

**Satsang on Sanskrit words at Dalma Sanctuary, during the International Kriya Yoga Retreat in Jamshedpur, India, during January end, 2015.**

Report prepared by Russian participants:

1 - In Sanskrit '**Vish**' means poison and '**Vishayi**' means a rich man having wealth and properties. This similarity may be a pointer by the ancient sages indicating that pursuits for too much accumulations and acquisitions may poison the peace & joy of life making us a prisoner of ache and agony of the mind — the myth.

2 - '**Aksharam Brahma Paramam**': Divinity —Division-Free Holistic Awareness — is **Akshar**, that is, Eternal Existential Vitality and Veracity of Life. The alphabets in Sanskrit are also called '**Akshar**'! This indicates that sounds of alphabets are sacred & eternal. But when words are formed with alphabets, wisdom gets concealed; unless one can listen behind the words, beyond the words to capture the comprehension, perception. Such listening is possible, when one listens in a dimension of 'no-I' or deep Insight without the interference from cultural inputs & conditioning, without the pressures and paradoxes from the past.

3 - '**Gnyana**' indicates 'no-knowledge' or '**Gnyata Se Mukti**', that is, freedom from borrowed knowledge or the direct perceptive knowing of 'what is' — not projecting 'what should be' from **Gnyata** or borrowed knowledge.

4 - '**Mudha**' indicates entanglements with mental undertakings. '**Mumuksha**' means one in the energy of Life liberated from the stranglehold of mental pollutions such as fear, greed, animosity, antagonism, demand for solace and assurances through various belief-systems and bigotry.

5 - '**Lakshya**' means there is dichotomy between the observer and observed as happens in the external technical world which is valid and necessary. '**Akshya**' means pure holistic observation without the division between the observer and the observed. This is the state of observation in the Inner being. When fear is observed, there is no separative 'I' observing; because 'I' is the false fragmentation. It is not that 'I' is separate from fear, 'I' is fear or fear is 'I'. Whatever 'I' does to combat fear, it is the fear which is fighting with itself, by falsifying itself, as the separate ego-entity 'I'. Thus fear unwittingly gives continuity and complications to itself. And we do not understand this fact, we are indeed '**Mudha**' (idiots) through this '**Maya**' (illusion). When this is perceived as a flash of fact, not through all kinds of conceptualisation using words, then 'I' drops along with simultaneous dropping of fear too. And then we are in the dimension of '**Mumuksha**' — liberated from the myth mind to be available to Life-Divinity (**Jivan Mukta**).

6 - '**Tatastha - Kutashta**': **Tatastha** is another word for **Lakshya**. It is like sitting on the shore of a river and watching the things floating by; a centrifugal looking without identifying oneself with the materials floating, either positively or negatively. **Kutashta** is watching in the inner being — the centripetal process of **Akshya**, wherein '**Sakshi Bhava**' or pure observation exists, without the division between the observer and the observed, thinker and thought, experiences and experienced.

7 - **Ekaagrataa - Jaagarukataa**: **Ekaagrataa** is concentration on the particular whereas **Jaagarukataa** is choiceless attention on the whole. **Jaagarukataa** is the passivity and let-go of life, whereas the pursuits leading to paradoxes and perversions of the mind may happen in **Ekaagrataa**. Meditation is not the concentration on the particular, but a passive attention on the whole.

8 - *Manoranjan* - *Manobhanjan*: *Manoranjan* is the entertainment and excitement of mind, whereas *Manobhanjan* is the extinction of mind for the enlightenment of Life to emerge. Unfortunately, most of our 'religious' and 'spiritual' activities are mere *Manoranjan* to keep us amused. *Manobhanjan* is to wake up in 'no-mind', in the bliss and the benediction of the unnameable, immeasurable and unknowable.

9 - *Atmatusti* - *Antardristi*: *Atmatusti* is the gratification and glorification of the ego, whereas *Antardristi* is the Insight or the dissolution of the 'I' and its guilt and gullibility. Only a technical 'I' survives for its functional value, only for performing the essential technical tasks.

10 - *Jadatwa* - *Sthiratwa*: *Jadatwa* is dullness of mind, whereas *Sthiratwa* is stillness or space of 'no-mind', of division-free Awareness, of Divinity. *Jadatwa* is *Viyoga*, *Sthiratwa* is *yoga*. Even your practical tasks and technical work achieve perfection and excellence in *Sthiratwa*.

11 - *Sahaja* - *Sangharsha* : *Sahaja* is the relaxed state of existence and joy, *Sangharsha* is the abnormal state of perpetual resistance in the ego-experience-structure generated by the collection of jejune jargons from the 'spiritual' & 'religious' texts and scriptures as also from second-hand harangues of the priest-crafts. That is why Vedanta (Supreme wisdom) says: "*Uttamaa Sahajaavasthaa*".

12 - *Shunya* - *Punya* - *Purna*: *Shunya* (Emptiness) is *Purna* (Wholeness) as also Holiness (*Punya*).

13 - *Dharma* - *Prem* - *Dhaaranaa*: Religion (*Dharma*) is the Romance (*Prem*) with Perceptions of Life (*Dhaaranaa*). It is not the crusade or jihad of the shoddy little mind and its perversions.

14 - *Ekakitwa* - *Vichchinnataa*: *Ekakitwa*: Aloneness is all-oneness, harmony, *yoga*. *Vichchinnataa*: Loneliness, isolation, disharmony, *viyoga*.

15 - *Pratik* - *Pratiti*: *Pratik*: Symbols which are mind's solace sustaining its stubborn self-centeredness. *Pratiti*: Perceptions which are Life's vitalities and virtues. Mind is 'more'. Life is lore.

16 - **ART** indicates: **A**: Awareness in Freedom (*Chaitanya*), **R**: Repudiation of organised Religions and their belief systems & bigotry (*Chittavriddhi*), **T**: Truth of 'what is' (Life), not the travesty of 'what should be' (mind, 'I', ego). Belief belies facts.

**Art of always dying to the myths of the mind is indeed the everlasting Art of Living Life in its Sanctity and Sacredness.**

**Jai A.R.T.**