him who is not at peace? Another important quote supporting Absolute Peace: “Peace has no way; peace is the way.” “A complaining mind is never at peace,” says Swami Vivekananda. (No 4) Things happen automatically :but you are almost fully responsible for your pain, pleasure and bliss. Swami Vivekananda says, “Effect is the cause in another form.” (No 5) Don’t create your future by desiring anything selfishly. Sakaama karma is selfishness (which is cheating, exploiting and harming others). Live selflessly: human life is an opportunity to enjoy niSkaama karma. Ramakrishna Paramaha^sa says, “GyaaniDer eyi rakam karmaTyaag haye—Thus the wise shed selfishwork.” Shut out future CONSCIOUSLY: be a WITNESS to this worldspectacle. The best selfless-work or niSkaama-karma is the practice of TadiT ManTra Swaasa Yoga/ (TMS Yoga), and teaching it as a subject which is called

Nuclear Metaphysics, the science of spirituality, with its nuclear principle or unitive principle --- $2 \times (PN)_2 = (SN)_2$. Pythagoras (580-500 B.C.) worshipped 'equilateral triangle as the fount and root of ever flowing nature': we the practitioners of tymnastic yoga revere right-angled isosceles triangle as the basis of Tymnastic Mind Map. The Nuclear Principle or Unitive Principle manifests itself as the Right-angled Isosceles Triangle. The Point (ParamaaTmaa) operates as the Unitive Principle or right-angled isosceles triangle to activate human mind.

And, what are the features of the Highest Principle God/ ParamBrahma a tymnastic yoga practitioner invokes as he applies 8S 12S 20S 24S 1M 2M 3M 4M during his yoga practice? (1) God is sarbabyaapaka, sarbagya~ o sarbashakTimaan. (2) sarba mangalamaya o sarba sounDarjyamaya. (3) Param mukTi, param aananDa, param shaanTi o param saTya swaruupa. (4) PraaNaswaruupa, duhkhanaasaka, sukhsswaruupa, Tejaswii, shreSTha, paapanaasaka, Debaswaruupa, atbuDDhipraDaayaka. (5) abaangmaanasagochara.

What are the features of THAT highest principle which the practitioners of tymnastic yoga invoke while applying 8S 12S etc in breathing. In English the above-mentioned 5 points will be--- (1) God is Omnipresent Omniscient and Omnipotent. (2) God is Wellbeing and Beautiful. (3) God is the Epitome of Absolute Freedom, Absolute Bliss, Absolute Peace and Absolute Truth. (4) God is the very Life-force, Destroyer of Sorrow, Pleasure-manifest, Radiant Illumination, the BEST, Destroyer of Sin, Lord of Gods, Giver of Wisdom. (5) God is the Supramentally Perceptible Being (SPB).... When we remember such a Principle, which in Vedanta is called Brahma, we imagine properly and visualize that Brahmabiiija which has become the Universe or Bishwa-Brahmaanda is

surrounding us, and we as its parts are all potentially divine: ‘Each one of us can be a Buddha’, says Swami Vivekananda . Our chief purpose in human birth is to realize our individual selves as that Supreme Self.

When we say that ‘Self-realization is God-realization’, we must know that THAT HIGHEST PRINCIPLE BRAHMA is never completely realized; a *saaDhaka*/ (spiritual practitioner) goes on realizing Him in his personality, more and more, and more and more intensely. Go on realizing God in your heart as Absolute Peace-and-Bliss always, whether you are meditating or doing *niskaama karma*/ selfless service. This is Instant Liberation: go on realizing it. If you cannot liberate yourself here-and-now and enjoy peaceand- bliss, you never can: it is a state of ever-ascending consciousness.

And, remember with *mukTi* (Liberation) which is achieved and attained through *puruSaarTha* (Individual Will) go *aananda* (Bliss), *shaanTi* (Peace) and *saTya* (Truth). By achieving **mukti** through **puruSaarTha** experiencing **aananda** of **shaanTi** is realizing **saTya**. In Kosali the statement is : puruSaarTha Dwaaraa mukti haasal kari shaantira aananda anubhuTi saTyara upalabDhi ate --- itaa kari chaala.(Yogaachaarya Jayadeb Dansana. 28.1.12)

== O ==

Chapter-4

LIFE FOR SERVICE

Hello, life is an opportunity, not a burden. It is an opportunity to serve people. Life, as it is seen in creepers and trees, in birds and beasts cannot be as useful as it is found in human beings. The idea of service should automatically be generated in human mind as the adults show their love for their children. They love their children and serve them thereby, for a human child is born and brought up from an absolutely helpless state. An active intelligent adult should at once feel grateful for their parents, who

brought them up from such helpless state to the present solid personality. Family is the 1st circle in which a man moves where he can show his humanity in the best way possible. How could there be any indiscipline, corruption, criminal behavior on the part of any man who belongs to a disciplined family, where children are properly brought up. Should not we blame the parents for the criminal behavior shown by their children. FAMILY IS THE WORLD; LET US TAKE CARE OF THE FAMILY; WORLD WILL TAKE CARE OF ITSELF. {Yogacharya JAYADEB DANSANA} Date-31 5 2012.



About Yogacharya Prof. Jayadeb Dansana

Founder of Tatit mantra shwash Yoga, Retd Principal, Ex NYK coordinator, writer-Param shanti Abhiyan, poems-ulis aur shaligram etc

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← LIVING LIFE WHOLE AND FINALLY

15 Responses to *Life for service*



1. **Prakash Padhan** says:

June 1, 2012 at 7:28 am

Respected Gurudev,

You have rightly said -Human being is the most valuable creation. It is an opportunity for a short period in evolution process.

In odia bhagabat-Aneka janma punya phale, manaba janma mahi tale.

Sarva sarira madhye sara, durlabha nara kalebara.

Family is the first school where child learns. We should give love & care to family.
Thanks a lot for posting. I always follow your instruction sir.

Your servant

[Reply](#)

-
-  [Jayadeb Dansana](#) says:

July 7, 2012 at 8:03 am

What is the unique thing about human birth ? Here MIND is prominent. The best utilization of the mind is its ability to transcend itself — Try to achieve it by learning to CONCENTRATE it. Still your body, and go on repeating GaayaTrii ManTra in its 1M form-i.e. aekashwaasii GaayaTrii ManTra UchchaaraNa, till it gradually slackens into aekashwaasii GaayaTrii ManTra GunjaraNa, then into Gambhir Omkaar and finally into SamaaDhi. (Jayadeb Dansana. 7.7.12)

[Reply](#)

-  [Jayadeb Dansana](#) says:

July 12, 2012 at 12:00 pm

Maanaba janma (human birth) is the only gateway to Jiibanmukti (freedom while living); if you cannot attain freedom while living, you cannot get it after death: Freedom, in spiritual sense, means freedom from selfish desire : this amounts to niSkaama karma— this is Meditative work. Either you are meditating, (the 7th organ of asTaanga yoga), or you are doing selfless service (niSkama karma). When you do SELFLESS WORK 1. your Mind is at Peace; 2. your Heart is loving, and 3. your Life at Bliss. Hail Human Life ! (Yogacharya. 12.7.12.)

[Reply](#)

-  [Jayadeb Dansana](#) says:

December 19, 2012 at 5:47 pm

Dear Prakash, About human birth Sw Vivekanand has said, 'Physical evolution stops with man; thereafter continues mental evolution.' The unique aspect about MAN is

his/her MIND:mind is the link between world and heaven/ body and soul. Mind can make a human Godly/ Godlike/ God. Mind stilled becomes the soul: this is the greatest achievement of Mind. You need saaDhanaa/ spiritual practice for that: one-pointed mental action for that: you have to make 'All life is yoga' (MaharSi Arabinda}. Tymnastics/ Tadit ManTra shwaasa Yoga/ TMS Yoga is one definite Total Health Care {THC) approiach to attain IT. (Yogacharya J.Dansana. 19.12.12.)..

[Reply](#)

2.  **Dr.Mahesh Chandra Panda** says:

June 3, 2012 at 11:10 am

Home is nothing but a house with a family consisting of parents and children. Charity begins at home. Charity need not only be monetary; it can be a giving of our time, talent, knowledge, love or compassion. Let us serve the society with charity.

[Reply](#)

•  **Jayadeb dansana** says:

July 7, 2012 at 8:38 am

Importance of the family — FAMILY IS THE WORLD. May we think of a FAMILY which thinks of and endeavors to perfect its family members.

Service is possible on the part of an individual only when he moves from EXCESSIVE SELFISHNESS to ORDINARY SELFISHNESS to NON-SELFISHNESS to SERVICE to SELFLESSNESS to SELFLESS to SERVANT.

Knowing the Principle is important. Our effort should be to TALK OF SPIRITUALITY PRECISELY. (Jayadeb Dansana. 7.7.12.)

[Reply](#)

•  **Jayadeb Dansana** says:

December 19, 2012 at 6:13 pm

Dear Dr Panda, and all on the Spaceship Mother Earth on her eternal voyage with the

MESSAGE Absolute Peace Drive (APD)/ Param ShaanTi Abhiyaan, Parents and their children make a Home, sweet Home. Home is the world — all the ills and wells of the world are due to the ills and wells of the HOMES of the world. How we wish – the parents to be PERFECTING HUMANS inspiring their children to be PERFECTING HUMANS ! (Yogacharya J.Dansana. 19.12.12)

[Reply](#)

3.  **jayadeb dansana** says:

July 2, 2012 at 7:07 am

Dear Prakash, and other Cotravellers on the Spaceship Mother Earth with the message Param ShaanTi Abvhiyaan (Absolute Peace Drive-APD), Your quotation from Jagannath Das's BhaagabaTa avers the accumulated result of virtues of good deeds of many births results in giving the individual soul (jibaaTmaa) a human body. Hence it is a rarest of the rare gifts by God/Prakruti/Nature. It is so, because it is while in human body that a jibaaTmaa/ individual soul can get liberation. Liberation means freedom from any future. Don't create future by consciously desiring anything, not even liberation. (Yogacharya Jayadeb Dansana. 2.7.12 .)

[Reply](#)

4.  **Kumud Chandra Dash** says:

August 30, 2012 at 11:30 am

HariOm Gurudev.

Being inspired by your teaching i am practising yoga as advised by you since long, which dates back to 1992. At the initial stage i was not regular for many reasons, but now it has become a part of my daily life. wherever I am. I have been benefited to a great extent. I have overcome a phase of serious depression, I suffered for a certain period during last part of my service-life, by attending yoga classes held at GM Yogalaya, G.M. College, Sambalpur and following your guidance
URs Obediently

Kumud Ch Dash

NewDelhi.

[Reply](#)

-
-  **Jayadeb Dansana** says:

September 10, 2012 at 3:24 am

Dear Kumud, Your yoga-practice will never a distraction on your activities in the world : on the other hand it will lead all your activities towards God—which means Mukti-AananDa-ShaanTi-SaTya (Freedom-Bliss-Peace-Truth), Keep maintaining your Hourly Diary: that will make you acutely conscious about the life which God has designed for you, (Yogacharya Prof. Jayabeb Dansana, Satsangi,)

[Reply](#)

-  **Jayadeb Dansana** says:

December 19, 2012 at 6:56 pm

Dear Kumud and other Yoga practitioners, Hold on to your yoga practice as you live your human existence, precious as it is. Smear your life with the rainbow of TMS/ TaDit ManTra Shwaasa Yoga. If you are to choose, as your goal of life, between (1) getting God and (2) Total Health Care (THC), go for THC; because Total Health Care means taking constant care of all the 4 aspects of health—1.physical, 2.mental, 3.social and 4.spiritual. Your spiritual side of health includes ‘ your getting God’. Properly understood “getting God’ means ‘ divinising the body’ (MaharSi Arabinda), that is, ‘ making the body soulful’. As a tymnasiast, i.e. a practitioner of TMS yoga you know that practice of breathing 8S 12S 20S 24S 1M 2M 3M 4M during TMS yoga practice will definitely make your whole life holy. (Yogacharya J.Dansana. 19.12.12).

[Reply](#)

- 5.  **prakash padhan** says:

September 21, 2012 at 9:10 pm

Respected Gurudev ,APD activists & Dear readers,
Now TMS Yoga is not limited in Odisha.Many persons are practicing across the

globe. In my knowledge one TMS Yoga is being run by Mr Kumuda Ch Dash in New Delhi, 2 centres in Uttar Pradesh (One by me in children home, Robertsganj, Varanasi and another by Radhakanta Suna in Duddhi, dist-Sonebhadra, U.P). This Yoga is unique where there is formula to be an ideal person.

[Reply](#)



• **Dr. Mahesh Chandra Panda** says:

September 29, 2012 at 1:30 pm

Dear Prakash,

Happy to know that a TMS Yoga Centre is run by you in Varanasi.

Best Wishes.

[Reply](#)



• **Jayadeb Dansana** says:

December 29, 2012 at 5:09 am

Dear Dr Panda, and all other co-travelers on the Spaceship Mother Earth with the message Absolute Peace Drive (APD)/ Param ShanTi Abhiyaan ,

We are all Individual Human. The Individual is the most important entity, because he definitely affects the Average Human. Let any Individual Human be perfecting himself, he is helping the whole human race on its movement in Evolution mechanism. TMS Yoga/ TadiT ManTra Shwaasa Yoga is one definite scientific spiritual approach in achieving it. It believes and makes all life/ living yogic. We will deal with this subject in greater details by and by. With regards and good will, (Yogacharya J. Dansana, 29.12.12)



6. **Jayadeb Dansana** says:

May 17, 2013 at 8:01 am

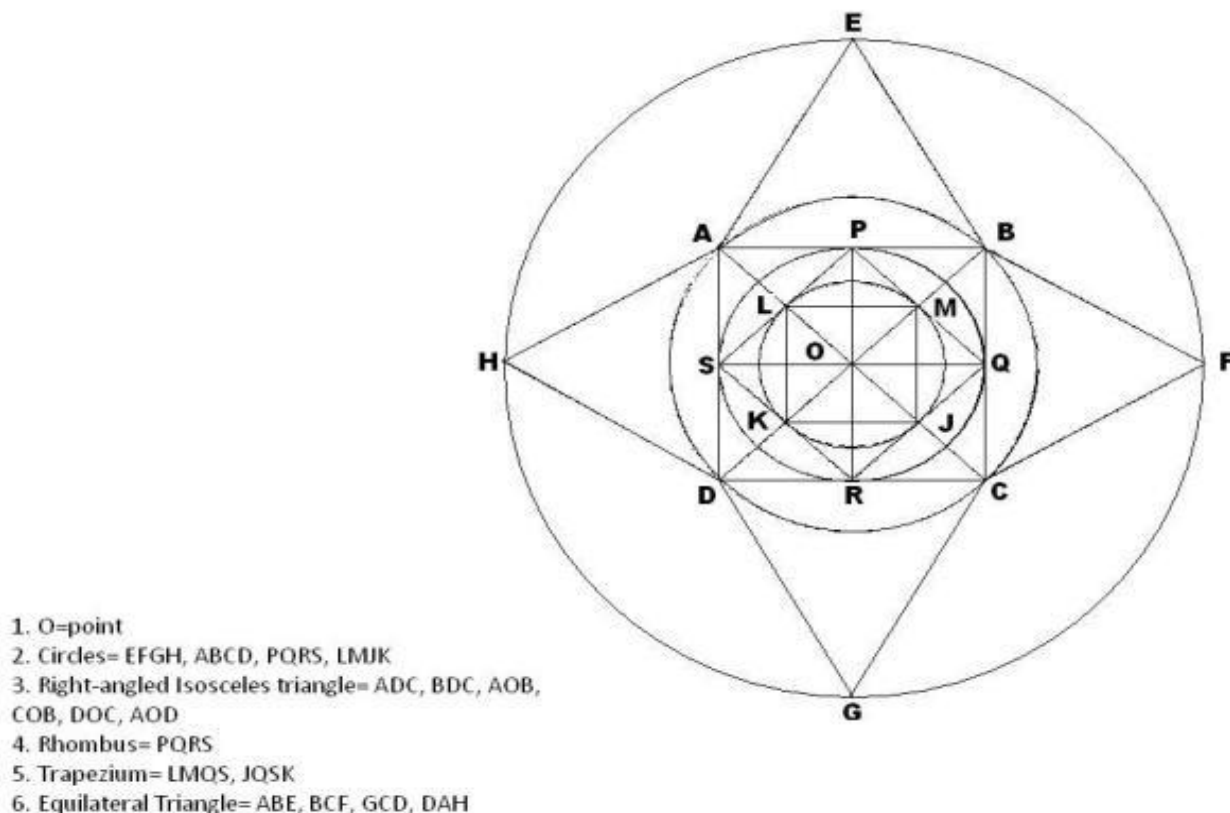
Awakened intelligent co-travelers on the Spaceship Earth with the Mission Param Shanti Abhiyaan / Absolute Peace Drive/ APD, Is it difficult arithmetic to be certain that ‘ An individual is important, because he is bound to affect the AVERAGE’. If

men with education be perfecting themselves (in their own situations) humanity would be enjoying ‘A More Peaceful World, and thereby A More Blissful Existence ‘. The formula is ‘ AsaanTasya kuTah Sukham’ (Where is happiness for the peace-less ?). Can a sensible sensitive intelligent human ever support VIOLENCE ? CAN ANY CAUSE BE MORE IMPORTANT THAN NOT-HURTING-PEOPLE. If you do not want to be hurt, how can you hurt others ? Is not it simple enough logic?.The TRUTH is, ” By hurting others you hurt yourself; by helping others you help yourself” (Sw Vivekananda.) You have to be a TRUTH-SEEKER to know this and LIVE THIS KNOWLEDGE. J.Krishnamurti would like us to develop this UNDERSTANDING. (Yogacharya Joy Dev) 17.5.2013.

== **O** ==

Chapter-5

LIVING LIFE WHOLE AND FINALLY



‘Manifestation’

We are materially nothing, spiritually everything,’ says Maharshi Aurobindo. How are we spiritually everything ? Let us work on it. In this Yantra (geometrical figure) called ‘Manifestation’ we find that ‘O’ is the POINT. This point is supposed to hve no length and breadth– thus it is *niraakaar* : if we go on enlarging it, it becomes a circle, bigger and bigger and ever bigger. We have also shown in Manifestation how the circles EFGH, ABCD, PQRS and LMJK were unmanifested in the centre O. So also, the right-angled isosceles triangles ADC, BDC, AOB, COB, DOC, AOD, ADB and ABC were unmanifested in the centre O; (we can name many more small right-angled isosceles triangles such as ALS, ALP, BMP, BMQ, CJQ, CJR, DKR and DKS); we can name still such smaller figures. Besides, being a circle PQRS is also a rhombus; see, whether EFGH is also a rhombus ? : they were also unmanifested in the circle O. Such is also the

case with trapeziums LMQS and JQSK. Unmanifested in the circle O also are Squares ABCD and LMJK; there are also small squares namely LPMO, MQJO, JRKO and KSLO (they were unmanifested in the centre O). It is pertinent to point out that on the four sides of the Square ABCD have been drawn four Equilateral Triangles— ABE, BCF, CDG and DAH: (they were also in unmanifested subtle form inside the CENTRE O).

And when manifested in all these different forms (and many yet innumerable unmanifested forms) where are the POINTS/CENTRES? They are not only on the lines or sides defining the different figures, but they permeate the whole figures. Thus, we find that THAT ONE CENTRE WHICH IS **NIRAAKAAR**(FORMLESS) MANIFESTS HIMSELF/HERSELF/ITSELF AS ALL DIFFERENT FORMS. This one centre is BRAHMA who manifests Himself as limitless different forms. Verily, Swami Vivekananda says, 'World is a play of unity in variety, and of variety in unity.' And, the rule of the GREAT GAME is the scientific Cause-and-Effect Relationship. Swami Vivekananda himself says, 'Effect is the cause in another form.' This solves the riddle of this CREATION— The universe/world is God's affair, but everyone's life is his/her/its own affair. The merciful great dispenser of justice gives every one what he deserves: life is eternal, it goes on and on. Somewhere or other, in some form or other, (from the SUBTLEST to the CRUDEST), each one of us is bound to be there, in this infinite universe: the form changes according as we deserve it, undergoing pain, pleasure or bliss. Our UpaniSaD (Prashna) says, (presented in Sambalpuri/ Kosali) 'mana o indriyaJukTa jibaaTmaa manara s^kalpa Dwaaraa praaNare sThira hue'—'The individual soul jointed with mind and senses settles down in life.' It means -An individual gets a body, just as his mind desires. Thus to avoid birth (and its ensuing life and death) a mind has to stop desiring anything. This is the greatest saadhaana (spiritual practice): AanandaMurTi Gurumaa says, 'You can know your true element only when you no longer exist.' Hence, practice non-existence. The great RamaNa Maharshi says, 'Birth is birth of ego; freedom is freedom from ego.'

Brahma (ParamaaTmaa) is the Centre whose circle is everywhere; and individual (JibaaTmaa) is the circle whose centre is the body.

Once you understand this relation of the WHOLE with its parts and go on realizing it, you go on enriching your personality and access BuDDha.

Swami Vivekananda says, ‘ Each one of you can be a BuDDha’.

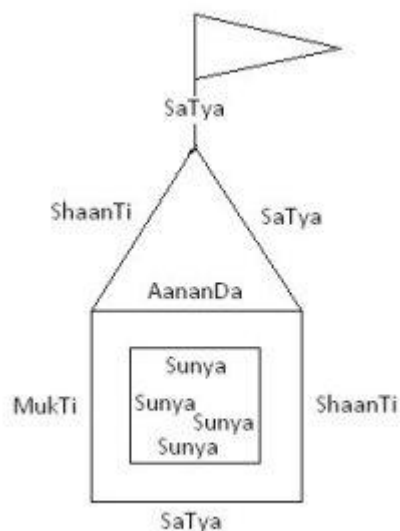
OMKAAR SAADHANAA AND BANDANAA

This **CENTRE ‘O’** is **the centre of all other centres, THE CREATOR of all other creations, the SEED whose partial manifestation is this UNIVERSE: this is THAT PRANABA OM, THE ORIGINAL SOUND which the physists designate BIGBANG, instantly from WHICH the ever-expanding universe started. Omkaar saaDhanaa is that penultimate japa yoga saaDhanaa which leads a saaDhaka to SAMAADHI, the experiencing void.**

This OM is to be revered. Once you know that there is no realization, (you need to go on realizing)– go on realizing FREEDOM, and with it BLISS PEACE and TRUTH (mukTi aananDa shaanTi saTya). In tymnastic yoga we finish a yoga practice session with ‘ **siDDha manTrae shaanTi paath’ (saanTipaath in siDDha manTra) : In this the tymnastic yoga practitioner, after taking a steady posture in paDmaasana, or sukhaasana, while imagining of making a TEMPLE of his body UTTERS :**

1. shuunya shuunya shuunya shuunya (4 times), as he gesticulates by movig his right hand (first) from left thigh to left knee, (second) from left knee to right knee, (third) from right knee to right thigh, and (fourth) from right thigh to left thigh : this is the FOUNDATION of the TEMPLE.
2. PuruSaarTh puruSaarTh puruSaarTha puruSaarTha {4 times), with the aforesaid gesticulation : FOUNDATION.
3. MukTi aananDa shaanTi saTya (4 times), with the same aforesaid gesticulation: FOUNDATION.
4. AananDa shaanTi saTya (4 times), as the *saaDhaka* gesticulates by moving his right hand (first) from right knee to left knee, (second) from left knee to chin, and (third) from chin to right knee. (It is a

- clockwise movement of the right hand.) : the BODY of the TEMPLE.
5. shaanTi saTya (4 times), as the *saaDhaka* gesticulates moving his right hand in clockwise motion (first) from chin upward beside the left ear to the crown, and (second) from crown downward beside right ear to the chin: HEAD of the TEMPLE.
 6. SaTya (4 times), as the *saaDhaka* gesticulates raising his right hand from his crown upward in spurts : he imagines fixing a glistening rod to which is unfurled **the banner of PERFECTION**.
 7. (**Mahaa-M*Tyunjaya-ManTra 4 times**) – While in *namaskaara mudraa of jointed palms* (First), looking Straight, (Second), looking to the Right , (Third), bending the head Backward, as if looking back, (Fourth), looking to the Left. (Fifth), raising both the hands upward in *chaiTanya mudraa*,
***Om Tryambakam yayaamahe SuganDhi^ puSThi
warDhanam Urwaarukamiwa banDhanaaT
M*TyormukSiya Maam*TyaaT.
Om shaanTih shaanTih shaanThi.
Om shaanTih shaanTih shaanThi.
Once you start realisizing NOW-HERE the mission of your
life's sojourn as mukTi-aananDa-shaanTi-saTya
(Freedom-Bliss-Peace-Truth), you need to go on expanding
your social self. The best way to utilize your Time (which is
your Life) is to practise Tadit ManTra swaasha Yoga /
Tymnistics as ALL LIFE IS YOGA , and teach it to as many
indiduals, and institutions as possible. By this practice a
tymnnasiast, or tymnast simultaneously takes care of
1.Education 2.Health 3.Service and 4. Development of
Personality.(Tymnnasiast and Tymnnasts are parallel
expressions to Gymnnasiast and Gymnnast: only, in
Tymnnasium the goal of yoga-practice is Total Health Care/
THC– physical, mental, social and spiritual)***



8. OMKAARA SAADHANAA Take any *dhyaana* (meditative) posture, and utter the following *sloka* of Manu Mahaaraaj 4 times :

ekaakSar^ par^ Brahma

praaNaayaam: par^ Tap:

saawiTryaasTu pam^ naasTi

mounaaT saTya^ bishiSyate.

(That Supreme Letter/ OM is One and Indestructible

PraaNaayaam is the Supreme spiritual practice

SaabiTri /GaayaTri is the Supreme ManTra

SaTya is Superior to Silence.)

1. OM : That NIRAAKAARA OM is always becoming SARBAKAARA, even as the POINT is becoming ALL-FIGURES.

2. PraaNaayaama is stretching of breath. On the importance of PraNaayaama Julien Huxley says, 'The western scientists should learn the eastern technique of controlling breath and entering trance.' This 'entering trance' is 'Kundalini JaagaraNa', or 'Raising the Kundilini', which 'is the complete object of Raja Yoga' (Swami Vivekananda). **This is the ultimate goal of human birth, the aim of Param Shaanti Abhiyaan/ Absolute Peace Drive**

(APD).

3. SaabiTri ManTra is originally repeated in Gaayatri ChhanDa; hence it is popularly known as GaayaTri ManTra: this is said to be the greatest ManTra, as it sharpens the intelligence, through which alone can a man get Param Mukti-AananDa-ShaanTi-SaTya (Absolute Freedom-Bliss-Peace-Truth)

4. Mouna is void or silence. The goal of spiritual practice is to lead the mind from “titillation of nerves” to “calming of nerves”.The efficacy of a yoga system is judged by this. Yet only attaining this Silence/Void/SamaaDhi/Truth is not the end of human birth: this TRUTH is to be spread amongst people: hence the IMPORTANCE OF SATSANG.

TadiT ManTra Shwaasa Yoga lays great stress on this Omkaar saaDhanaa. A saaDhaka (practitioner), while practising Sanyama (that is,DhaaraNa + Dhyaana + SaamaaDhi), is made conscious to watch carefully how his mind is gradually slackening, and moving **stage by stage** from (1) Ekashwaasi GaayaTri Baikhaari Japa to (2) Ekashwaasi GaayaTri Bhraamari Japa to (3) Gambhir Omkaar Japa to (4) SamaaDhi.

Mark, how exactly,Ramakrisna Paramhansa points out on **this mechanism of japa**, in the following four lines which have been woven by TMS yoga into a very potent ManTra called RAMAKRISNA MANTRA.

SanDhyaaDi GaayaTrite lay hay

GaayaTri PrNabe lay hay

PraNaba samaaDhite lay hay

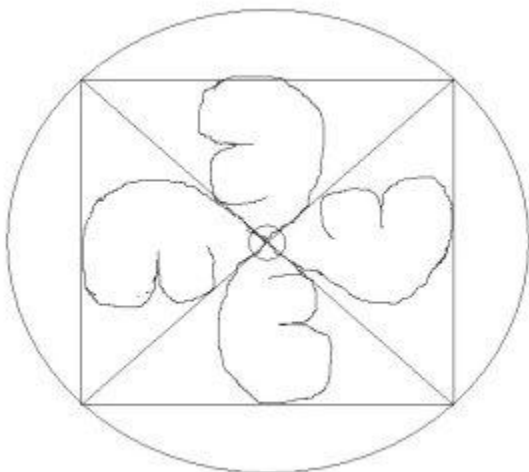
GyaaniDer ei rakam karmaTyaag hai.

With utmost consciousness keep up the practice of sinking into unconsciousness, as you go to sleep with Gambhir Omkaar Japa. This is the advice given in Bhagabat Geeta 8/11-13, on the importance of OM and its Practice throughout life. Underscore the pertinent

awareness-builder of Swami Vivekananda,' A fool goes to sound sleep, and returns a fool; a fool goes to samaadhi, and returns a sage.' Clearly differentiate between 'sound sleep' which is purely physical, and 'Omkaar-induced-sleep' which is definitely spiritual

OMKAAR BANDANAA: sing on *DaaDraa*

tero naama omakaara (3 times) !o!
tu sata chiTa aananDa tu hi (2 times)
tu apaara (2 times)
niraakaara nirbikaara (2 times)
tero naama omakaara (3 times) !1!
tu hi Brahmaa, tu hi BiSnu (2 times)
tu apaara (2 times)
niraakaara nirbikaara (2 times)
tero naama omakaara (3 times) !2!
tu hi gagana, tu hi pabana (2 times)
tu apaara (2 times)
niraakaara nirbikaar (2 times)
tero naama omakaara (3 times) !3!
tu sata chiTa aananDa tu hi (2 times)
tu apaara (2 times)
niraakaara nirbikaar (2 times)
tero naama omakaara (3 times) !o!



10 Responses to *LIVING LIFE WHOLE AND FINALLY*



1. **Dr. Mahesh Chandra Panda** says:

March 29, 2012 at 4:20 pm

deha-buddhya daso-ham
jiva-buddhya tvad-amshoham
aatma-buddhaya tvam-evaaham

When I am engaged in worldly pursuits, I am servant of God . In pursuit of spiritual freedom, I seek the Almighty. In my realization of self, I realize that I am that universal awareness.

Reply



• **Yogacharya Jayadeb Dansana** says:

July 21, 2012 at 8:06 am

Dear Dr Panda, and other cotravellers on the Spaceship Mother Earth, I believe, we always operate from one point of CONSCIOUSNESS, which we have attained through our education in living in the past lives. Consciousness is directly affected by practice of Yoga, specially DharaNaa. According to Tymnastic Yoga there are 7 planes of consciousness from which a person always operates, as he deals with others– that of a 1. Criminal Man (CM), or 2.

Ordinary/Instinctive Man (IM), or 3. Purified Man (PM), or 4. Socialized Man (SM), or 5. Enlightened Man (EM), or 6. Universalized Man (UM), or 7. Divinized Man (DM). (Yogacharya Prof. Jayadeb Dansana. 21.7.12)

[Reply](#)

2.  **Prakash** says:

[April 2, 2012 at 6:09 am](#)

Respected sir,

This is a wonderful article in a scientific manner. All life is Yoga, I have to awake sleeping Buddha of my heart.

Prakash

Varanasi (U.P.)

[Reply](#)

3.  **Janhavi** says:

[April 2, 2012 at 6:28 am](#)

Respected Yogacharya J. Dansana sir,

I read and learned much things from your valuable article. Definitely TMS Yoga is unique one because it gives formula to be Buddha.

Your sincerely,

Janhavi

[Reply](#)

•  **Yogacharya Jayadeb Dansana** says:

[July 2, 2012 at 4:07 pm](#)

You are to practise 8S, 12S, 20S, 24S, 1M, 2M, 3 & 4M. I would expect you to practise at least 8S and let me know. Be in touch. All good wishes for your peace & prosperity.

[Reply](#)



4. **Dr. Mahesh Chandra Panda** says:

April 2, 2012 at 10:35 am

We can only be able to experience the feelings, moods and essence of freedom in spirituality.

We seek spiritual freedom to be aware of supreme consciousness.

Reply



• **Jayadeb Dansana** says:

September 10, 2012 at 4:11 am

Respected Dr Panda, and ... The important topic is– PuruSaarTha o Bhaagya (Individual will and Destiny). Through Individual Will/PuruSaarTha we get FREEDOM: that is intended by God. 'Freedom is the ultimate virtue' (Aldoux Huxley). With Freedom is attained Bliss-Peace-Truth.'Birth is birth of ego; freedom is freedom from ego.' (Raman Maharshi). Freedom is non-dependence: one important realization is–the Self/Soul does not depend on the mind-body. Constant practice of DhaaraNaa (Concentration) deepens into Dhyaana (Meditation), which further deepens into SamaaDhi (Ecstasy or Trance). (Yogacharya Dansana,,10.9.12)

Reply

• **prakash Padhan** says:

September 18, 2012 at 3:46 pm

Respected Gurudev,

Please accept my humble obeisances

I would like to share that I am running a TMS centre in Children home (supported by Govt) where inmates ,staff,one shopkeeper and other persons are practicing TMS Yoga.I am in the right way shown by you and have been trying to propagate TMS Yoga.You would be happy to know that UNICEF treats me as 'best consultant' and commented in my annual appraisal that

‘prakash is having highest degree of ethics & integrity’



5. **Jayadeb dansana** says:

April 10, 2012 at 5:57 am

The UpaniSads say: Brahmwid Brahmaiwa BhawaTi (one who knows Brahma becomes Brahma); it implies that only by becoming Brahma can one know Brahma. One has to BE, to be able to know. One knows to the extent one realizes a thing: unless one swims for himself, and then experiences the differene strokes-freestyle, backstroke, breaststroke and butterfly, and then joins the different competitions, and then becomes a swimming coach, and then crosses the straits—thus a practitioner goes on realizing the LOVE OF HIS HEART. And realizing Brahma (the WHOLE) is realizing one’s PERFECTION. The greatest art is the ART OF LIVING, which is more important than the art of cricketing, or poetry, or painting –all other arts are to help this ART OF LIVING, and never go against IT. The BHU: of GaayaTri ManTra means ‘God is LIFE ITSELF’. Self-realization is God-realization. Practise concentration, more and more concentration, which leads to meditation, and ultimately to SamaaDhi: only practising concentration till one is at ease with KUNDALINI gives the saaDhakas experiences of Param Mukti-AananDa-ShaanTi-SaTya.(Perfecting Yogaachaarya Prof. Jayadeb Dansana.) 10.4.2012.

[Reply](#)



6. **Jayadeb dansana** says:

April 13, 2012 at 12:40 pm

Making mind sequential is mental exercise. TaDiT ManTra Shwaasa Yoga a very potent set of wisdom-packed items of knowledge whose sequential repetitions sinks into mind of the practitioners and makes it intuitive. We have been talking about getting by heart 1. Yogaabhyaas and ByakTiTwara Bikaasa (Yoga-practice and Development of Personality} 2. Praak Shaariirika Chetanaa Panchaka (Pre Physical Penta-consciousness) 3.Life should be

ABHUL 4. Life=Time=Present (SECOND). Add to this list 5.Omkaar SaaDhanaa and Omkaar BanDanaa. If you really desire to move up the scale from 1. Excessive-Sorrow to 2.Ordinary-Sorrow to 3.Happiness to 4.Bliss (AananDa) to 5.Near-Absolute-Bliss to 6.Absolute-Bliss (Param AananDa), you have to work at TMS Yoga, and through PuruSaarTha (Individual-Will) access Perfection through PERFECTING. You are free to choose your own path, for 'jaTa MaT TaTa PaTh' (RamakriSna Paramah^sa): but,TMS Yoga is also a path.

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Chapter-6

Living the knowledge

Living does not include knowing; but knowing includes living. That's why Swami Vivekanand says, "Meditation is the most direct service." ; also "physical evolution stops with man, thereafter continues mental evolution." ; also, "Spiritual development is the only development." ; Ramakrishna says, "*Gyanider ei rakam karmatyag haye*" (The Wise renounce work thus). T.S. Eliot says, "Where is the life we have lost in living. Whoever talks of wisdom, has it in some measure however little." T.S.Eliot says, "Where is the wisdom we have lost in knowledge / where is the knowledge we have lost in information." We have swallowed enough time, twenty centuries to consciously re-move from dust to God. Knowledge is the only real living. Our saintly ancestors have talked of *Brahmavid*, *Brahmavidwar*, *Brahmavidvariyan*, *Brahmavidbarishtha* (Knowing God, Knowing God Better, Knowing God Much Better, Knowing God Best) !!! When you know God Best, you become immortal. You know with certainty that you are bound to be there somewhere or other in some form or other (from the crudest to the subtlest), somewhere or other in the cosmos. Swami Vivekananda says, "There is nothing called Time." To know what Vivekananda has done you need another Vivekananda, said he himself. Don't pack time with work; pack time with knowledge. The only Knowledge (*kevalam gyana murtim*). Be the embodiment of ONLY KNOWLEDGE. Be a *Brahmavid*. Be in *Kaivlayasamadhi*.

2 Responses to *Living the knowledge*

1. [prakash padhan](#) says:

[March 23, 2014 at 6:47 am](#)

The article helps us to know god best.Could you please explain about kaibalyasamadhi

[Reply](#)

[Jayadeb Dansana](#) says:

[April 2, 2014 at 7:36 am](#)

Dear Prakash and all yoga saadhakas, We all know about samadhi of the body; the body is entombed when praana leaves it. But, when we talk of samaadhi to an awakened person, we refer to samaadhi of the mind. Remember, an awakened person is able to handle his body and mind and soul and Self as separate entities. The Self of a human is attached to the SELF who is BRAHMA; then as a part of

cosmic play the human SELF is further and further removed from BRAHMA gradually as soul, then mind, then body, then home, and lastly workplace of profit-and-loss: this is PRASABA; yoga saadhanaa is PRATIPRASABA SAADHANAA, that is, going back from workplace to home to body to mind to soul to SELF: and of course, every awakened human knows
SELF-REALIZATION IS GOD-REALIZATION.

Samaadhi state of mind is a state of mind, where mind is transcended by the soul of the INDIVIDUAL SELF who has transcended his ego. The golden words of Bhagabaan Ramam Maharshi are, " Birth is birth of ego, and freedom is freedom from ego." The root words of KAIBALYASAMAADHI are KEBALA (only) and SAMAADHI (transcendence of mind):it is a positive state of mindlessness of mind. In this final state of the mind of the jibanmukta BRAHMA ALONE IS, HE ALONE CAN HAPPEN, HE ALONE IS PERPETUALLY HAPPENING. Right now (which is the only time) start the practice of being in kaibalyasamaadhi: THERE IS NO OTHER EASIER WAY. (Yogacharya Jayadeb Dansana, 2.4.2014)

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There is no way to peace, Peace is the way –

Yogacharya Prof Jaydeb Dansana

