

SATYAM TALES

A Treasure Hunt

Through the magic of shavasana

Yoga Publications Trust, Munger, Bihar, India



Satyam Tales

Commenced on the occasion of World Yoga Convention & BSY Golden Jubilee, 2013

A Treasure Hunt is the fifty-eighth in the series of *Satyam Tales* depicting the life and teachings of our guru, Sri Swami Satyananda Saraswati. Through the medium of these simple narratives, we hear the voice of Sri Swamiji inspiring all, irrespective of age.

A little boy, Christopher, discovers a whole new world full of treasures. He becomes friends with Shavasana, a wise and friendly book, who opens many doors to a better understanding of himself. At the end of the journey, he has found the three treasures of Attention, Expansion and Faith which will remain his companions through thick and thin.

This story is a delightful read for children, adults and old alike. It is an invaluable message for those engaged in the world and for those seeking the spirit. This journey is your journey, these challenges are your challenges, and this victory is your victory. It is a story that will touch your heart, give you joy, hope, conviction and, above all, faith. Perhaps, you too may want to go on a treasure hunt with Shavasana and find the jewels within you . . .

— Editor

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Published by Yoga Publications Trust

First edition 2022

Printed at Thomson Press India Ltd., Faridabad



SWAMI SATYANANDA SARASWATI

1923~2023

CENTENARY CELEBRATIONS

A Treasure Hunt

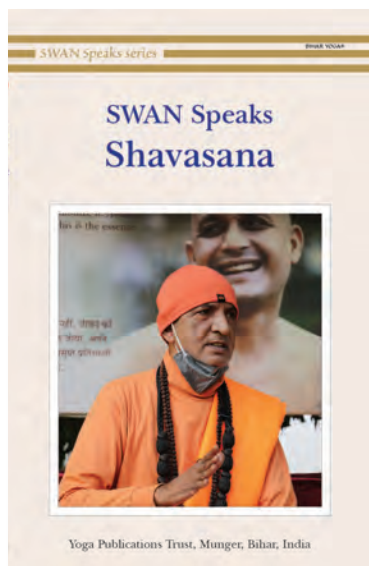
Once upon a time, there was a little boy who lived in a small town nestled along the shore of a wide ocean. On sunny days, this little boy loved to collect seashells on the beach, follow the wandering clouds in the sky and roll in the tall grass. On rainy days, he loved to wrap himself in his favourite blanket and snuggle into grandpa's armchair with a book.

So one rainy afternoon, blanket under the arm, he entered the study and walked along the promising bookshelves. Suddenly without any rhyme or reason, he stopped, pulled out one book and then settled comfortably in the old armchair. This little boy did not know the ABC of the alphabet. He simply liked to turn the pages, look at the pictures and chat away with the book he had chosen.

"Hari Om book, who are you?"

"I am Shavasana, an asana and a practice of yoga."

"You know Shavasana, in my family they also do yoga. My mother and father do



yoga every day, and the twins, my elder brother and sister, sometimes. So I know what an asana is, but I have never heard about you.”

“I know, I know. I am not a dramatic asana, more the type of a quiet fellow, yet still, I am an asana. Have you heard of Sri Swami Satyananda?”

“Yes, yes, he is Sri Swamiji.”

“That’s right, my boy, and Sri Swamiji honoured me in front of the whole world in his talk on ‘The Art and Science of Relaxation’, however, people did not understand. It starts on my second page.”

Relaxation is an art for there are various practices which one can develop and use to bring about relaxation of the mind and body, transforming life into an expression of wellbeing. Relaxation is also a science for it is based on solid scientific fact. Most people cannot relax in the real sense of the word. They will find that their whole life will change by just being able to relax.

“You see the pictures on the next few pages, that is me. It is clear, isn’t it?”



“Yes, it is lying down on the floor.”

“Let me tell you what Sri Swamiji said about me. That will give you a better idea.”

Everything you practise in yoga brings about relaxation and a thorough revitalization of the body and mind. There are some special techniques which are very simple and which specifically bring about relaxation in a short period of time.

“I am the special technique, and not just an add-on to what people call the ‘real thing’ – yoga nidra.”

“Is that what they say?”

“They simply do not understand Sri Swamiji when he tells them how to use me to experience the art and science of relaxation.”

“But now you have become a whole book which is only about you.”

“Thanks to Swami Niranjan.”

“You mean Swamiji?”

“Yes, he has taken over and in great strides moves back to the source of Sri Swamiji, back to his favourite basics and into the depth of yoga vidya. There is urgency now, for



people really need to de-stress, relax and refresh – in the right manner.”

“Is that why you have become a book?”

“Yes, and a shining star in the yoga sky. I am no longer an add-on or an easy excuse for a yogic snooze. I am still a quiet fellow but with hidden treasures and a lot to offer.”

“Will you show me your treasures?”

“With great pleasure. I will take you on a journey where you will not only learn about me, but also learn how to discover your friends and know yourself. By the way, what’s your name?”

“Christopher.”

“I am sure we will get on really well. So lie down on that lovely rug right here.”

Christopher, all excited about the treasure hunt, swiftly climbed down, leaving Shavasana, the book, and his blanket behind on the armchair.

Attention and the first treasure

“Are you all right, Christopher?”

“Yes, yes. Will you start with the treasures now?”

“Before we start let me tell you a bit about what it means to be relaxed. Sri Swamiji was the most relaxed person ever. Nothing could shake or frazzle him. He did so many things,



yet he was never seen stressed by anyone at any time. So when he talks about relaxation, he knows what he is talking about and he explains how to go about.”

I am not only a teacher, I am a director of a worldwide institution involving many forms of activities besides teaching. I have hundreds of teachers under training, and more than two hundred centres and schools. I have to run the finances, banking, taxation and all kinds of things. And I travel almost all year round to different countries, meeting people. I’ve got to be very attentive, but I make a distinction between ‘tension’ and ‘attention’. It is not relaxation which is important; it is the quality of awareness which is important.

“So you have to be attentive, aware and alert in whatever you do, think, feel or say, then there is no cause for stress and tension and you remain relaxed all the time. I give you one example how brilliant he was. One day he was in France, walking leisurely with a group of students and devotees in a park. In the distance they could all hear and see a train, but nobody paid attention, they all wanted to be with Sri Swamiji. When the train had passed, he told everyone, “This was a goods train and it had forty-seven



carriages.” You can imagine Christopher, the people were gobsmacked, stunned and had another glimpse of the greatness of Sri Swamiji.

For him this was nothing, just a passing exercise as his awareness extended far beyond the reach of the senses into regions he would not even talk about. He knew to the core of his being and lived every second of his life what he was teaching. Now remember, I am the art and science of relaxation, therefore you have to do what I say and not what you want. First of all, lie down on your back and not on your side.”

“Like this?”

“Good. Your legs are a little apart and your arms are not on top of your chest but next to your body, just a little bit away. The palms are facing towards the ceiling.”

“Like this?”

“Very good. Now your head, don’t turn it to the side, keep it straight. Yes, like this. Are you comfortable?”



“Is this the treasure?”

“Not yet. I just thought of something else I want to tell you about awareness and what Sri Swamiji said about this wonderful concept and tool.”

People are always looking for a guru, but they do not understand that the flowers, the trees, the ocean, the wind, the whole nature is always in the process of being a guru and giving many teachings. But they are not aware. If a person achieves the capacity of being aware and a witness of everything that he does, thinks or



feels, he has achieved the most important thing that a human being can achieve.

“That is how important awareness was for him. So now to your first treasure. Remember to be aware and alert. By the way, do you know what left and right is?”

“Sure, the right side is where my right hand is and I use my right hand to eat.”

“Very good. Now you will discover the first treasure. You have to close your eyes. Good. Now see your right hand.”

“But my eyes are closed.”

“Try to see with the other eye, your inner eye. You know that your hand is at the end of your arm. Can you see it there?”

“Yes, I can, I can.”

“Now see the whole right arm.”

“Also with the inner eye?”

“Yes, from now on, you see everything with the inner eye, so you don’t have to ask.”

“All right.”

“So after the right arm, the right side, the right leg and foot. Now with your inner eye go to the left side, the left hand, left arm, side, leg and left foot. Now to the back of the body . . .”

Shavasana took little Christopher twice on an inner-eye journey through the different body parts. At the end, Christopher jumped up, climbed on to the chair and placing the book on his lap exclaimed, “Shavasana, this time I could see much better with the inner eye. It is magic.”

“I am happy you like your first treasure. It makes you feel good doesn’t it? It helps you to develop awareness making it more refined, constant and extensive. The more awareness you have, the more relaxed you are. Swamiji explains my true meaning and purpose so beautifully, because he understands me and knows Sanskrit perfectly well.”



*Uttaanam shavavat bhoomau shayanam tu shavaasanam,
Shavaasanam shramaharam chitta vishraanti kaaranam.*

Relax the whole body on the floor like a dead person, *shava*, inert body. Be still, not tense, not tight. The physical senses have to become still and the mental activity must cease. Through shavasana you are able to remove physical fatigue and relax the mind.

“Now you know who I am, what I do and why I am a real yogasana and why Swamiji wants everyone to know about me. He thinks and feels like Sri Swamiji who was clear about the state of the world and the people who inhabit it. It was not a rosy picture he saw, yet as always he came with the solution. At the time he travelled around the world, the solution was yoga, afterwards he had other solutions for other conditions.”

There are only a few people on the face of this earth who don't have conflicts. There is hardly any personality beyond confusion, there is hardly anyone who is not a victim of tension, and this is the imbalanced personality of the human race. What does yoga do to us? The answer is self-evident: a healthy body without tension, a peaceful mind without tension and pure emotion without tension.



Expansion and the second treasure

“Yes, yes, but what is the next treasure?”

“For the next treasure, you have to meet the five sisters who live within you.”

“I only have one big sister, Shavasana, not five.”

“I know, you told me, but these five sisters are inside you.”

“Inside?”

“This time you better take your blanket.”

Christopher jumped down, lay on the rug and covered himself with the blanket from the toes all the way up to the chin. His legs were slightly apart, the arms neatly placed next to the body without touching it, palms facing upwards, and the whole body was in a straight line.

“Christopher, you are a fast learner. Your posture is perfect. I knew we would get on well.”

“And my eyes are closed. Can you see?”

“Excellent. So now that your body is comfortable, become aware of the nose and the air that goes in and comes out again – all on its own, you just have to watch with the inner eye, and feel the air. Can you feel it?”

“Yes, I can.”

“Very good. After being attentive and aware, you can look at the world differently now. If you are open, large-minded and big-hearted you can relax easily. This is how Sri Swamiji explains it.”

We remain unable to relax. Tension becomes a normal part of life. It is not the brain that is faulty; it is the narrow limitations of our mental program put into the brain that is the cause of the problem. The program is unsuitable for our environmental situation. Our attitude towards life depends on our mind; an unsuitable, narrow, unrealistic, incompatible mental state leads to continual conflict with our surroundings and to unhappiness and stress as a consequence. An expansive, realistic mental program leads to harmonious interaction and good relationships with

the environment and with other people. This will lead to happiness and relaxation.

“Now the treasure hunt begins. Eyes are closed and no more talking. You will meet the first sister whose name is Prana and who lives between the belly and the throat, back and forth, up and down. When you feel something moving there, then you know that you have met your sister Prana.”

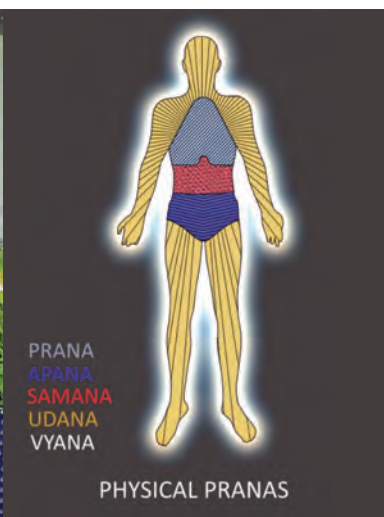
“I can feel her, Shavasana.”

“Lovely, but if you want to meet the other four sisters, you have to be very quiet, otherwise they run away.”

“I will be really quiet now.”

“Then take your inner eye to your belly button and the area around it. See the rise and fall of the navel, the area is expanding and then relaxing. Just watch the natural movement. This is your sister, Samana.

Slowly, one by one, Shavasana introduced Christopher to the three sisters Apana, Udana and Vyana and the areas they lived and moved in. Together with Vyana his little body became bigger and bigger and then relaxed back into its natural shape and size. Again with every breath it would grow and relax.



“Very good, Christopher, you can slowly move now. You have discovered your second treasure.”

“Shavasana, this was . . .”

“You know what happened? You felt something and saw it with your inner eye that you cannot see with your outer eyes.”

“I love my inner eye.”

“And so it should be, for it is the key to all your treasures. This time you opened up and grew with Vyana, but you can also open yourself and look at the world and other people in a different, new way. Sri Swamiji often said, ‘Put yourself in the shoes of the other person.’ Look at the world with fresh eyes, from another angle. There are other possible ideas, not only yours. You can be much more and allow others to be much more than what you see. Sri Swamiji is a perfect example of being so much with so many qualities. When Swamiji describes him, it is almost like a poem.”

To motivate, inspire and provide direction to the world, a leader is required who embodies anger as well as pardon and peace, brilliance and shrewdness as well as simplicity and innocence, down to earth awareness as well as far-sightedness. One in whom both the fiery



brilliance of Parashuram as well as the astute and calm wisdom of Rama are manifest. One who symbolizes the determination and righteous wisdom of Krishna and Yudhishtira, the glow and harsh warmth of the sun and the silvery, soothing and healing coolness of the moon. Such a multifaceted, mysterious and practical leader can mould a definite future from the gathering of scattered, diverted and dissipated energies. We all know deep down that Sri Swamiji is such a leader.

“Can you imagine a person like that? His own guru, Swami Sivananda, called him a ‘versatile genius’, that means he was excellent in many areas, fields and subjects. Already early in life, he had such a vast vision. When he was a young, unknown sadhu he only had a handful of people as his devotees, followers and supporters. He had no ashram, nothing but two dhotis. Yet in his mind he conceived an International Yoga Fellowship Movement. He worked for it and made it happen, out of nothing he created a worldwide fellowship, for he knew of a future with all its needs and possibilities. He showed us the power of sankalpa shakti for he lived the saying ‘where there is a will, there is a way’. He had his guru’s mission to fulfil, the will to do it and he knew the way.

Nothing was impossible and nothing was negative. Everything was a means to expand. Often people complained to him about being bound and limited by their attachments to family, business, to the world. This was his practical advice.”

You cannot get out of attachment. It is like asking how to stop the winter, how to stop the sun, how to stop the wind. You should have attachment, but not selfish attachment. When you have attachment to people who are not your own, then attachment is a positive and constructive quality. Why do you want to love only a few people? You would be very fortunate, very rich and very happy, if you were to love everybody you know

and come across. When you use, collect and amass things for others, it will not give you any pain, fear, worries, it will not create any anxiety in your mind, because you are doing it for others. Try to cultivate it, try to improve the quality of attachment and gradually you will find that this attachment is turning into the form of love, compassion and understanding.

“Of course, he was the best example of his teaching. In the beginning in Rikhia, his love, compassion and understanding extended to a few neighbours, then it included more families and villages, until the whole panchayat came under his shelter. Every year, Rikhia would reach out further and further, give more and more, and Sri Swamiji was utterly calm, relaxed, at ease and at peace as his attachment grew to include everyone. That is how we can live too, so free yet so committed.”



“Did Sri Swamiji also find your treasures?”

“Of course, he did. I am just the medium, but Sri Swamiji and Swamiji, they have all the treasures, even many more than are hidden in me. Not only that, they themselves are the most beautiful treasures.”

“And my next treasure, Shavasana, have you forgotten?”

“No, no, but let me tell you one more thing about Sri Swamiji’s way of expansion, something we will not be able to accomplish in this life, but he shows us the possibility. After his mahasamadhi, he keeps coming back to this planet Earth again and again, leaving signs of his visits behind, fulfilling long-standing promises, reminding us that there is more to life than what we know. His expansiveness embraces all dimensions, worlds and spheres, yet he cares for everyone here on Earth as much as before.”

Faith and the third treasure

“But back to your treasures. You are going to meet the four brothers. I call them the boisterous boys. They are always up to some mischief, never quiet or resting, always on the go, trying to get attention. For this treasure you have to work a little bit more.”

“I will do whatever you say. Shall I lie down?”

“You know the way. While you get ready, let me tell you something else about Sri Swamiji. He says that when he was living in Rishikesh and watching the ways of his guru Swami Sivananda, he came to one conclusion, ‘Just relax and let things happen. Never worry over anything’. This conclusion helped him in so many different situations. I will tell you about a tricky one. One day, Sri Swamiji was in a prison in America. The prisoners behaved badly with him. They pulled on his dhoti, offered him cigarettes and would not lie down in shavasana or close their eyes. So Sri Swamiji remained calm but said he would not come back. The prison director begged him to return and so Sri Swamiji did. You know what he did for one week? He simply said over and over again, ‘Lie down in shavasana and close your eyes.’

That's all, every day for one hour calmly, with determination, care and total relaxation. At the end, the prisoners dared to lie down, close their eyes and even apologized for their bad behaviour.

You see, Sri Swamiji was so calm because he had faith in himself and in what he was doing, therefore, he could be peaceful and remain undisturbed. He knew the value of faith for he often spoke about it.”

Faith is the deepest personality of everyone. It is the innocent conviction of a child which does not accept any kind of questions. It is the ultimate source of power in you, lying as dormant potential. It is your greatest and most valuable equipment in life. If your heart is full of the valuable jewel of faith, then your mind and heart will always be radiant. Faith is the doorway between the room of individuality and the room of universality. That is the door which has to be opened.



“I am ready. Do I go to the nose?”

“No, go a bit higher where your forehead is. Let me introduce you to the four brothers: Manas, Buddhi, Chitta and Ahamkara. They all have a role to play in your life, but it is far better, if you can tell them what to do rather than they pulling you here and there and even bullying you to doing things you may not want.

So imagine there is a screen like a television screen. I will take you on a journey through your day backwards. You have to see all the situations as clearly as possible. Remember when we first met here in the study, you were sitting in grandpa’s armchair with your blanket, and opened me, *Shavasana*, the book. What did you do before that?”

Shavasana took Christopher through the Review of the Day. Christopher had to remember the whole day until the moment he woke up, hour by hour and fill in details of the people he had been with, places he had been, activities he had done, also his moods, his feelings, likes and dislikes. He had to review the whole day.

“Now Christopher, do it again. Review your day a second time from the moment we met to the moment you woke up. Maybe you remember other details, something you forgot the first time. You have to watch, don’t feel bad about anything, don’t feel happy about anything. See one situation, then another, then a feeling, the people you met, then again a situation. You are watching the day of a little boy called Christopher.”

“I am back at waking up. I could see everything, my parents, the twins arguing at breakfast, coming back inside from the garden when it was raining. So many things I saw and my eyes were closed the whole time. What do I do now?”

“You go back to your day and look at one situation which did not make you happy because of the way you behaved or spoke or did something.”

“I know which one.”

“Good. So change it now, be in the same situation but with a different attitude, imagine a more helpful and kind



attitude. Can you do that? Can you be a better little boy in that same situation?”

“I will try.”

“Christopher, this is an important treasure. It gives you the strength not only to watch your own television but to make your own beautiful film, by not choosing the wrong and hurtful behaviour, but the good, the correct, the appropriate behaviour that will make you and others feel happy. You have to have faith in yourself that you can do it and also faith that you are looked after.

Sri Swamiji did the most extraordinary things in his life, and due to his faith always in a relaxed manner. Most people would not dream about doing such things and if they did they would worry and fret. When he was a young man, he left his home not knowing where to go. When he left his Guru’s ashram, he did not know what was in store for him. Many years later, as he was walking out of the gates of Ganga Darshan ashram and everything he had created with one jhola and two dhotis, he laughed and joked with the sannysins, not knowing where his journey would take

him. When he came to Rikhia, he started a new life on an absolutely barren piece of land. There was nothing, and yet he decided to pitch his tent, telling everyone else not to worry. Finally, he left his body in the most sublime manner with full faith that his wish for a return ticket had been granted. He could do all this and much more, because he had faith in himself, in his Guru, Swami Sivananda, his ishta and his destiny.

Oh and what about his world tour in 1968. At a time when airplane travelling was still an adventure, he flew around the whole planet, landing in unknown lands and meeting only strangers, who of course would become his devotees. His faith was the guide, his Guru the inspiration and his mandate the aim. If you want to know about faith, look at Satyam, as the strength of his faith is without equal. Thanks to his unflinching faith, Satyam was completely fearless and wrote this beautiful poem for us.”

In the dictionary of faith
There is no such word as impossible.
With full faith and conviction, I say,
“Nothing is impossible.”
 With full faith and conviction
 You can be anything in life
 Regardless of what you are today.
 Faith will never fail,
 As it is deeper than thought, belief and intellect.
 Faith will never fail,
 As it is an expression of the inner spirit.
Once you realize faith,
You realize God.
So tell me, what is impossible?

“Do you like the poem? Why don’t you stay where you are and we will add another treasure, this time with your ears and not the eyes. But only if you like?”

“I do, I do. With the outer ears or the inner ears?”

“Both.”

At this point of the treasure hunt, a loud sound was coming from the kitchen – ‘Christopher, dinner is ready’.

“This is mother calling.”

“You better go then, Christopher.”

“What about the ear treasure?”

“That is for another day. There are so many treasures waiting for you to be discovered. You already found three today and learnt the science of relaxation with the treasures, but the art of relaxation has to be lived every moment of the day. You cannot spend the whole day lying on the floor with your eyes closed, but by living every day with attention, an open heart and unflinching faith you will find no cause to be stressed and tense. That is the teaching of Sri Swamiji which nobody really understood except Swamiji who has made me into a book to help people understand and practise so they can live a life of health and happiness. Now put me back on the shelf from where you have taken me.”

“I have a better idea. I will leave you on the table, and maybe the others will see you and also learn about your treasures. They always say how stressed they are, and you can show them how to relax.”

“Brilliant idea.”

And so a wonder-filled afternoon came to an end which introduced Christopher into the open secret of Satyam’s art and science of relaxation.



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In 144 days



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That could only be given by Satyam



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