

Bihar School of Yoga
Ganga Darshan
Munger, Bihar 811201

To APY [] and APZ []

Date: 7/12/95

Blessed Self,
Hari Om.

I have read both of your letters, APY []'s view looking very much towards the past and APZ []'s view, looking towards the future. It comes to mind that most of us spend our time either regretting the past or worrying about the future, but rarely are we aware of the present moment.

That is the jewel of the lotus, to be in the here and now to see the beauty and the uniqueness of the present moment. Spiritual vision is never engendered in rumination over the past or worrying about the future, but in the awareness and acceptance of the present moment, as it is.

Now I feel it is necessary for all the Aussic swamis to put aside their grief and woe about what happened in the past, let bygones be bygones, and work for Seva Life. That is what is important, because through seva and yoga we can build better life for ourselves and for others.

I would also like to tell you that 1996 promises to be a year of great change for the yogic movement in Australia. Perhaps many people will find new inspiration and a way for their own development and expression in the new yogic structure which will be planned and implemented in the coming year.

APZ [] should go ahead with his plans for University study and research project. It is an excellent idea and one that has not been done until now. Many people are interested in this idea of visuals, concentrate on yantras, etc., but very little research has actually been done, especially in the field of education.

Initially you can start with Shri Yantra, and other yantra can gradually be added as you come to understand the subject better. I think at this stage you should not use mantra, unless the student already has been given one. That can also come later. You can use black and white in the beginning and colour later on.

Once you get started, many ideas will come and you will be able to use your art work in many different ways. The main thing is to get started and not let things deter you in the beginning. Your ideas are very good; try to follow them through and you will definitely succeed.

Om Tat Sat,

Swami