



Rise and Shine!

The art of KRI+YA living
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Yoga and Meditation for Kids—Part 2

By Swami Sarveshwarananda Giri

Previously, we talked about the **Why** of meditation. Now we will talk about the **How** of spiritual practice.

Discovering the Child

Not all children have the same interests or nature, and they do not necessarily follow the spiritual propensities of their parents. A good understanding of the child's nature and learning style is essential to gently guide him towards (re)discovering the path that will bring him his ultimate fulfillment. This will also prevent the all-too-frequent "vaccination" of the child against meditation and spirituality, which occurs when the parents impose their views and practices onto their children simply because "it worked for them"...

Here are some of the things to observe in a child in order to design an appropriate spiritual routine for them:

1. What is the child's basic temperament? Is he primarily moved by his *head, heart, hands, or spirit*, or a combination of them? This will determine which of the four principal paths of yoga is most appropriate for him. The path of *jñāna yoga* appeals to children of an intellectual disposition, who will enjoy stories, riddles, mental challenges, etc. *Bhakti yoga* best suits children of an emotional nature who are naturally attracted to spiritual music, sacred chanting, rituals, etc. *Karma yoga* is for children who are motivated by action, and who thrive on physically-oriented tasks, service to others, etc. *Raja yoga* is for the more meditative types who are nourished by meditation, concentration, postures, etc.

2. What is the child's primary learning mode—does he process new information mostly in a visual, auditory, or kinesthetic (body-based) mode, or a combination of them? This will help determine the teaching style which works best for him. *Visual* children do very well with text, symbols, graphs, charts, hierarchies, etc. *Auditory* children get the best from lectures, tutorials, and talking to parents and other children. *Kinesthetic* children need a learning environment connected to reality, either through experience, example, practice or simulation. Bear in mind that children are rarely dominant in a single mode. Research in education suggests that 50 to 90 % of classroom students are *multimodal*, i.e. have more than one preference.

3. What are the child's natural interests and abilities—arts, sports, storytelling, music, math, etc? This can be used as a context for spiritual teachings and activities, and help him develop his natural talents in order to reach his goals.

Ideally, raising children should be a 24/7 passion, not a part-time hobby. If we do not feel passionately committed to love, nurture, guide, protect, and sacrifice our personal comfort for the sake of the precious child that God granted us, it would probably have been better to forgo having children for the time being and to get a pet instead. However spiritual life is not about being *perfect*, but about constantly striving towards *improvement*.

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But Still...

By an anonymous author

Your kindness
May be treated as your weakness
... Still be kind

Your help to others
May go unheeded and unnoticed
... Still be helpful

If you are successful
You will win false friends and true enemies
... Still succeed

Honesty and frankness
Make you vulnerable
... Still be frank and honest

The good you do today
Will be forgotten tomorrow
... Still do good

Your forthrightness
May be treated as high handedness or
Insubordination
... Still be forthright

Virtues and values of life
May mean little for people
... Still be virtuous

Your faith in God and love for humanity
May be taken as orthodoxy and foolishness
... Still have faith in God



Creating a Spiritual Routine for Children

Continued from page 1

And now would be a good time to honestly examine whether raising our children in a loving home is our main focus, or whether child-rearing has been treated as a job and a mild annoyance, with as many tasks as possible being delegated to the day-care center, the school, the television, the micro-wave oven or pizza delivery, the nanny, the mall, etc. while we, the parents, pursue a more "satisfying" fulfillment through careers, social events, "personal development", and entertainment.

A child's behavior naturally reflects the atmosphere of the home, as well as his own karmic inheritance. We should not expect our children to "behave spiritually" overnight if they have been raised in an atmosphere of stress, absenteeism, over-indulgence in material desires, or overbearing authoritarianism. We must first convert our own heart and mind into a place of peace, patience, self-restraint and love, and our home will naturally reflect these values. With time and patient guidance, the child may gradually absorb these principles and enrich them with his own creativity. However we may also discover that even doing our utmost to provide a loving and spiritual home may fail to mould our child into the ideal individual that we dreamt him to be, and that his personal karma takes him instead in a radically different direction. We should always do the best we can, and leave the rest in the hands of God, knowing that no effort is ever wasted. The seeds of love, tolerance, and peace may take a long time to blossom, but blossom they will.

Here are a few suggestions to create a spiritual home:

1. Create an atmosphere of reverence around prayer, meditation, and meal times: candles, dim lights, soft music, incense, whisper rather than talk, etc...

2. Share your meals in common and mostly in silence, without television, newspaper reading, telephones, or animated controversial conversations.

3. Allow your young children (from birth onward) to be with you during meditation or prayer, as long as they keep relatively quiet. They will greatly benefit from the spiritual vibrations generated during this time.

4. Create with the help of your children some simple and engaging rituals to celebrate different times of the day - when getting up, bathing, leaving for school, sitting for a meal, returning from school, doing homework, doing chores, going to bed, etc. These rituals may include prayers, mantras, worship, dances, arranging flowers, lighting incense, lighting candles, singing, reading a special book, dedicating a special room or room corner for worship or meditation, etc.

5. Adopt a "no TV, video games, telephone, or computer-night" policy once a week, and engage the family in creative activities instead: storytelling, theater, puppet show, debates, art, crafts, music, singing, games, role-plays, magic tricks, group massage, nature discovery, gardening, making toys, etc.

6. Teach your children to love, respect and understand the contribution of each religion to the world's spiritual culture—which is the guiding principle of the Ark of Love (see

www.arcadelamor.org). This can be done in a variety of ways: narrating stories of the great saints and sages of various traditions; celebrating different religious feasts with the appropriate costumes, foods, songs, dances, and readings; acting out certain parts from various scriptures; writing stories about a religious or spiritual character; making a collage about the various myths of creation; writing a spiritual play; having contests to test knowledge about various religions or scriptures; making flashcards to learn about various religious characters or events; making clay models or miniatures of religious scenes; memorizing mystical poems or verses from various scriptures; composing, performing and recording sacred chants or spiritual music; video taping a home-made spiritual movie; writing a letter or prayer to God; having the children

interview their parents about their spiritual path or religious experience; making body-mandalas or performing yoga-stories (see the "Little Stars" video for examples at www.harihariananda.org/english/publications/video/video_index.html); etc.

7. Do not install a television or internet connection in the children's bedroom no matter how much they beg for it, or how much "convenience" you get from it. Viewing should be a family activity, followed by discussion and debates in order to help the child gain maturity and make healthy choices. To throw a child in front of a television or internet without guidance or supervision is the best way to raise restless, fat, unimaginative, and compulsive-obsessive children.

8. Inspire your children to develop creative, intuitive problem-solving skills, rather than relying on quick fixes, ready-made solutions, or blame. This is the greatest gift of meditation and spiritual practice, and the best education you can give to your child to develop into a healthy, balanced, creative, caring, spiritual and joyful individual.

To be continued in the next issue...



Meditation is education.

Meditation means to go beyond mind.

If you can go beyond mind, thought, intellect, ego, body sense and worldliness, then that is your meditation.

If you chant loudly, or in a whisper, or even mentally, it is not meditation.

- Baba Hariharananda

Living the Masters' Message—Part 1

By Swami Sarveshwarananda Giri

May 2006, Bogota: Swamiji, along with noted local artist Deby Korn, created and performed live a musical concert at the opening of the Dalai Lama's four conferences in Colombia, accompanied by eight other lovers of sacred chant from various religious traditions. Following this unique experience, Swamiji was asked to write a series of articles on practical ways to put the universal message of genuine spirituality into practice, as propounded by the Dalai Lama and other great spiritual leaders of all times.

The first-ever visit of the Dalai Lama in Colombia May 10-12 was a celebration of the invincible power of kindness, faith, and common-sense wisdom over violence, blind materialism and despair. One of the reasons why the Dalai Lama has become the most beloved emissary of peace and religious leader in modern history, is his simple, respectful, and powerful approach in solving problems which have plagued humanity for millennia—ethnic violence, religious fanaticism, ignorance, poverty, and misery. People who come to his conferences or read his writings soon realize that he is not preaching to convert people to Buddhism, but to share a profoundly humanistic, sensible vision in which everybody can recognize the roots of their own religion. And seekers of truth across the world are increasingly paying attention to the message of this "simple monk" (as he invariably refers to himself).

The Dalai Lama delivered four important lectures in Bogotá, addressed to four major communities: spiritual seekers, business and community leaders, the general public, and students and educators.

First Conference

In his conference "Transforming our mind" for spiritual seekers, His Holiness explained that there are basically two major religious categories: *theistic* religions, such as Zoroastrianism, Judaism, Christianity, Islam, most of Hinduism, Sikhism, and Baha'i, which believe in

a personal God; and non-theistic religions which do not have the concept of a creator God. Within the *non-theistic* religions there are two sub-categories: those which believe in an *independent soul*, such as the Samkhya branch of Hinduism and Jainism; and those which do *not* believe in an independent soul, such as Buddhism.

Arguing about which one is the "right" religion and which one is the "wrong" one is a useless and dangerous occupation, as it inevitably leads to violence and losing the true focus of one's religion. Instead, the Dalai Lama points out, it is vitally important to realize what is the dual purpose of *all* religions: firstly, to develop *faith* and inspiration in a way to overcome the limitations of our miserable human condition; and secondly, to establish a set of common *values* by which to lead a good, moral, and productive life while on earth. And to those who endlessly debate on the merits of *religious ethics vs. secular ethics*, the Dalai Lama responds simply—teach *both*. Secular ethics are based on a country's constitution, and address *society* as a whole. It is perfectly true that one can live a moral, happy, and productive life without any religious values. But religious ethics address the *individual level*, by teaching *human values*. No human existence can be fully happy without finding a balance and fulfillment inwardly and outwardly, so both secular and religious ethics should be taught in an ideal educational system. To give an example, the Dalai Lama gave his personal definition of Buddhist ethics in a single sentence: "If you can help others, do it; but if you cannot, then at least do no harm to others." Which religious or secular institution could object to teaching these values?

Second Conference

In his conference "Peace is everyone's responsibility" for business and community leaders, the Dalai Lama explained that a healthy business relationship must be based on *mutual trust*. The employee must feel *protected* by his employer, not simply *paid* to do his job. And in return, the employee must earn this protection and affection through his

dedicated service and hard work. Then can it blossom into a mutually beneficial, long-term relationship. His Holiness also emphasized the moral responsibility of leaders to reduce the gap between the rich and the poor. Not by giving money blindly, but primarily by providing *health-care* and *education*. To give of one's wealth and resources is the surest way to gain blessings and to live a joyous life. The accumulation of wealth and luxury for selfish purposes is not only morally wrong, but also detrimental to one's physical and mental health. To give an example, the Dalai Lama pointed out that the economical conditions in Chile have been significantly improving in recent years... and so have depression and a host of other psychological problems! Finally, the Dalai Lama took questions from the audience. To the request "What is your message for victims of war and displaced people?", His Holiness outlined a profoundly wise and compassionate five-point plan:

1. Never give up hope.
2. Hope for the best but mentally prepare for the worst.
3. Be realistic in your expectations.
4. Never allow feelings of revenge enter your heart. Hatred only breeds more hatred.
5. Look forward and work hard to obtain remedial measures through pacific means.

The case of Tibetan refugees is indeed a case in point. After extensive psychological evaluation by Western teams of scientist, most former prisoners of the Chinese gulags were found to exhibit remarkable calmness and joy in their outlook on life, even after suffering from years (or sometimes decades) of brutal imprisonment and torture, not to mention deprivation of their property, and desecration of their religious and cultural values. One medical expert went on to declare to the Dalai Lama: "You are one of the most successful refugee community in the world."

In this vein, the Dalai Lama related how he once met with an old friend who had just been released from a Chinese gulag after eighteen years. His Holiness asked him if he ever felt in danger during these terrible times, and his friend answered frankly,

"Yes, I was in danger a few times. I was in danger of losing my compassion for the Chinese."

How much could this poor war-torn world benefit from this attitude!

Third Conference

In the vast Coliseum El Campin, the Dalai Lama opened his conference "Inner peace and peace without borders" geared towards the general public by stating that despite what many people believed, he had not come to bring any special message, and that he did not have any divine powers to shower special blessings on the country. To believe otherwise is non-sense, and outright dangerous, he maintained, because it puts us in a perpetual state of helplessness and dependency, instead of realizing our potential to effect profound change on this planet by simply controlling our mind. How refreshing to hear these words from one of the holiest man alive today, especially in an age when just about every New Age "guru" and fanatical religious leader claims to have a privileged "conversation" with God and a redemptory message for the entire human race!

His Holiness remarked that the world is following a dangerous escalation towards militarization to try to solve all misunderstandings, insecurities and conflicts, which naturally lead to more of the same. However, unlike most peace activists, the Dalai Lama points out very lucidly that *outer* disarmament can never be achieved until it is preceded by *inner* disarmament—laying down our anger, jealousy, endless desires, fears, and ignorance. The most urgent and important step to restore world peace is therefore to first learn to live with more peace in our own heart, and secondly to develop better common-sense—not to be so gullible and constantly swayed by the next political promise, advertising fantasy, or emotional outburst. In the Dalai Lama's words, it means achieving *compassionate wisdom*—a theme which he expanded in his fourth conference the next day at the University Javeriana.

Fourth Conference

In his last conference "Open heart and lucid mind", the Dalai Lama enjoyed an unprecedented welcome and attention as nearly 20,000 students and educators (double the

expected crowd) overflowed the vast football field of the University Javeriana to hear his views on what constitutes true education.

Modern education puts far too much emphasis on external achievement, and virtually ignores inner values, he remarked. Real education must develop both intelligence *and* a good heart. Knowledge without conscience becomes destructive, as evidenced by the sophistication and learning of modern-day terrorists, corporate crooks, and corrupt politicians the world over. With the advancement in communication technology and global knowledge, today is a wonderful opportunity to change all this, right here and now, he concluded, as the crowd enthusiastically cheered on.

His Holiness then answered several questions from the students dealing with social justice. The widening gap between the rich and the poor is not only morally wrong, but poses enormous practical problems as well, he explained. Karl Marx tried to address the issue by stopping the exploitation of workers and by redistributing wealth, but in practicality it hardly solved the problem. There is still a wide gap between the elite and the laborious masses in communist and socialist countries such as in China today, and much abuse of power. For a simple reason: communism and socialism never addressed the moral and spiritual dimension of man.

The Dalai Lama's solution is disarmingly simple, as usual:

1. Foster the equal development of heart and mind through education
2. Practice more volunteering
3. Always think of consequences before engaging in any thought, speech, or action
4. Simplify your life.

Luxury is not good for one's health, he repeated; it is a colossal waste of time, money and natural resources. "But" he concluded with his inimitable sense of humor "maybe I am wrong. Because I sometimes think that I am half-Buddhist and half-socialist!"

At the end of the conference, I was interviewed by a group of eager journalist students of the Javeriana University who asked me to comment on the significance of His Holiness' visit. I remarked that if the Dalai Lama's words remain a beautiful

theory, his visit will have been in vain. Now is our turn to roll up our sleeves and put these precious precepts into practice—by learning the art of peaceful living through meditation, by forming associations committed to finding peaceful solutions, by engaging various religious and political groups in meaningful and respectful dialogues, and by de-hypnotizing ourselves from the empty promises of mindless consumerism, angry politics, and fanatical religious teachings. It is not an easy task, but it is the greatest adventure left in this world!

In the next issue, we will examine precisely how to start the process, by learning how to control the mind and convert ourselves into peaceful warriors. God bless you all.



The Quotable Dalai Lama

My religion is very simple—
my religion is kindness.



If you want others to be happy,
practice compassion.
If you want to be happy,
practice compassion.



Every noble work is bound to
face problems and obstacles.
It is important to check your
goal and motivation thoroughly.
One should be very truthful,
honest and reasonable.
One's action should be good
for others and for oneself as
well. Once a positive goal is
chosen, you should decide to
pursue it all the way to the end.
Even if it is not realized, at
least there will be no regret.

An Educational Revolution

A quiet revolution about how we learn, integrate, heal, and teach is under way. Globally known as "accelerated" or "whole mind" learning methods, they are based on raja yoga techniques, the use of specific music (such as slow 60-beat per minute Baroque or brilliant 8,000 Hz-frequency Mozart music), discoveries in human brain-hemisphere functions, or sheer personal genius. They have effortlessly and powerfully transformed the learning and healing experience of millions of children and adults across the globe (mostly in Europe and Asia).

The need to rethink the way we learn and teach is enormously important today, if we want to prepare our children (and ourselves) to a rapidly-changing economy and information age. This is particularly vital in the United States, which earns an abysmal 30% high school dropout rate, one of the highest in the world, despite billions of dollars uselessly poured down the education system drains!

But do not wait for the notoriously resistant-to-change school boards, medical lobbies, or government departments to adopt these revolutionary methods anytime soon. Learn these new tools yourself instead, experience the power of bodymind integration, and share them around you! Yogis and meditators might even realize they already practiced some of them unknowingly...

The following four books have all been landmarks in this new science, and are well-worth exploring.

The New Drawing on the Right Side of the Brain by Betty Edwards. New York, NY: Jeremy P. Tarcher/Putnam. 1999 (20-year anniversary updated edition).

This highly practical manual can teach even the most hopelessly clumsy person to draw and paint beautifully (and almost instantaneously!) by learning how to shift from the left brain to the right brain. This was one of the first educational books to put into direct practice the result of psychobiologist Richard W. Sperry's 1968 pioneering research into the dual nature of human thinking—left brain mode (verbal and

logical), and right brain mode (visual and intuitive). One of the most stunning preliminary exercise in the book is to copy a Picasso painting *upside-down* (to prevent the left-mode logical brain to engage in the exercise, and allow the right-mode intuitive brain to take over instead)... and behold a near-perfect result!

Superlearning 2000 by Sheila Ostrander and Lynn Schroeder. New York, NY: Delacorte Press. 1994. A comprehensive review of the greatest accelerated learning systems which have evolved around the world since the landmark discoveries of Dr. Georgi Lozanov. This brilliant Bulgarian doctor first diagnosed in the late 1960's a new set of diseases which he grouped under the name "didactogenic syndrome"—a whole range of illnesses caused by poor teaching methods. And he set out to create a cure for it, which he called "Suggestopedia", tapping into the unlimited resources of the human mind. His pioneering work not only healed millions of people, it gave the world the first whole-mind system of learning... anything.

Using dramatic acting, Baroque music, and creative games, students were able to learn foreign languages in as little as a month for instance, as well as expand their memory, achieve highly focused concentration, while improving their health at the same time!

The Trachtenberg Speed System of Basic Mathematics, translated and adapted by Ann Cutler and Rudolph McShane. London: Souvenir Press. 1960.

Russian-born Jakow Trachtenberg, an engineer, spent years in Nazi concentration camps. During these trying times, his only way to retain sanity and a sense of order in his life was to visualize gigantic numbers to be added, divided, multiplied or root-squared without the use of tables, calculators... or even paper. In the process, he developed what has become known today as the "shorthand of algebra", a brilliant new system of arithmetic which can turn ANY child into a math wizard at lightning speed and with spectacular ease. All it takes is the ability to

count... up to eleven! As Professor Trachtenberg himself said, everyone is born with "phenomenal calculation possibilities".

PhotoReading by Paul R. Scheele. Wayzata, MN: Learning Strategies Corporation. 1999.

For those of us who tried speed reading and abandoned it for its comprehension and retention limitations, strain, and sheer drudgery, this revolutionary approach takes us to soaring new levels of reading and understanding! Forget about merely improving your reading speed up to 5,000 words a minute—here we are taught a simple, relaxing, and phenomenally powerful technique to effortlessly *absorb* an entire book in minutes, blasting through at rates of up to *25,000 words a minute!* A long-time practitioner of yoga, the author has synthesized profound meditation techniques with the latest developments in psychobiology, devising a simple method to by-pass the conscious analytical mind and let the subconscious all-retaining mind to "mentally photograph" each page in a glimpse.

Practitioners of Kriya Yoga will be highly interested to see the similarities between some of these techniques and our own practice as taught by Paramahansa Hariharananda.



The present system of education is all wrong. The mind is crammed with facts before it knows how to think. Control of the mind should be taught first. If I had my education to get over again and had my voice in the matter, I would learn to master my mind first, and then gather facts, if I wanted them. It takes people a long time to learn things because they cannot concentrate their minds at all.

- Swami Vivekananda

A Message from Swamiji

Beloved Self,

Loving greetings from Haridwar, the Gate (*dwar*) of the Lord (Hari) in the foothills of the Himalayas. I am happy to present you with this new edition of our little "Rise and Shine" newsletter. And yes, as several of you noted, it is several months late this time! This has been an extremely busy year for yours truly, and has left me precious little time to do the writing, formatting and publishing of the newsletter. If some kind soul knows desktop publishing, editing, or writing, and would like to take over some of these tasks, the offer would be gratefully accepted... and ensure a more frequent and regular publication of the newsletter. Please send us your proposal at shantiprema108@yahoo.com. Thank you.

I have just returned from a trip to our little school for poor children in Champawat (500 kms from Haridwar, near the Nepalese border) and seen the BEAUTIFUL work they are doing. We have also started regular drug

and alcohol abuse prevention and detoxification programs, involving street theater and the children, concluding with a solemn *yajña* (fire ceremony) in which the fathers take a pledge in front of their children not to drink or use drugs anymore. The children are so committed that they will even fast or observe a strict vow of silence if they see their daddy taking to drinking again after their vow of sobriety!

If this program is successful, I am hoping to implement it later in South America — allowing for cultural differences, of course. Addictions are extremely difficult to break, and the success rate is never very high. However I do believe that a combination of street theater (to de-dramatize the situation and allow people to talk about these taboo subjects), involvement of the children (for tender emotional pressure), sacred rituals (which always touch deeply the psyche of the people here), and transference from a material addiction towards a spiritual

"addiction" (through rituals, chanting, playing sacred music, sacred dances, prayer, meditation, etc.) is one the best combination available. Later, I would like to add some ayurvedic/acupuncture/herbal medicine support to the mix... when it becomes available.

As for the ladies, they are coming in ever-increasing number to our vocational classes. We are now starting the third batch with 25 girls and ladies, and some of our graduates have started their own little cottage industry afterward.

The poor village ladies are also the main force behind our drug and alcohol abuse prevention programs. Here in the Himalayas we say that this country is run by Matri Shakti ("Mother Power") and I can verify that this is true! God bless them all. So much grace...

To read the rest of the news and a summary of this year's activity, please go to our website at www.hariharananda.org/english/news/news_2006.htm.

Help us Help our Little Ones!

We are deeply grateful to the many caring individuals who help support the spiritual and humanitarian work of Hariharananda Mission West. Donations are used to assist our charitable welfare efforts in many parts of the world and to promote the dissemination of Kriya Yoga and Paramahansa Hariharananda's teachings.

Donations can be made using the following methods:

WIRE FUNDS THROUGH PYPAL

The easiest way to wire funds using your credit card, a bank transfer, or your own PayPal account. Simply go to www.paypal.com, click on "Send Money", enter donate@hariharananda.org in the "Recipient's Email" box, and fill out the rest of the form. You will receive a confirmation of your donation by email.

SEND A CHECK, TRAVELLER'S CHECK OR MONEY ORDER

Please make it out to "Hariharananda Mission West", and send it by regular mail to: Hariharananda Mission West, P.O. Box 611791, North Miami, FL 33261-1791, U.S.A.

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Please help us spread a message of peace and joy in the world.
Thank you very much. God bless your noble heart always.

