

A MESSAGE FROM DHARMA

2012: A Year of Challenge

by: Sri Dharma Mittra

All suffering and pain experienced on the material plane is for the purpose of purification – the gradual cleaning of the mind, heart and intellect so that one day, in this incarnation or one of the next, we may at last have a complete vision of Supreme Reality.

All yoga teachers and students, prepare yourselves! The year ahead will be a year of challenge. It will be a year that will provide many opportunities to really be of service to others. It will also provide us with the chance to discover how strong and faithful we truly are.

According to present and past conditions including predictions and even some direct evidence, sometime during and especially in late 2012, the Earth may pass through some severe weather conditions and maybe even some unusual phenomena. Those with lots of attachment to things and comforts may endure lots of pain and suffering, and those without good health and spiritual knowledge and who are attached to comfort surely will suffer more.

In our study of yoga, we learn about the Kleshas, the mental impurities, the root causes of all pain and suffering. All five are rooted in the first, Avidya or ignorance of your own True Self, but attachment or Raga, another one of the Kleshas, will cause many great problems during this period of transition and change. We can combat this as Yogis by re-dedicating ourselves to Sadhana (spiritual practice), and, the more we learn, the more we'll have to then share with others to help them through the dark days potentially ahead. Commit every bit of knowledge you can to memory and strengthen the physical body so you can help others who are weaker. Many Yogis become flexible and strong through their dedication to the Asana or posture practice, but you mustn't sacrifice cardiovascular fitness, since the ability to run if there is danger is of great value both to save yourself and to then help save others. Do something for at least five minutes every day to strengthen and tone the cardiovascular system, even Jumping Jacks. Pursue Self-knowledge every day with great intensity.

To fully arm yourself, spend more time in contemplation and realize what you really are today! We are all a portion of the Almighty One; immortal, omniscient and formless. It is only by this knowledge that you will truly remain unaffected by the possible external state of turmoil. Stay healthy and share as much as possible spiritual knowledge with others so that their

pain can be reduced. Acting in this way is the highest type of charity. Remember, belief is not enough!

How unwise it is to sleep! (To float through life unaware of anything and without learning anything.) How foolish it is to remain unguarded and full of doubts! Constantly breaking the law and taking chances and stupid risks that will always result in disappointment, embarrassment, pain and suffering. The wise man is always awake and fully prepared. He follows the rules and guards his knowledge. Compassionate to all, he lives happily and is immune to delusion. The wise man is ever ready to face any amount of pain that may be inflicted upon him at any time.

But even the holy man's body and mind are still subject to extremes of discomfort, since no one is immune to the forces of nature. Those who are still without Self-knowledge and who abide in a state of ignorance as regards Supreme Reality doubtless will suffer more in the year to come. Due to the present condition of everything, including the mental and spiritual, everything is moving, acting and changing perfectly according to and affected by these constantly shifting patterns, resulting in a specific new condition. Everything is controlled by the Divine Laws of Nature, and everything is connected to everything else. Whatever happens to anything in any distinct area has an effect on everything else to some degree. Einstein saw this through the lens of Physics: "For every action, there is an equal and opposite reaction." In Karmic terms, perhaps this is better expressed as: "For every action, there is an equal required action." Or, "Everything we are passing through at present is a result of our deeds from the past." If we were able to look back at every action taken in previous lifetimes, we would come to understand with clarity everything we are now experiencing from moment to moment.

Those devoid of Self-knowledge are fully under the sway of their external environment and its given state from moment to moment. But the wise men and women, endowed with right knowledge, can control the effect these external changes have to affect the internal environment and, most crucially, the mind. Of course, no one can escape their fate entirely, but, since the enlightened one is not identified with the body and mind anymore, he or she is truly untouched by the effect of the outside world upon them.

Only a lit candle can light the unlit wick of another. Some who lose everything will feel that the world really has ended. If you have a little knowledge and a little self-control, you will be able to serve and help anyone and everyone you come into contact with both now and after everything begins to possibly shift and change.

May Brahman bestow upon you the treasure of understanding this Divine knowledge! Om Shanti, Shanti, Shantihi.

Lots of Love,
Dharma Mittra
Remember! The goal is Self-realization!