



# SPIRITUS

THE NEWSLETTER OF THE ART OF LIVING IN KENYA

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## HOW DOES ONE ATTAIN DETACHMENT?

**Sri Sri:** When you know, the ultimate in life is death and everyone is going to die and the whole show is going to finish, then detachment is spontaneous.

### How can you incorporate spirituality in daily life?

**Sri Sri:** First step don't think spirituality is not for daily life. It is not different from daily life. So you don't have to make an effort and try to incorporate it in your life. Your life can never be away from spirituality, it is only a matter of awareness.

### What makes a person successful in all aspects of life?

**Sri Sri:** What is the sign of success? It is the smile that nobody can take away from you. One who is crammed with fear and does not smile or feel at home with everybody is not successful.

The higher the ladder of power and authority you reach, the smile vanishes from you.



### What is more important, knowledge or devotion?

**Sri Sri:** They both go parallel. It's like a chair - if you pull one leg the other will also follow; knowledge brings devotion and devotion brings knowledge.

### Why do people fight if there is only one God?

**Sri Sri:** I have the same question. See our tongue will not be burnt if we sing Allah or Jesus. Here in Art of Living we sing of Allah, Jesus, Krishna and Rama too. We have to get all the people together, bring them to the Art of Living.

### What to do when the heart wants one thing and your mind another?

**Sri Sri:** Bring them on a negotiating table!



### Just Quotes

*"If you want to grow in Divine Love, you have to drop the pride and all the artificial walls that we build between ourselves and others. Through these walls, we keep judging others, and we think others are judging us."*



*"The purpose of every practice – spiritual practice, meditation, breathing techniques, and kriya, all this – is to uncover something that blocks the expression of Divine Love."*

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## JAI GURU DEV FROM THE EDITOR

Guruji's message for the New Year was that we should welcome 2011 with a genuine smile, and reflect the true sign of the prosperity that lies inside.

Because the year gone by has taught us many lessons; what we should be doing and what we should not. Every pain that we went through in 2010 brought us some depth, and all the joy and pleasure gave us a new vision of life and hope for the future.

A further part that particularly struck a chord with me: "Dream the impossible; Unless you have a dream, you cannot realize it. Every invention has come out of a dream. Dream the impossible. We are all born in this world to do something wonderful and unique so give yourself the freedom to dream and think big. Have the courage and determination to achieve those dreams that are dear to you. Many a time people who dreamt big were ridiculed, but they remained strong to achieve their goals. Do something creative. Not a year should pass without doing something creative."

Wishing you all a creative year ahead with the realisation of some of your big dreams. Keep dreaming, keep smiling!

If you have any suggestions, comments or some news to share, please contact me at [satyen.rajani@gmail.com](mailto:satyen.rajani@gmail.com)

## SOULBOOKS

## Walking the Path

By Frédérique Lebelly

The day I was handed the copy of this book, I was a little hesitant to read an experience of a devotee who has been following the Master and has been with the Art of Living since 1995. However as I started reading through the initial pages, I was gripped by the way

Frédérique Lebelly has penned her experience with the Master. The book has struck a fine balance in its writing style. It doesn't show signs of being exceedingly swayed by the emotions and expressions of a devotee, neither has it taken a stance of being too pale about the experience that has resulted from Sri Sri's words of wisdom, actions, wits and silence.

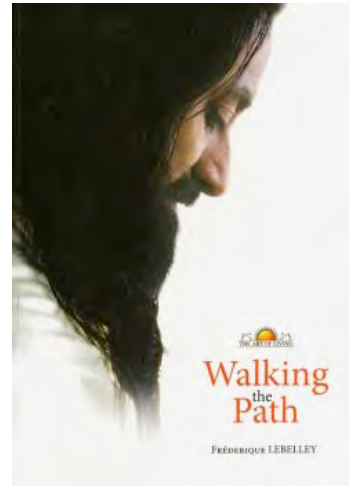
On the 19th Page, she says "*Sri Sri Ravi Shankar's words always came to me at exactly the right moment, exactly the words I needed. He would light the way for me, step by step ...*"

We all have read Guruji's knowledge in various books but what this book pens is the reason for Sri Sri to give that piece of wisdom.

The Q&A with the Guru and devotees are insightful and fun to read in the book. The answers that Sri Sri gives are to the point and colourful. One such answer which got my attention was when someone asked him: Do you love everybody equally? His answer: "*No. I love everybody uniquely.*"

This book has everything that a devotee wants to know about. It has wonderfully depicted moments of celebration with the Master and his disciples, placed the Master's knowledge from a listeners perspective and has successfully brought out stories from Sri Sri's childhood., time spent in various ashrams and his vision for the world.

- **Aswin Nandakumar**



God Loves Fun!



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## World News

### Sri Sri Ravi Shankar features among inspiring world leaders in Argentina

**Sri Sri has been credited for his immense contribution towards bringing inner harmony to the hearts and the minds of people through deep knowledge and breathing techniques.**

Argentineans are now getting their dose of inspiration from ancient spiritual teachings. The testimony of this fact can be seen from the report carried by the *La Nacion*, Argentina's leading daily where spiritual leader, humanitarian and Art of Living founder, Sri Sri Ravi Shankar has been featured amongst the



Sri Sri during a visit to Argentina

inspirational personalities who have influenced lives of millions in varied spheres of life.

Sri Sri has been credited for his immense contribution towards bringing inner harmony to the hearts and the minds of people through deep knowledge and breathing techniques. "I am inspired by two things: Sri Sri Ravi Shankar when I see his simplicity, his wisdom and his life devoted to the service of humanity, tirelessly for the last 27 years", says Beatriz Goyoaga, a former journalist.

Beatriz, who is currently an instructor with the Art of Living foundation, is happy to be bringing about a positive change in the lives of many, "It inspires me to see the people's faces when they open their heart and feel on top of the world, or when a prisoner told me, after doing the course, that he feels free although he still has 10 years to go inside the prison!" she shares.

With over 160 teachers in Argentina, Art of Living has actively spear-headed various service initiatives which include prisoners rehabilitation programs, care for the homeless and tree plantation drives.

In Feb 2009, a cartoon called *Plim Plim* based on Sri Sri Ravi Shankar's Universal Declaration of Human Values was launched by one of Latin-America's most respected TV personality, Guillermo Pino. Sri Sri was chosen as the main character to instill in the children the universal values of caring, love and sharing.



Sri Sri with Argentina's Vice-President Dr. Julio Cobos

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## Natural Wonders

### AVOCADO

**Botanical Name:** *Persea Americana*

**Other English Names:** *Alligator Pear, Butter Fruit*

**Indian Name:** *Kulu, Naspati or Makhanphal*

**The avocado is a large fleshy pear-shaped berry. It has a single large seed surrounded by buttery pulp and a hard skin. It is yellowish-green to maroon and purple in colour. The avocado tree is evergreen. It is shallow-rooted and there are no visible root hairs. It has spirally arranged leaves, variable in shape and size and fragrant yellowish flowers.**

#### Food Value

The avocado contains more fat than any other fruit apart from the olive. Its fat is of the highest quality, wholly free from the unpleasant butyric acid with which many fats are contaminated. It contains a sufficient amount of vitamin A to maintain high resistance against bacterial infections.

The protein of avocado is of the finest quality and is superior to the protein in bread and other cereal foods. Its composition is almost identical with that of milk. In fact, the pulp of the fruit is so free from fibre that it forms, with water, a fine emulsion which closely resembles milk in consistency and appearance. With the exception of an excess of fat and the lack of vitamin C, it may serve as a very satisfactory substitute for dairy milk. Prepared thus, the avocado may be given safely to young infants and feeble invalids.

The avocado possesses virtues of extraordinary character. For purity, wholesomeness, ease of digestibility and adaptation to human needs, it has few rivals.

#### Digestive System Disorders

The avocado is an excellent food remedy in acute digestive disorders. Its blandness is comforting to the hypersensitive surfaces of the stomach and duodenum, and its abundant vitamins reanimate inflamed and crippled cells. Physicians in China have, for centuries, prescribed the juice of this fruit for colic and chills in the stomach. The Japanese employ the same remedy to treat ulcers in the intestines.

The avocado is an efficient aid in changing the intestinal flora to combat auto-intoxication, colitis and biliousness. In cases of hyperacidity and sour stomach, avocado and well-ripened papaya should be used as a staple diet. These two fruits are

the most appropriate foods in cases of duodenitis and duodenal ulcer, because they are bland and soothing to the sensitive membrane and pass quickly into the intestine.

#### Bad Breath

The avocado is far superior to any mouth lotion or remedies for bad breath. It effectively removes intestinal decomposition which is the real cause of a coated tongue and bad breath.

#### Psoriasis

The oil of avocado is considered beneficial in treatment of psoriasis. It should be applied gently to the affected parts, it helps in taking the scales off.

#### Beauty Aid

The oil extracted from the avocado is employed in the preparation of cosmetics. A wide range of beauty aids with an avocado base are now available. These include creams, cleansers and moisturisers to prevent the aging effect of dehydration. Avocado based shampoos give a rich lather and act as a scalp conditioner to revitalise dull hair.

#### Precaution

As avocados become sour when cooked and cannot successfully survive freezing, they should be eaten as raw and as fresh as possible. If they have to be kept for a short time, they should be stored at room temperature and not in the freezer.



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## PERFECT POSTURE

### BODY ROTATIONS

**Often the hips get a bit stiff after sitting for a long time. Exercise without stretching, joint problems and injury cause stiffness in the hips. This restriction reduces circulation and energy flow through the body.**

By practicing a simple hip opening posture, Body Rotations, you will notice an improvement in how the lower body feels and responds. Many of the asanas that help the hips are similar to poses used to release tight hamstrings, so you will get a dual benefit from the effort.



- Sit comfortably in a cross-legged posture.
- Take a deep breath in and straighten the spine.
- As you exhale bend forward and down from the waist, keeping the spine erect as much as possible.
- As you breathe in, start rotating the torso from the hip, keeping the spine in a straight line.
- Make an upward movement.
- As you exhale, bend back down making a complete rotation.
- Repeat steps 1-4 a few times in one direction and then reverse the direction of the movement.
- Do as much as you can without forcing yourself.
- This helps to release tension in the lower back and strengthens the spine.

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## KAPALBHATI PRANAYAMA

**KNOW  
BREATH  
KNOW  
LIFE**

Kapalbhati Pranayama is a miraculous yoga breathing exercise, invented by Indian yogis thousands years ago, for complete body fitness. 'Kapalbhati' is a Sanskrit word. 'Kapal' means forehead and 'Bhati' means light. It refers that by this breathing exercise forehead becomes luminous and lustrous, which means all diseases disappears and body becomes pure, healthy and happy.

### Who can practice?

Everybody can practice Kapalbhati Pranayama including children. Some important precautions are added with pregnant ladies, heart patients, high blood pressure and extremely weak patients.

### When Kapalbhati is practiced?

The best time for pranayama is early morning along with an empty stomach. Though it can also be practiced after at least 'five hours' of having food, as this gap is enough to digest the consumed food and the stomach gets relaxed. Some patients with chronic

diseases are advised to practice pranayama twice a day, in the morning and evening, must follow these guidelines:

After pranayama, food should NOT be taken at least for 20 minutes, so as to countdown the body. Though very little amount of water can be taken if needed any time.

### How to do Kapalbhati?

It is very easy to practice for everyone. The primary thing is to breathe in normally and breathe out forcefully so as to influence the organs of the abdominal area.

### Kapalbhati Pranayama Technique

Sit in a comfortable asana with normal breathing. Inhale normally and exhale

forcefully. Also keep the body easy and relax, don't feel like stress. As a beginner, the force should be very low as per the body strength. Continue this practice till you can perform comfortably. Whenever feel tired take a break with normal breathing and then resume. Optimize your practice to make "one stroke per second". The ideal frequency for the kapalbhati is once per second. In the

beginning the practitioner may feel little pain in the abdomen and back because of new strain to the body, which disappears after some days.



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# A WINDOW TO YOUR SOUL

*A Random Walk with Sri Sri*

For instance, we only want to look at something that is a source of joy, not at something that is likely to sadden us. If any one of the senses is missing, the entire dimension of that sense is lost. One who can't hear is bereft of the whole arena of sound. Similarly, he who can't see is deprived of all the beautiful sights and colors. So the sense is more important and much bigger than the object of the sense.

Each sense has a limited capacity to enjoy - after all, how much can one see, hear or touch? However beautiful a sight, one cannot keep looking at it. The senses get tired after a short period of time. The eyes close and we want to go back into ourself because every experience is an expense of energy.

Rated higher than the sense is the 'mind'. The mind is infinite; its desires are many. But the capacity of the senses to enjoy is small. This imbalance in the system will remain. Greed is wanting more and more sensory objects - even though a person can eat only so much, he wants all the chocolates in the world; though the amount (of money) that can be spent by an individual during a lifetime is limited, he wants all the wealth in the world. This is greed. This is what is prevalent in the world today.

Giving too much importance to sensory objects leads to greed and lust. Giving too much importance to the mind and its desires leads to delusion. We hold on to the concepts of the mind and want things to happen in a certain way. Thus, the concepts in our mind impede us from perceiving the infinite consciousness that is a part of us.

I'm not saying that the senses or the mind are bad. But we must learn to discriminate between things and be aware of what is happening at all times. That is when clarity dawns on us. This is the first step towards the higher state of consciousness.

The fourth (or the higher) state of consciousness is somewhere in between the waking, sleeping and dreaming states; wherein we know "we are" but we don't know "where" we are. This knowledge that I "am" but I don't know "where" I am or "what" I am is called "*Shiva*." This state gives the deepest possible rest that one can experience. The mind becomes fresh, delicate and beautiful.

In the waking state, one is constantly engaged in looking, smelling, eating and other activities. The other extreme is the sleeping state where one is completely cut off and dull. The dullness and heaviness linger even after waking up. The more one sleeps, the duller one feels since a lot

of energy is expended in sleep. Hence, the fourth state, where we are awake and yet at complete rest, is worth knowing. We enter this state only during meditation.

### Holding on to infinity

Every cell in the body has the capacity to hold infinity. While a worm also eats, sleeps, wakes and performs its daily activities, there is no point for us in living like that. We must tap the full potential that nature has bestowed on us, the potential to hold infinity in every cell of the body. For that we must practice meditation regularly. It only takes few minutes every day. Once imbibed into the daily routine, meditation is no more a burden or a chore.

Meditation is like a seed. The better a seed is cultivated, the more it flourishes. Similarly, the more we practice meditation, the better it cultures the entire nervous system and the body. Our physiology undergoes a change and every cell in the body is filled with "*prana*" (life force energy). As the level of "*prana*" in the body rises, we bubble with joy.

The culturing of meditation into our system is normal. Some people call it the higher state of consciousness. I call

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it the normal state of consciousness since we are endowed with the ability to live in that state. Meditation helps in two ways - it prevents stress from getting into the system and simultaneously helps release already accumulated stress.

Regular meditation also leads to happiness and fulfillment, to sensitization of the sensory organs (thereby intensifying the experiences of seeing, tasting, feeling, etc.); and to greater intuitiveness.

With the assimilation of meditation into daily life, the fifth state of consciousness, called cosmic consciousness, dawns. Cosmic consciousness is perceiving the whole cosmos as part of oneself. When we perceive the world as a part of us, love flows strongly between the world and us. (Love again is not an emotion but a state of being. It is not a melodrama expressed by endearments but our very existence.) This love empowers us to bear the opposing forces and the disturbances in our lives. Anger and disappointments become fleeting emotions that occur momentarily and then vanish.

Usually we tend to let go of pleasant emotions and cling to the unpleasant ones. Ninety nine percent of the world's population is prone to doing this. But when the consciousness becomes free and cultured with meditation, the tendency of holding onto negative emotions is the first thing to disappear. We start living in "the moment" and let go of "the past". This is important because no matter how good the people we interact with are, there are bound to be misunderstandings in any relationship. Once a little misunderstanding crops up, our emotions get distorted and a host of negativities follow. If we are able to let go and focus on the ability of consciousness to revel in the glory of every moment, we are shielded from all the above. The truth that every

moment is supportive and complimentary to our growth dawns on us. Thus, attaining higher states of consciousness does not require any complicated strategy; one just needs to learn to let go.

A person in a higher state of consciousness is expected to know everything. But while the mind and the consciousness possess the ability to know everything, do they really need to know everything? "All knowing" simply means being conscious of the essence of all you know. In this state, both knowledge and ignorance co-exist and complement each other. For instance, while playing a game, it is not knowing the result beforehand that makes the game sincere and fun. If one knew the result even while playing, the players (and the game) would lose their intensity.

Similarly, if you know that a friend is going to let you down in ten years' time, it will affect your relationship with that person today. If everything in life progresses smoothly and as per plan, life won't be fun. After all, the fun of a story is in its suspense. Anyway, what is the big deal about this one life? Just 60-80 years? It is nothing. You have had many such comings into this world, inhabited many bodies, done many things. One life is negligible.

When you realize this, little things will cease to bother you. Every up and down in life makes this play of life more interesting. When you open yourself to the consciousness in any particular moment, you perceive the innumerable activities taking place in the universe. In that very moment, people are waking, sleeping, preparing for bed, driving, working, chicken are hatching, frogs croaking, virus and bacteria are infecting people - zillions of things are happening in that one moment in this infinite creation and yet the consciousness knows everything.

Deep inside, each person knows about everything in this world.

This knowledge is present in every person. You are a part of this whole phenomenon. As your consciousness opens and the whole system gets physically, mentally and spiritually elevated, your life becomes worth living. A higher state of consciousness will not drop on your head from heaven one fine morning. The sapling of consciousness is within you. It needs to be nurtured with simple techniques of meditation. Some palm trees yield in three years, some in ten years. And those that aren't nurtured never yield! They simply exist.

The confluence of knowledge, understanding and practice makes life complete. When you grow into higher states of consciousness, you find that you are no longer thrown off balance by different situations and disturbances. You become beautiful yet strong - a soft, delicate and beautiful blossom capable of accommodating different values in life without any conditions. My grandfather had given away everything in the house, almost like a crazy donor. People commented, "what is this? He didn't leave anything to the children." My father had to walk several miles a day; he supported the family. But my grandmother never lost her serenity or her smile, not even for a single day! She'd just pray and say, "Everything is in plenty." Friends would come and say, "I saw your grandmother, she is so content and happy." She would never be upset about anything. If she cooked a meal for two persons, and four came, she would feed them all. She would simply say, "It will come to us. God is giving us everything." From the heights of prosperity she went totally down and then totally up. Today we have the whole world for a family. One needs to feel that the world is a family. Then there is no suffering at all.

*Sri Sri  
Jai Guru Dev.*

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**THOUSAND WORD PICTURES**



*Art of Living visit to  
Children's Garden Home  
November 2010*

## SCHEDULE *Courses • Follow-Ups • Events*

<i>What</i>	<i>When</i>	<i>Where</i>	<i>Cost</i>
ART OF LIVING COURSE (PART I)	28TH - 30TH JAN 2011 FRI 6 PM - 9:30 PM SAT 2 PM - 6:30 PM SUN 10AM - 3 PM	PLANET HOUSE GREVILIA GROVE OFF BROOKSIDE DRIVE WESTLANDS	SHS 7,500 (DISCOUNT OF SHS 500 FOR ADVANCED REGISTRATIONS)
ART OF LIVING COURSE (PART I)	26TH - 28TH FEB 2011 FRI 6 PM - 9:30 PM SAT 2 PM - 6:30 PM SUN 10AM - 3 PM	PLANET HOUSE GREVILIA GROVE OFF BROOKSIDE DRIVE WESTLANDS	SHS 7,500 (DISCOUNT OF SHS 500 FOR ADVANCED REGISTRATIONS)
FOLLOW-UP (LONG KRIYA)	EVERY MONDAY 6.30 PM - 8.15 PM	ARYA SAMAJ 3RD PARKLANDS AVE PARKLANDS	FREE (MUST HAVE COMPLETED PART I COURSE)
FOLLOW-UP (LONG KRIYA)	EVERY WEDNESDAY 10 AM - 11.45 AM	PLANET HOUSE GREVILIA GROVE OFF BROOKSIDE DRIVE WESTLANDS	FREE (MUST HAVE COMPLETED PART I COURSE)