

Excerpts from Harimedia Forum

From Hari's Corner

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Why Am I Called Hari?

by Hari » Mon Oct 25, 2010 2:34 pm

I have chosen to be called Hari because the name is easy to say, easy to remember, has some connection to my previous name that people know me by, yet is different enough for me to feel disconnected from that former identity as that former identity does not represent who I am now or who I wish to be. Also, it is a name of God, contrary to my previous name that was not related to a name of God, and it means, "one who takes away," and I like to think that I assist others in taking away the illusion that they are not good enough. Besides, I like the name and it resonates well with me. That is all that really counts, isn't it?

Reflections on the A-Z's of Life

By Hari » Tue Jul 26, 2005 3:24 pm

Accepting is something I do when I agree with something and something I must do when I do not. And another analogous aspect appears -- being appreciated by others is often all anyone aspires for.

Beauty is that which makes me wonder, but better, it brings bright beams of bounty into boring lives.

Charisma is transmitted by an energy that says, "I can do this, just see!"

Demons are handy excuses for the reality we should not have created.

Eternity is another way of speaking about life -- an elegant concept to energize enthusiastic exchanges, and for this I remain eternally grateful.

Finesse is the capacity to pull out of a tight curve and look better for it.

Grumbling is what I do when I am honest about reality's power over me. Gambling is what I do when I think I can beat reality's odds.

Heart-warming ambience fills the heart with the happy desire to healthily connect to others with a hug.

Insignificant things insistently impact our attention when we perceive their import exploding into insight.

Jumbled thoughts lead to jumpy conclusions

Kicked in the head by hard knocks? Say ouch and move on, come what may.

Love is all there is. Thank God for that song and Lennon for the lyrics. Lovingly listening to others is something I do when I am not listening to myself.

Motives are often hidden, but their manifestations are always available for all to see.

Nothing is ever what it seems, including nothingness.

Opportunities are everywhere; problems are only open doors.

People prevail, perhaps because they positively propagate prosperity.

Qi is my essence and quite simply my source of quietude and quintessence.

Revolution can also infer the incessant revolving of the cycles of reverie and remorseful remembrance.

Satisfaction is guaranteed to one who is always satisfied within, while successful satiation of sensual salubriousness is guaranteed to one who succinctly avoids seeking such.

Tumult and tremors come when tensions twist and thwart all forms of torpidity.

Unexpected usefulness is found in utilizing untapped capacity to serve unconditionally.

Vanity voids all visible virtue.

Wellness is well being without worn weaknesses withering wishful willpower.

X can be Mac's best OS, the number 10, a cross out of what you don't want, or that stuff which you want but are embarrassed to express.

Youth is a symptom of feeling young and not bound to bodily age.

Z truth of z matter lies in getting enough zzz's at night to zatisfy!

Transcript of Jashmuheen's Published Interview of Hari

by Hari » Thu May 26, 2005 3:32 pm

Interview between Jasmuheen of the Self Empowerment Academy and Hari

Question: Can you please introduce yourself to our readers?

Hari: Hello! My name is Hari, although my legal name is Robert Campagnola. I was born in New York however at the age of 22 I left America and only recently returned to live in Florida in January of 2004, 33 years later. During those 33 years I was a member of the Hare Krishna movement and traveled all over the world giving lectures, counseling people, managing large projects, making music CDs, and writing. In many ways this was a rewarding period of my life, yet at the same time it was extremely stressful, demanding, and draining. I left the Hare Krishna movement in 1998 at the peak of power and influence. Although my departure was a time of tension and trial for all, I look back on my life without much regret. My experiences were required for my evolution and the pain was an integral part of that process. Since my departure I have researched and studied many esoteric, mystical and alternative systems of healing, self-development, and the practical challenges of life. Part of that process was the creation of a spiritual center in St. Petersburg, Russia, and the creation of a esoteric book publishing company. Since we published the books of Jasmuheen in Russia, we invited her to do seminars. I must honestly say that the meditations she performed were the best I have ever attended and since that time we have become good friends.

Question: Can you explain a little of your background in metaphysics and maybe even your involvement with Hare Krishna?

Hari: I suppose the foundation of my interest in the metaphysical comes from previous lifetime's experience and I'm not sure if a description of these experiences is within the scope of this interview, but I do know that when I was quite young I came to understand that I saw the world and dealt with it in a different way than everyone else I knew. Since I do not like to be alone, I suppressed that way of being and tried to become similar to all my friends. This was very hard to do as it was unnatural. I went to the University in the mid and late '60s and received a degree in the social sciences. It was at that time I started to take up transcendental meditation, the Baha'i faith and Zen Buddhism, spiced with a sprinkling of hallucinogenics. After a while I discovered I could cause anyone I wanted to call me on the phone simply by thinking of them doing so. This was more of a conversation piece than a useful tool. In the summer of 1970, after having been through the Woodstock experience and the loss of flower power's innocence, I became an existentialist and my infatuation with the non existence of anything but the present became solidified. After the death of Janis Joplin and Jimi Hendrix, there was a subtle and fundamental change in my perception of my future. In January of 1971, a friend of mine introduced me to the Hare Krishna movement and I entered the temple to remain until June of 1998.

While in the Hare Krishna movement, I met hundreds of extremely interesting and talented people throughout the world. Experts in the medical field, expert astrologers, healers, and a few powerful mystics capable of doing deeds which were simultaneously fascinating and useful. India was a treasure trove of mystical experiences and all in all I spent about seven years there. Not all of those years were pleasant or happy for I had my share of physical sickness and managerial stress while developing community projects there. Yet those times when I could taste the mystical energy within that rich, yet contradictory, land still remain with me and guide me throughout my activities today.

Coming to understand and taste the sweet, powerful, sometimes demanding and and always forgiving, energy of the predominating deities of that ancient land has given me the foundation of my life and the hope that regardless of my situation I can be of service as they desire. Learning the art of audible and etheric sound vibration and the ways in which it influences meditative practices was a great gift. There were many things about my experience within the Hare Krishna movement which were unpleasant, fundamentalist, and abusive, but my personal spiritual experiences were usually nice and I had the pleasure of working with many very wonderful people. Although I have left that organization, it is impossible to separate these experiences from my life and neither would I want to.

Question: What did you appreciate the most about the Hare Krishna teachings?

Hari: Again, I appreciated the connection to the divine deities, the spiritual sound vibration which is alive with their energy, and the desire for intimate union with the divine. Today I most appreciate the connection to Sri Radha, for she embodies and is the penultimate quintessence of the female half of Godhead.

Question: What do you feel in essence is the most important part of the Hare Krishna focus?

Hari: Besides the answers which have given above, I would say that the taste for association with those who think and feel similar to you and the potential for community within that spiritual context, is the life and the substance of that movement. I do not wish to enter into a judgment of its success or failure, but speaking optimistically this community spirit, when placed within the context of the spiritual sound vibration, the temples, deities and the meditative practices, seems to be the only lasting and essential aspects which can remain or are worth preserving.

Question: What do you feel personally today is the most important focus for us as individuals to hold to create a better world?

Hari: It is my opinion that creating a better world is only possible when the individuals within it become better persons. Being better seems to be a function of being all you can be, of actualizing the potential and capacities of the self. We are all born with psychological and emotional baggage, or put a better way, with challenges that are placed before us as catalysts for our evolutionary development. It seems to me that all hearts are filled with love, fear, dread, and insecurity. Lack of confidence in oneself, and a judgmental and condemning attitude born of bad experiences as a child and an adult, feed this insecurity and cause us to project that insecurity upon others in response to others' projections of their insecurity upon us. Due to feeling unfulfilled as an individual, we become absorbed in greed, envy and jealousy, and thus we engage in conflicts with others. The size, scale and scope of these conflicts may vary and may be unnoticed by our conscious mind, but certainly they becomes obvious to all when large-scale conflicts break out within a society or between countries, religions, economic groups, or with the environment.

My conclusion is that if you wish to have a better world, you have to be a better person. To be a better person one has to be in contact with the spiritual essence of what one is, for this is the foundation of personality. Agitated people can attempt to make world peace and it is good they do so, but unless they develop themselves to the degree where they calm the fire within their hearts and minds, the simple nature of social interaction will cause an outbreak of conflict which will more or less threaten peace. Therefore the only person we can truly change is ourselves and the choices we make at each and every moment are the testing grounds for how much we have understood.

Question: What is your favorite personal tuning or refinement tool? What have you gained the greatest benefits from?

Hari: As an overall package, deep meditation and intense physical exercise seemed to be a perfect combination for me. To enter into the stages of deep meditation, I may use mantra's which are dedicated to Sri Radha, I may gaze upon the form of a deity before me such as Radha or one of the many forms of goddess Parvati, or I may simply relax totally to come to a state where my breathing slows and gradually suspends so that I may enter into the realm of consciousness I wish to experience. I then invoke a deity and tune to their energy and feel their presence. I prefer to tune to the feminine form of the divine as it resonates well with me. My tuning to these deities always includes feeling their energy by absorbing it within my heart and accepting it fully. I allow my love to meet the love of the deity and I create a unified field of love within an energetic us-ness, a oneness wherein our individual identities assume a new and more complete identity which embodies all desired experience. In such a state, it is easier to understand what we desire and to become confident of its manifestation. Although this is my favorite tuning experience, I do use other methods when I teach others and I enjoy these methods as well but since the question was to give the favorite experience I have explained my ultimate tuning meditation.

Naturally to tune to such exalted and all-encompassing energy gives me the greatest benefit, yet I have found it even more inspiring and nourishing to share that tuning experience with others. I personally have developed the most by doing programs with large groups of people, for I ride upon the enthusiasm that is generated when they come to understand the power and potency of their group meditation. Yet at the same time I have gotten great benefit from smaller group meditations where we have concentrated on a particular task that is relevant to us. Perhaps the most significant benefit has come from my working with the energy of people on a one-to-one basis. Sometimes, is a wonderful experience to help others find out the root causes of the situations or problems within which they presently find themselves. It is a bit of investigative work that sometimes leads us into previous lifetimes and extremely interesting experiences which are sometimes frightening and emotionally cathartic. After the investigative

session is complete it is often beneficial for the person to have their energy field cleaned, their chakras cleansed, balanced, with any deep energetic obstacles removed, and so on. It never ceases to amaze me how my own situation immediately comes into balance when I contact my own personal power before I perform a cleansing or healing for others. I can honestly say that when I am actually of service to others in this way I get the greatest benefit.

Having always been in the situation of leading guided meditations for others, it is a wonderful experience to sit within the sessions of others and relax into the gifts they are giving to the audience, just as Jasmuheen did in her wonderful programs in St. Petersburg. When I get these rare opportunities I feel my evolution expands exponentially.

Question: What has been your greatest learning in this life?

Hari: Naturally, I could write a book about all the things I have learned in this life! But now you are asking me to restrict it to the greatest thing. That is a very difficult question to answer. I am not sure if this is really the most important thing, but I think that after the transformation which was literally forced upon me in 1998, I have come to understand deeply there is no value in judging others or condemning anyone for anything, for everyone does what they think is best when they do it. Having been on the receiving end of judgment and condemnation has given me a great insight into the defects of such a mentality.

Further I have learned that love should be the only motivating factor in my life. I can honestly say that my wife, Katarina, has shared with me this experience of deep and intense personal love and because of her I have the inspiration to share my love with others. I feel that she is half of me and has been so for a long time, and through our relationship I can understand that my deep love for her is just what my deep love should be for myself. I have spent so many years working for the sake of others and not considering myself as very important and this has caused chaos in my life. My present situation is most conducive to healing that imbalance. Previously I was always alone even when surrounded by thousands of people, but now I only feel alone when she is not there. Perhaps this is my greatest learning: to be with her is to be complete.

Question: What would you say to someone who is just beginning their path of self refinement?

Hari: I do not believe anyone is just beginning their path for I believe that all experiences we have ever had are steps in our personal and spiritual evolution. However, taking the question in the spirit in which it is presented, I will assume that a person in this lifetime is now seriously looking towards developing themselves and coming in contact with their essential self-ness.

I feel it is important for people who desire to become self aware to read a lot. Although reading the words of others is not equivalent to having the experiences of others, at least it can bring us to an awareness of what we philosophically resonate well with. When I use the word philosophically, I mean it in terms of the concepts which we use to express how we think and feel. There are many teachings and many more teachers and all of them are convinced that what they are doing is the best; and naturally so, for who would do something they didn't think was best? However what they think is best for us may not actually be so, therefore it is important to read many different systems, ideas, and methodologies and see what feels best for you at the present moment. Experiment with different methods, see how you feel with them, and see where these things take you. I certainly advise against being fixed in any one particular system or school, and I don't think it healthy to disempower yourself by surrendering your own capacity to decide what is best for you at all times to some guru or some teacher who in any way takes away or restricts your capacity to determine your own future. I would advise any seeker to always remain a seeker and not to develop a mentality of complacency or

overconfidence in any person or system. But you don't have to take my advise as the absolute truth, for perhaps the catalyst for your evolution includes a certain restriction of your freedom!

All systems of meditation are based upon deep relaxation, for the self can be reached most easily when we are freed from all external stress as any form of stress distracts us from feeling our being. Therefore it is beneficial to learn the art of deep relaxation within the context of visualization for this leads to very exciting meditations which can create freedom and personal power.

Please don't be too demanding upon yourself. Avoid judging your own advancement according to the terms and conditions placed upon you by some system, some authority, or your fellow practitioners. You are what you are and you can be nothing else than that. There is no use beating yourself over the head for not being equivalent to someone else. You can only advance in your own way, at your own pace, when you are ready. Artificially pushing yourself to try to induce exalted states before you are ready is a surefire way to defeat your endeavor. Learn to love yourself. Stop judging yourself. Get that little South American dictator out of your heart and enjoy your liberation from your own self-inflicted torture.

Set goals that are attainable. Remember the first and foremost work of an aspirant is to understand completely your present situation; to know precisely where you stand on the path of your own evolution and to accept it and embrace it as the culmination of your many lifetimes of hard work and struggle. And when you get to the point of knowing where you really stand, you are now ready to make the next step in your evolutionary process. If one does not know where one stands, where one is actually situated, than whatever step one takes will be from a place where one is not and there is not much benefit in doing that. Of course all experiences benefit us in one way or another, but when one is interested in consciously evolving, it is more advantageous to take steps from where one is factually situated and to continue doing so along the path of progressive evolution.

Question: If you had the ear of our world leaders what would you like to tell them?

Hari: I suppose I would start with a more detailed and socially relevant version of what I have said above, along with an analysis of how their mentality must include the needs and desires of all the people in this world not just those in their own country. I would try to explain to them the most wonderful win-win concept; namely, "there is only one of us." When one understands the pain we give to others is our own pain, it transforms the decisions one makes. The size or influence of the country is an impetus to being of service to other countries, not an invitation to exploit them. Trying to replace other's cultures or ways of life with one's own is a formula for intense conflict and eternal dissatisfaction. Mutual respect depends on offering to another that which is relevant to them within a context which has meaning for them. One cannot buy respect, love, appreciation, or any form of improperly desired benefit, for human nature is such that we are influenced by other's appreciation and empathy of us when it is accompanied with a practical manifestation of it.

I read in "Conversations with God" a very interesting concept. If all the leaders of the world; all the governments and corporations, disclosed all of their economic dealings by giving an account of all the money they have spent or earned in detail, it would create such an atmosphere of honesty it would transform the way in which everything operates. Indeed, if it were done today there would be worldwide revolution and therefore it would be wise before adopting such a system to first clean up the financial policies of all institutions and rid them of unjustified inequity. In this book, the personality who was speaking as God also said it would be advantageous to limit the personal wealth of every individual to \$25 million. Can you imagine the benefit to the people of this world if all of the excess capital were to be used in ways beneficial for all people? One can easily imagine the destruction of world poverty and the

establishment of programs for the health and education of all. It is conceivable that such a move could go far further to creating peace than any other methodology known to man today.

I do not purport to being a learned politician or even an adviser of one, rather I am just answering the question. I suppose these concepts would have to be developed by those more familiar with the internal mentality and external working structure of one in a leadership position.

Question: To you, what is love?

Hari: This is the essence of all questions, for understanding love is the basis upon which all development takes place. Love in one sense is simple; it is an emotion that one feels for another. Yet within that one emotion is intertwined an unlimited amount of potential activities, some creative and some destructive. Therefore understanding the essence of love would certainly include being freed from conditions which would bind or restrict that which is loved. Love must be free and without pretension for it to be real. I feel love must be without demands and without expectations, offered simply as an expression of the self. Love which is given as a means to control others or to get benefit from others is not love of all. Love which is given without any attachments, without any conditions, without expectation of return, and when required, out of the desire to be of service, is love which is approaching the natural condition of love. Love in its most natural state is simply being. When we are, when we feel ourselves to be in our natural condition of beingness, we are love and nothing else. This is the state of the divine. The divine is always love and nothing else for there are only two states in existence -- love and fear. As no fear exists in the divine, there's only love for love is the very energy of existence. When we come to understand our being and simply be, we are then the love that we are and qualified to tune to that love which is everywhere and which is of the divine. In this state we can truly understand what is love. For love is all there is

Our St. Petersburg Deities - an explanation for our web site

by Hari » Sun May 22, 2005 7:43 pm

The Temple of Divine Energy -- St. Petersburg, Russia

Existence is a composite of unlimited forces, powers, and entities. We see spirit everywhere manifesting in all forms and beings. All is spirit, even those things we designate as not spirit, or 'matter.' Spirit is the essence, the life and being of all that exists. All spirit is related, for it is of the same primal essence. All things float within the fundamental power of the love of the supreme. All energetic acts performed by any being anywhere has an affect on all, for energetically there is only one of us. Although one, we are individuated (or differentiated) according to the unique manifestation of our desires in the choices we make.

It is possible to conceptually discuss god by giving the supreme the male gender and separating or distinguishing [him] from all others as the greatest, most powerful, omniscient, omnipotent, and so on. It is also possible to see the supreme as the sum total of all that is, without differentiation from anything else or any other being. One could also see all beings as part of the supreme and integrated within the energy of the supreme totality of all existence. However, this sum total of all does not exist on its own as an independent entity as it is not a being or an independently existing unit in any useable sense of the term. We may visualize it as a concept to help us understand infinite energy, but it is more advantageous to describe the supreme in terms of the complete whole as all beings and all things fit comfortably within this description.

That essence which links all things is spirit for everything is spirit in essence. Spirit is everywhere manifesting throughout all space and multi-dimensional existence. The complete whole includes the devas, or beings that live in those dimensions not usually perceivable by us. They are instrumental in adapting existence to the multifarious requirements of we who are manifesting organic life forms in this physical realm. The complete whole is supported by and energized by the supreme divinity that all are related to. All are within that supreme divine personality, yet no part of this complete whole exists independently of any other part, and no part is all that is needed. All are related within that complete whole where everything is connected and interdependent. There is indeed only one of us.

We can know this to be true, but our experience of this truth is far more important to us who are conscious spirit. When we feel ourselves alone, separated from other spiritual beings or disconnected from the supreme divinity or the supreme divinity's expansions and manifestations within space and time, we do not feel whole. To feel whole we require to feel the consciousness of all within that whole. Starting from our present state of our expanded self-awareness, we can reach out to and connect to those in our everyday world, and then continue to connect to more highly evolved energetic beings in our own perceivable dimensional space, and then further to those outside this dimension, the devas, who have powers of incalculable capacity and the cosmic responsibility to make things work properly in the universe.

These devas are always ready to support, assist and co-operate with us, and they respond well to our invitation for them to do so when to tune to their energy, respect them as individuals, and appreciate them for what they are and what they can offer. As the devas are expansions of the supreme divinity, connecting with them naturally includes the potential to connect to those most powerful beings to whom the devas are connected. By creating connection to these universally significant energetic beings who embody the overarching quality of celestial love and selfless service, we may rapidly experience our completeness within the complete whole by tuning our energetic frequency to the energy of the source of these devas, the supreme divinity.

When we are in a higher, more aware state of consciousness, we can directly experience the inter-connectivity between all of us by seeing the inescapable connection between the energy we emit and the energy we absorb. The negative energy we send out becomes the negativity we receive, while the positive and loving energy we send out returns as a nourishing loving energy that helps us flourish. Learning to appropriately reciprocate love with divine beings opens the doorway to exquisite inter-dimensional relationships. By feeling the relations between ourselves, all beings and all things around us, we realize that we are all connected. This insight is the essence of spiritual evolution, and to facilitate our coming to this momentous realization, the supreme divinity and the devas manifest their spiritual essence in form. These forms, called deities, are energetically one with these divine personalities, for they have chosen to fill their deity forms with their spiritual energy to make it easy for us to connect to them, energetically perceive them, accept them as they are, and reciprocate with them with our love. Therefore these manifested forms become the vehicles by which their energy can interface with our existing senses and thus be perceivable by us. After all, if perception of these divine beings was exclusively limited to those who could directly see, feel, and relate to them, few, if any, would contact them.

The complete whole wishes to always feel itself whole, for that is the natural and true situation of existence. Whenever this natural state of balance is lost due to the neglect of the individuals within the complete whole, this perturbed condition inspires the whole to find its complete balance again. Regaining the natural state of balance begins with each spiritual entity's conscious awareness of all other parts of the whole, and continues with each entity's experience of the energetic balance provided by the supreme divinity. It is the responsibility of each unit of existence to remain awake to the spiritual oneness that we share and that we are.

Considering this, divine beings wish to be of service to us by imbuing the deity form with their energy to provide a place for their refined spiritual frequencies and our presently disharmonious energy to easily meet. They allow us to tune to their highly refined spiritual energetic vibrations that generate the impetus for us to expand our consciousness through spiritual awakening and provide the strength and capacity for us to do so. The divine beings welcome this awakening as it contributes to the natural state of balance within the complete whole.

The deities residing within the St. Petersburg Temple of Divine Energy give us the opportunity to utilize their energy for our benefit. When we are in their temple, we may directly harmonize ourselves to their divine energy through spiritual tuning. They are eager and willing to arrange spiritually enlivening connections to those who come before them, to open themselves to them, and to accept them as they are without creating speculated impositions that cloud their being. Those who are aware of the divine energy available in the temple clearly see that the deity form is not an icon or a statue, for they feel the spiritually transmitted energy that flows from the deity. Since these deities are filled with the powerful flowing energy of the divine personalities whose energy they manifest, these visible and physically manifested forms are themselves one with the divine. They are divine.

In our Temple of Divine Energy, we have invited forms of the supreme divinity and their devas to share their lives with us. These deities offer us their love and reciprocate with us in ways we can accept. To help those unfamiliar with these forms in the particular Eastern tradition they manifest, we shall explain them more according to the way in which they share with us their energy than the specific culture within which these forms have manifested in previous eras. All cultures of the world have some form of spiritual awareness and according to their unique circumstances have developed a way of presenting their deities that relates well with their people. As divine beings want people to awaken their connection to them, making it culturally easy to do so is naturally sensible. Our temple has deities from the traditions of the East, yet we who have created the center are not from the East neither are we of the Eastern culture. Due to our taste and training, we accept the deity forms in this Eastern oriented manner but without prejudice to the ways of the modern world. Out of our desire to not mix together cultures or traditions in the same temple, we maintain a cohesive cultural presentation. There are other forms suitable for those who are of other traditions in other parts of our center.

All persons are welcome to comfortably connect to these deities without any pressure to believe in a particular tradition and without a need to dress or act according to any particular culture. Everyone is invited to take advantage of this facility as they wish with their own words or manners befitting their own unique spiritual energy and emotional patterns. Our desire is for you to experience the divine spiritual energy.

The Deities on the Front Altar

Gaura-Nitai

The tallest deities on the altar, Caitanya (to the right) and Nityananda (to the left), are the main deities. They are love personified and they offer their love to us without condition. By always extending a warm invitation to us, they make it easy for us to connect to them. Their energy and evolutionary message are extremely relevant. They are perfectly suited to the needs of our times and they always know the best way to inspire and nurture our energetic transformation into harmonically whole spiritual beings. They are the catalyst for our evolution and are intimately involved in the affairs of the temple. They allow us to take whatever time or experience we require to gradually integrate our physical, emotional, intellectual and energetic capacities into a complete spiritual being, balanced and awake to the reality of who we are and our environment. They do not encourage us to dream of the promise of future entrance into

other forms of reality, neither do they challenge us to accept any other culture or time-bound thought process. They encourage us to be what we are, as we are, in the present moment, for it is in this moment that we shall connect to them. We can experience a mystical relationship with Gaura and Nitai when we accept them, give our love to them, and create an us-ness where our love meets theirs. When we experience such divine love, it becomes obvious that our previous actions throughout our many lives have simply been ineffective endeavors to experience this taste.

Lord Caitanya is unique within the variegated forms of the supreme divinity for he has all the benefic aspects of existence perfectly melded within one magnificent being of love. He is not a "he" in the traditional sense, for he is the combination of Radha and Krishna, the supreme Female and Male -- the primordial supreme divinity -- in one unique personality. When you connect to him with a harmonic awareness of the energy he offers you, it becomes easier to balance your personal male and female energies and thus come closer to spiritual wholeness.

In the last few millenniums, people have unfortunately defined god in terms of the male gender and gradually god has turned into the archetypical male with qualities that suggested within the worshiper dominance, intolerance, opulence, and righteousness. By neglecting the nurturing feminine aspect of the supreme, spirituality has become less nourishing and more of a chore. Therefore, re-establishing the balanced vision of the supreme as the perfect union of the male and female energies is a major step towards transforming the anger, frustration, and violence of the world today. Seen in this way, Lord Caitanya (called Gaura due to his golden color created by the combination of the darker color of Krishna with the whitish color of Radha) becomes a perfect harmonizing and integrating deity for man. Nitai acts as his relation, his expansion, his support, and offers to us direct connection to his love. Nitai allows us to contact all that is good and powerful within ourselves and strengthens that goodness by giving us confidence, stability, and courage. Together they are a wonderful team and connecting to their combined love is a powerful experience.

Radha-Krishna

Radha and Krishna are not yet installed in their own forms on the altar in the temple but there are plans to do so; therefore we shall discuss them here. Although they are present in Lord Caitanya, seeing them in their individual glory is spiritually inspiring for they embody all that we value and thirst for in loving relationships. In this world, the relations between the male and female energies supports and resolves all actions. This fundamental principle permeates all existence in its sensual and progressive push of all development, and it is powered by the life force of these divine personalities. There is difficulty in discussing a division of these sources of energy from the complete whole, for by separating ourselves from them or them from us in any way is to tear at the very spiritual energetic fabric that is existence. Thus discussions of them as source and we as emanation, whether philosophically correct or not, somewhat cloud the reality of our oneness and our capacity to experience the inherent and unbreakable spiritual connection we have with the supreme divine beings, Radha and Krishna. We can easily create a strong and deeply moving connection with them if we tune to them by standing before their beautiful forms with our hands outstretched to catch their vibrant and encouraging love. Since their forms resemble their natural personalities, they make such connections easy by suggesting a harmonization of our natural sensuality with the spiritual loving relationship they have. Their integrated love is all encompassing and forges a unification of the two who are one in their love and who are characterized by their non-differentiated interests as lover and beloved.

It would be disharmonious to tune to them as the mother and father (or even master) of all existence for they do not exemplify the responsibility of parenting all creation. They are as teen-agers exploring and rejoicing in their youthful sensuality that flows like a volcanic

powerhouse of passionate relationship. They attract all beings and forces within existence to remain compact within them, for they are the pivotal encapsulating supreme cohesion of wholeness that we feel and within which we blissfully remain. They are the ideal, the goal, the path and the refuge, and yet they infuse all situations with a laughter born of the joy of life. They share their every moment as the energy that supports all things, as they are the complete all-encompassing existence. We inspire and increase their love when we connect with them in a harmonious integration of our loving energy. Our integration with their loving frequency strengthens the continuously expanding patterns of loving interactions that incessantly work to restore loving balance within the complete whole.

Nrsinghadeva

Lord Nrsinghadeva usually remains on the altar in picture form. His form as half-man, half-lion is derived from his desire to protect his devotee from destruction. To us, he is the support of all activities and the constant reminder that we shall not fear. His love of us sends fear far away, for his presence is enough to give us strength and confidence in our being. Thus free from fear, we can love as we are.

Siva-Parvati

Radha and Krishna are enjoying their youthful exuberance in their loving relations in their own dimensional space that is quite distinct from the physical world within which we act. Since they reside far from us, we are "locally: influenced by them through their expansions, Siva and Parvati, the Father and Mother of all entities who have chosen to accept this universal energy as their place of growth. Mother Parvati gives birth to our physical forms through her energy as Mother Nature while nurturing all by expanding her characteristic femininity to all mothers everywhere. Since Siva and Parvati are the embodiment of the potency of Radha and Krishna in this universe, they have a unique role in our development. Siva acts as the support and seed-giving father. He is both the supreme detached yogi and the energy behind all evolution by destroying the status quo and rearranging our universal field of activities to accommodate growth.

Siva and Parvati manifest on our altar as the Siva Lingam, which is the representation of their genitals in their function as the universal parents. Their own personal family is the archetypical example of all families by its love and compassionate understanding of all members of the family by a non-judgmental accommodation of the wide variety of personality, function, and desires that typically manifests in such a free environment. They have extraordinary children whose energies support the individuals and families of this universe in very specific ways.

These children stand together with their father and mother on the altar and a brief description of them follows:

Ganesha removes the obstacles that hinder us from advancement. He opens the door to our entering into other dimensions and directs our spiritual evolution according to our needs. He is the keeper of knowledge and it is through his inspiration that knowledge is disseminated. He records knowledge relevant to us and is expert at sharing it with us in a manner and at the time most optimal for our evolution.

Kartikeya is the God of War and stabilizer of the peace. He maintains order with his power and even minded capacity to create a balance of justice and righteousness within the universe.

The Deities who face the main altar or who will face the main altar:

Garuda stands at the back of the temple room, ready to carry the predominating deities to any destination they desire. It is on his wings they travel, not because they need them, but because of his desire to be of service to them in this manner. He is strong, powerful, undefeatable, and always ready to protect his lords. He is ready to assist those who desire to perform service to his deity.

Goddess Durga is an expansion of Mother Parvati who cares about the lives of those who live on Earth. If requested, she can bless all endeavors and fulfill all desires. She can heal, grant benedictions, and create wonderful situations for one she favors, but will destroy those who are wicked and cruel. She is incredibly powerful, yet can be the kindest and most loving mother to those who are sensitive to her energy.

Ganesha has already been explained above. Although he stands together with his family on the altar, his larger form has a special place facing the main altar in honor of his special capacity to bless our endeavors and facilitate our evolution.

Reflections of Chains, Ropes, Wings and Things

by Hari » Tue May 17, 2005 6:35 pm

Reflections of Chains, Ropes, Wings and Things

He looked at me from a distant place, yet was within my inner circle. The smile on his timeless face invited me into a communication. Carefully, he suggested an energy image meant to excite my awareness of all-powerful destiny. This simple image held the key to my motivation, which, although no secret to either of us, needed conscious expression and acknowledgment. As is his nature, he took great pleasure in tasting my anticipation as I accepted this gentle nudge to my complacency. My preoccupation with his thought-words allowed him to imperceptibly massage my essence with the implications of this elegantly relevant image:

"A large, soft, perfectly still and flat cloth lies unattached to a hard surface. A hook from above catches a small piece of the accommodating, yet limitedly elastic fabric and starts to gently pull upwards. A small portion of the cloth moves slightly upward, causing the cloth nearest the hook to slightly rise off the hard surface. Due to the elasticity of the material it will take time for a larger portion to elevate, but visualize the potential effect on the total cloth as the hook continues to raise that minute part off the surface!"

The image hit me as it was intended. I remembered.

Energy sent to me has a theme to it. One of the themes is sharp and consistent: betrayal. I do not address it directly as it would be counterproductive. Another is neglect -- that marvelous tool of the passive aggressive. The most significant theme is hunger, and I am impelled to find food.

Chains: Religion, for all its defects, is a good way for individuals to accept the discipline of austerity to intensify their devotion. It is not the optimal way to relate to others for it typically implies that others should accept comparable ideals to be acceptable. Its restrictions are good for directing lives and focusing scattered energies, yet at one point they become chains. Chains are cold, hard, and create a clunk and clatter that keeps one from internal peace. But then again, maybe that's the point of them.

To fly, to run, to swim, to dance with the flow of life in its colored and vibrant forays into the inter-connected matrix of energy that feeds us all, is my cuisine. When I sportingly joined God's Team, I thought I picked the breakfast of champions and chewed it with gusto, but while innocently snacking on these long awaited treats my freedom was exchanged for responsibility.

Responsibility, good in many ways and undoubtedly experience expanding, progressively became a well-decorated prison. Religious restriction, in its dense and intricate system of ancient and inflexible roots, clipped my wings, strapped me with weights, and demanded full acceptance of a predigested environment. I thought it would kill me so I let it, and after my demise I took flight on angelic wings leaving behind the limiting chains and those who were likewise shackled. But things were, as they usually are, not what they seemed.

Ropes: Freedom is an illusion. How does one define freedom anyway? One aspect of the newly captured freedom I relished (yes, I am aware of the irony in this phrase) was not being bound to anyone other than those I chose to love, who loved me, and who shared with me. It was good; it was real; it was mutually nourishing and it launched a cornucopia of experience that I shall always cherish. But there were other aspects that mysteriously manifested. There were these rope-like attachments that persisted even when ignored. They were silken, smooth, inter-dimensionally woven ropes that refused to be disengaged, and which harmoniously integrated with my energy --something not experienced since childhood. These ropes invited my acceptance of their existence along with recognition of them as internal attachments unexpectedly free from disturbing demands and seemingly devoid of consequence for non-compliance (Permit me the following: May my parents be forever glorified for nurturing me within such a refined culture). Finer chains? An elegant prison? Somehow not. But then what were they? Why were they there? Is there indeed a destiny to fulfill to attain that elusive mate called freedom? Does freedom have an agenda?

Now there are closer connections, friendlier friends! different, better, nicer, more loving and kind and considerate and happier and freer and softer, and they too hunger for life and love and the joy of flight. Some are little birds, with little wings, sharp eyes, strong sounds, deep energy, and growing faster than I could imagine. And so adorable! Who could leave them behind? So I feel inclined to fly to procure them appropriate nourishment, yet those unavoidable ropes, although superior in energy to the cold chains of my forgettable past, limit my range of flight. I can go where I want, but only for some time. I sigh no greater sigh than when told, "You must return now. You can only come back when you bring someone with you. Destiny rules, obviously, for I helped make it. I (as are you, for I am not being uniquely egoistical here!) am strong and powerful with a will that manifests when it is supposed to. Even I cannot avoid me. Time and tide come and go in rhythm to the beat of the sun and moon, and I am their follower and friend.

Wings: Resistance -- I admit it. I cannot do anything about it. It's just so. No, I do not like being in the center of anything. I don't like the limelight. I work behind the scenes, back-stage, and feeling best when making little ripples in the curtain of the strings that tug at the sub-atomic energetic harmony that periodically erupts in a melody that surprises the instrument. I am hidden; a Scorpio, and no one shall know me. Doubt: Is it really so or is it that no one can or could or even tries? Nothing more important than to be understood. I need to accelerate the pace, shake up the whirlpool, whip around the tornado and send it flying. If there is no depth in the status quo then I will dig to find it. My few friends are those who know me for what I am without judgment; who hang out comfortably with me and feel the inescapable impulse to giggle when I say something impudent, or who burst out laughing when I inevitably go way beyond acceptable babble while spontaneously channeling a pompously articulate enlightened sage with his foot in his mouth! I could be a tasty tidbit for the connoisseur of unexpected counterpoint, you know. Scorpio with Aquarius rising, some Mars in there too (have to ask my much better half about this someday). There must be a reason to it. Have to stay inside and go out. Constantly. Cannot be known yet must be understood. A contradiction? Only if it were not I, for I own it. Inevitably difficult? You are not the only one to find it so.

Back to wings: Where did this title come from anyway? Chains, ropes, wings? What kind of conceptual progression is this? Yet it is the key, at least in this slightly indigo expression of my personal inter-dimensional warble. I want to fly -- that's why the wings -- only aviators have

wings, others have paws, fins, or less. Wings need stretching (they can atrophy, you know) and to fly to the stars is the dream of all winged creatures. Let's remember the ropes. The bird seems tied with them. (A leashed bird? I thought only dogs wore leashes. Not even cats wear leashes, so why should a bird? If you let the bird go it flies away, no? You cannot bind a bird, so you keep it in a cage. No other choice, right? How can I then be this bird?)

Fear not: It is not so. The ropes are not a leash and not a limitation but a welcome facilitation. This bird's ropes are part of its being. It no longer matters to me why, so I confidently declare, "It is and so be it!" Fly with the flow. Look at this dimensional travel in another way: Think of the cloth and mix us together into this image. Do you want to fly too? Yes? Let's go. My talon catches the cloth and lifts it. The cloth stretches at that focused point of contact while the remainder earnestly resists displacement. The status quo is all-important to it. So I stretch and pull at it; maybe I can loosen some threads? Some come, some stay. Some say no way. Some reject, some rebel, some are curious. Some say, "Not this time, maybe later." No matter, I no longer concern myself with numbers. The ropes connect me to those who want to fly. These ropes are not chains but are my ticket home and my free ride to the stars! They seamlessly integrate with my intentions. It is win-win. We fly together as far as we can go and when we get there, I can stay! I can stay as long as you can. I hunger for the taste of your relishing the taste of whatever it is you taste. The connection is real, and now I fly without restriction. If I avoid destiny, I don't get there. Acceptance is a relief all its own.

Those who are there are there. And for me, that's all that counts. Do I see elephants strolling in procession through the jungle? It doesn't matter.

Blessed Love.

Techniques and Meditations

by Hari » Wed May 11, 2005 10:39 pm

The meditations I use in group-guided sessions are dependent on a proficiency in some basic procedures (techniques, or exercises) that develop within one a deeper capacity to know, to feel, and to act in the meditative state. I here list these basic procedures and in the next text the meditations that are built upon them. [All these methods are copyrighted by Hari, Robert Campagnola, 2001, 2002, 2003, 2004 and may not be reproduced without acknowledgment of their source.]

Techniques:

* Relaxation: The first, foremost, essential, necessary, and most satisfying procedure is that which begins all meditations -- relaxation. Without being totally relaxed and free from stress, demands, anxiety and so on, one cannot concentrate on expanding awareness and deepening consciousness. Relaxation is the key to all progress and if one is proficient in the art of relaxing alone, one can make great progress. In this technique, one sits still, lets go of all tension, and simply is. In such a state one can do any of the following procedures and mediations. One can do it sitting, standing, reclining, or in the lotus posture. One starts at the top of the head and relaxes each and every part of the body from the top down. It is too long to repeat here in words; therefore creating an instructional recording is essential to learn this technique. The essence of it is to have relaxation flow down from the top of the head through the whole body and out the holes that are created at the end of the toes where Mother Earth absorbs all stress and tension.

* Brain Balancing: Most of us have unfortunately developed a distinct division between the right and left side of our brains. This delineation causes, respectively, segregation between the

female intuitive functions and the male rational functions of the brain. In an aware and healthy state, this division does not exist. It is very useful for our development to integrate these two hemispheres. In this technique one moves a small, ping-pong like ball in a semicircle from one ear to the other over the top of the head, but within the brain itself. In other words, one moves this small ball from one side of the brain to the other and by so doing strengthens the brain and integrates the two halves. It is very effective and one even feels somewhat tired after doing it. Therefore it is an exercise.

* Whole Body Ball Balancing: In this technique we do the same thing as the brain balancing but within the torso of our bodies from one side of the body to the other with a larger ball. One can send the ball directly from one side to the other and break down the barrier between the energies in our body (see "Whole Body Balancing" below).

* Feeling Energy: To do advanced visualizations, one has to know how to feel energy. We start this by learning to be aware of our hands. We let them hang by our sides and we concentrate on them and become fully aware of them. When we are fully aware of our hands, we can hold them facing each other about one foot apart and start to gradually bring them closer. At one point we should be able to feel the energy that is coming from both hands as a kind of force between them. This is the introduction to feeling energy. The next step is to stand in front of a person, just to their side, around 6 feet away, and gradually bring your right hand (if you are a right handed person) towards one of their chakras until you can feel their chakra energy. You can also stand face to face with someone and bring your hands towards their outstretched hands until you feel the energy from their hands. All of these techniques give one a taste for feeling the energy of other humans. When you get good at it you can feel the energy of other creatures and things.

* Chakra Breathing or Energy Sucking: A lot of meditations require that one move energy in the form of a color or an image from one place to another. Sometimes we bring energy in and sometimes send it out. Although this can be done with the hands, as we saw in the previous section, it is sometimes better to do it from a chakra directly. To bring energy into a chakra one can imagine, or visualize, that one is breathing into that chakra just as one breathes in through the nose. When we suck air into our lungs through the nose or mouth, we are creating a situation within us that moves the air where we want it. One can do essentially the same thing by sucking energy into a chakra. The exercise is to "breathe" through the chakra (but without the lungs and air!) by sucking in the energy that is available all around us into the chakra and then gradually letting it go out of the chakra. One can do this with each chakra in the body and it is a very good method of cleansing and balancing chakras. It is a wonderful way to become aware of one's own chakras and their functioning.

* Whole Body Balancing: Just as we suffer by not having an integrated brain function, we similarly suffer when one side of our body is energetically out of balance with the other. The feminine right side of the brain translates to the left side of the body and the masculine left side of the brain translates to the right side of the body. For the most part, men are stronger on their right side and weaker on the left and vice versa for the ladies. In this exercise we create a thin sheet that separates us in half, that is, a sheet that goes down through the middle of our heads and bodies to the floor. In this state of being divided in two, we bring energy into our crown chakra using the technique of chakra breathing or energy sucking. We then become aware of which side the energy is filling up. Again, most likely men will naturally fill up their right sides while women will naturally fill their left sides. Whichever side you fill is your strong side -- it does not have to be according to the norm. To create a balance in the body, you then suck the energy from the predominating side of the body to the weaker side and fill the weaker side with energy. Next, while holding the energy in the weaker side, bring down more energy through the crown chakra and fill the original side again completely. When you can no longer bring down more energy, dissolve the thin sheet that separates the two halves of the body and let the

energy from both sides mix. You can also mix them a little yourself with the whole body ball, but usually they mix quite nicely all by themselves. Now relax, for your body is in a good energetic balance.

* **Feel Your Body, Part 1:** Many spiritualists feel that their bodies are an unimportant accessory to their spiritual development and therefore they do not consider them as significant parts of their spiritual energy. However, when one is aware of how the spiritual energy creates and flows within all aspects of our existence, connecting with our own body becomes a joy. In this technique, which is listed last since it turns into a meditation when done properly, one simply feels one's body. Feeling the parts of the body means to place all of one's awareness and concentration on that part and simply feel it. One is aware of how that part is situated, what sensation it feels, and its general state. Sitting comfortably in a chair, one starts by feeling the toes of each foot. One then feels the foot itself, the sole, the ankle, the calves, the shins, the knees and so on, part by part, until one gets to the top of the head. By feeling the body in this way, one comes in contact with it. Often the body gives us feedback as to what it needs, or the wrong things we are doing with it, or it even gives us some advice! By the time one reaches the top of the head, one is usually in a deep meditative state one would imagine only possible by meditating on something cosmic.

The next post will describe some meditations.

by Hari » Wed May 11, 2005 11:59 pm

Here I will give a brief summary of the different meditations. All are done with the eyes closed unless otherwise stated. Having beautiful and peaceful meditation music helps enormously. I recommend certain of the CDs of Logos (Stephen Sircard) or Michele Pepe, all of which are available through our Russian publishing company.

Meditations

* **Feeling:** Stand with your arms to the side, slightly outstretched. Perform relaxation. Bring down white energy through the crown chakra (sahasrara) and fill your body with it. Do the same with gold energy. Do the same with pink energy. Feel yourself light and filled with love. Absorb the energy of love that is everywhere in the universe. Be aware of the energy of your heart. Feel the light and love in your heart. Visualize the person you love the most before you. Feel the love coming from them and send them your full love. Be secure in this love and thank them for it. Holding this love in your heart, think of the person who has hurt you the most in your life. Release all the pain associated with this person by letting go of it as you forgive them completely. Let the pain float off into space, never to return again. Fill yourself with love. Relax.

* **Canceling the Negative of the Past (I Refuse to be a Prisoner of the Past!):** Sit peacefully. Perform relaxation. When you are completely relaxed, intend that you will now erase the negative events of the past. Think of an event or action you did that was unacceptable to you. Own it. Cross out the image and feeling of that event with a very large painted white X. Let the event image fade away never to return again. Repeat this with every negative event in your life, with everything you have done that you considered wrong, and with every person who has hurt you or who you have hurt. Keep X'ing out all of these situations until you can no longer think of any more. Give thanks. Relax. Be Happy.

* **The Meeting of Heaven and Earth:** Standing position with arms slightly outstretched. Perform relaxation. Be aware of your root chakra (muladhara). Absorb the energy of Mother Earth into that chakra and bring it up to the solar plexis (manipura chakra). Hold it there. Absorb the energy from the cosmos through the crown chakra and bring it down to the solar plexus. Again recall the energy from Mother Earth. Let the energy of the heavens and the energy of the Earth

meet in the solar plexus and merge. Be strong in the solar plexus. Give thanks to heaven and earth. Relax.

* The Tree: Standing position. Perform relaxation. Be aware of your root chakra (muladhara). Visualize yourself as a tree whose roots go from the root chakra down into the earth. Create a system of roots from the bottom of your tree-self into the earth that are thick and strong and that root you solidly into the earth. Feel totally grounded and in contact with the brown and fertile energy of the earth. Turning your attention upward, visualize your tree-self absorbing the rain and sun from above and that your branches and leaves are reaching out towards the sky in full bloom and glory. Stretch out as far as you can go. Now look upon your tree-self as a complete tree with solid and strong roots downward and a thick, luxurious green umbrella of branches and leaves above. Meditate on yourself as this beautiful tree and give thanks to the sun, rain, and earth. Relax.

* I Am: Sitting position or standing position. Perform relaxation. Be aware of your heart chakra and heart region. It is here that your energy center, your spiritual essence is strongest. Visualize energy coming out of your heart as an effulgence of colors and light rays. See it spreading out in all directions with a dazzling array of shining vibration. This is your energy; this is you. Simply feel this. Say deep within your heart three times, "I AM." Understand that you are that essence within. Stay in this state for as long as you can. After some time, before you lose this feeling, simply open your eyes and stay in this state as long as you can with wide-awake awareness.

* Creating a Pyramid Space: Sitting position. Relax. Create around you a pyramid with lines or poles attached to each other at the corners. Have the pyramid end with its peak somewhat over your head. Make sure it is a proper pyramid shape. It does not have to be solid but must have its form delineated by lines or poles or something that you can keep constant. You are sitting in the middle of this pyramid. You feel safe and secure in this pyramid. No one and nothing can enter into this space unless you wish. Feel powerful in your pyramid. Bring down power into your pyramid from the heavens. Fill the space within the pyramid with power. Next, fill the space with beautiful colored crystals that flow around you like snow and fill the space completely. Sit within the beautiful colors and vibrations of these soft crystals. Absorb this energy. Think of those who you love the most. Let their love enter your pyramid. Offer them your love from that pyramid. Sit there as long as you want. Relax, and open your eyes keeping that pyramid around you.

* Drop in the Lake: This meditation is very hard to do alone. It is meant to reveal to you your innermost desire that is often hidden to you by requesting the heavens to send information about this desire in the form of a raindrop. The purpose is to be aware of your deepest desire. Sitting or lying position. Relax. Imagine yourself going to a most wonderful place. Create through visualization a lake that is crystal clear and warm and calm. All around this lake are mountains filled with green trees and flowering plants. The mountains around the lake all end at the lake so the lake is totally surrounded by mountains and no one or nothing can come there. You are lying within this lake, floating on the water. Feel totally secure and peaceful. Feel that the lake is an extension of your consciousness. Become one with the water in the lake and feel your consciousness expand into the water. Float peacefully without any desire or expectation. Do not visualize or create anything, but simply let one drop of rain fall into the lake from the heavens whenever the heavens let the drop fall. This drop contains that which you desire the most. Feel what the drop is and understand what it is telling you of your own deepest desire. Respect that revelation. Come out of the meditation back to where you sit or lay.

* Kundalini Awareness: Sitting position, but with a very straight spine. Relax. There is a place halfway between the anus and genital and about one or one and a half inches up where the kundalini resides. Be aware of that place. Feel the energy there like a ping-pong ball in size. Simply be aware of the energy that resides dormant there by concentrating fully on that place

without any deviation. When you feel it very strongly and are very aware of the power there, gradually bring that energy up the back of your spine to the solar plexus area. Let it stay there and energize the solar plexus. Do not do more than this now. Release this energy and relax. On another occasion, repeat the same procedure but bring the kundalini energy as you can up to the throat chakra. If you can do this easily, continue until the energy flows out the top of your head. Allow the energy to flow out the top of your head and to fall down around the sides of your body. Absorb that energy again into the place where from where it comes and continue to experience this in a type of fountain of energy that is flowing up, out, around and down into its resting place. Do this for some time. Relax.

* Kundalini Chakra Cleansing: Sit, relax and be aware of the kundalini center as in the previous meditation. Bring the kundalini energy up to the solar plexus (manipura chakra) and let it fully energize that chakra. Bring it up to the throat chakra, vishuddhi, and let it fully energize that chakra. Bring the energy out of the throat chakra and send it outside your body to the solar plexus chakra in a loop that goes back up the spine to the throat chakra. Keep this energy loop going for some time till you feel you have done it enough. Create another loop between the ajna chakra (forehead) and the manipura (solar plexus) and keep this going for some time. Let the kundalini energy return to its source as you relax.

* Feel Your Body, Part 2: Download the meditation that is available on the lectures download page of this web site. The complete meditation is there. It includes many of the previously described techniques and meditation.

Next: Tuning

Why do I do this broadcasting and forum stuff anyway?

by Hari » Sun May 08, 2005 7:44 pm

Seems like people need something to talk about in certain organizations. Some time back, I heard the following from someone, "They say that you do all this simply because you need to be adored and revered, otherwise you feel useless."

Hmmm. That I feel useless unless I am of service is definitely true. I do not like to just be concerned with myself or my surroundings for this does not inspire my essence to grow or my consciousness to expand. Therefore I admit a need, a desire, and a deep wish to be of service.

As far as the need of adoration or anything related to this idea, perhaps I like to be respected for what I am and therefore appreciated as a person, but I do not consciously seek this out or make arrangements solely to be respected. I have in the past received enough adoration to last a few lifetimes. Only those who have been in such a situation can appreciate the lack of zing one receives from being adored by others. Such adoration is conditional and does not always relate to the person being adored. When I said in one of my broadcasts, "It is far more important to love than to be loved," I was speaking from realization. A person who is full of love and gives it to others always lives within that love whereas one who is adored and loved by others but does not have it themselves cannot taste love at all.

There are other reasons why the love and adoration from others is a bit of a challenge to me. It does not at all mean that I do not appreciate other's love, quite the contrary. Rather, when one is loved for what one is under all circumstances, for after all, love that is unconditional is the only real love, appreciation of that love is the naturally following perfect compliment to it. I will explain.

When I left ISKCON, those who proclaimed I was the greatest of the most wonderful of the best of the gurus and grandsons and so on, suddenly changed their mood. Where there was previously love was now coldness and rejection. This shocked me and hurt too. The worst realization was that I discovered that my understanding of their love was naive and even worse, their love was not directed towards my person; it was directed towards my function/person. As a function/person (or as my Mom says, "A Funson") half of my existence and thus half of the love received is dependent on my function. That function is dependent on hundreds of factors that have little to do with me as a person. Because the person is melded into the function, the function/person is a different entity from the person. Since only a person can receive and give love (as functions are mechanical) the love given to the funson was limited and conditional. When I understood this I also saw the impersonal nature of the adoration offered me and I woke up from my illusions. Can you imagine my disappointment when I understood that some did not love me? This was tough since I still loved them. It took quite some time to reconcile this.

At present, people either like what I do or not. I don't worry about that since what I do is not in a one to one relation with who I am. There are some who do not like what I do, but they still like me as a person. This is interesting to me and satisfying. There are also people who like me and like what I do. This is nice too, but being around them all the time is not very healthy.

Being adored does not enter into the above relationships. The present and past forms of adoration and reverence directed towards a guru are part of a manner of looking at a teacher, guide, or assistant I do not accept, and I advise others (especially those who want to place me in such a position again) to let these ideas go.

I do what I do because I like to do it. I like to do it because I feel useful when I can be of service. I like it when I see others advance and evolve and I really like it when I see them take the tools I offer them and create wonderful things within themselves with these tools. I love it when they create their own connections and become strong and independent individuals. Just knowing that I had a part to play in their positive development makes me feel very warm and good inside.

Everyone has to get something out of what they do otherwise they lose interest in doing it. This is what I get: I get immense satisfaction knowing that I could contribute towards someone's growth and happiness. This is my only real paycheck.

If someone writes me and tells me they appreciate what I did, I like it. I am human.

There is no money exchanged for this. Some do donate for the expenses to keep this broadcast and these forums going, but I do not profit from that. I do not want anyone to be dependent on me and I do not want to be dependent on anyone. I do not want to create an organization or structure wherein everyone will end up arguing and struggling to increase their power and prestige. I do like to share and my mission is to be of service.

Anyway, how much adoration can one get when one simply signs off after a lecture? The connections are closed and the few faces on the screen vanish. From where would the adoration come? I am already infamous, there is no profit in this endeavor, and perhaps I have the distinction of being one of a few who have gotten such a broadcast lecture series together, but that means little outside of it giving me a wonderful opportunity to associate with a bunch of really nice people.

OK, I admit that I really like the people who I speak to on Saturday. I like the people, I like to do it, and I love when there is a deep impact and we can experience absolutely wonderful things

together. But really, it is hard to figure out how to squeeze more out of this than that! Can someone suggest a way? On second thought, don't! Maybe I will take it! 😄

I would much rather we remain friends and associates. When adoration or other modified forms of gurupi-isms enter into it, it makes me shudder.

Believe it or not, there really are people in this world who just like to assist others. Some even do it without getting what others would consider profit. There really are good people in this world doing really good things. I would be proud to be counted amongst this elite group that is always ready to be of service, and I pray to Their Lordships that I shall have my wish granted.

There is more to be said about this. There are many other relevant or tangential points that can be expressed. There are more things I would like to do and I don't at all mind having help to do them! But let this all manifest when it can without stress. Besides, it gives me more chances to Blog.