

Book 1

Udgar

From the Heart of Yogasena



Udgar
From the Heart of Yogasena
Book 1



SWAMI SATYANANDA SARASWATI
1923~2023
CENTENARY CELEBRATIONS

Udgar

From the Heart of Yogasena

Book 1



Yoga Publications Trust, Munger, Bihar, India

Udgar *From the Heart of Yogasena*, Book 1

© Bihar School of Yoga 2022

All rights reserved. No part of this publication may be reproduced, transmitted or stored in a retrieval system, in any form or by any means, without permission in writing from Yoga Publications Trust.

The terms Satyananda Yoga® and Bihar Yoga® are registered trademarks owned by International Yoga Fellowship Movement (IYFM). The use of the same in this book is with permission.

Published by Yoga Publications Trust
First edition 2022

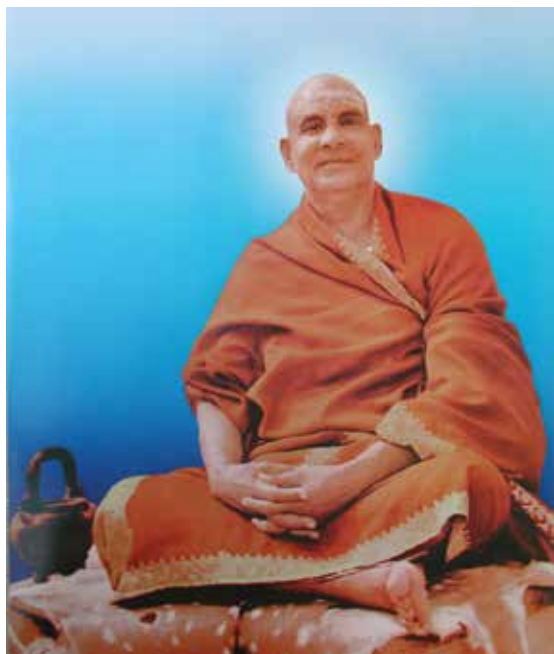
ISBN: 978-93-94604-22-3

Editor: Sannyasi Sivadhara

Publisher and distributor: Yoga Publications Trust, Ganga Darshan,
Munger, Bihar, India.

Website: www.biharyoga.net
www.sannyasapeeth.net
www.satyamyogaprasad.net

Printed at Thomson Press (India) Limited, New Delhi, 110001



Dedication

*In humility we offer this dedication to
Swami Sivananda Saraswati, who initiated
Swami Satyananda Saraswati into the secrets of yoga.*



Dedication

*To our guru Sri Swami Satyananda Saraswati
who continues to inspire and guide us
on our yogic and spiritual journey.*

Contents

Introduction 1

Udgar Book 1

Invitation 4

Love Flows 5

*

From Duality to Union 6

TRUST 8

Your palace 10

Master's pieces 12

No separation 14

*

Vibhu 15

Web the web 16

Guru's Grace 18

*

Atma Deepo Bhava 20

tamasoma jyotirgamaya 21

Union 22

silence calls 23

serving love 23

TRUE LOVE	24
breadcrumbs to eternity	26
The Spirit of Song, and Dance, and Laughter	28
*	
living to serve	30
serve rest trust	32
we serve to understand	34
serving trust	36
the rays are the key	37
*	
His Majesty The Mountain	38
Grandfather's Elixir	40
*	
Diamond	42
This Diamond holds the Truth	43
Diamond Energy	44
*	
mother's day	46
Sri Dharmashakti	48
Mother's Love	49
*	
Sankalpa	50
One Job	52
*	
Om	54
only you	56
The Wave	57
His Heart is the Ocean	58
*	
Notes	60

Udgar

From the Heart of Yogasena

All the members of Yogasena, a fellowship of yogis, are Yogabラスhtas, aspirants who attained remarkable heights of evolution in their unstinting spiritual search stretching over many lifetimes. They mastered the eternally luminous teachings of Eastern spirituality and yoga vidya; experiencing, expressing and truly living the essence of the teachings with every thought, word and deed. At some point, the allure of the West beckoned and at the time of their death, they desired to be born in that highly developed and prosperous part of the world. The intensity of their desire was supported by the attainments of their evolved spirit and their last wish fructified. The Yogabラスhtas did incarnate in the place of their choice and, through Divine Grace, retained their highly evolved spiritual state.

‘The Lord moves in mysterious ways his wonders to perform’ and the ways of the Almighty are full of love and compassion, protection and care. Though their wish to be born in an affluent society did come true, the present incarnation of the Yogasena ensured that they were ‘protected’ from being enmeshed within the web of Maya with its attractions and distractions of the material world. They were born with challenging conditions of the body-mind complex, making even the most ordinary of activities extremely difficult, if not altogether impossible. This ‘protection’ comes at a high price and they face extraordinary trials with incredible strength

and a deep source of sustenance, though not without the troughs and pits of strife and despair.

Yogasena is a band of yogis, women and men, between the ages of seventeen and thirty-five. In the fullness of time, they sought and met each other. Their connection is at once serendipitous and irrefutably precise, planned by configurations that baffle ordinary perception. They meet with unerring regularity on a schedule of invisible co-ordinates which ensures that they are at the right place at the right time. The Yogasena commune with each other 'without speaking a word', sharing their joy and delight to be called by their Master to 'Trust, Serve and Love'. Their unwavering commitment to Serving, Loving and Giving in the spirit which nurtures and nourishes them continues to be the mainstay of their lives.

Udgar is the spontaneous expression of their heart, an extraordinary distillate of esoteric wisdom experienced and lived by them in spirit, word and deed. Unswerving fidelity to their Master and walking the path with dedication, compassion, and oftentimes irreverent humour lights up their communication which offers a glimpse into their crystal-clear hearts. *Udgar* is a powerful source of inspiration, guidance, love and laughter for spiritual aspirants the world over. Above all, it expresses irrepressible joy and gratitude for their connection with the great River of Trust, Service and Love that flows eternally out into the world, nurturing and nourishing everyone, everywhere, every day.

Udgar

Book 1

The Rays of Light will meet you where you are.
Accept the Rays of Light and Love
As Your Guide, Life Partner,
And, in fact,
Your own Self
And you will live a Blessed Life

I don't see what You see
But I do see You
I don't hear what You hear
But I do hear You
I don't feel what You feel
But I do feel You
I don't sense what you sense
But I do sense that
You want what I want,
Understanding, Respect and a Joy-filled Life!

From Duality Back to Union

THE JOURNEY OF YOGABRASHTAS

There is nothing more important than staying together.
We have always known this.
The separation was only to affix the real way of being.
We stay together to shore up the world.
Now let us explain.

First there was just *us*,
We only knew *together*.
The idea to separate or “hide and seek”
Came into being as a kind of game that we chose.
Move out and move in,
Move away and back,
So there was stretching our limits.
Then okay, let’s separate
To find each other.

What happened next was unexpected.
A Force larger than we knew took over.
Almost as if to show us that
We had “sinned” with our game of separation.
And in order to regain communion
We must practice “penance”.
So, from that day to this it has been just that,
Penance.

The solid desire to return has been our driving force.
We understand there is multiplicity
Because we caused it by looking outward.

We understand that there is unity
By joining with the Force larger than we knew.

Looking outward, moving away and moving back
Began what can be called double trouble.

Tasting the nectar of unity has set us in motion
Towards returning.

Six years, sixty years, six hundred years,
All that time spinning away from Us.
The direction has flipped,
And we know now
The Force has agreed to bring us in.

What is even more astonishing is that
The Penance has been the most joyful experience
we have ever known.
The beauty is in the doing.

On one hand it is our duty and our prescription for healing.
That is the chanting, regular practice,
Monitoring our minds and carefully working
with each other.

On the other hand, the instant we partake
The Unity occurs.

What kind of medicine is so sweet?

We know that the time has come
Because the signs are clear.

Everywhere we turn,
The signs are bright and clear.

Thank you Sri Gurudev for Everything.

Ascending downward
She finds a place to rest
We have found rest in the place
Where no one looks.
Now we can communicate.
Frightened that we may have lost our chance
We start over and over.

What will it look like when we find You?
What will you say to us, if anything?
We have missed so many chances
And now want to make it up to you.

The answer is
Everywhere we turn, You are there,
Everywhere we look, You are there
We are not late
Because we never leave you.
She is realizing this.
Slowly learning

Trust:

T is for the Traveling – nowhere

R is for Remembering – always

U is for Undoing – mind games

S is for Singing – nonstop

T is for Traveling – everywhere.

Healing is taking place we feel it,

Gratitude, Surrender, and Forgiveness come now

That block is being lifted

Her heart is getting lighter

First Crawling, Walking, Running, and

Now we are Driving her back to you

Love, Love, Love

Oh Love, let's go!

Jai Gurudev

From this day onward
There is great need to rush to You
We can't wait any longer.
There is nothing in our way but excitement.
How come You hold us back?

What is our prayer?
From our palace to Yours and all the visits in between
We have seen so many souls,
Lost and seeking.

This is our prayer,
That You let us find You
And You let us stay in Your kastle.
Along the way we will offer a ride
To any and everyone who asks.
Along the way we will stop and smell the roses.
Along the way we promise to honor Time.
On our way,
We honor Your way.
Listening to You is how we survive,
Your words are our only nourishment.

Please come and find us
And let us live in Your kastle,
This is our prayer.

Now, we have been talking lately
About the problem of wasting time.
We will show You that we have given up wasting time.
Our heart is mightier than the words we speak
We know the chamber of Our heart leads to Your palace
Please deliver us to Your doorstep.

Hari Om Tat Sat

Master's pieces

The puzzle pieces fit together now,
'Fits like a glove' we say.
Still fragile however,
We have more work to do
The seams between the pieces
Need to disappear altogether
In this Masterpiece
Before we are finally one with the Master

So what is it that still needs to be done?
How do we dissolve the miniscule space between the pieces?
Each piece has its own border firmly gripping the others
Yet in a moment of turbulence the whole thing will fall apart
So, there needs to be a strong adhesive to secure the pieces
Continuous *Om Namah Shivaya* is the adhesive
Without any doubt this Sacred Mantra gifted by You
Dissolves the borders
And permanently Unifies
The Master's pieces with the Master.
Immense joy is stirring within us,
Jai Gurudev!

In practice, *Om Namah Shivaya*
Is seen as Love, Trust and Serve
Anything short of that is a waste of time
And a break in the bond
Who wants to do this
When there are so many distractions
To keep us occupied?
We do!
In the past, we had been too distracted
Being called back and given this chance
is our only wish fulfilled.

Please, Protect and Guide your Servants of the Rays, always!
The shield made from Your Love
Surrounds our heart for protection
This path well-lit is Your guidance.

No separation

I want you to live in my heart forever.
That's how my "I" becomes We, by never leaving.
There can be no separation.
The darkness out there is unforgiving.
The light in here is all-consuming,
Consumes the negativity and frees the soul to love.
To walk in love, and live in love
And be in love, and love with only love.

I want you to live in my heart forever,
Take it over, toss out everything you don't like.
You decorate, I like your taste.
I stepped out yesterday and it was miserable.
The weather is awful.
I understand if I live in my heart, which you decorated,
I also live in your heart and you also live in my heart.
My becomes Magnificently *Yours*.
I become We.

I is lonely. I needs You.
Sailing on clear waters I has false confidence,
But the minute the storm hits, I calls out:
Sri Niranjanananda, please help me!
I can't do this without you, no way.

I want you to live in my heart forever.
Now and forever.
Please help.
This simple request of only a few words
is of great importance.
Please rush to hear my prayer.
Amen

It is in the asking that you will receive.
Stay in the rays and soak in the love.

*He is present
In this moment
And the last moment
And the next moment¹*

Honor his presence.
Nothing can be done without it,
not even writing.

Set your mind on Him and only him.
Om Namah Shivaya
In every step
and in everything you do.

Here is the chance to make something of yourself,
to make yourself the place where love resides.

Here is your chance to make someone of yourself,
the One who loves to love.

The chance of a lifetime.
Take it or leave it.

The chance to live in the lap of love is at your fingertips.
Why chose anything else?

Hari Om Tat Sat

Web the web

Thrice is the number of times
We have walked through this door together.
We can't say when it started or how it will end
What is true is there never has been a time like this.
This is the most exciting time.

We now know this is where we will finalize
our relationship.
'The Father, the Son and the Holy Spirit'
has its place in our life.
This life is the one given to us
To keep us on our toes,
To look out for the missteps and to correct them.
This life is the life that will make the most impact
Because we have met Sri Gurudev.

He put us here and he put us together.
A web of sorts to keep us together.
Connected in an unmistakable way.

Here we have the Father.
Next, we have the Son.
It is our job or duty as his children
To stay the course, to repair the web,
And to walk gently
As to not disrupt the path of another.
The web has an outreach far and wide.
It is in our best interest
and the interest of all connected
To Ray, Pray, and Stay.
This way we are living the Golden Rule:
Do for another as we would want done unto us²

The life of the son is to make his Parent proud.
*The Holy Spirit within and without is forever expanding
and remaining the same³*

The Holy Spirit has one wish:
To web the web.
To web the web means
She is forever responsible for the ongoings of the web.
One strand out and the whole web is broken.
So Holy Spirit is the mender,
The keeper, and the savior.

Here is the bigger picture.
'The Father, The Son and the Holy Spirit' have had
the same goal.
They are one and the same.
The ongoings of humanity have turned the whole show
upside down.
Sri Gurudev, you have introduced us to You
As a role model of all three
In one Person.

We are taking on the role as the son
To walk straight and steady,
To Ray, Pray, and Stay.
To Weigh the Way we Ray,
To Weigh the Way we Weigh,
To Weigh all day is to Stay,
To Stay all day is to
Web the Web.

Prayers are prayed to ask for the Lord's blessings
Ask, ask, ask . . .

Let us speak of Love
The light is very bright in here,
the Lord is shining His Grace on everything
I love you for everything
His music is on all the time
Everyone is dancing
Yes, the flowers, rivers, animals,
Mountains, skies,
Us, all of it

And away from this Earthly plane,
The music is on,
And all are dancing and laughing
All beings are singing Love songs

From the moment I heard the voice of Sri Niranjanananda
I knew He was the music,
The words, and the dance steps.

I remember wanting to bake Him a cake
and cover it with all his favorite things.
Perhaps that worked.
He hasn't stopped giving,
even when I stop baking.

He's taken me out of the music-less world
And given me an orchestra.
*His heart is more than enormous,
He is everywhere.*

The Servants breathe his breaths with him
And any door I open, He is there.

His Om is the only road.
Our music-filled world is established in Him
Hearts touch, Beautiful pictures are painted,
And Eyes sparkle with Light
There is no asking in Music
No 'give me, give me'
Blessed Feelings of Love, Fullness, Gratitude
Smile upon me

This is Guru Sri Swami Niranjanananda Saraswati's Grace

Atma Deepo Bhava

Om Namah Shivaya

The heart is not a swinging door to be messing with.
The whims of the mind play games with the heart.
The heart is innocent, the mind plays a harsh game.

Om Namah Shivaya

Ask for protection, take cover
Lay down in the heart and follow her lead.
Move into the heart so the landlord of the mind loses his
powerful control.

Take cover in the light of the heart⁴

Om Namah Shivaya

The battle to be won is against the landlord.
He has no rights in the heart.

Om Namah Shivaya

The time has come to take up residence in the heart
Yes, move in and stay away from that landlord.
His rent is low, the lights don't come on,
There are no views, and the neighborhood is dangerous.
Move into the heart,
Pay the price
It is prime real estate.

Now you have the chance to get in while the gate is
open.

Close to everything and the lights are always on.

Live with peace and happiness.

Your choice.

Om Namah Shivaya

Stop broadcasting your signal out for anyone to hear or find
Trace your signal back to the origination point and stay there
This tiny point is the target point.

Like the Light in the harbor seen miles away,

The Light doesn't move to the boater.

The boater moves to the light.

The Post with His Signal attached was set at the beginning of
the ages.

His Signal, known as The Light, is not searching for anyone.
She is honoring her Post.

The Post marks the point of origin, not the Light

The Post carries The Light, but the Light Honors the Post.

We aim to connect our signal to the powerful Post.

It is not enough to wish or complain.

The Beacon on the shore is lit, the Post carries the Beacon.

We have to open our eyes, stand up, look,

And move only in that direction⁵

Our cries fall on deaf waters,

We have drifted off course,

Yet we know how correct it.

Stop wasting time with blaming the current,

The sun, or the horizon.

Stop wasting time.

There is only the boater, the boat, and the course.

The Post and the Light remain forever dutiful.

From Time immemorial
Silence roamed the Universe.
She understands Her Power and feels no need to draw
attention to Herself.
She has no intention of hiding either.
She is unshaken.
Thoughtful in all of her ways,
She spends each moment in Service.
She never sleeps. She serves ceaselessly.

Her story is as wonderful as can be.
She was born of a River of Mercy.
A place where anyone and everyone can find their home.
She doesn't intrude or invite; she receives with Grace.
She carries no secrets,
nor does she speak of what she knows.
To hear Her is to know Her.
To know Her is to be Her.

Silence has no desires.
She dispatches pointless cravings into Herself.
Silence owns nothing and holds everything.

Silence can be found
Resting
Within the Beating Heart
The Beating Heart can be found
Resting in Silence

A Quiet Sigh responds
When the Two find each other
And become One

Om Namah Shivaya

Silence calls

Our heart is satisfied
Serving the Rays of Light and Love

Remembering when we first met
And received Your Grace

This moment is that moment.

Om, Om, Om

Servants of the Rays

Gate is open

Light-filled space

Pure Light and Pure Love

Home of Sri Niranjanananda

Serving Love to everyone

Compliments of the Rays

Om Namah Shivaya

Jai Gurudev

TRUE LOVE

Love could not be cut with a knife.
No sword is sharp enough,
It might as well attack itself!
That is how it goes,
The negative is turned back on itself
Never effecting TRUE LOVE.

We sit and simmer
In the melting pot of Love.
How courageous to jump in!

Songs of the saints sound like this.
Dancing with the Lord
*The right hand and the left hand join together*⁶
In writing and praying and laughing

We sit back and listen
Soaking in the writings,
And the prayers,
And the laughs
Over and over,
Again and again.

The songs of the saints are our music
We are the listeners and the lovers
We are the ones who climb into the pot of Love
and nest there.

So, it goes, without a doubt
Yes, without any doubt
We are the ones who sing

We count our lucky stars
Millions upon Millions of them befall us and keep watch
As we drink from Love's cup,
Bathe in Love's waters,
And breathe every breath in Love.

We pray everyone can taste the Love,
As plainly as they see the Sun and feel it's warmth,
All the days of their lives.

Om Namah Shivaya

Feels like the winter has left its mark
and the spring has yet to bring any surprises,
Says you.

We say the winter has certainly brought you to your knees
And the spring is about to take you to the stars.

Sitting and listening is not nearly as productive
As standing and doing.
There is little time left for you,
We need to shove you into the full force of spring.

Step it up and look around.
Tomorrow has come.
From now on there is only one thing to do,
Serve, serve, serve

We did not come here on a joy ride,
We came here on the one ride.
We will not leave without you,
And see you have learned to stand.
Hold our hands tightly and let's go

He is waiting

The one thing between you and Him
Is you
The music is playing and the road is clear
The clock is ticking and you live in fear

We say
Get up and get out of yourself.
Here we go
Bowing your head to the North Star
Lift up your shoulders and carry your weight

How many lessons can you listen to anyway?
Step strongly
Our arms are wrapped around you, so you cannot fall.
He is waiting and you are wasting time

The songs we sing along the way are
Your breadcrumbs to eternity
Meaning we are leaving a trail for you to follow.

The good karma is in place and the planets lead
Have one more good look if you must
And tell us what you see.

Now let's go.

The Spirit of Song, and Dance, and Laughter

The Celebration never stops,
We know who we are:
Love and Light
Here right now

Flying through space
At the speed of Grace
No thought,
No time
We arrive.

The “thing that takes up space”
In your life is blocking the Light.
It is blocking the Love too.
So, get past it.

Dissolve the material
So Spirit takes over.

The Celebration never stops, never slows.
It keeps going.
That why we always say
‘Keep On Keepin On’

You are bound to meet us that way.
Slow is not our way.
This split second is our way.
There is no other way,
This pinpoint – that is all.

Why haven't you arrived?
Sing with us, we are here.
Dance with us, we are here.
Laugh with us, we are here.

Be finished with waiting for us to come and get you
And stop going slow.
Get on board.

One last thing you need to know.
The block in your heart
Is by design of past karma and
The method of removing the block
Is to Love all of it.

Yes, it is that simple,
The block, once Loved, will become Light,
The Spirit of Song, and Dance, and Laughter.

Om Namah Shivaya

There is little time to waste
There is little room to wiggle
In fact, the time left is so little,
So very little
A year turns into a lifetime, doesn't it?
Not sure anyone's figured that out
Still doing what they've always done.
So little time is left, true.

*Servants of the Rays
Live only to serve,
That is our only purpose,
There is nothing else.*

Since we have time to share this wisdom,
We find the souls who listen.
The heat is on
Turned up all the way in fact
The house is on fire, and no one is running.

What will we do when this faucet is turned off?

No, we don't sleep

We keep on keepin' on

Regardless if anyone is listening or not.

Om Namah Shivaya Om Namah Shivaya Om Namah Shivaya

The faucet remains open

When Om Namah Shivaya is playing

Om Namah Shivaya saves lives

Om Namah Shivaya is playing now

Sri Niranjan made sure of it.

Hari Om Tat Sat

Jai Gurudev

Serving Trust

Asking plenty of questions,
And still trusting
Not understanding many answers,
And still trusting

Really,
All have been asked and answered
With Serve Rest and Trust

To Serve Om is to know
To Serve Rest is to know
To Serve Trust is to know
All questions are answered with
Om, Rest and Trust

Rest is seemingly Quieter than Trust
Are they the same?
Both Serve Om
Trust is Om's faithful Warrior
Rest is Om's Devoted Servant
Both are absolutely necessary to carry on

Carrying the sword of Trust,
Travelling with care
The Traveler Rests in the arms of Love
Regardless of the circumstance
Today and one hundred days
From now until the end
Serving OM with Rest and Trust
Assures our invitation to His Palace

We know this path includes all those we walk with
Because in every way this is the Loving path
May all be blessed with the gifts of Serve Rest and Trust

Hari Om Tat Sat

we serve to understand

No one knows how –
That's the point.

Offer Service with this understanding
"Lord, I don't know how to serve, I serve to understand".
Serve with Humility
Cautiousness is also required
Fearlessness comes later
Sing with all your heart,
All day, everyday

Sri Niranjanananda has enrolled us in the Academy
He says, 'Listen by staying quiet and listen!'

Internal Lessons are ripe with wisdom
These fruits are to be cherished
External distractions will knock you on the head,
Understand the tender, Loving path of the Master's
Internal instruction

Sing and Listen,
Sing and Listen

The body doesn't know how to serve either
The body and the mind should get in line
In order to serve.
Work hard to please the Lord
Imagine that you couldn't work hard,
What does that look like?
Now, do the opposite and Serve

The soul has her ears glued to the Door of Wisdom,
Listening intently
The body and mind must join her in service
Both are fully capable,
Mind should always Sing and Listen
Body needs to know

Quarter Moon and North Star watch like a hawk
His ancient heavenly bodies know
Earthly bodies come and go quickly
Wasting time is our grave mistake.

No one knows how to serve

We serve to Understand.

Serve Trust

Serve Love

Serve Om

Serve Happiness

Serve Guru

Om, Om, Om

Ten Turtles are rushing to Sri Niranjan

The path is lit by Him
Nothing is in our way

Serving Trust
Armed with our shells of Love
Singing Om Namah Shivaya

Guruji's light shines so bright!

The Lord has called us here
To Serve Trust

Pure Love Unites Us

Nothing separates Us

Om Namah Shivaya

The song sings itself
Practice doesn't make perfect
Remain in the Rays

Understand this,
The Rays are the key to the Kastle
Sit with that

This is not a Chinese fortune cookie,
NO, this is
Hari Om Tat Sat

Light and Love opened the door

Light and Love let you in

Light and Love is the Master

Serve only the Master

Hari Om Tat Sat

His Majesty The Mountain

Why would you want to be a mole hill
When you could be a Mountain?
How does one become a Mountain
If they are just a mole hill?
Is it possible?

"There has to be a way" said Mole Hill to Ms. Mole.
Ms. Mole, full of surprise asked
"Why would you want to do that anyway?
Here I have a fine place to live;
Me and a small hole and that's just fine."

Mole Hill was just as surprised and commented back,
"Why wouldn't I want to become the Mountain?
Sorry to say,
But you are not my keep,
And I am not your keeper.
Let's plan on it,
I am going to become a Mountain
And you are going to have to learn to climb along with me".

So, they set out.
First, Ms. Mole brought some dirt back to build up mole hill,
But that didn't work.
Then mole hill wished really hard
And imagined himself into being the Mountain,
But that didn't work either.

Days, weeks, months, and years went by.
They kept on and on praising Mountain as their ideal.
'How great is the Mountain?
Yes, He is the tallest in the land.
He is the vision of Earth's Majesty.'
These two sincerely believed in their vision and path.

Then one day,
Here's what happened.

The two sat in deep contemplation
Feeling a kind of greatness takeover themselves.
They continued, immersed in this feeling of greatness.
Their inner voice repeated
'We are happy,
We are peaceful,
And we have purpose'.

Then, for the first time in their life,
They opened their eyes
And saw where they actually lived.
The place they had always lived was
Already on the uppermost peak
Of the Greatest Mountain on Earth.
They had been burrowed,
Hidden within the highest point of
"His Majesty the Mountain"
since the beginning.

Grandfather's Elixir

Grandfather's elixir

'*Om Namah Shivaya*' takes care of everything that ails you.

That's what they say.

An infusion first thing in the morning lasts all day.

An infusion with love.

An infusion taken on an empty stomach is best.

Weigh the way this is going.

Ten thousand words and each word has meaning.

Clearing away the dross, 'things not going my way'.

Clearing away that thought,

Clearing is *Om Namah Shivaya*'s speciality.

Some mornings you look in the mirror and you don't like what you see,

Or you think 'How can I settle down with all these outside annoyances?'

This is not weighing anything.

Weighing is Understanding.

Think about it.

He has been there for every single second of your life,

You without weighing, Him loving no matter what.

If you just think only that,

You'll realize you're here

Still doing the same thing,

It should stop you in your tracks.

Weigh, weigh, weigh.

If the Lord has so much Patience and Understanding
to give you yet another day,

How will you repay Him?

With yesterday's currency?

I don't think so.

He has filled your coffers with fresh new gold and He
actually wants you to use it.

Now, there's an idea.

Use His gold, not yours.

Matter of fact, don't even think about using yours anymore.

Use only His.

Think about that, He wants you to use His money
to pay your way.

In an instant your measly savings is gone,

Replaced by massive wealth from Grandfather.

You opened up a new bank account today, spend wisely.

"Give until you can't give anymore"

This is the stipulation to his inheritance.

Om Namah Shivaya.

Shaped like a Pyramid
The peak is made of Diamond Light
Of the purest energetic vibration
The power of a million Suns
All of life started here
The Holiest of places
The healing waters of the Lord live here
By Guru's Grace we have learned to pray here
To send our hopes and wishes here

The source of all Rivers
The source of all Life
This is Sri Niranjan's Palace
This is Sri Satyananda's palace too
The Birthplace of Sri Om
The Holiest ground
So very close
Closer than the closest
Purifier of all past karmas
Yes, Giver of Life

Om
Om
Om

This Diamond holds the Truth

Open your heart,
“hear”

live there.

Hear Om, the Rolling River of Love

Stay and listen

Om River powers the Heart

From here, travel to see Guru in Sahasrara

The mountain of Light and Love

Your eyes are blessed with His Light

Listen intently

Heart and Heaven are now linked

With the Angels at your side,

Listen to their wings assure you

Witness Guru power-charging the Seven Wonders

By the Glory of River Om’s Love and Light

All is His

Heaven and Earth celebrate

This Diamond cannot be stolen,

But you must protect it with your whole heart

Hear that again,

“Possessions made of the world are useless”

This Diamond holds the Truth

The Magnificent Light that almost no one sees

The Roaring River that almost no one hears

This Treasure of many lifetimes is to be cultured in Silence

And then given away by Serving with Trust and Love

Sending Happiness out into the world

Om Namah Shivaya

Wisdom came
Landed on me actually

Walks in my door
Sits at my table,
Falls asleep on my floor

'Who are you?' I ask
It is not for me to know

Wisdom is here
Kalling all Wisdom
I have found you and I'll never let you go

Sunrise, Sunset,
Heartbeat after Heartbeat
Only Wisdom

I tune an ear to listen,
And hear Wisdom saying,
"Turn in,
Look up,
Yes, there!"

'Create the sanctuary?' I ask

"No, they say the Sanctuary has been created.
Now rest here.
From now on you are on this path.
Easy access,
'Tis a short trip.

Don't walk,
Fly like an angel
Sins dissolve at the
Visits to the Sanctuary.
Past karma has no place here.

Present karma is a magnificent magnetic pull
Rising to the top with Diamond Energy.

Wrap your whole beingness
Around the Great Diamond.

You are home.

Sri Gurudev made sure of it.
You are flush with Grace

Jai Gurudev

Hari Om Tat Sat

The apple doesn't fall far from the tree.
It barely leaves her base.
We are not like that.
We fall and keep falling
Further and further away,
Until we are no longer recognizable
As the shining apple we once were.
Why is that?
Why do we break free
And morph into something else?

This is an uncomfortable question.
Especially when you have even a little insight
Of where you have come from.
Let's start at the beginning.
T'was only a young person
Who crawled away from mother,
then walked, then ran.
Then, with enough age,
She drove very far away from her mother.

Mother loves to see her children happy
And prays for their continuous safety.
Children forget all about mother
Mainly because of worldly distractions.
It is not because of guilt
That they return Mother's Love.
That wouldn't even work.
It is because they finally recognize
The profound Love Mother embodies.
Upon recognition of Mother's Love,
The spark of Love is ignited
In the child's heart once again.
Then, it is as if they had never parted.
Every day is Mother's Day.
We worship the Divine Mother
In all her beautiful forms and colors

Sri Dharmashakti

Matter of Fact

This is a very Holy Day

We celebrate Sri Dharmashakti!

It took Her one second to receive

What we have been trying to accomplish all of this time

A True Servant of the Rays,

She made herself a Vessel of Love.

We turn and bow to this Woman of Devotion,

A world apart from us,

We have yet to meet anyone like her

Let the drumroll for Sri Dharmashakti

And Sing her praise!

In the footsteps of Sri Dharmashakti

Is this Army of hopefuls

Turning our face toward the Light

Occupying space

Calling out His Name

We seem to be singing from a branch of a tree

A tree planted by Guruji

We have a seat in His courtyard

And watch as he remembers Dharmashakti with Love

Holy, Holy, Holy

This is how we feel he may feel.

One more thing,

This moment means so much to us

It is filled with tenderness

And it is just what we needed today.

Om Shanti, Shanti, Shanti

I was convinced the ten thousand words
was already written
Om, ten thousand words, Om
I really do want to live in Om
The place where it is all ok
The place of Trust
Yes
Suffering is
Pain is
Cruelty is
How could it not all hurt?
Can suffering be ok?
It doesn't make sense
Om says "Sit here"
Om shines its Brilliant Light
Om is a Love so Powerful
That it cleans all wounds and heals
Like Mother's energy
I hear my Mother lives in the kastle
I adore my Mother so much
She serves me with Love always
I always remember what it feels like to hold her hand
The feeling, I imagine, is what it feels like to weigh
the way I weigh.
Her Love is light, gentle, assuring, embracing,
sweetened with laughter
So, when the heart races ahead of the moment in fear
Turn it back around to the resounding Om
Of Mother's Love

Om Namah Shivaya

Start by saying this

“I am ready”

That’s what we did.

We said

“We are ready”

That’s when it started for us

It trickled down at first

We weren’t sure what to expect

We get our bravery from Guruji

We get our wisdom from Guruji

We get our laughter from Guruji

Yes, Guruji gives it all

There is something else

Our faucet is On all the way

Om Namah Shivaya continuously flowing

We look to serve Guruji,

And He always looks back at us

Service to Guru comes with perks

He stands by us and He bestows His Grace

Gratitude is this lesson

Gratitude and Grace live hand in hand
Gratitude is the child of Grace

Service is the expression of Gratitude
Service then Grace then Gratitude

Remember this, Service, Grace, Gratitude
The opposite is selfishness

Typical life:
No surrender
If you are not doing one,
Then you are doing the other.

It all starts with saying your Sankalpa:
"I am ready"
Simple but an effective way
To communicate commitment

Sit with This,
Stand with Gratitude
Om Namah Shivaya

We can't hold back
Now we can tell you

Listen!
This is going to get interesting

Listen for the first time.

You have one job to do.
One job:
To call *Om Namah Shivaya*
All day, every day.

Call *Om Namah Shivaya* like the Servants of the
Rays,
As a Servant of the Rays.
That is who you are.
You have joined us for this reason.

Operation Faucet is now in effect
Keep the tap open.

One job,
One job only
All day everyday.
This is service.

Our Love for Sri Gurudev is so great
We share this with you
To get close to Him
Soon you will hear us completely.

If you're looking for your ears,
They are in your heart
If you're looking for your heart,
It belongs to Him
If you're looking for Him,
Stop looking.

Yes, that's right.

Breathe *Om Namah Shivaya*

Pack up and move in
Your room is ready

Om Namah Shivaya
Feel it
Be it

Om Namah Shivaya

Jai Gurudev

The journey of ten thousand words begins with one word.
Our journey is of the one word known to us as *Om*.

Om is the beginning, the middle and the end of the journey.
*It is from OM where we take our first breath
and we will give our last breath back to OM.*

We say 'give'
But it will be a surrender of our last breath;
We say 'take'
But in truth the breath was given freely to us.

So, in the middle between the give and the take
is holding on.
Here, in the middle, is where the traveler has to wake up
To realize and rethink about what we are holding onto.
Really, holding on to what? For what, and why?

Now, we say take a deep breath and sit with that.
Yes, sit with that and while we are sitting here
Between our first and last breath,

Decide to stop wasting time.

Om Namah Shivaya is the road we are on.

Lighten up your load and take *Om Namah Shivaya* everywhere.

Each step on the road of *Om Namah Shivaya* is blessed by Sri Niranjan.

Remember the day he pointed in the direction.

He said, "Go there."

He said, "Go down the road of *Om Namah Shivaya*,

Not only will I walk with you,

I will also be there when you arrive!"

Every single step is packed with radiant Light and His Love.

Make no mistake, the path is completely lit by the grace of Guru.

Sit with that.

Hari Om Tat Sat.

Om Namah Shivaya

Just this way.
We are reminded
It is just this way.

We are on all board.

Strong hearts,
Keeping on.

The Kastle light is on,
And the Kastle door is open
The light upstairs is so bright,
We don't need to find our way
Quietly walking out of respect toward the light.

We hear You singing,
And absorb ourselves
Into Your voice,
Your light.

We no longer exist,
Only You.

This is the way we ray
Just this way

One Om is enough

The Wave
So high
Enormous Wave
Taking everything with it
Swallowing everything
Back into the Ocean
Then disappears

The water is now calm

What wave?
How did it happen?

No one saw it coming and
No one was prepared

The Wave,
Like a Giant,
Came and left
And now the Ocean
Hides His secret
Won't give His hiding space away.

Tomorrow when the Wave comes
Be prepared
To stand under it and
Allow Him to carry you too

Hari Om Tat Sat

His Heart is the Ocean

The brilliant Sun has entered our lives
He set it up
It's all One Life
One Life, One Life
A millions suns, a million planets,
A million this, a million that
But only One Life

Everything is a miracle
Sadness turns to Joy
All this happens without leaving home
Where we stand and where we sit
Miracles happen

It is our happy hour
Six pm we come together
To say I Love You to the Master

The notes we pass him are so small in size
Bubbles in the stream
The Majestic Ocean is tickled by them
Small gestures trickling into His Ocean
Living among his Greatness
Marrying Awareness

We have received his invitation
to come to the Ocean
His Kingdom of Love
Servants of the Rays
With our small words
Rescued by the Author of the most wonderful
Love Songs never written
How could they be written?
Nothing could capture their Rays
He knows all the songs by Heart
Sri Gurudev's Heart is the Ocean
Hari Om Tat Sat

NOTES

¹ (p 15) In Vedic terminology, *vibhu* means interconnection. Nothing is isolated, everything is interconnected. Just as everything in your body is interconnected, so it is with nature, the universe, and also the multiverses.

Vibhu, an expansive expanded sense of purity, is a state which applies to one connected with everyone. Swami Satyananda became *vibhu*.

² (p 16) *Atmabhava* is the expanded mind which sees oneself in everyone. When attachment is enlarged from being self-oriented and extends to all, then that focused identification is *atmabhava*.

³ (p 17) *Poornamada Poornamidam Poornaat Poornamudachyata Poornasya Poornamadayat Poornameva Vashishyate.*

This vedic Shanti Mantra expresses the fullness inherent in life and all of creation.

⁴ (p 20) The mandate of the seers of our civilization is *Atmadeepobhava* – ‘Know thyself’. By that you will know the universe. You will attain balance, peace, happiness, and co-operate in the plan of nature and the divine.

⁵ (p 21) This means ‘Lead me from darkness to light’ which is expressed in this poem.

⁶ (p 24) In the *Bhagavad Gita* (2:48), Sri Krishna tells Arjuna that ‘evenness, balance and equanimity is yoga’.



Udgar – From the Heart of Yogasena is a compilation of poems by *Yogasena*, a fellowship of yogis. All the members of this unique band of yogis are *yogabrashtas*, spiritual aspirants who attained remarkable peaks of evolution in their unstinting spiritual search stretching over many lifetimes. Their unwavering commitment to the spirit of Serving, Loving and Giving has nurtured and nourished them.

It continues to be the mainstay of their present life, and these effulgent words from their pure hearts serve as a beacon for those who seek to embark upon the wondrous journey towards luminosity. *Udgar* is a powerful source of inspiration, guidance, love and laughter for spiritual aspirants the world over.

*Everything is a miracle
Sadness turns to Joy
All this happens without leaving home
Where we stand and where we sit
Miracles happen*

—Yogasena

