



Human Substal system

In these modern times when the idea of God seems a mirage and ego rules the mind, it is only through understanding and awakening the essence of Shri Rama within that one can cross the sea of illusion, the Bhavasagara. However, it is not through a mental activity such as reading or discourse that Shri Rama's essence can be understood, but an inner understanding that comes through the awakening of a subtle energy within. The subtle energy called as the Kundalini bears lot of mention in all the scriptures and sacred writings (granthas) like Vedas and Upanishadas, the working benefit of which was also taught to Shri Rama and Lakshmana by their guru, Vashishtha, during their stay in his ashram. Kundalini is a form of divine feminine energy (or Shakti) that resides in three and a half coils at the base of the spinal cord in the sacrum bone, called as the Mooladhara. This Kundalini energy is thus the 'mother' energy which rises through different centers of the Human Subtle System, piercing the six chakras above it, ultimately opening the Sahasrara in the limbic area. When this Kundalini gets awakened, the union of the Spirit 'Atma' or Yoga takes place with the Divine and one starts experiencing a new level of awareness within. This is also called self-realization. It is said that without knowing oneself, one cannot know God. It is only after self-realization one can actually understand the truth of all religions, saints and all the incarnations including Shri Rama. In ancient times though, the awakening or jagruti of this energy was very difficult and one guru could give self-realization to only one disciple. The process was extremely rigid and involved strict purification of the mind and body through tough penances and practices under the instructions of the guru. From penances in the chills of the snow-capped Himalaya to extensive meditations in the deep forests of the Kishkindha, only and only, the most pure and dedicated ones could get their Self Realization. As a result, among millions, only one or two hardly got the Spirit enlightened in their attention.

Bestowing the greatest gift of Kaliyuga is the knowledge of Sahaja Yoga, the method of en-masse realization founded by Her Holiness Shri Mataji Nirmala Devi in the year 1970. Fondly called as Shri Mataji, she worked out a method to give Self Realization to desiring seekers however small or large they would be in number. 'Sahaja' means effortless, hence this union with the Divine, the 'Yoga', becomes extremely effortless through Kundalini awakening in Sahaja Yoga. Once the pure desire is expressed, Mother Kundalini rises, crossing all the chakras, opening the Sahasrara, ultimately filling the attention with the light of the Spirit. As the light penetrates the being, all the darkness of ignorance goes away and one starts experiencing the connection with the Divine expressed as subtle waves of cool breeze on the palms of our hands and on top of the head.

"Although the Mani (Kundalini) manifests in the world, but without the grace of Shri Rama no one can achieve it. To achieve it is also easy (Sahaja) but unfortunate people reject the easy method."

(Shri Ramcharitmanas)

On enlightenment this body itself becomes a temple with the enlightened light of the different deities at their respective chakras, one of them being Shri Rama, residing in the Temple of our Hearts. When Shri Hanumana grabbed open his chest, Shri Sita Ram were seen residing in his heart. Similarly, in our Subtle System which is made up of three channels (nadis) and seven energy centers (chakras), Shri Rama resides with his consort Shri Sita in the right side of the Heart or the Anahata Chakra. When the Kundalini passes through this chakra, Shri Rama gets awakened and the person automatically starts adopting his qualities on his own. This adoption of qualities is not forced through any mental activity or outward discipline but occurs spontaneously on the Central Nervous System just as other parasympathetic activities of digestion and heartbeat.

Shri Rama is the Maryada Purushottam, the keeper of the sanctity and the greatest in all mankind. Through his incarnation he showed the character of an ideal being, the importance of Dharma and the role as a responsible and benevolent king. Shri Rama always looked for the welfare of the public, their opinion and worked for Janamatta or the decision of the people. Not only that, the greatest quality (guna) visible in his life is that of an honest government keeper and a truthful king which he accomplished through his balance, peace, mildness and sweetness.

"The sweetness of Shri Rama, the way He used to make people feel comfortable, an example is of an oyster who gets a little stone into the body of the shell, takes out a kind of a shiny liquid and covers it with that shiny liquid and makes it into a pearl to be comfortable. Now He did not want His own comfort. Rama is a little bit different, that He wanted to make everyone into a diamond or a pearl so that



The Only Road to RAM RAJYA



Awakening the Essence of Shri RAMA within



the other person would shine and would look nice and that is how He felt comforted. The benevolence of Shri Rama was shown when He started ruling the people. He was the one who cared for the needs of the people."

(H.H Shri Mataji's description of Shri Rama as a benevolent king)

For the protection of the innocent, Shri Rama killed innumerable Rakshasas including the hefty Ravana, even though he was the most patient and calm (Paramsheel) but for the protection of Dharma and righteousness he did not hesitate in devouring the evil doers. In Treta Yuga, these Rakshasas however manifested in the physical form but in this Kaliyuga when the Ravana sits in each mind as the Ego and these Rakshasas have seeped into the human nature, hollowing the country with corruption and dirty politics, it can only be killed when light of Shri Rama's power within gets enlightened. This enlightenment is an actualization which occurs and can be felt on the Parasympathetic Nervous System. It is not just talking, it is a happening. We talk of Ram Rajya but Ram Rajya cannot be achieved through outward purification of the system but first through this inward purification of each individual. Unless and until all the politicians and people get their innate honesty awakened within, Ram Rajya will just be the vision of a utopian society which seems good in principle but not in practice.

"If Ram Rajya has to come, then Rama is to be born in the hearts of the people who are at the helm of affairs."

(Shri Mataji Nirmala Devi)

Shri Rama resides in the heart with all his gunas of truth (Satya), righteousness (Dharma) and responsibility (Maryada). Shri Rama's life as a loving father, husband and a benevolent king lay the vision of an ideal leader and individual. His humility in accepting 'ber' (Indian plum) from even the most down trodden Shabri shows his utmost humility and immense love. Shri Rama was above the ideas of inferiority or superiority even though he was the son of a king but for him everyone was the same. The love and compassion with which he received Shabri's offerings reflects the beauty of his character. For him, stature and caste did not matter. His love and respect permeated the being of every person with the same intensity. This love comes when the identification with Pure Spirit takes place. That is when we start seeing beyond a person and can touch his/her essence. In today's time we see hefty discourse on politics and governance but taking examples from Shri Rama's life we can see that an ideal government can only function if it is based on the ideals of public opinion (Janamatta) and public good (Janahitta) with complete love, humility and selflessness.

In Kaliyuga lies this most crucial choice, either to take to Shri Ram or Ravana, both reside within us but the ultimate freedom lies in the hands of the man. Unless and until the Mother Kundalini is not awakened within Shri Rama can never be truly understood. There can be discussions, discourses, book readings, construction of temples, rallies, all in the name of Shri Ramchandra but if Shri Rama is missing from the heart itself, then all these things fall futile. A lamp which is not lit cannot spread the light; similarly unless and until the light within us is covered with the dark clouds of ignorance, Shri Rama's character (charitra), which is greatly talked, discussed and revered in the whole of the Bharatavarsha, can never permeate our being. Only talking will not make us like Shri Ram, it is through Kundalini awakening which is a living process and is an actualization that occurs on our Central Nervous System which can be felt and experienced as a result of which get nourished by the essence of the Maryada Purushottam. One can say that he worships Shri Ram a lot but that worshipping is only outward unless we are connected within. The real Dushshera takes place inside us, that is, when the Ravana settled in the human personality as Ego, the Ahamkara, is burnt and destroyed by the cooling fire of the Mother Kundalini within. This is the real victory of good over evil, but it lies in your hands. Only in your own complete independence you have to desire this awakening. It cannot be imposed. It is a seeking which works out with a pure desire and nothing else. Therefore, it is only through the subtle and spontaneous awakening of the Kundalini which happens in Sahaja Yoga because of which we can fully adopt the tattva (essence) of Shri Rama and place him in the Temple of our Hearts.

"After achieving his ideals, we reach another because he was human ideal. It is great that God came to this world in a human form to become our ideal. He has gone through all the hardships to show us strength to keep Dharma. That is Vishwa Dharma and the state of Yoga."

(H.H Shri Mataji Nirmala Devi)



**"You have to become
Rama from inside"**

- Shri Mataji Nirmala Devi

The crow Kakbhushundi says to the Garuda, "Oh Garuda, the foe of serpents, this Kaliyuga is the house of sin and falsehood. But, the greatest blessing in Kaliyuga is that one gets free from the trap of Bhava effortlessly."

(Shri Ramcharitmanas)



The Twelve Principal Qualities of Shri Rama:

1. **MARYADA PURUSHOTTAM:** Shri Rama is the keeper of the Maryada, the divine limits and the greatest in all humankind. He is the ideal being, the one whose words are his actions.
2. **SWEETNESS:** Despite being the son of the king Rama's character is full of sweetness (madhurya). His social stature does not affect him. Whomsoever he interacts with gets enveloped in the sweetness of his personality just like a particle of dirt gets transformed into a pearl by an oyster.
3. **SELFLESSNESS:** Shri Rama kept his people higher than himself, than his wife and children. If politicians today understand this point they wouldn't be called selfish, they wouldn't be selfish and would be followers of Dharma.
4. **BENEVOLENCE:** Welfare of the people and respect for public opinion are key ideals from Shri Rama's life. Shri Rama was a benevolent king. Unless and until this benevolence comes within us we cannot be an honest government keeper. Only when we care for the benevolence of others we can actually become leaders in a true sense.
5. **HUMILITY:** Hailing from the most revered Raghuakula, Shri Rama still did not have any false mental projections of himself as superior to others. He was very humble. His humility is shown in his acceptance of the Shabri's ber.
6. **COMPASSION:** With zeal to transform others, with love and understanding, Shri Rama is the most compassionate, the Karunamaya. Even when he devours the Rakshasas, it is done with the compassion to save the saints. Ahilyodhar, the emancipation of Ahilya shows Rama's heartfelt compassion and love for the troubled and down trodden. Compassion is a very rigorous force whose real meaning we can understand only after Realization.
7. **SATYA:** Shri Rama's life was completely truthful. What he said, he did that and there was no escape from the reality. The absolute truth, which is the spirit, comes naturally to us when the attention gets enlightened by the Kundalini and we become completely honest and truthful by both words and actions.
8. **DHARMA:** Shri Rama's greatest quality was to follow the path of righteousness. He was the one who kept the Dharma, the innate righteousness. Even being the most calm and compassionate, he took up the bow and slew the demons and the wrong doers. Rama's dharma was of the Spirit. When we get Self Realization, our Atma Dharma also gets established within us.
9. **PATIENCE:** Through the patience and mildness in his attitude Shri Rama won the hearts of the people. He patiently waited for fourteen years during the period of his exile and there is no doubt that the sheer strength of his character came from the silence of his attention. This silence of the Spirit nourishes us and develops these qualities.
10. **BALANCE:** Shri Rama stood on the essence of balance and love. His character was very simple, loving and balanced. This is the quality of the Sushumna Nadi, the channel of ascent which gives us balance and is the path of our innate evolution.
11. **OBEDIENCE:** Portraying the form of the ideal human, Shri Rama at various instances of his life showed the utter sense of obedience of his elders and the right things. In the same manner, when the essence of Shri Rama gets established in our hearts, we develop the obedience of the Spirit and do what is right. Automatically whatever is wrong and inappropriate for our being falls off from our personality and the truth takes its charge.
12. **STRENGTH AND DETERMINATION:** Shri Maryada Purushottam's entire life shows the sheer strength of his character, the power of his love and his dedication towards his endeavors in life. He was above the temptations, the one who could not be lured by Surpanakha. Shri Rama was above all these false ideas. He did and achieved what he said through his dedicated efforts and determination of the Spirit. We too can develop this quality (guna), the only thing is to enter the realm of our Spirit that resides within.

The tattva of Shri Ram stands on Sanatana, the ever eternal. Only when we become one with the power of Spirit which is also Sanatana, can we actually understand Shri Rama. Through Sahaja Yoga, this union takes place effortlessly just as any other living process like breathing, which happens on its own. We do not do any efforts to make the heart pump, we do not make any efforts in the living process of digestion and similarly we cannot make any efforts to raise our Kundalini. It takes place spontaneously on its own. All the qualities of Shri Rama can be manifested in our personalities through Kundalini awakening in Sahaja Yoga. When the Kundalini touches the Sahasrara and pierces it, our attention is nourished and established in the light of the Spirit. That is when we become the real Self, the Pure Spirit. Becoming the Spirit is the highest point of our evolution and only through Sahaja Yoga this actualization can be felt, experienced and imbibed in life.

This is the absolute truth. It is time that in this Yuga we understand it, take our Self Realization and lead a life full of eternal joy and everlasting peace. If we are at peace within there will be peace all over the world. The answer to man's seeking has come. Let the entire humanity yearn for it.