

# 'Yoga'kshemam

*Buddha! Gurudev! Chalam!*

*Buddham Saranam Gachchaami, Dharmam Saranam Gachchaami, Sangham Saranam Gachchaami. Let our fragile egos go bust. Let our generosity towards life peak. Let us go to N, N law, N flow.*

*Nobel Prize giving Gitanjali. My first serious translation into Telugu in early '80s. I am still searching the manuscript.*

*Buddha has paved a way, with Gita and Gitanjali in hand.*

## **Sangha and Songs for Life**

*Siddhartha Gautama **Buddha** is a philosopher, mendicant, meditator, and spiritual teacher (some 2500 years ago). A reformist within the Sramana movement. An advocate of Nirvana, out of Duhkha. Lumbini, Bodh Gaya, Sarnath, Sravasti and Kushinagar are important locations associated with Buddha. Primary disciples took 'Buddha' forward. These include: two chief disciples Sariputra, Moggallana, before him; Mahakasyapa; Rahula (son); Ananda (cousin); Purna, Subhuti, Katyayana, Anirudha, Upali et al.*

*Can we be in Buddhist circuit in a year? For significant time? Extinguishing of the "fires" of desire, hatred, and ignorance?*

*Buddha is asking us to appreciate that there are four cycles of worldly conditions co-exist and keep turning around: gain and loss, fame and disrepute, praise and blame, pleasure and pain. All thoughts, words, and deeds derive their moral value, positive or negative, from the intention behind them. We think, therefore, it comes about. Suffering, impermanence and non-self are real. Perceiving otherwise lead to appropriation, formation of attachments, desire and aversion, and strengthened ignorance. Our sense of self is both logically and emotionally just a label that we impose on these physical and mental phenomena in consequence of their connectedness.*

*Buddha is not denying to honour our basic social relationships, as long as we are alive: parents and children, teacher and students, husband and wife, friend and friend, employer and workers, follower and guides. Buddha is not denying to pursue fulfilment and happiness in this very life – from accomplishments through persistent efforts, protection, friendship, and balanced living. Therefore, Buddha advocates asthaangapath – eight-fold path: right view, right intention, right speech, right action, right livelihood, right effort, right mindfulness, and right concentration. Mahatruth, referred as*

*Four Noble Truths: Duhkha, Kaaran, Aduhkha is possible, Pathways. This is the enlightenment.*

*Dhyaana (attention, sustaining attention, quiet joy, deep joy, focused absorption and more) takes us there, through several stages: no disturbance with/without thoughts; joy without intellectual processes; deep joy with nothingness; focused nothingness; infinite space; consciousness; nothingness; 'lost' beyond perception and non-perception. We reach Dhyaana stages through Yama, Niyama, Aasana, Praanayaama Pratyahara, and Dhaarana. Final stage of dhyaana culminates in Samaadhi.*

*Apart from Dhyaana, we need to exercise – physical, mental, emotional. Let us keep silence. Let us walk. Let us be in the sun. Let us tire out physically. Let us sleep adequately. Let us fast often. Let us reduce/skip carbohydrates as much as possible. Let us eat less, if the share of manual work in our routines is less. Let us eat more fruits, vegetables and nuts. Let us have 'fighters' in our food like turmeric, ginger, garlic, pepper, honey, lime, cloves, etc. Let us have micro-nutrient supplements if required. Let us have warm water. Let us gargle with salt water.*

## **G Muralidhar**

*Buddha is inspiring us to think about a sangha.*

*A sangha that reaches out. A sangha that follows their sutra. A sangha keeps choosing its 'leadership', as required from time-to-time. A sangha where members choose their tasks and keep doing. A sangha where the members are dedicated to existential life. A sangha where members are lifelearners, lifeworkers. A sangha that appreciates and commits to 'hope' [paths exists], 'faith' [can take those paths], 'promise' [can get capacity to take those paths], and 'love' [discipline and care to flow together in the path]. A sangha of dhyanees. A sangha expanding the membership with this commitment? A sangha flowing towards 'Nirvana' in the path that leads to Nirvana.*

*Chalam, Gudipati Venkataachalam, has been a great influence. From a non-believer, he slowly transformed into a Ramana follower and settled in Arunachalam. His translation of Gitanjali into Telugu was one of the best I have come across. Musings et al earlier, and Telugu Gitanjali et al.*

*Let us recollect Gitanjali, Song Offerings by Rabindranath Tagore. It is his English Translation from Original Bengali. This translation of 103 poems gave Nobel Prize, first to an Asian. WB Yeats, in the introduction to the Book, writes "I have carried*

the manuscript of these translations about with me for days, reading it in railway trains, or on the tops of omnibuses and in restaurants”, “Tagore, like the Indian civilization itself, has been content to discover that soul and surrender himself to its spontaneity”. Some excerpts that keep me going over His the last almost four decades:

- ◇ You have made me endless, such is your pleasure. ...
- ◇ At the immortal touch of your hands my little heart loses its limits in joy and gives birth to utterance ineffable. ....
- ◇ My heart longs to join in your song, but vainly struggles for a voice. I would speak, but speech breaks not into song, and I cry out baffled. ...
- ◇ Life of my life, I shall ever try to keep my body pure, knowing that thy living touch is upon all my limbs. ....
- ◇ And it shall be my endeavour to reveal thee in my actions, knowing it is thy power gives me strength to act. ....
- ◇ I ask for a moment's indulgence to sit by thy side. The works that I have in hand I will finish afterwards. ...
- ◇ Now it is time to sit quiet, face to face with thee, and to sing dedication of life in this silent and overflowing leisure. ....
- ◇ Only let me make my life simple and straight, like a flute of reed for thee to fill with music....
- ◇ My eyes strayed far and wide before I shut them and said "Here are you!".....
- ◇ My desires are many and my cry is pitiful, but ever did you save me by hard refusals.....
- ◇ My eyes have seen and my ears have heard....and I have done all I could. ....
- ◇ I am only waiting for love to give myself up at last into his hands. ...
- ◇ If you speak not I will fill my heart with your silence and endure it....The morning will surely come, the darkness will vanish, and your voice pours down .... and your melodies will break forth in flowers in all my forest groves. ...
- ◇ my best beloved, the gates are open in my house ☞ do not pass by like a dream. ...

## G Muralidhar

- ◇ let me give myself up to sleep without struggle, resting my trust upon you....
- ◇ He came and sat by my side but I woke not. ... why are my nights all thus lost? why do I ever miss his sight whose breath touches my sleep? ....
- ◇ Kindle the lamp of love with your life. ...
- ◇ My debts are large, my failures great, my shame secret and heavy ...
- ◇ for all the care I take I lose sight of my true being. ....
- ◇ with your love, you keep me free. ...your love for me still waits for my love. ...
- ◇ Where the mind is without fear and the head is held high; Where knowledge is free;
- ◇ Where the world has not been broken up into fragments by narrow domestic walls;
- ◇ Where words come out from the depth of truth;
- ◇ Where tireless striving stretches its arms towards perfection;
- ◇ Where the clear stream of reason has not lost its way into the dreary desert sand of dead habit;
- ◇ Where the mind is led forward by thee into ever-widening thought and action ☞ Into that heaven of freedom, my Father, let my country awake. ...
- ◇ Give me the strength to make my love fruitful in service.... and give me the strength to surrender my strength to your will with love. ... your will knows no end in me. ...
- ◇ When desire blinds the mind with delusion and dust, ... come with your light and your thunder. ...
- ◇ In that shoreless ocean, at you silently listening with smile, my songs would swell in melodies, free as waves, free from all bondage of words. ...
- ◇ Every moment and every age, every day and every night he comes, comes, ever comes. ...
- ◇ And let my return to myself be immediate return to him. ...
- ◇ I saw you standing by me, flooding my sleep with your smile. ...

- ◇ *I bitterly wept and wished that I had had the heart to give you my all....*
- ◇ *Your joy in me is so full. .. where would be your love if I were not? ...In my heart is the endless play of your delight... In my life your will is ever taking shape. ... your love loses itself in the love of your lover, and there are you seen in the perfect union of two. ...*
- ◇ *this golden light that dances upon the leaves, these idle clouds sailing across the sky, this passing breeze leaving its coolness upon my forehead. ...The morning light has flooded my eyes ☞ this is your message to my heart, your face is bent from above, your eyes look down on my eyes, and my heart has touched your feet. ...*
- ◇ *Children gather pebbles and scatter them again. They seek not for hidden treasures.... The sea plays with children....*
- ◇ *When I kiss your face to make you smile, my darling, I surely understand what the pleasure is that streams from the sky in morning light, and what delight that is which the summer breeze brings to my body ☞ when I kiss you to make you smile. ...*
- ◇ *You have made me known to friends whom I knew not. ... I may never lose the bliss of the touch of the one in the play of the many. ...*
- ◇ *You give yourselves to me in love and then feel yours own entire sweetness in me....*
- ◇ *That I should make much of myself and turn it on all sides, .... is your maya. ...In me is your own defeat of self. ... all ages pass with the hiding and seeking of you and me. ....*
- ◇ *It is, the innermost one, who awakens my being with his deep hidden touches. ... at whose touch I forget myself. ... who moves my heart in many a name, in many a guise, in many a rapture of joy and of sorrow. ... and all my desires ripen into fruits of love. ...*
- ◇ *Take this fleeting emptiness of mine, paint it with colours, gild it with gold, float it on the wanton wind and spread it in varied wonders. ...*

## G Muralidhar

- ◇ *You have taken every moment of my life in your own hands. ...*
- ◇ *...but I find that yet there is time. ...*
- ◇ *Death ... for you, I have borne the joys and pangs of life.*
- ◇ *I have got my leave. Bid me farewell.... I am ready for my journey. ...*
- ◇ *I love this life, I know I shall love death.... I am blessed ... if the end comes here, let it come.... come silently ...*
- ◇ *who knows what they mean ... And you sit there smiling. ...*
- ◇ *let all my senses spread out and touch this world at your feet. ...flow to a sea of silence ...eternal home....*

*It is still the play of some light and some darkness. 4 million cases, 300,000 deaths. 60,000 and 2,000 in India. Corona is still ascending but slowly. Economy went by a couple of years minimum. 50% global unemployment. 30% in India. World is opening up. India is opening up. From lockdown. Vaccine trials are on. Therapy protocols are emerging. Understanding is increasing. 'Distance' and 'wash' continues.*

*We need to get going, in all dimensions. We need to hurry slowly. Into Future with adjustments, refinements. Into New Normal, towards truth, light and life. Repurposing ourselves in the frame of shifting paradigms. Local economies. Natural Living and Farming centric shorter value-chains. FNH-Immunity centric Climate change resilience. Frugal leisure. LPRD-PVM Self-help Collectives. Communitized governance-democracy. Future education. Portfolio L+ beings.*

*Let us repurpose, with crystal clear clarity. The crunch has come. Work has to move away from 'office'. We are only trustees, at the best. There is no other way to be. Let us repurpose. Let us live, let the life live.*

*Let us seek refuge in N. N Law. N flow. N's Will and Genius take us and keep us there. If we are 3R+. If we be e-3R. If we reason, think and reflect. If we unleaRn, pRactice and puRsue. If we become 7R.*

*Join us in the world of yoga – asthaangayoga for 7L. Krsna confirms he is at 7 to take us to 8.*