

The Oasis

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Self Realization

Sometime, in the journey of life, some of the following questions might have crossed our mind. Even if they haven't, they eventually will certainly occur!

- * Who am I? What am I? What is my real identity?
- * How do my thoughts and feelings interact with the body?
- * How to make my mind powerful? Breaking the mysteries of mind;

Understanding thoughts, how they come and go, how to regulate them? Why do we come under emotions, feelings, tension and stress? How does an individual develops behavioral patterns, traits etc? how to transform them? How to enjoy this precious life? How to lead a life of peace and bliss?

The first lesson is all about complete understanding of the self, which has remained a mystery that has eluded scientists, philosophers, great thinkers and many other intellectuals.

Soul and body

The human body is a complex pattern of physical energies. Atomic particles build together to form the organic structures and inorganic minerals, which perform the body's chemical interactions, thus forming the basis of the hormonal and nervous control of the body. What we see as the old or young, ugly or beautiful, male or female, are also the differing levels of physical energies. However marvelous a machine the body may be, it is the presence of the non-physical conscious energy, the soul, which makes it function.

What Am I

I am a living entity different from the body! Just as a person who speaks with the help of a telephone or listens to a call with the help of that instrument, has his entity different from that of the telephone

he himself being a living person who has the faculties or characteristics of feeling, thinking, willing and making effort. Similarly, the conscious entity in the body which uses the word "I" is different from the body which has eyes, ears, nose etc as its components. I am not the eyes, the ears or the mouth but I see with my eyes, speak through the mouth, hear with the ears and am their master. I am a soul (Atma), eternal and immortal. The body is mortal; I have got it to do actions and to experience the result of my actions. I am the doer and the one who experiences.

The soul is like a driver in-charge of the body, which serves as a carriage to the soul. The soul is a diamond, the body being the casket for it. When the soul leaves the body, the body is declared 'dead'. Then people set about cremating it because, it's valuable owner, the soul, has already left and the body is of no use. When the soul has relinquished the body, people say, "the light (which is soul) has gone, that which lived in it has departed and the drama is over"

Faculties of a Soul

The soul is a living or a sentient being. It is said to be conscient or living because it can think and reflect; it can experience pleasure and pain, so also bliss and peace; it can bestir itself and make efforts and actions – good or bad. A soul has three faculties – mind, intellect and predispositions.

Mind is the thinking faculty of the soul. It is the mind that imagines, thinks and forms ideas. The thought process is the basis of all emotions, desires and sensations. It is through this faculty that, in an instant, thoughts can be projected to a distant place, past experiences and emotions can be relived or even the future can be anticipated. It is the mind that experiences the variations

The Easy Method of Abstacle Free

Baba has told us not to spend our time in an ordinary way. He has told us that five minutes at the Confluence is equal to one year during the rest of the cycle and so not to waste time. Neither should I waste my time nor my thoughts; this is a very valuable period. By remembering Baba one receives the current. When we are in an ordinary stage, we are unable to receive the current from the Father. Yes, everyone on this path is moving but some are flying whilst others are struggling along.

The easy way to move quickly and without obstacles on this path is to keep one Baba in one's heart. He is my Baba. My Baba is the World Benefactor. I'm not alone, God is my companion. Detachment allows us to meet God because only in that state can the soul develop and maintain relationships with God. He is our Mother, Father, Teacher and Satguru. He is also our Friend and our Beloved. Relationship with Him gives the soul so much happiness. We are preparing to go to the land of silence and peace and so we need to experience that peace and silence here... and to go home in that state. The land of peace is my home and the soul experiences all comforts in the land of peace. There is no peacelessness in the land



Rajyogini Dadi Janaki

of peace. If I experience extreme peace internally then nothing will bother me. Thus, I have to finish all corruption inside myself. We are becoming elevated and are establishing the one true religion. Without love and faith, life is dry. I have to become the embodiment of peace, love and happiness. This is what it means to be knowledgeable. This is our diamond like life. If my character and actions are ordinary then others won't experience this to be a diamond like life. In a play, the eyes of the audience fall on the hero. If he acts in an ordinary way others won't feel he is a hero. We are hero actors in this drama. The attention of the director is on the hero actor and the hero actor remains aware that the director is watching him or her. So Baba has told us to be attentive and cautious.

of moods. The mind is a faculty of the metaphysical soul, not be confused with the heart or the brain.

Intellect is used to assess thoughts. This is the faculty of understanding and decision-making which stands out as the most crucial faculty of the three. With the deepening and broadening of the intellect, clear understanding and the realization of the knowledge becomes natural, and the power to decide and reason becomes clear. It is the intellect which remembers, discriminates, judges and exercises its power in the form of will.

Predispositions (called Sanskaras in Nepali) are the "impressions" or "subconsciousness" which is the record of all the soul's past experiences and actions. Sanskaras can take the forms of habits, talents, emotional temperaments, personality traits, beliefs, values or instincts. Every action as an experience either creates a sanskar (this is how a habit begins) or reinforces an old one. Whatever impression is etched in the soul remains within it, forming a

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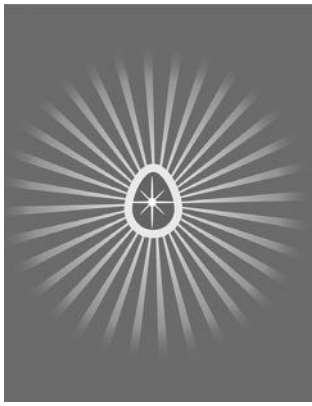
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The basis happiness is the power of contentment.

From the Desk of Almighty



"Sweet children, you are responsible for transforming matter and the attitudes of human beings. Your attitude should be filled with good wishes and pure feelings."

"Value of Value Based Life"

Forgiveness

Definition :

Forgiveness is overlooking the mistakes of others and loving them just as much as before. It is moving ahead and ready to do things differently.

Purpose :

- It is moving ahead, ready to do things differently.
- To stop punishing your self as feeling hopeless because of something you did.
- Accept God's forgiveness.

Implementation :

- Share your feelings without looking for revenge
- Correct your wishes instead of punishing yourself with guilt.
- Forgive yourself when you do things you are sorry for
- Have compassion for yourself and faith that you can change.

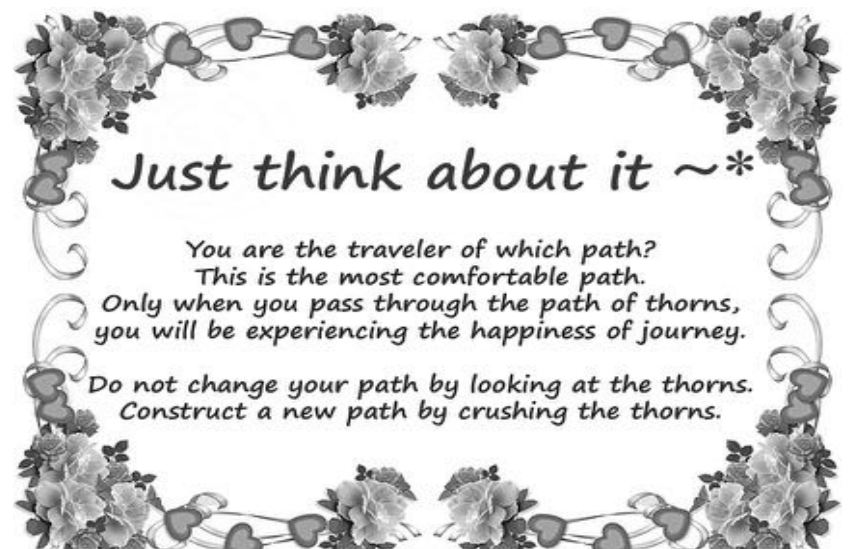
Affirmation :

I am forgiving of myself and others... I can learn from my mistakes... I have the power to keep changing for the better...

Quotable Quotes :

"To those who do wrong out of ignorance then repent and correct themselves, your lord is indeed forgiving and kind To err is human, to forgive divine."
- Alexander Pope

"It is by forgiving that one is forgiving." - Mother Teresa



Pearls of Wisdom

- * We don't see the things the way they are. We see things the way We are.
- Talmud
- * Every problem has in it the seeds of its own solution. If you don't have any problems, you don't get any seeds.
- Norman Vincent Peale
- * If you change the way you look at things, the things you look at change.
- Dr. Wayne Dayer
- * Opportunity is missed by most people because it is dressed in overalls and looks like work.
- Thomas

Editorial...

Worry is a pure fantasy

Worry is a pure fantasy of a pending catastrophe where some form of loss is always the imagined outcome. Worry is possibly the greatest waste of mental energy that we release into the atmosphere of our consciousness and the environment of our relationships. Not only do many of us worry our way through life but the tension and anxiety that emanate from the centre of all our worries can easily become addictive. Researches say that most of the youths are worried about their future and the old ones are worried about their past.

As the almost adult teenager arrives home thirty minutes late, the agitated parent says, "where have you been, you didn't call, you know I worry about you !" To which the teenager, fearing they will never emerge from his parents image of child says, "But why are you always worrying about me ? Stop worrying about me." The indignant parent, feeling their parenting skills are under attack says, "You know I worry because I care." Which of course is a lie. It is a lie that most parents seem completely unaware of. Worry is not care. Worry is fear and care is love and they are poles apart. Unfortunately such insights into our emotional intelligence weren't built into our formal education. And so it is in such intimate moments that the teenager inherits two fatal lessons – worry equals care and it's good to worry. Two lessons which then become a life sentence. If they are fortunate they may learn one day that worry is both futile and selfish. It appears to be caring, but in truth it is more often selfish because who are we really worried about whenever we worry ? we are worried about our self, about how we will feel if our worry comes true !

Let's take a few moments and see if we can see the craziness of all forms of worry. Let's see if we can see how worry brings back to life what is dead past and how we then use the past to create and live in a fictional future and as we do we miss our own life, which can only be fully experienced in here and now.

No Beauty in Duty

- By Aruna Ladva

Many times we are caught in an inner conflict between having to do something and wanting to do it. When help, charity or assistance is given as a duty it can feel burdensome and overwhelming. When delivered with love, it is a blessing and a fortune.

Duty is derived from 'due' which means 'that which is owing'. When we perform deeds from this place of having to return something, then subconsciously we only reciprocate as much as we have received. Once we step out of or away from this equation of how much we received and thus how much we 'owe', can we then be free to just give abundantly. In this type of giving we are left feeling free and autonomous.

When we have really understood that greater happiness

is always in the giving and not receiving can we be free to give without any strings attached. Our soul will smile back at us from deep within. When we give with measure that is not real giving but a 'contract' or a 'deal'. In real love we make no contracts, there is only a deep, warm bond of understanding. But not the sort of tension associated with having to fulfill an agreement!

In fact, we can't escape our dues. We have a duty to pay our taxes, we have a duty to tell the truth in a court of law. We have a duty to our parents, our children or our spouse. But the art is to be able to change that sense of duty into an act of love and beauty. That makes living worth the ride.

Some would argue that to do something out of duty is at least better than doing nothing at

all. Well, since we know we 'have' to do it, then why not just to change the perspective and do it with love. Logic says that since the deed has to be done anyway, to do it with the right attitude and we will earn many more brownie points as well as being loved and cherished. Doing it as a duty, and with the bad feelings that that implies, means that we may not even be appreciated!

We do things reluctantly or unwillingly out of a sense of duty because we are caught up in guilt, or the burden of 'having to' when we'd really rather be doing something else. This selfish attitude is actually self-defeating because it means that whatever we do will feel onerous, burdensome, and tortuous even. What we do not realize is that through our selfish attitude we actually cause ourselves

the suffering that we were trying to avoid! However it only takes a decision, a switch of consciousness and a little bit of self-talk to change the way we feel about a task.

Giving is not only receiving, it's our natural state, and it leads to a sense of joy. By giving from the heart as an act of love and kindness, we are in fact doing ourselves a great favour as it not only make us feel good, but it make others feel good to.

It's time... to transform duty into beauty. When we give from a place inside, the soul prospers and our inner beauty is ignited. When we have mastered changing duty into pleasure, then we may even decide that we want to do even more... just for the sheer joy of it!



Feeling Great

Anthony Strano



"Perspective leads to the perception that using respect, tolerance and patience will help me cope with a negative situation."

It is, perhaps, realistic to begin with feeling positive, then good, then better till best and, finally, great. Certainly, I cannot feel great about anything until I feel good and positive about myself - no matter what others say or what negative things have happened in the past. To be positive is not to hide the negative and pretend it is not there but to extract the hidden opportunities or lessons from what appears chaotic, unfair and unwanted.

All things have a reason for coming into my life. Trusting that whatever is appening has value helps me maintain a positive outlook and this makes me feel well - which is the basis of feeling great. Such trust creates perspective and perception. If I am overwhelmed by anything or nyone, if I get too involved, I cannot keep the neutrality that allows perspective: I see the whole picture - the details and the whole - without getting lost in the details and I appreciate the different points of view.

Perspective leads to the perception that using respect, tolerance and patience will help me cope with a negative situation. It opens my heart and mind to new possibilities. This neutrality brings an inner uietness in which I see and feel my inner peace and goodness and my

strengths. This makes a huge difference in my life.

Feeling great is not a temporary euphoria. Feeling truly great propels me into a constant positive awareness of myself and my life. This comes when I experience my spiritual identity and resources as inherent facts of my being, not just a hope, a theory or a platitude. In quietness I connect with the reality that anchors my life in such a way that no upheaval can make me a victim. As we gain self-mastery, we feel great. No excuse hiding behind 'because', 'if' and 'but' can deceive me. Instead I say: 'I can - let's do it now.'

When we have the courage to dare, to experiment, and not fear the outcome, we feel great; we haven't simply done the usual complaining, blaming and regretting. Spiritual perspectives that emerge from quietness enable me to trust myself and perceive the positive, the good, the better, the best and the great... no matter what.

* Anthony Strano is the author of many books on meditation and the art of being balanced and produced several CDs about Raja Yoga meditation. He co-ordinates Brahma Kummaris of Greece, Hungary and Turkey.

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complete archive of all the experiences that the soul has had. When we speak of defects, specialties or virtues, we are referring to the sanskaras. The sanskaras are the basis of the soul's individuality.

Seat of the Soul:

The soul is located in the middle of the forehead in between the two eyebrows. This is the seat of the soul. The brain is the "control-room". Just as a driver controls the car using different parts of the mechanism seated at one place, the soul employs the brain to control the body. Brain is the machine by means of which the soul thinks, remembers, receives messages from or gives directions to the sense-organs. The brain is the meeting place of all nerves, which carry sensations from all parts of the body to brain which functions like a control-room and makes the body to work. It is in the brain that the soul, through the nerves, puts the body to work and experiences physical sensations, pleasure and pain or

happiness and sorrow. But, the brain is separate from the soul, brain is a complex thing made of matter whereas the soul has the life-principal or consciousness.

Nature of Soul

A soul is a tiny, metaphysical, conscient point of spiritual light. There are a finite number of souls. Each soul is eternal. They were never created, and will never be destroyed. Each soul is unique. We are all souls, unique and different and remain so eternally. As such, souls are invisible to the naked eyes, but one can experience it's presence. A soul has no gender. The intrinsic nature of the soul is that of love, peace, happiness, truth, bliss, purity. Therefore, souls always desire for experiences of these qualities. These are the qualities that naturally emerge when the soul is aware of itself, or in other words, is soul-conscious.

- The Oasis Bureau

How to find happiness

- B.K. Shivani



Many of us have this compelling urge to make changes to our lives, minor or major, hoping to elevate ourselves to a new level of happiness. We inadvertently begin to believe that a bigger house or a higher job designation would make us happier than what we are today. While aiming to achieve higher and higher in life is not wrong, seeking happiness through these achievements is not healthy. The belief, that a house with a swimming pool will render more happiness, transforms into a vehement pursuit of the same, which invariably thrusts us into a realm of greed, jealousy and deteriorating self-esteem. If happiness is what we're looking for, we don't need to go too far because happiness is within us!

Long time ago, there lived two friends in a village in Bhangmun. Farming being their sole means of earning a livelihood, they worked hard at it taking good care of their crops. While Ajay always looked across his field and envied the lush green meadow on the other side, Vijay was content with his toil and soil for all its worth. A rich man of the village had heard about the hardworking Ajay and Vijay. He also knew that the former was always eyeing for more while the latter was content with what he had. He decided to put them to test. One night when the whole village was asleep, he asked one of his men to keep two pots full of gold coins in their house. On day break as the 2 men were ready to set out for their fields, they noticed an oddly shaped bag stashed in a corner of their back yard. As they untied the knot their anxiety changed to astonishment as they unraveled the pot of gold coins. They wasted no time in counting them and counted a total of 99 coins each. Vijay was mighty thrilled at his unexpected fortune. However Ajay began to wonder who would have left the pot and why is 'one' coin missing. His curiosity got the better of him and he decided to make the 99 coins 100, by working even harder through day and night. He sold his wife's jewelry, ate just one meal a day and toiled long hours to reach his target.

Many of us are like Ajay. Instead of being content with what we have we put ourselves through unnecessary pain in the pursuit of happiness. Think of it; if 99 coins cannot make us happy, what difference will one coin make? Our happiness index is not an element of destiny nor does it rely on external circumstances or situations, it is a composition of our inner self. When we learn to conquer our mind we will become the master of our circumstances. With great care and assiduous practice, make the mind rest on your divine nature. Rather than changing jobs, transformation from within will help us reach our anticipated level of happiness, anytime, anywhere!

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Snapshots of Spiritual Services



Pokhara : Chief Justice Dambar Bdr. Sahi , Rajyogini Painita and other distinguished guests lighting the candle on the occasion of International Yoga Day.



Bhairahawa : CDO Bishnu Pdr. Dhakal, B.K. Shanti and other distinguished guests lighting the candle on the occasion of International Yoga Day.

Story Miser inside a well

Once upon a time, there lived a very rich man in a village. He was also very greedy and miserly person. He always used to think of becoming wealthier. However he was good at heart. Whenever he met someone needing help (not financially though!!), he used to help the person.

On one day, while he was going somewhere, he heard a voice of a person calling for help. On further investigation, he saw that a man had fallen inside a well. Without thinking anything else, he extended his hand for pulling the man out of the well. But he was unable to reach anywhere near to man as the well was a bit too deep. He started to bend little downwards in order to reach the man. Still, he was unable to reach the man. He kept on bending further and further. While he was bending more and more, he lost balance and he too fell inside the well. By this time, a lot of people had gathered around the well. They all started trying to help both men. Somebody found a rope and threw it inside the well. People started shouting, "Give your hand, give your hand!!!!" The miser man thought that he can not give anything to anyone and he shouted back, "I won't give my hand." Now everyone

got confused due to the miser's reactions.

Meanwhile, the second person came out of the well with the help of rope. He knew that the miser man was not a bad human, and he started thinking of saving the miser. During that time, a wise saint also came there on seeing such a big crowd. Seeing him, the man asked the saint, "Oh saint, please help us. There is this miser man, who while trying to help me, himself fell inside the well. Now he is not giving his hand for us to pull him out." The saint said, "You should not ask him to give his hand. He might be a good human being but he is also a miser. You should have used different words for communicating the same message." The man did not understand this and requested the saint to help him. The saint came near the well and looked inside. Then he threw the rope towards the miser and said, "Take this rope!!!" The miser thought, "This saint is very generously donating me a rope. If he is giving me the rope for free, I should take it." He immediately grabbed the rope. People then pulled him out of the well and he was saved. Everyone praised the saint for using different words for communicating the same message to the miser for saving his life.

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To :

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Those who mould themselves in all situations are real gold.