

MY DIVINE MASTER



Compilation of NC Master's Teachings
&
Real Life Experiences of Abhyasis

The Divine & Human Continuum

*'Leading peaceful life
is the birth right of
the human race and all of us
must strive to preserve it
and pass it on to
the future generations to come.....'*

Subrahmanya Shiva Balan

- What exists in truth is the Self alone. The self is that where there is absolutely no "I" thought. That is called Silence. The Self itself is the world; the Self itself is "I"; the Self itself is God."
- Ramana Maharishi.
- I am Silence among all secrets. *- Bhagvat Gita 10.38.*
- Be Still and know that I (am God). *- Bible Psalm 46:10.*
- Words end where Truth begins. Silence gives birth to Peace, Compassion, Love, Friendliness & Joy which form the True Nature. *- Lord Buddha.*
- Things that are real are given & received in Silence. God has been everlastingly working in Silence unobserved, unheard, except by those who experience His Infinite Silence. *- Meher Baba.*
- Silence is the Language God speaks, and everything else is a bad translation. *- Thomas Keating.*
- Silence is the first door to Spiritual Eminence. *- Adi Shankara.*
- The food of the Soul is Silence. If we don't practice silence, we are starving ourselves. *- Dada JP Vaswani.*
- There is something beyond our mind that abides in silence within our mind. It is the supreme mystery beyond thought. Let one's mind & subtle body rest upon that & not rest on anything else.
- Maitri Upanishad.

MY DIVINE MASTER SADGURU

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Subrahmanya Shiva Balan

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**Knowing the following truth before you read
this book will help:**

- You are the Divine & Eternal
- Human life is the Nature's Rarest Gift
- To live in peace is your Birth Right
- Prosperity is meant to be Spread to All
- Unconditional love transforms Human Love to Divine Love
- Your awareness merges in 'Inner Silence'

This book represents the outcome of six years' spiritual metamorphism of the author under the Divine Master, Sadguru Subrahmanya Shiva Balan (SSB).

FOREWORD



Prof.P.A.Seshan

It is great honor to write this foreword.

With tremendous enthusiasm I read the manuscript of this 'Sacred Book'. It was a motivating and transformational experience. The book has to be read again and again to get into the spirit of it.

The utter sincerity and spiritual concern of the NC Master are uniformly and abundantly clear throughout the book.

The book will bless the reader. If you get the book as a gift to another, you will be doubly blessed.

Prof. Seshan, IAAS is a post graduate in English Literature and Sanskrit, a gold medalist from the Kerala University and stood first in IAS. He started 'Seshan's Academy' to train youngsters in life skills and for all prestigious competitive examinations. He served in prestigious institutions in India & abroad like Additional Financial Adviser FCI, General Manager BHEL, Vice-President HEG, Executive Director KELTRON Group, General Manager

SILK, Professor Institute of Management IMG etc. He is also a sincere abhyasi of NC Silentation practice.

PRELUDE

Helpless wait of over seven billion Souls on this planet, dormant in humans, craving for liberation and reunion with the Origin inspired the author to attempt bringing out this Spiritual Classic. This voluminous work is a compilation of the teachings & experiences in spirituality from Sadguru Subrahmanya Shiva Balan (SSB), the founder of the most powerful and effective NC Silentation spiritual system available to the seekers through the SSB Socio Spiritual Foundation (SSBSSF) based in Bangalore.

The Indian sub-continent is the land of spirituality right from Vedic times. Many Saints in the yester years began looking at several fundamental questions like 'Who am I?' 'What is the purpose of human life?', 'Where do we come from?', 'Why do humans suffer?' etc. In the process they found that humans are the unique living beings having body, mind and soul with extraordinary capabilities like thinking and volition. They started exploring the secrets of 'Nature' within their limitations. They also tried to address the question of human suffering and arrived at the conclusion that spirituality is the panacea to live blissfully, unaffected by ups and downs encountered in life.

Unable to cope up with the happenings in the 'Nature' going on beyond their control at times, the humans started to believe in the presence of the unknown super natural power in the name of God, Allah, Brahman etc and resorted to worship them with or without form. Over the

years, the act of worshipping God is misunderstood as the pathway for spirituality by many.

In further quest for spirituality, it is believed that the great Adiguru Dakshina Murthy imparted the knowledge of spirituality through the medium of 'Silence' expounding the true relationship between the human 'Mind and Soul'. Subsequently, Mahayogi Patanjali enunciated the 'Astanga Yoga Suthras' and scientifically expounded the body and mind relationship in the human evolution.

It is undoubtedly clear that all religions are founded on the single principle of bringing harmony in the human society to live in peace and prosperity. Further, the aim of the efforts in Science & Technology is fundamentally meant for the betterment of human life. However, these measures were inadequate to find the ultimate answers to all the human sufferings. In the struggle for survival coupled with greed lead the humans to actually drift away from the true essence of life. A variety of methods and guides have proliferated attracting the present generation en-cashing their ignorance of true spirituality. These attempts may provide temporary relief in alleviating stress and giving a feeling of all is well. However, being far away from true spirituality, these methods do not address the fundamental questions worrying the humanity since time immemorial.

Venerated Saints like, Shankaracharya, Ramakrishna Paramahansa, Vivekananda, Ramana Maharishi, Meher Baba, Babuji Maharaj, and many other great Saints through their relentless efforts to attain the eternal bliss condition, recognized that true goal of life can be achieved only through the inner silence and it is the ultimate path in

spirituality. This is in tune with the findings of the ancient visionaries like the Mouna Guru Lord Subrahmanya and Lord Buddha that 'Inner Silence' is the distinct path of spirituality for humans to follow.

Though the importance of the inner silence was known for centuries, it has not been possible to decode the complex verses in the ancient Upanishads, Scriptures etc and provide the right methodology for spirituality to the mankind. The practice of relinquishing the social life and going to secluded places in search of the 'Inner Silence' is found not feasible in the present living scenario in the human society.

The Sadguru Subrahmanya Shiva Balan, NC Master, by his strenuous tapas, the extraordinary craving, and focused research has been able to present a unique, simple and effective way of silencing the mind or achieving inner silence. His miraculous method of silencing the mind has given wonderful results to thousands of practitioners at Nisargaateetha Chethana (Beyond the Nature Consciousness - NC), the spiritual wing of SSB Socio Spiritual Foundation (SSBSSF) based in Bangalore. This method is known as 'NC Silentation System' where the seeker of spirituality is guided, step by step, to empty any sort of thoughts in the mind by the process of negation and remembrance of the Divinity of the NC Master. Being the enlightened personality, the NC Master is able to transmit the purity (Divine Energy) in him and induce thoughtless condition in the minds of practitioners.

The eight limbs of Raja Yoga are Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. And the age old practices of spirituality have propounded

that continuous 'Samadhi' is the ultimate stage to achieve the blissful condition known as the Savikalpa Samadhi. The

NC Master says that there are further stages in order to reach the goal of 'Nirvikalpa Samadhi' which has not been explored fully. By ardent research and strenuous practice of Silentation, the NC Master found out that Samadhi, the last stage of Raja Yoga, is in fact the starting point for the practice to attain the goal of 'Ultimate Liberation' of the human Soul.

The NC Silentation system is recommended to be practiced for ninety days initially with total faith in the Divinity of the NC Master. It is observed that the seekers from both within and outside the country are able to receive the Divine energy transmission from the Master. He has a noble vision to provide easy access to the NC Silentation system to every seeker, free of cost. He does believe that spirituality is the fundamental right of every individual and it should not be put on sale!

The NC Master is on a continuous research to effectively harness the power of silence to the benefit of the humanity. The NC Silentation system is emerging as a non-sectarian and non-religious spiritual movement. The Master's message to the practitioners is clear, 'Transform your-self as a Saint with lion's courage aiming at truth realization!' The word 'My' gives personal touch to any object and gives total freedom to the person who experiences the condition of 'Mine' on that object. This approach develops into a loving relationship when 'My' is intended for personalities and expressed as freedom to call them like my father, my mother, my best friend etc. Similarly a practitioner, who is

able to internalize the NC Master with love, will have the freedom to call him as 'My Master'.

If the guidance in the spiritual practice is sincerely and wholeheartedly given by the Master then he automatically becomes very close to the heart and he can be called 'My Master'. And when 'My Master' is with full of Divinity, he becomes 'My Divine Master'. Such a Divine Master can fill the seeker with 'Nothingness' and the seeker will acquire the condition of experiencing 'Nothing in this world belongs to me'. Hence, this book is aptly titled 'My Divine Master'.

This book is recommended as a practical, direct and personal spiritual development manual to the seekers of spirituality. The book is divided into five parts each covering different aspects as described in the following:

The first part, 'About our Divine Master' briefly covers some aspects of the NC Master's biography, Silentation System Basics and the Practice including how to utilize the purity (Divine energy) acquired in one's daily life.

The part, 'Master's Teachings' gives coverage on several aspects of spirituality like the power of silence, the spiritual journey, the distinction between the Cosmic and Divine energy, the Master and Disciple relationship.

The next Part, 'Insight' provides the understanding of different topics like the human mind, brain, ego, surrender, enlightenment, samskaras etc.

The part, 'Vision & Initiatives of SSB' includes various initiatives and action plans of SSBSSF.

The last Part, 'Abhyasis' real life Experiences' contains the occurrences of some of the abhyasis in the course of practicing spirituality (Silentation system) under the guidance of the NC Master including the benefits in their material life and spiritual life.

Appreciate, thank and applaud yourself for picking up this unique book on NC spirituality since it is only by the Divine grace you have been able to select this book defining your entry into the realm of spiritual awareness.

Readers are advised to comprehend the basic concepts of NC spirituality, the practice and importance of receiving guidance from a living Divine Master in spirituality. Any seeker craving to have an effective and unambiguous guidance in authentic spiritual pursuit and unable to find a Master of Caliber shall have no reservations to get in touch with our NC Master at the office of SSBSSF for any consultation on the contents of this book and the subject of true spirituality.

*This work is dedicated to the Divine Master
Sadguru Subrahmanya Shiva Balan
the founder of SSB Socio-Spiritual Foundation,
innovator of the NC Silentation System and
exponent of the power of Silence.*

Part I

About the Divine Master SSB

Childhood, Education & Profession

The Divine Master, Subrahmanya Shiva Balan (SSB), is one of the rare living spiritual persons in the world today who is personification of the three ideals 'Truth, Purity & Divine Love' and he is the lone crusader for spreading true spirituality in the present times through 'Inner Silence'. Considering the spiritual advancement in him and his overwhelming commitment to the well being of the humanity at large, his followers have accepted him as Sadguru (Divine Master) and celebrate his birth day in June every year as the 'Festival of Love'. He is the second son and the third child born to a pious Brahmin family on Saturday, June 28, 1958 in an agrahara (locality) called

Thondikulam-Nurini in Palghat District, Kerala. His father, Sri Ramasubramanya Sastrigal was a highly respected Sanskrit scholar and an authority in astrology that the entire village used to depend on him for advice to perform various religious ceremonies, poojas and a host of other rituals. Both his father and mother (Sow. Alamelu Ammal) meticulously followed orthodox doctrines. All the six children (three boys and three girls) born to them were brought up under a very principled manner and loving care. His father used to scrupulously perform 'Pancayatana Pooja' every day without break. This required the availability of his father at home all the days. His father was never away from the house and never accepted even drinking water outside of his home. Employed at the Judicial Department, his father was leading a simple and ascetic life within his means often shifting his residence as required to suit the children's education.

All the Brahmins in the agraharas belonged to a particular sub-sect and each such agrahara had the settlement of different sub-sects of Brahmins. These Brahmins of this Agrahara were not the natives of Kerala as their forefathers belonged to Tanjore in Tamilnadu ruled by the Cholan dynasty. Hence their language remained Tamil though they were born and brought up in Kerala.

SSB grew up as NR Balasubrahmanyam and was affectionately called as Balan. He was a very naughty, playful and fearless boy. He was good in studies but not a topper and relied only on his memories to clear the examinations. He was a very sportive, brave and helpful boy known to everyone in the village. Being fearless and

compassionate, he served everyone in the village and he used to rush to help without concern for his own safety. He would lead and conduct festivals with great interest taking the entire work load on his shoulders. He mixed well with different families in the village belonging to all castes equally with loving care and sharing mentality. He never lied nor hurt anyone in life. He liked conducting the Navarathri festival by collecting contributions from the village folk. This was disliked by his father as he wanted Balan to become a scholar and to focus on taking up the Government service. Balan could not escape the punishment from his father for his poor scores in examinations. But he was fond of classical music and used to play many musical instruments like the flute, veena, mridangam etc, very well. With reverberating, singing voice of melody, he used to chant fluently Rudram and Chamakam devoted to Lord Shiva.

The defiant and courageous child in Balan started questioning his father about the very purpose of various religious practices. Perhaps this was a forerunner for his spiritual life ahead. After the demise of his father in 1983, he grew up under the care of his elder brother Sri NR Venkateswaran, a bank employee in Bangalore.

After obtaining the Masters' Degree (MA) in economics, he developed versatile capabilities in several areas such as general administration, human resources development, counseling, marketing, procurement etc. His professional career was not a bed of roses and he had to undergo ups & downs in life very frequently. He sustained all difficulties with courage, learning lessons at each stage. While employed, he travelled all over the country and worked in several establishments including private sector, public

enterprises and MNCs with a stint in software sector as well as in journalism.

His approach to life, both at work place and otherwise was exemplary and exceptional. He refused to accept the usual salary increments offered to him unless there was a corresponding increase in the job profile. He never believed in personal savings and accumulating money from his earnings; instead shared his earnings with the needy. This attitude caused him to face tough and challenging situations in life but he did not change his mind-set. He was always frank. He was also proficient in achieving the business targets assigned to him. This mind-set often created insecurity in his fellow colleagues and he would gracefully oblige them by leaving the job voluntarily. By being honest, logical and stubborn to the core, he met with extremely tough times in work places. He went through a spell of unemployment that culminated into a metamorphosis leading him to follow the path of spirituality.

2. Embracing Spirituality

Balan was introduced to Shri Ramachandra Mission (SRCM), Bangalore, for practicing the 'Sahaj Marg' method of meditation by his friend, a fellow abhyasi (practitioner) there. During the course of his practice for about three years, he was married to Smt. Latha (a Bank employee) in a simple function by exchanging garlands in the presence of their Master, in SRCM style.

The Divinity supported his rigorous spiritual practice at SRCM. Quite often his practice of silence extended for over twelve hours daily and that continued without break for more than thirty months. He soon discovered that the

spiritual progress in him was extraordinary and he started experiencing perceptual changes about human life and the 'Human-Divine' relationship. He could experience the inner silence and blankness in the mind effortlessly. The purity levels in his mind kept on increasing day by day limitlessly. A sense of bliss began prevailing in him and worldly affairs stopped disturbing him. Apart from the changes taking place in his perceptions, an intense energy transmission phenomenon started to emerge from him. This was noticed by some of his spiritually sensitive fellow abhyasis having extra sensory perception and eventually they teamed up separately practicing spirituality in the name of Effective Sahaj Marg System (ESMS) acknowledging Balan as their Spiritual Guide. This had an accelerating effect on their spiritual progress and they started getting certain revelations, through Shri C.R.Hari, a sensitive abhyasi with extra sensory perception, about the spiritual condition of SSB. They observed that the condition of his mind had reached the 'Brahman' and hence renamed their spiritual entity, ESMS as 'Nisarga Chetana, Nature Consciousness (NC)' in July, 2005. And Balan was renamed as Subrahmanya Shiva Balan. SSB perfected the method of silencing the mind of the seeker by negating the flow of thoughts coupled with the Divine energy transmitted from him and named the process as the 'NC Silentation System'. This system began gathering momentum attracting more and more abhyasis practicing it. SSB also postulated for the first time in spirituality, the 'Soul expansion' taking place in the blank and thoughtless state of mind. Not only was he able to go 'blank at will' he was also able to induce thoughtless condition in other abhyasis close to him. He fundamentally believed that Spirituality must be made available to people free of cost just as the Nature providing

us the rain, the wind and the sun-shine. He therefore declared that NC spirituality is not for sale and started offering NC services free to all the seekers irrespective of caste, creed, religion, gender and nationality.

Pursuant to the revelations on the kind of Divine work required to be done by the NC Master from time to time, he started undertaking spiritual trips to several holy shrines and spiritual establishments in the country eventually on Divine instructions. Charging of certain shrines happened to be the main purpose of such spiritual trips.

The spiritual energy transmitting potential of the NC Master increased to higher and higher levels gradually and his spiritual journey entered into the realm of the 'Sat' (state of nothingness) crossing the 'Parabrahman' region. The spiritual uplifting of the Master from the state of Brahman (Cosmic Realm) to Parabrahman (Super Cosmic Realm) and from Parabrahman to Sat (Divine Realm) happened effortlessly in a very short span of time. This was facilitated by some of the highly advanced saints of the Astral and Brighter Worlds. Owing to the 'Sat' taking over the Master completely, NC was renamed as 'Nisargaateetha Chetana' (Beyond Nature Consciousness). The 'Sat' in the Master created an intense urge in him to let the humanity at large to know about the all pervading power of the 'Inner Silence' available in each and every human being that can be utilized for leading a blissful and purposeful life on Earth.

The spiritual growth of our Master is continuously on the increase and most of the time he is found to function from the state of non-existence. In this Divine State, he goes into

inner silence and his spirit dwells deep in the region of 'Sat'. The NC Master says that his journey ends only when his spirit is totally absorbed in the 'Sat'.

The NC Master's life now is totally dedicated to the service of humanity, to spread the awareness of spirituality and empower as many disciples as possible to experience the inner power. His entire family, spouse Latha Balan, daughter Manaswini Balan and son Vijay Subramanyam are all lending whole hearted support for the noble cause of spreading NC spirituality to the humanity.

Part II

NC Master's Teachings

NC Master's Teachings

Science is not yet able to expound the origin and the secrets of 'life force and life energy' because of the limitations of the human senses and mind. The present day conventional science faculty has no methodology or frame work to deal with the dynamics of human life force even though it is the whole essence of our being. The subject of human life has drawn the attention of various forums in the name of spirituality in India. Our NC Master therefore takes special care to educate the seekers about the fundamentals of spirituality and its need to the humanity. The teaching forums are mainly the NC Prime Satsanghs, NC School of Spirituality and focused discussions. The knowledge imparted by the NC Master is entirely based on his own personal spiritual experience in spirituality. Summary of his teachings presented in this book are drawn from the notes taken by a few abhyasis on various occasions like one-to-one discussions with the Master, discourses during Satsanghs and teachings in spiritual classes, workshops, meetings and special training sessions.

1. The Spiritual Quest

The word spirituality induces various thoughts and ideas in people's mind regarding things beyond the natural and visible world. Consequently many fundamental questions are asked by inquisitive abhyasis such as what is spirituality? Why should we pursue it? How long we should continue it etc. The NC Master explains that true spirituality is the art of loving everyone unconditionally (Divine love) by recognizing each of them as a Soul and leading a blissful life beyond the human suffering! He says that spirituality is also an endeavor to bring out the Divinity in human beings like churning the curd to make butter and that the 'Spiritual Science' unfolds the vision to transform the human mind for better living.

The NC Master further elaborates that while the 'body' is only the physical dimension (cosmic energy component) of the human being; the 'Soul' is Divinity present in every person. He states that every person is basically a spiritual entity but this awareness of the self is lost upon taking birth due to the worldly challenges encountered for survival. Spirituality therefore is the means to experience the Spirit within and attain everlasting, peaceful state of mind called 'bliss' in life. Spirituality is thus related to human mind and Soul.

Humans are commonly guided by their mind, the most evolved and unique faculty among all the living species. However, the mind is personified by the ever changing thoughts influenced by the events of the past and anxiety about the future. The mind rarely allows the individual to come out of this condition and never enables to function in

the present. On the contrary, when the mind ignores the flow of thoughts, it can reach a blank, thoughtless condition. In this condition, the Soul expands into the silent mind space and starts functioning. Being non-material, the Soul has no memory of its own nor does it dwell in the past or future. This state of being allows the individual to function most appropriately in the present (here and now condition). The Soul takes care of the basic necessities of the human being till the death of the physical body. The Soul is always pure and it is the impurities of the mind (the ego of the self) that is responsible for the non awareness of the true potential of the self. As purity of the mind increases, the perception level of the individual also changes. This change enables the individual to comprehend the problems of others compassionately and also to develop universal love towards everybody.

The NC Master says that the human birth is because of the samskaras (ego) of the past lives which control all transactions in the common people. But, if the ego is positively regulated, it imparts bliss in ones life. Spiritual pursuit leads the practitioner to reduce the ego and live enlightened in total awareness of the self. The ups and downs in life will not affect the spiritual persons and their actions do not add on any new samskaras in the present life. When all the accumulated samskaras of the past are burnt out, the spiritualist will be able to escape the cycle of birth and death. However, if the Soul is encapsulated in samskaras, it cannot escape taking rebirth depending upon the intensity of its attachment to the materialistic life. An effective Spiritual pursuit reduces the material attachment and takes the Soul far away from the earthly pull delaying the rebirth.

Only a living spiritual guide of the caliber of Sadguru like the NC Master will be able to help reduce the impact of samskaras when the abhyasi's surrender to the Divinity (Master) is total! Our Master says spirituality is the only means to fulfill the objective of the human birth making the Soul's return to the Origin, from where it emerged. By understanding this fundamental truth one should utilize the precious human life to liberate the Soul from the clutches of the samskaras and allow it to return to its Origin.

2. NC Silentation System Basics

The NC Silentation system is a very simple and effective way of quieting the mind that anyone above the age of seven can practice. The uniqueness of the system is that during Silentation practice, the individual receives subtle Divine energy transmitted by the NC Master. This subtle energy works on the mind and reduces the flow of thoughts, mental agitations & negative thinking. The intake of this transcendental energy by regular practice of Silentation results in sustaining the silent condition in the mind of the individual. The Divine energy received begins to express itself as the unconditional love towards the manifestation. This condition of the mind begins to radiate peace around where ever the practitioner goes. This state of being enables the abhyasi to perform effectively in this materialistic world of actions and reactions.

All that the practitioner has to do is to sit in a calm & comfortable posture closing the eyes and renouncing the thoughts in the mind as well as happenings outside by not giving any attention. This will reduce the frequency (regularity of occurrence) of thoughts in the mind and helps

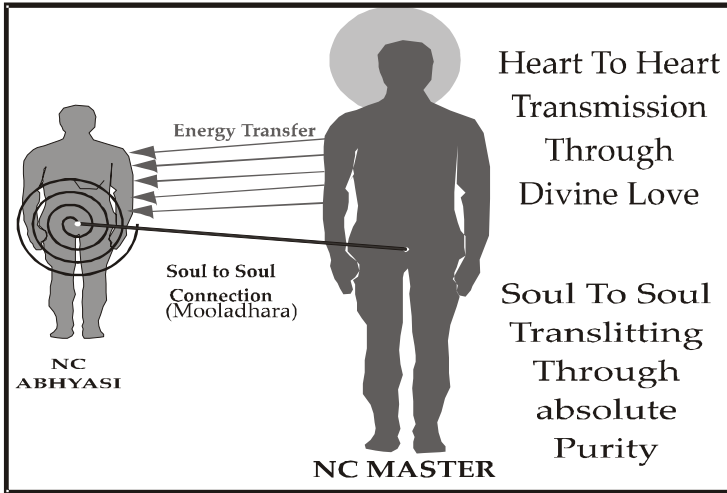


Fig.1: Expansion of the Soul

the abhyasi to achieve a condition of thoughtlessness gradually. Silencing the mind is extremely difficult by the conventional practices of meditation and it requires the external help from an advanced guide who has mastered the art. At NC, the expert guidance is available from the Divine Master, SSB.

The NC Master explains that only a blank mind has the receptivity of the Divine energy transmitted from him. Further, the Soul of the abhyasi expands into the blank mind and gets translitted directly by the Master's Soul establishing the Soul to Soul contact between them (Ref. Fig.1). Translitting is the unique process of injecting the purest blaze of the Divine energy from the Master's Soul directly into the Soul of the practitioner so that the practitioner's dormant Soul is activated. This will help

reduce the impact of the negative samskaras* in the practitioner. This is what happens at the prime Satsanghs conducted by the NC Master.

Thus, Silentation, enables the Divine energy within to start functioning in the practitioners with the innate qualities of the human being like peace, courage, love, truth, wisdom and righteousness. This helps the practitioner to lead a prosperous and blissful life becoming an asset to the human society.

In totality, the NC 'Silentation' system of spirituality involves three stages, namely preparation, receiving, and utilization of the Divine energy. Preparation of the mind is meant to receive the Divine energy from the Master. This is followed by the stage of receiving the Divine energy in the blank mind and finally utilizing the Divine energy for spiritual progress. The practitioner should take care and ensure that the mind does not go into the relaxation mode leading to laziness. If the condition of laziness is reached, the practitioner should open the eyes immediately and engage the mind in day-to-day activities utilizing the Divine energy. The practitioner can optimize by taking more sessions of shorter duration Silentation as frequently as required and avoid taking long duration Silentation avoiding getting into the condition of laziness.

* Negative thoughts, impressions and acts in earlier birth will be accumulated as negative samskaras. Positive samskaras are light and they do not interfere with spiritual growth. When mind becomes vacuum it will convert negative samskaras to vacuum. That is called burning of samskaras. Once anyone is realized or enlightened, it is possible to burn the negative samskaras by oneself. Incessant

3. Practicing NC Silentation System.

The NC Silentation system can be practiced at will, anywhere and anytime. However, the NC prime Satsanghs provide the best platform for Silentation. The practitioners get to interact with the Master and clarify any doubts both individually or collectively. Silentation practice in prime Satsanghs is very special because of the prevalence of the extraordinary positive energy from the conglomeration due to the presence of the NC Master, the astral saints and a host of advanced abhyasis.

Apart from the prime Satsanghs, NC has enabled Silentation practice at places like the NC Branches, House Satsanghs, Power Sittings, Network Sittings, Distance Sittings and Special Sittings catering to the conveniences of the abhyasis from different walks of life like the professionals, housewives, students etc as described in the following:

- The NC Branch Satsanghs

Satsanghs are conducted regularly on specific days at all the NC Service Branches spread over the city of Bangalore, Davangere and Kulumani (tamilnadu). The abhyasis exchange their experiences and learn more about the NC principles and Silentation practice through group discussions. The advanced practitioners and the energizers at the branches enlighten the new comers.

- The House Satsanghs

Satsanghs are also conducted at individual houses periodically upon specific request where a group of NC abhyasis meet and practice Silentation. This creates an atmosphere of serenity and quietude at the houses

dispelling the negative energy accumulated by the negative thoughts and actions of the inhabitants. This gathering also helps in developing better human relationships amongst the NC-ites and other householders. This can gradually develop into a larger community feeling among the people

- Silention Practice at Home

All the NC abhyasis are required to practice Silention daily at their homes regularly as per the timings prescribed both in the morning, evening and before going to bed at night. This helps instant expulsion of the effects of the negative thoughts and actions arising out of our routine activities.

- Direct Power Sitting (DPS)

NC has introduced direct thumb power sitting to the needy through the energizers. The NC energizers are empowered to provide thumb power sitting for a short a duration not exceeding one minute. DPS enables the energizers to transfer the Divine energy of the NC Master to the practitioners through their agna chakra. This can be followed by the regular Silention practice.

DPS is recommended for those who are suffering from psychological, physiological and neurological deficiencies. For others, DPS will be useful to reduce the thought level in the mind for speedy spiritual progression.

The NC Master explains that the agna chakra is the point through which the samaskaras are released. The NC Master's energy injected through this point will reduce the effect of the samskaras of the practitioners. The DPS can

be administered to anybody requiring relief from the deficiencies stated above.

- The Network Sitting (NWS)

NC Master has introduced a novel method of Network Sitting by creating a network of the NC practitioners. In this unique method, the practitioners are required to enroll themselves as members of the network and they will be reminded by NC for all the six scheduled sittings daily. NWS will help the practitioners to improve their regularity in Silentation practice. This will also help the practitioners to be in the state of constant remembrance of the NC Master for their accelerated spiritual advancement.

- The Distance Sitting

The NC Master recommends taking distance sitting to the abhyasis any time at their will with the exception of the late night hours. The distance sitting will help the practitioner to reduce the flow of thoughts in their minds where ever they are. It reduces the tension of the mind and improves the mental ability to perform better.

The psychological deficiencies like fear complex, phobias, hallucination and negative thinking can be permanently removed by taking distance sitting regularly. Taking the distance sitting before applying the mind for any work can be of great help.

It is recommended to select a convenient place to sit and relax for taking the distance sitting. Then make a call to the energizer over the cell phone and wait for the call to be

returned by the energizer. This will establish the Divine energy link between the practitioner and the NC Master. Sit uninterruptedly for a time span of about thirty minutes. Many of the NC abhyasis have been able to experience the energy transmission from the NC abhyasis during distance sitting. It is not necessary for the practitioner to experience the energy transmission. With regularity in practice, everyone will surely experience relaxation from tension and worries in the mind.

The first ten minutes of the sitting is to cleanse your mind and next ten minutes to receive the energy and the last ten minutes to absorb the transmitted energy in you. You can extend the time beyond thirty minutes up to one hour. The distance sitting can be taken by anyone. It is not necessary for the individual to be an NC abhyasi. At least two sittings are recommended to be taken daily.

4. Divine Energy and Cosmic Energy

Answering the common questions like what is Divinity, Divine Energy and Cosmic Energy, our NC Master expounds that Divinity is the core of everything! The entire creation like our Brahmanda and many such Brahmandas in the manifestation including all bodies like the milkyways, black-holes etc form the cosmic energy that has emerged from the Divinity. He clarifies that Divine energy as the 'Absolute Pure Energy' with no duality like positive and negative characteristics in it unlike the 'Cosmic Energy'. In order to understand further about the concept of Divinity, our Master asks us to imagine a situation when everything in the manifestation as well as in the unmanifested energy field is removed totally, whatever that remains, the state of nothingness, is indeed known as

'Divinity'; it has no mind and it is not limited by time and space!

Describing more about Divine energy, he explains that being an inexhaustible energy; a formidable infinite realm of vacuum field existing beyond the manifestation, it is so subtle that it can only be experienced when you transcend your senses becoming part of the Divine energy itself. Putting this in simple words, our Master says that Divine energy is the source of the cosmic energy and cosmic energy constitutes the entire manifestation. Educating about the beauty of working of the life cycle of the entire manifestation like creation, growth, sustenance, and destruction, he explains that everything happens automatically without human interference. However, Divinity cannot function automatically in humans as they are influenced by their minds that are full of thoughts, impressions (samskaras) and ego.

Discussing how to make the Divinity to work in humans, the Master says that spirituality is the only means for its function. He says that there are two types in human ego; the brain induced 'Cosmic ego (general ego) and the Soul induced Divine ego'. The Divinity works automatically when the mind is in the state of absolute purity (Divine ego). Our Master asks humans to champion developing the Divine ego by purifying the mind through the pursuit of spirituality which would in turn eliminate the cosmic ego. This means, the Divine ego functions only when Cosmic Ego doesn't interfere.

Our Master asserts that Divinity functions on its own and therefore humans must give total freedom to it to work in them without interference of the mind like incantations, prayers, thoughts, hopes and expectations. Humans have

both Cosmic and Divine energy within them. We should activate only the Divine consciousness and not the cosmic consciousness in us. This can be done through the right spiritual practice under the guidance of a true spiritual Master. Humans with expanded Divinity in them are known as Cosmic-Divine personalities.

We are aware of the fact that the scientific community in general, the world over, is looking for a strong foundation based on scientific principles and facts to believe in the existence of Divine energy. However, some of the advanced mystics, saints and holy personalities understand the Divine energy in their own way and harness it for the benefit of humanity. Of late, a great deal of interest is generated in the scientific community about the vacuum energy state from which some kinds of particles appear and disappear.

The nature of the Divine energy described in the popular verse more fully as:

पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥

Poornamadah poornamidam

poornat poornamudachyate

poornasya poornamaadaya

Poornamevaavashishyate

This means that Divine energy has the basic characteristic of being complete and remains always complete even after the whole of it is withdrawn. This explanation is only applicable for the Divine Space (Shoonya-akasha) where the cosmic energy is not present. The Cosmic Space

(Chidaakasha) having the presence of cosmic energy cannot be complete in itself.

Addressing the utility of Divine energy to the humanity, our Master substantiates that Divinity can give you both the bliss and materials but materials cannot give the bliss.

5. The Power of Inner Silence

'The Sun rises silently! The stars, planets and others are silent! The plants grow in silence! The baby in womb grows in silence and the Divinity has to be in the state of absolute silence!', observes our NC Master. He says that the entire creation including you and I have come from the infinite silent state of nothingness!' He also states that the Soul within each one of us is silent, silence is eternal and the ultimate destination of human Soul is to merge with the 'Silence Absolute!' This means that silence is the beginning and end of everything also the thought and creativity emerge from it. Our NC Master, therefore, infers that the human miseries are due to the mind immersed in the pool of thoughts and hence a silent mind is vital for development both in material life and spiritual life. He states that silencing the human mind is a fine art and a powerful technique totally different from observing 'Mouna Vratha'* the commonly known method of abstaining from talking.

When you are in 'Mouna Vratha', the mind may continue to be in the state of agitation, disturbance and pent up anger. Attaining inner silence needs a blank mind free from the flow of thoughts. This is the state in which the Soul, which was dormant within, expands into the empty mind space and initiates the spiritual journey. The unique feature of the NC Silention system enables the abhyasi to attain this precious and powerful inner silence.

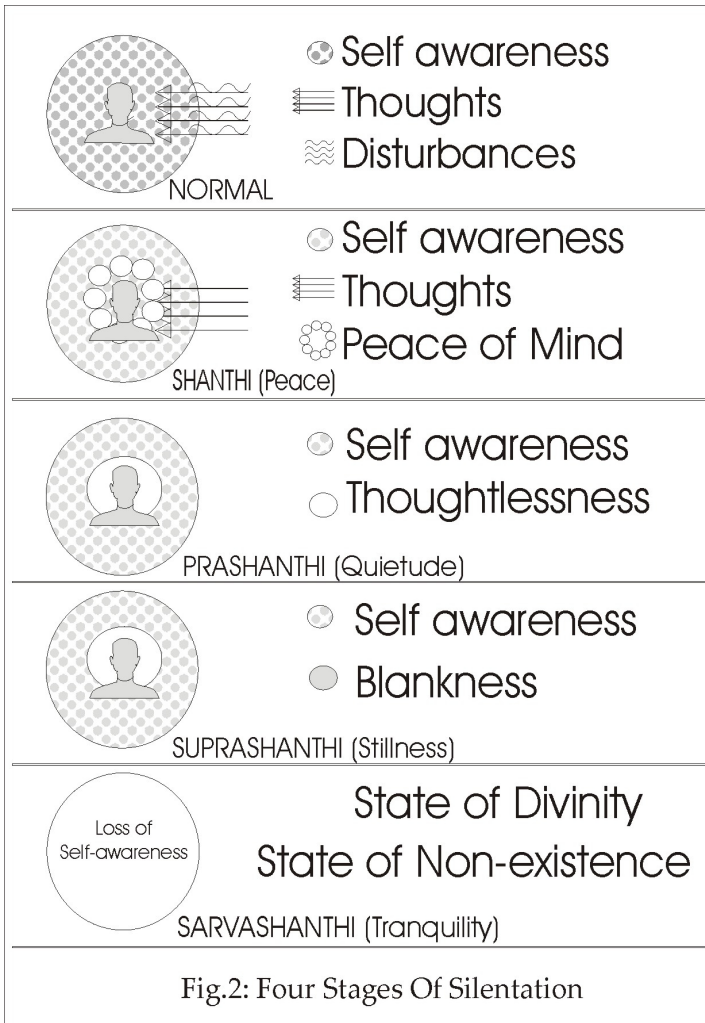
* This is a Hindu ritual during which people abstain from talking and consider as 'Sacred Silence'

The NC Master explains that the abhyasis practicing Silentation can encounter four different levels of 'silence states' in the mind (Refer Fig.2) classified as 'Shanti, Prashanti, Supra Shanti and Sarva Shanti'. 'Shanti' is the very basic state of silence also called 'Peace', wherein the flow of thoughts do not disturb the abhyasi any longer though not totally eliminated. In this state, the mind will be very calm while facing tough situations in life and do not cause any disturbances. In the next stage of 'Prashanti or Quietude', the depth of silence increases and the frequency of thought flow will be reduced to go to blankness gradually. In this condition, the abhyasis will be in the state of positive energy creating an atmosphere of peace around that can be experienced by those possessing sensitive perception levels. The next higher level of silence in the mind is 'Suprashanti or Stillness', where the blankness of the mind will be sustained for prolonged durations. The entire atmosphere around the abhyasis will be filled with serenity and love experiencing the spiritual journey within.

The last and final stage of peace, the 'Sarvashanthi' or 'Tranquility' is experienced by the abhyasis with the advanced state of 'Samadhi' that can extend over much longer periods. In this realm of 'Sarvashanthi' there are a number of stages based on the depths of silence experienced, the ultimate being the Silence Absolute where the duality of the Soul and mind ceases and awareness of the self is totally lost.

Describing about the other benefits of attaining inner silence to the common people, the NC Master states that it has a great healing power in the body. Many diseases suffered by humans are due to psychosomatic imbalances and therefore such cases can be treated by the power of inner silence. Further, people with the power of inner

silence will be able to utilize their brain more efficiently and perform better in their material life as they conserve their bio-energy by not supporting the flow of thoughts. Further, people with the power of inner silence will be able to utilize their brain more efficiently and perform better in



their material life as they conserve their bio-energy by not supporting the flow of thoughts.

6. The Soul & Human Mind

NC Master postulates that the Soul is a speck of the Divinity and also the un-manifested cosmic energy. Emerging from the Divinity it enters into the human body after going through different lower level life forms. The actual mechanism of the microcosm has remained a secret to the humanity as of now. So far, only the appearance and disappearance of particles from the zone of vacuum has been reported by the researchers under the areas of 'Subtle Energy' and 'Dark Energy' investigations. To begin with, the Soul enters the lowest-order-single-cell biological life-form called Amoeba on this planet and passes through several higher-order-life-forms before it enters into the most evolved human body as in Darwin's theory of evolution. The human evolution has taken place over millions of years progressively. The Soul's journey from the stage of captivation in a human being ends only when it expands in the pure human mind and ultimately reunions with the Divinity from where it has originated. In essence, the Soul is an unpolluted spot that remains silent and dormant in the human being as long as the mind is impure.

Describing the origin of the human mind, NC Master says that it is constituted from the Akasha (Space), one of the five elements (the fire, water, air, earth and akasha) and Akasha is the cosmic energy originated from the Divinity as stated earlier. The human mind is the most incredible energy field with several layers like the ego, thoughts, desires, anxiety, fear, memory, intellect, volition (deciding) and a variety of emotions and feelings. Based on the

influence of these layers present in the mind it can be classified as 'Pure-positive mind' or 'Impure-negative mind'.

Human mind dynamically interacts all over the body through the brain along with the central nervous system. Generally the mind is occupied in keeping the body active in the worldly affairs with selfish activities like acquiring wealth, power, position and fame including indulgence in the acts of sensual pleasures. Humans perceive and experience the manifestation as well as their inner self through the mind. It manifests in the totality of conscious and subconscious states in humans. In some people it manifests in the state of super consciousness also. All experiences and perceptions happen due to the human mind only.

When the negative ego component in the mind is reduced to zero, the Soul gets expanded into the mind space. The expanded Soul starts guiding human activities in life.

The concept of Soul expansion into the silent mind space is the revelation to NC Master and it is not based on studies of Vedas, Upanishads and other related literature. In summary, the Soul is Nirguna and it does not possess any quality of its own. However, when the Soul is expanded into the empty purified space of human mind, it starts reflecting the Divine qualities (Saguna) in that person.

Some spiritually advanced persons develop capabilities to receive and transmit the Divine energy depending upon the purity levels in their mind. Humans carry their subtle mental energy vibrations both positive and negative wherever they go. This subtle energy radiates in the

surrounding places of their presence like homes, offices, hospitals, temples, meditation halls etc influencing the atmosphere around.

The subject of the human mind and brain is extensively dealt with in medical sciences and other areas like hypnotism, telepathy, distance healing, power of faith etc. Discussing about the evolution of the mind and brain, the NC Master explains that human mind has remained the same through the ages in spite of the changing patterns of culture and civilization, whereas the brain has been genetically upgrading its capability through the biological evolutionary process from generation to generation. This phenomenon has led to developing a gap between the mind and the brain. He asserts that this gap is mainly responsible for higher stress levels prevailing in the present generation humans and this can be reduced through appropriate mentality development programs.

Addressing the situation of the death of the body, the NC Master says that when the cosmic energy in the body reduces due to uncontrollable biological degradation and imbalances, the Soul departs from the body and the human being dies but the mind encapsulating the Soul takes the form of the astral body. It is this astral body of the human being that takes rebirth based on the level of its terrestrial attachment.

Answering a question 'Why human beings suffer?' our Master explains that suffering is solely the creation of the human mind. Mind can be detached as it has nothing to do with the happenings and instances from the outside world. By silencing the mind and freeing it from the flow of thoughts the human suffering can be eliminated. The

thoughtless, blank state of mind creates a condition of bliss and tranquility in the NC practitioner. In such a state of mind there can be no suffering.

7. Spiritual Journey

Our NC Master explains that the spiritual journey begins with the Soul expanding into the vacuum (empty space) of the human mind and ends its journey ultimately by merging with Divinity. Meanwhile the Spirit may have to go through several cycles of birth and death till it attains the required purity for merging. It will occupy different planes upon death of the physical body each time, like the Terrestrial Plane, Cosmic Plane, Brighter Plane and Spiritual Plane based on the level of purity of the mind attained in each life. Our Master states that most human beings find it difficult to escape the first level of Terrestrial Plane itself due to attachments and unfulfilled desires in the mind in life lived. Upon developing higher level of purity in the mind as in the case of saints and holy personalities, the Spirit goes to the Brighter Plane and beyond.

Our Master explains that there are several stages based on the different levels of vacuum (silence levels) in the Spiritual Plane to cross before merging with the Divinity. Souls from the Terrestrial Plane have to come back to Earth for taking birth as that purity of the mind can be increased only in human life. It is also told that the Saints from the astral world find it difficult to get the right kind of parents with matching levels of purity for their rebirth. The Master reveals that the Spirits which have reached the Brighter Plane however do not take re-birth and these Spirits can acquire higher levels of purity from the living Sadgurus for their journey into the Spiritual world. The NC Master says

that the energy of the Black Holes act as the obstacle and prevents entry of the Spirit into the Spiritual world. In such cases the help of the advanced Souls becomes necessary to accomplish the ultimate goal and till then stagnation of the Spirits takes place at the Brighter Plane. Only Sadgurus are able to go beyond the Brighter Plane into the Spiritual Plane. Our Master has attained the state of Sadguru, most uncommon and exemplary accomplishment in spirituality. He is able to live in the states of non-existence, existence and existing at will.

8. The Spiritual Master

The famous verse from Guru Geetha states:

अज्ञान तिमिरांधस्य ज्ञानांजन शलाकया

चक्षुरुन्मीलितं येन तस्मै श्री गुरवे नमः

Ajnaana thimiraandhasya

Jnaanaanjana shalaakaya

Chakshurunmeelitham yena

Tasmai sree gurave namaha

The term Guru means one who dispels darkness and gives light of knowledge by eradicating ignorance. The spiritual Master on the other hand, not only dispels ignorance but also takes pains to study the difficulties of the disciples and guide them till the end. The spiritual guide who is under the direct control of 'Sat' is called a Sadguru. By merely being in the presence of a Sadguru, the abhyasi can experience transmission of the positive vibrations. Through tutelage and grace of the Master you can experience this truth. Millions and millions of ancestral souls occupy astral

regions and influence the living beings. The NC Master's energy can protect the abhyasis from the negative influence from other Souls.

The NC Master states that the discipline of astral world is totally based on the purity levels of the mind attained and it is auto regulated. Only a true living Sadguru like the NC Master can lead the spiritual seekers to the goal of realization. However, how to recognize a Sadguru is a billion dollar question and needs enlightenment. Answering this question, the NC Master says that there is no shortcut. The way to go about indeed is that the seeker should sincerely and whole heartedly begin to seek and crave for a Guru; stop not till the right Master is found. This is something similar to the flowing river that overcomes all obstacles, wayside and doesn't stop until it reaches an Ocean! In fact, this is a hard task but one shouldn't give up midway and abandon the search. A living Master to the spiritual abhyasi is like a parent nurturing the child at different stages, from moment to moment during initial stage, later teaching to walk & speak, holding the hand physically while crossing a busy street together, advising the child as it grows into adolescence, in studies etc, until the child becomes independent. In the NC system of spiritual practice, the Master takes the center stage and guides the abhyasis personally on one to one mode. Only one thing he expects from the seeker is total surrender to the Divinity with willingness to pursue spirituality. The rest is done by the NC Master.

9. The Disciple

In ancient days the system of Gurukul was the best way to groom a disciple right from the age of about seven years.

The disciples stayed away from parents and used to be entirely under the care of the Master. This was meant to inculcate the required qualities like following strict discipline, non-attachment to worldly happenings, reducing the ego, learning simplistic living, developing empathy towards fellow beings etc. Inculcating such qualities was considered essential for the disciple to surrender to the Master in the pursuit of spirituality. It was believed that staying in the family would be a hindrance for spirituality because of the sentimental attachments in life.

Such qualities are indeed essential for pursuing spirituality even today but the cultural shift towards materialism of the modern society is a challenge. To face this challenge, NC has devised a three step strategy involving (a) Spiritual Retreat, (b) School of Spirituality and (c) Spiritual Community Centers to help the new generation disciples. The Spiritual Retreat is meant to give an exposure on spirituality to the seekers while the School of Spirituality is expected to provide in depth knowledge about it and the Spiritual Community Centers provide opportunities for the ardent followers to embrace spirituality in the rest of their lives.

10. Master and Disciple Relationship

The relationship between the Master and the disciple should be on the principles of samvada which means that the disciple should clarify the doubts by discussion and not by questioning or argument. The relationship should be with a submission to the almighty as in the following verse:

May the almighty protect both of us
May the almighty nourish both of us
May the almighty infuse courage in us

May our knowledge become brighter
And get transformed as radiant light
May we always be together without
Any hatred and difference of opinion

At NC, every practitioner connects with the Master through the medium of love. As we begin to love the Master, we draw the Divine energy from him for both material and spiritual pursuits. This is because loving the Master and receiving the love from him are perceived differently from the conditions of the state of his existence and non-existence. From the state of non-existence the Master loves all of us as individual Souls. It is this love that makes it possible for all of us to resonate to the power of his energy transmission and acquire greater mental purity.

However, the Master's work to reduce our negative tendencies due to our own samskaras happens from his state of existence. It is therefore necessary to fully relinquish the ego of the self when we seek guidance and counseling from the Master. In this state, the Master tries to penetrate into the ego of the practitioner as a mentor and a guide. And this is called the Divine intervention in spirituality. Quite often, the Divine intervention would not be possible because of the non-co-operation from the practitioner. This failure gradually dilutes the Soul to Soul connection between the Master and the practitioner, inhibiting the spiritual progress of the latter. However, the practitioners may still enjoy some material benefits due to their love for the Master. To aid in further understanding the relationship, NC Master has classified the practitioners into three distinct groups, the Close, Closer, and Closest as elaborated in the following.

- The Close Group

The close category group of abhyasis loves the Master but may criticize his perception and actions. These people decide to mostly act on their own without consulting him and blame the Master if their actions do not produce the desired result. They also expect the Master to fulfill all their desires and if it doesn't happen, they leave him at any time. The Master's love towards them at the level of existence will be very low and therefore the Divine intervention does not happen. But the Master's love, at non-existence level, towards such Souls would remain the same to all. In case these people practice regularly and follow whatever the Master suggests, they get elevated to the next level. If anyone continues in the same condition, their spiritual progress will be uncertain.

- The Closer Group

The practitioners of this group follow the Master completely with love but they are unable to control their ego. They often confront themselves about whether the 'I' should follow the Master completely or not. Notwithstanding the love they have towards the Master, they may not be successful due to the fear of the society. Though they claim that they have accepted the Master completely, they often fail to follow the Master's instructions. It must be clearly understood that many of the perceptions of the society are derived from the set of unquestioned religious beliefs imprinted in our minds. Although the society often claims that its goal is to promote peace to everyone, it doesn't have the exact insight on what can really bring peace in an individual's life. Peace is the non-disturbing aspect of freedom existing in each individual. As per NC, every individual can live peacefully without disturbing others.

In an effort to maintain the self esteem and close association with the society, the people of the 'Closer Group' category often end up in living a constricted life driven by the urge to satisfy the ego of others like that of their parents, children, relatives, and friends by bartering away greater part of their personal freedom and mental peace. These people still desire for Divine intervention from the Master for peace and happiness. They expect that the Master should take care of their welfare by presuming that they have surrendered to him. However, the Master from his existence level cannot intervene in their lives because of their inability to follow the guide lines due to their ego. The physical Master's love for the practitioner cannot help because the Divinity is not in the control of anyone.

- The Closest Group

This category of practitioners may or may not practice but they succeed in getting into the heart of the Master. The spiritual practice is not mandatory in this category of persons as the aim of the practice is only to bring the abhyasis to this condition. This category is considered as supreme by the Master. The Divinity of the Master can intervene in this category of individuals at any time as their acceptance of the Master is total. Such practitioners do not dislike any of the Master's instructions; instead they enjoy his every action and firmly believe that Master takes care of everything in their lives. Further, the fear of the society vanishes in such individuals including that of their parents, relatives and friends. They begin to live in a different mental condition by realizing that the Master is the supreme without discrimination of the gender. The only pre-condition is that the practitioner should remain mentally prepared to do anything for the Master at any time. This is the kind of condition existed between Krishna and Radha

as described in the Indian scriptures in which the Guru or the Master is considered the male (purusha) while all the disciples are considered the females in the relationship. Such a relationship naturally elevates the practitioners to become Master's beloved disciples. They do not worry about the material advancement in life. This is the most desirable condition in a disciple and is analogous to that of two oceans joining together rather than of a river moving into the ocean in the natural course of its journey.

The abhyasis under this group can never be separated from the Master. There can still remain differences of opinions and arguments between them, but their love never get diluted at the level of their Souls. In such a relationship, each protects the other under all circumstances and they both experience the condition of bliss. Such disciples begin to radiate the Master's love to others

The most import factor in the relationship between the Master and the abhyasi is that the Master should be truly a realized person who is guided by the 'Sat', a real Sadguru, while the abhyasi should have a clear goal in life to liberate the Soul within. In addition, there should be total surrender (sampoorna samarpan) of the abhyasi to the Master without any fear. The fear always carries negativity with it and is the major factor both in animals and humans for all problems in life. Only the humans are endowed with the ability to overcome the fear and function and it is a bottleneck in spirituality. Once you cross the threshold of the fear, spiritual progress will be faster.

11. Significance of NC Satsanghs

The NC Satsanghs are conglomerations of the abhyasis engaged in the pursuit of spirituality with the Master. The premises where the NC Satsanghs are conducted maintain very high level of purity because of the charging of the premises that takes place from the Master's energy. This is supplemented by the purity from the advanced practitioners and also from the astral saints who gather there during Satsanghs. The entire atmosphere of the place gets transformed into an ocean of Divine love during Satsanghs. The astral saints are attracted only due to the environment of inner purity and love that prevail at the Satsanghs. It is the place where each practitioner gets connected with the 'Sat' of the NC Master, depending on the level of mental preparedness of each practitioner. In other words, each practitioner is connected to every other practitioner through the NC Master at Satsanghs. This gives a cumulative cleansing effect on the mind of the practitioners. Satsangh is a holy gathering where the ego of the abhyasis is softened creating harmony among them as experienced by many NC abhyasis. They get peace continuously irrespective of the material problems encountered by them and also get tremendous mental strength to find solutions to the problems causing worries. The abhyasis become positive and they motivate others also to become positive. Satsanghs happens even with two abhyasis practicing silentation invoking the Divinity in the NC Master.

Satsanghs help students to improve their concentration and memory power that aid in their studies. The general intelligence and observation capabilities of the students also improve. It is reported that the conditions of some patients with chronic ailments has improved by attending Satsanghs regularly. The key factor is that the Divinity has

no barrier and both spiritual and material benefits are attainable by attending Satsanghs regularly.

12. Protocols of Practicing Spirituality

The NC Master explains that practicing spirituality is an individual asset and needs to be acquired by every person voluntarily and not by compulsion. The broad protocols required to be followed in the pursuit spirituality are:

- Take the guidance of a Sadguru in the pursuit of spirituality. Just as a Doctor treats the body, the Sadguru treats the mind & Soul of the practitioner.
- Reduce the ego of the self to the minimum surrendering to the Divinity in the Master.
- Reduce the materialistic needs to the minimum and lead a simple life.
- Follow the disciplined life of 'live and let live' policy without disturbing others.
- Accept life as it presents.
- Avoid prejudice on the personality.
- Have courage to tell the truth.
- *Don't be possessive but just be the custodian of things in your possession as a trustee.

13. Impressions (Samskaras)

Human life is characterized by thoughts, actions and a variety of feelings, positive and negative, like love, kindness, sympathy, compassion, empathy, goodness, misery, happiness, excitement, anger, hatred etc. Thoughts precede actions always. It is only the feelings from actions that create impressions in the mind and these are called the samskaras.

Humans have to repay the samskaras created in the past and present life. At the time of death, anyone having a nil count of samskaras will not take re-birth. The NC abhyasis are trained how to lead a blissful life without accumulating samskaras. Our Master says that the abhyasi should be like a surgeon operating patients or a butcher killing the animals without any feeling or attachment in the heart and mind.

The NC Master says that the samskaras already accumulated in a person cannot be removed by spirituality and have to be lived with. However, spiritual pursuit of the practitioner can reduce the impact of the past samskaras and avoid accumulating samskaras in the present life. He explains that the Divine energy being subtle its quantum required to reduce the impact of the samskaras is enormous.

14. Conception of God

From Rigvedic times the Hindus believed in various Gods represented in nature like Varuna (water), Vaayu (air), Agni (fire), Saraswathi (Goddess of learning), Lakshmi (Goddess of wealth), Brahma (creator), Vishnu (sustainer), Shiva (dissolver), Shakti (energy) and so on. Similarly, in the west, there have been many Gods like Erebus (God of darkness), Achelous (God of river), Athena (Goddess of wisdom), Astarte (Goddess of fertility), Donar (God of thunder), Aeolus (God of wind) etc. Some pagan religions like Zoroastrians worshipped Sun God. Even today Hindus worship Sun God. It is the same with Jews also. We also pray several Deities for fulfillment of our desires. Whether we accept the God phenomena or not and whether there is a possibility of everyone accepting an universal God or not

would not resolve our problem of impermanence. NC Master says that the concept of God which is deep rooted in humans is created purely out of fear factor and desires in our minds. Looking at the enormous power of natural calamities and fury of nature like the earthquakes, volcanic eruptions, tsunami devastations, hurricanes, avalanches etc the primitive humans started surrendering themselves to such superpower bodies or Deities. Over a period of time, the mentality of surrender in humans transformed into faith and they began to pray such Gods mainly to fulfill their desires. The ideas and expectations that, somehow or the other, the help will come to them from God by virtue of praying has taken deep roots in humans due to their ignorance about God. They even set aside the law of the nature that the born must die and that life is impermanent whether you believe in God or not.

The concept of God as clarified by the NC Master is that it is the 'energy less energy - the state of nothingness' present in every human being which can be experienced by the mind in the condition of 'absolute silence'. Elaborating the concept of God further, the NC Master states that the human mind perceives 'Space' as the 'void (emptiness)' that exists everywhere. Every atom has emptiness in it and so is it in the universe and beyond. He observes that everything including our expanding universe is contained in the Space. He says that Space is infinitely powerful containing the entire manifestation and it can neither be created nor destroyed. The NC Master also observes that the humans are unable to connect to the vast energy of Space and utilize it even though their Souls are nothing but the specs of the Divinity and this is entirely because of their ego. He therefore postulates that when the ego is

surrendered to the Divinity totally, anyone can experience the oneness of the Space within and the Space outside and this is possible by practicing Silentation.

The above postulation of the NC Master supports the common belief of the human beings that God is everywhere and in everything, all powerful and eternal, the creator, sustainer and the dissolver of the of the entire manifestation. This essentially explains that Space and God are one and the same absolute nothingness. The NC Master conclusively states 'you are nothing, God is nothing and the Space too is nothing; only spiritual pursuit can enlighten this eternal truth!'

Part III

Insight

INSIGHT

The present human society is undoubtedly gifted with tremendous power of the technology to continuously update the information on a variety of topics from all over the world including spirituality. Nevertheless there is scarcity in the knowledge generation in respect of the subject matter of the inner spiritual journey. It is believed that the curiosity of the neurologically advanced generations of the present millennium will be ignited and benefited from the coverage related to spirituality presented in this part. The wealth of information and the insight is expected to grow further at NC with time. The readers may like to post their questions to NC and facilitate wider participation to renew the knowledge on spirituality for wider proliferation of its benefits to the humanity.

Significance of NC Satsangh

Satsangatve--Nissangatvam
Nissangatve--Nirmohatvam
Nirmohatve--Nishchalatattvam
Nishcalatattve—Jivanmuktihi

1. Significance of NC Logo

The NC logo symbolizes the ultimate goal of a human being in spirituality and spread the message of the NC Master 'Live in prosperity and give a prosperous life' deploying Divine love. Crossing the six stages of the spiritual journey (peace, courage, love, truth, wisdom and righteousness) is depicted in the six triangles of the logo and the triangles are assigned with appropriate colors shown in Page 67:

- The Triangle of Peace:

The spiritual journey of the abhyasi at NC begins from the bottom most white triangle which represents Peace and traverses in the clock-wise direction. This symbolizes that the Soul is always in peace and also indicates that the Saints are associated with the color White. It is possible to attain peace of mind within a few days of NC Silentation system practice. With continuous practice, the peace of mind will increase and propels the abhyasi to higher level of mental stillness. The aspirants are advised not to rest and remain contented with peace alone. For many average human beings, attaining peace itself is considered as a fantastic achievement.

- The Triangle of Courage

The second Yellow triangle (color of Turmeric) represents Courage. This symbolizes cleansing and purification of the mind. There will be an increase in fearlessness quotient of the abhyasis and this indicates the corresponding increase in the purity of the mind. Where there is purity there will be no fear at all. The abhyasi attaining this stage will be

endowed with the minimum essential requirements to lead a blissful life effortlessly or with minimal effort.

- The Triangle of Love

The Green triangle represents Love. In this stage, the practitioner will begin feeling 'Why should I not love all?' Progressively this expands into Divine love, a new dimension that manifests itself as unconditioned love for all. This is the index of higher spiritual evolution and steady progress of the abhyasi in the spiritual plane emanating an aura around the head. It is the manifestation of the inner power and grace radiating from the practitioner.

- The Triangle of Truth

The Grey triangle represents Truth. This symbolizes enlightenment and realization of truth. Attaining this stage, the abhyasi realizes that every aspect of the conscious world is unique and that all will be as they are meant to be. Consequent to such a realization, the practitioner comprehends no shortcomings at all and perceives universal love not only with the fellow humans but also towards all living beings without discrimination.

- The Triangle of Wisdom

The Light Blue triangle represents Wisdom. This is the Color of the Sky that symbolizes wisdom. Attaining this level of realization the abhyasi becomes a Master or Gnani. This is the stage at which the spiritual practice of the abhyasi ends but the spiritual journey continues.

- The Triangle of Righteousness (Dharma)

NC LOGO



The Art Of Divine Loving
SSB SOCIO-SPIRITUAL FOUNDATION



Master Conducting training Programme on Mentality Development



Spiritual discourse by Master



Master addressing the Abhyasis

Festival of Love



June 28, 2012



**SSB being blessed by mother
Smt. Alameluammal on his birthday**



**From left: Son, Mr. N. R. Vijay Subramanyam, Sister Mrs. N. R. Ananthalaksmi,
Wife Mrs. Lata Balan and Daughter Ms. Manaswini N. R.**

The Black triangle represents Righteousness. This symbolizes Dharma having non-discrimination character. Black is unique and it is not a mixture of colors. This is the ultimate inner evolution and the Master will follow the principles of Dharma. Sometimes Dharma may appear to have no logic or justification but one should know that it is the Divinity in the Master doing the said acts.

- The orange hexagon region in the logo represents Detachment in spirituality. Orange is the combination of yellow and white along with red. Red is negative which is required for detaching ourselves from the material world, thereby, orange acquires qualities of peace and courage.
- The lamp at the center is surrounded by the black circle represents the Soul with ego. When the Soul expands encompassing all the six stages in spirituality, the goal of the practitioner is achieved and it starts emitting light to the outside world dispelling darkness which is symbolized by the glowing lamp at the center.
- The Logo also depicts the unique process of the expansion of the Soul and reduction of Ego that

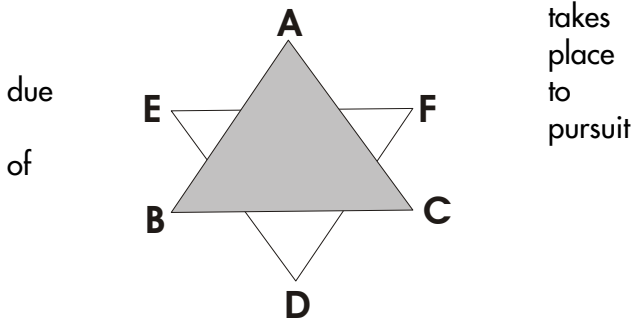


Fig.3 Transformation of self

spirituality. This is implied by the two equilateral triangles juxtaposed as shown (Fig.3). The egoistic self of the practitioner is indicated by the base 'BC' of the triangle ABC and this merges at the apex 'A' becoming the speck of nothingness gradually with progression in spirituality. The apex 'D' of the triangle 'DEF' represents the dormant Soul within and that expands progressively into the base 'EF' ultimately. The ego thus shrinks to the size of 'Anu (Speck)' while the Soul expands to infinity 'Anoraniyan, Mahato Mahiyan' due to the pursuit of spirituality.

2. Internalization of the Spiritual Master

Internalization is the process of accepting the people as they are, willfully, like parents, spouse, children, friends, comrades etc. Such an acceptance helps us to understand more about them, their ways of life and their needs. If we do not accept such people there may not be harmony in life. Similarly, in spirituality we have to internalize the Master. Internalization helps the Master to work on the abhyasis in the spiritual journey. Internalization of the Master undoubtedly is therefore the first step in spirituality to get connected with the Master. During the initial stages in spirituality, we may not be in a position to initiate the process of internalizing because of the lack of understanding the Master and therefore our ego may lead us to maintain a distance from the Master. Internalization of the Master takes place gradually as we progress in spirituality, our faith in the Master increases and we begin to remember the Master in every walk of life. Internalization of the Master therefore essentially means

believing, remembering and accepting that Master is only doing everything in my life.

Internalization of the Master eventually leads us to draw the Divine essence of the Master (the Guru-Tatwa) and this process is called interiorization, the spiritual Master becomes the 'Inner Master'. This is to experience that Master is doing everything and not me. When this happens we will accept the Master as our 'Eternal Guide'. The most important aspect of interiorization of a living Master is that the process should be completed before the Master's departure from the physical world. However, the Inner Master will continue to work in case of the departure of the physical Master.

This used to be the course of action commonly accepted by the 'Rishis' of yesteryears in this country. In the absence of interiorization of the Master fully, the practitioners may leave the Master during the course of practicing spirituality without any reason because of their own idiosyncrasies. In the event we encounter negative comments from the society about the Master or the Spiritual system we follow, it becomes crucial to bring it to the forum of discussion with the Master, obtain clarifications and not allow haunting and distancing the Master as well as the system.

3. The Subtle Ego

Ego is an important aspect in life attributed to the human mind. Ego has the power to create or destroy depending on whether it is positively or negatively regulated. If positively regulated it supports peace, strength and courage in the human society. In an effective spirituality, the ego is positively regulated and transformed into 'Subtle Ego' by regular intake of the positive energy from

the Master. This subtle ego has the positive effect of losing the undesirable attachment to wealth, power, prejudice, hatred, position etc.

Nevertheless, sometime in life, without one's knowledge, the negative ego may be re-established subtly and we may become intolerant to bear certain criticism or comments. This situation might collapse the subtle ego developed due to practicing spirituality and make the practitioner to slide back to the level of a common person or cause silent suffering and revolt. This kind of silence is very dangerous because it can acquire negative power, unless appropriately guided and protected by a Master of caliber. It is therefore necessary to ensure that we do not catch the negative qualities like prejudice, grudge, etc that block the spiritual progress. The abhyasi is prepared to surrender totally, the subtle ego vanishes with its power sharpened, strengthening the relationship with the Master. This is a matter of major concern to the abhyasis while progressing in spirituality at advanced levels.

4. Being with a Living Sadguru

Sadgurus are the real and true representatives of the Divinity and they are guided by the Sat. This position is not a birth right and they have no legacy (Parampara). They are beyond the human suffering. Their motivation in life is only to enlighten the human society about spirituality. Their strength is the unconditional love and they reach everyone through it all the time. They do not see the purpose of the negative virtues like hatred, jealousy, cheating and desire for any kind of power.

Sadgurus are like fire and going into their heart is very difficult for the common people characterized by selfish

desires. Their expressions may sometime look harsh and not pleasing to us but they always speak the truth. They may also look to us indifferently and not concerned with our problems in life causing disturbances in our mind. Their focus is always directed only to guiding the people in the pursuit of spirituality. They expect the abhyasis to follow the disciplines absolutely and accomplish the ultimate goal. They welcome healthy and objective discussions to clarify the doubts and misgivings if any in the minds of the abhyasis.

Sadgurus advise the abhyasis to erase the prejudice and fault finding tendencies if any in the mind since such tendencies, being negative, would poison the intellect and defeat the very purpose of their association. Generally, they do not reveal their spiritual status to the common people who are ignorant about Divinity and its supremacy. Nevertheless, they have no hesitation to share everything they possess with the devout abhyasis. The opportunity to be in the association of a living Sadguru is exceptional and priceless. Sadguru helps us to transcend beyond the body consciousness and transact at the level of Soul to Soul connectivity.

5. Hurdles in the Pursuit of Spirituality

The main hurdles in pursuing of spirituality by the common people in the society are firstly the lack of knowledge about its application and benefits to be successful in life followed by the absence of indisputable spiritual leaders and institutions in the scale that is required for effective proliferation. It is observed that the spiritual Gurus of caliber, especially Sadgurus are a breed of extreme rarity in the technologically advanced world competing for

power, superiority and enjoying unlimited ownership of everything in the universe. Further, spirituality deals with the metaphysical, non-material aspect of the human being namely the Mind and Soul which is a subject matter that needs transcending beyond the five human senses peeping into the realm of transgressing subjectivity. Spirituality, in essence, is an individualistic aspiration for accomplishment of highest goal in life (liberation) and is believed to be dictated by the karmic impressions (samskaras) of the past lives.

Fear of exploitation is another factor in the hurdle for accepting the path of spirituality in life. The common people become scared of accepting some of the doctrines advocated in the pursuit of spirituality such as transcending all desires, developing nonattachment toward impermanent possessions, expression of unconditional love for all etc, particularly in the backdrop of the future uncertainty due to increasing demographic growth rate persisting in the globe creating unprecedented pressure on the limited terrestrial resources available.

Religious system of belief in rituals and God spread all over in the human society is yet another hurdle to be crossed over for treading the path of nonreligious spirituality. The other strong notion wrongly understood by the society is that spirituality is meant for those at the fag-end of their life fulfilling all their responsibilities, spiritual seekers need to renounce their family and go to the forest , monasteries and similar places etc create hurdles for the pursuit of spirituality.

Contrary to the above, the NC Master always states that spiritual practice being connected with the Soul and mind

of each individual has nothing to do with the external factors of living in the world. Taking the example of his own case, he establishes that with a small change in the mindset and cooperation from the family members, spirituality, the process of attaining Divinity can be practiced being in the home creating an everlasting personal asset that is carried along even after departure from the physical body. Surpassing the outmoded and superstitious notions, he asserts that spiritual practice is required for each and everyone in this world since every human being possesses the Soul within. Therefore, people of all age groups, generally above the age of seven, irrespective of the gender, religion, cast and nationality can safely practice spirituality. This practice greatly enhances the quality of our life and perceptions unlocking the boundless and eternal peace existing in us radiating all our positive qualities for the benefit of the entire society.

The Silention system of spirituality is dedicated to the human welfare has an assurance of the personal spiritual growth in each individual. Further, it has a broad based objective of spreading unconditional love and peace in human society widely. To realize this, NC endeavors to awaken saintly qualities and positivity in common people by purification of their minds. The spiritually trained individuals, with their expanded mental purity, can truly render selfless service to the society while discharging their normal duties in family & professional life. This would help in establishing peaceful co-existence bigheartedly responding to the fellow beings in times of need.

6. Spirituality for Children

The baby, right from its birth, naturally begins to gather information about its surroundings and happenings

through its senses and it is only by about seven years of age in childhood it starts creating own impressions in the mind. The parents, teachers, friends and other people around including those with religious bias influence the children and it is very difficult to change their perceptions of after the age of about sixteen years.

The religious bias intended to create a healthy society with virtuous people who love and live harmoniously helping each other. That is how various religions sprang up spreading their activities commensurate with their era. But with the fast globalization of the human society, the same rationale does not match any longer. That is why the younger generations of today no longer care for the religious dogmas but are ignorant about spirituality. They question the fundamentals of performing rituals, worship etc. When they do not get satisfactory answers from the society, they discard the religious systems.

The child introduced to NC spiritual practice experiences the inner spirit pretty soon and understands the value of pursuing spirituality. There is no need for the child to go in search of God outside, chant slokas, read scriptures etc and need not follow the religious practices. When individuals of the society are transformed right from the childhood, the society gets transformed automatically with human values

7. The Life Energy

Matter is the physical entity in the manifestation that exist either in living or non-living form. It occupies some 'space' and it can be perceived by our senses and exists as solid, liquid or gas. The living matter has 'life force' in it while the non-living is devoid of life energy which is termed as

'inert' matter. Any living body transforms into lifeless inert matter when it is without life energy (Prana). The living undergoes metabolism, maintains homeostasis, possesses the capacity to grow, respond to stimuli, reproduce and, through natural selection, adapt to their environment in successive generations. The energy which supports all these functions is called life energy or Chetana.

Science is yet to discover the secrets of life energy. In the lower forms of living species such as the plants, the life energy is locked up in seeds. When seeds are sown and watered, life shows up, seedlings are formed that grow into plants when nurtured. The plants produce seeds and the cycle of plant life repeats. Science has developed techniques to genetically modify plant life cycle to a certain extent in terms of quality of the seeds produced, growth of the plant, pest resistance etc. In case of animals, birds etc, it has been possible to freeze organisms, genetically engineer and bring back to life when required. Similar is the case of insects, bacteria etc.

In the case of humans, medical sciences have developed to the extent of freezing the sperms and use it to fertilize the egg when required. Science is advancing in 'Stem Cell' research to reproduce components of human body for replacement when required. However, science has not yet advanced to synthesize the life. Some Saints believe that the 'Soul' is the speck of the Divine from time immemorial.

8. The power of being in 'Here and Now' State

Yesterday was the experience of the past, today is what we are experiencing and tomorrow is the experience awaited that cannot be experienced at this moment. This simply means that yesterday is dead, today is dying moment by

moment and nothing is known about tomorrow. To live in the memories of the past or in the anxiety of the future would mean ignoring the present moment and missing the opportunity to act.

The reality is that we always experience the present state of 'here & now' ready for action and perceiving the Divinity in every moment and every action is the prime goal of the spiritual practice. It will be a profound experience of the power of the Divinity in 'here & now' condition. To grow in spirituality, we should inculcate the capacity to live in the state of here and now. The enlightened and spiritually advanced persons like our NC Master, who have understood the power of 'here and now' are able to live in the 'present' all the time. This is an ancient knowledge of our Saints and Rishis that is currently ignored.

Bhaja Govindam - sloka 9 also reiterates:

सत्संगत्वे निस्संगत्वं निस्संगत्वे निर्मोहत्वं
निर्मोहत्वे निश्चलतत्त्वं निश्चलतत्त्वे जीवन्मुक्तिः
satsangatve nissangatvam
nissangatve nirmohatvam
nirmohatve nischalatattvam
nischalatattve jeevanmuktih

Meaning:

The company of the good means being away from false attachments; from non-attachment comes freedom from delusion, when the delusion ends, the mind becomes

unwavering and steady and from an unwavering and steady mind comes jeevan mukti (life liberation).

'Nischala Tatwa' is equivalent to the principle of unwavering 'here & now' state which is attainable in the silent mind during the NC spiritual practice.

9. The State of Bliss

Happiness is the condition of mental elation and everybody in this world craves to be happy. There are different kinds and levels of happiness. While the kind of happiness we derive from the incidentals such as the actions, possession of materials, happenings, thinking about what is going to happen in future, thinking about what has already happened etc are short-lived pleasures and not permanent. It is also possible to derive happiness without associating any of the incidentals and the experience so derived is known as the 'bliss'. Bliss is far superior to that of the transient pleasures and to attain bliss, we need not have to strain or struggle. All that we need to do is to keep the mind silent and pure. To a spiritually evolved person, the Divinity within bestows the bliss and such persons will never be after the worldly pleasures. The happiness we derive from bliss cannot be experienced nor compared with that of the worldly pleasures. A person having an expanded Soul within, by spiritual practice becomes God-realized and starts transmitting bliss to others.

10. Permanent Liberation

In the human activity, liberation is nothing but getting released from the bondage and suffering. That is the 'I' getting liberated from bondage and the Soul getting liberated from 'Me'. Every human being aspires for such a

freedom and nobody wants to get freed from happiness and favorable situations. Many people prefer to keep their likes, get rid of dislikes and are prepared to fight till death to maintain the state of happiness.

When we willingly accept whatever comes to us then there is no need for confrontation in our life and we get liberated from the struggle. Often people consider that achieving what is acceptable to them as a challenge and fight till their death for the cause. Such people attain liberation from struggle only upon death. However, such liberation is temporary and nature dictates that such human beings should take rebirth to continue the struggle. Some wise people started thinking whether such struggle and the cycle of repeated births could be avoided. Only then, they realized that actual reason for their struggle is 'Ego' and samskaras in them. They realized that till the samkaras are nullified they cannot escape the cycle and liberation is not possible.

Our ancestors believed that 'bhog' (suffering/enjoying) is the only means to nullify the effect of samskaras. Developing a mental make-up to tolerate any amount of suffering, not troubling others, accepting all troubles from others cheerfully and removing all negative thoughts from the mind are some of the requirements to be followed for liberation from re-birth phenomenon.

Once we attain purity of mind there will be no place for ego to surface and it will disconnect us from samkaras. The pure mind becomes lighter and there will be enlightenment. But we need to know how to get the purity. There are some people with purity of mind amongst us capable of

transmitting the purity to others. If we accept any such person as our guide or guru, then we can purify our mind. In permanent liberation, the Soul continuously expands till it loses all its weight (attachments in mind) and returns to the Origin from where it has emerged. Once the Soul is liberated permanently, then we cannot see it in the manifestation. To attain the state of permanent liberation, purity of mind alone is not sufficient; one should strive for continuous Soul expansion. Even a trace of ego will result in rebirth and hence the ego is to be completely removed. Only such souls losing the entire ego can alone reach the Origin. There are many purified souls in the astral world and we cannot see them as they do not have physical bodies. Such Souls in astral body may take birth in physical form after several years to acquire higher levels of purity because spiritual practice can not be done in astral body. Their rebirth gets delayed till they find spiritually evolved parents.

11. Spiritualization of Material Life

There cannot be life without the existence the Spirit in the human body and hence the spiritual life and material life cannot be separated. Hence the meaning of the spiritualization of the material life essentially means the way of leading the life. The NC Master advocates being prosperous and spreading prosperity to others. The life should be lived for others instead of fulfilling the selfish desires. A spiritually advanced person should be in equanimity with both the rich and poor people unrestricted from growing in material life. The materials present in the manifestation should be used for the common good of the humanity and over exploitation of the same would lead to

disastrous consequences ultimately the glimpses of which are seen in the phenomenon of the global warming.

The human society should not forget the truth that everything in the manifestation belongs to the Divinity and there is really nothing in our possession. When there is nothing to lose, we can enjoy all the materials available to us. All that we need to lose is the sense of 'mine'. When the self is lost, then only we live entirely to our capacity. The essence of the spiritualization of the material life is very well presented in the Isavasya Upanishad Verse 1 as:

ईशा वास्यमिदं सर्वं यत्किंच जगत्यां जगत् ।

तेन त्यक्तेन भुञ्जीथा मा गृह्णथः कस्य स्विद्धनम् ॥

Isa vasyamidam sarvam
yatkincha jagatyam jagat
tena tyaktena bhunjitha
ma grdhah kasyasviddhanam

Meaning:

Everything animate or inanimate that is within the universe is controlled and owned by the Lord. One should therefore accept only those things necessary for himself, which are set aside as his quota, and one should not accept other things, knowing well to whom they belong.

12. Human-Divine Continuum

Humans have body consciousness by birth and by experiencing the inner Soul (Divinity/Soul consciousness)

establishes the human-Divine continuum. Once this condition is attained by the human being, the Divine takes care of all the minimum and essential requirements for leading a blissful life on Earth. This is the meaning of the quote 'Yoga Kshemam Vahamyaham' of Lord Krishna in Chapter 9, Verse 22 of Bhagawad Gita. The NC Silentation system enunciates that when a connection (yoga) is established between the Soul within and the expanded Soul (Spirit) of the Master, all the needs for the spiritual journey will be taken care of by the Master, until the end of merging the Soul with the Ultimate. The ego of the self and thoughts in the human mind are the main bottlenecks in establishing the human-Divine continuum. The mind projects a strong sense of 'I am the doer' and 'mine' right from the childhood beginning at the age of about eighteen months. As long as the sense of 'I am the doer' prevails, the Divine takes the back seat as only an observer allowing the 'I' (ego) to act in life and this is because of the 'Body Consciousness' in a human being. The body consciousness further creates impurities in the mind by the desires, emotions etc in addition to karmic impressions (samskaras) accumulated from the earlier births. The net effect of samskaras is to take repeated births, hundreds of times, on Earth. Based on the purity levels of the mind, the Soul occupies different planes like the Terrestrial plane, Brighter plane, Spiritual plane and the Divine plane. It is revealed that our NC Master has entered the Divine plane crossing the Brighter plane. Further spiritual journey of the NC Master is solely directed by 'Sat' which has taken over his Soul. The 'Sat' being sankalpa rahitha shakthi, anyone attaining this condition becomes a real 'Sadguru'. He is the 'Marga Darshi' of new millennium in spirituality. A sincere seeker should follow his guidance

with unquestionable faith and experience the Divinity individually. All that our Master tells us is 'join me in my spiritual journey and make use of my Divine Energy for your spiritual progress'.

Explaining about the discipline and hierarchy of the Souls in the Brighter and Spiritual worlds, NC Master states that the levels are decided only by the purity of mind attained. Further, he stresses that purity of the mind can be improved while being in the physical body only and hence the human birth is very precious.

Ultimately the NC Master says 'Think about what I am saying and make your own decision. Act now, don't waste your precious life, experience the Divinity individually and fulfill the goal of reaching the ultimate in this life itself'.

Part IV

Vision & Initiatives of SSB

Vision & Initiatives of SSB

Subsequent to the attaining higher level in spirituality, SSB visualized the need for extending the benefits of NC Silentation system to the humanity extensively. In order to fulfill this vision, he has taken a number of initiatives such as expanding the training base for conducting Satsanghs, carrying out research on the impact of Silentation, constructing a Mouna Mantapa (the Abode of Silence), establishing Spiritual Retreat and Spiritual Museum in Bangalore to begin with. In addition he founded the SSB Socio Spiritual Foundation (SSBSSF) a non-religious, charitable trust for human mind transformation and welfare. He strongly believes in extending selfless social

services to the humanity through the new breed of NC trained spiritual persons.

1 NC Research Activities

Systematic research is being carried out on the effectiveness of practicing 'Inner silence' by the abhyasis covering different aspects of life such as the peace of mind, mental courage, health, transactional harmony etc. This is done by monitoring and collecting the data from each individual practitioner about the regularity in attending Prime Satsanghs, the quantum of time devoted to Silentation practice, attitudes and perceptual changes observed including the ability of attaining blankness in mind as a result of their practice.

As the number of practitioners is growing gradually, the abhyasis are being monitored regularly by arranging them into various groups. The groups are titled in the name of different rivers in the country since the rivers are considered companions of the human society from time immemorial. The rivers overcome all obstacles on their way and accomplish the ultimate goal of joining their origin (sea or an ocean). There are totally forty one 41 groups formulated so far and each one is headed by a group in-charge to monitor. The groups meet periodically to exchange their experiences and document the findings.

The NC Master is also exploring different ways of administering the NC Silentation system of spiritual practice to the seekers more effectively and effortlessly.

2. Founding of SSBSSF

The NC Master established a non-religious, charitable trust

for human mind transformation and welfare in the name of SSB Socio Spiritual Foundation (SSBSSF). The foundation is registered in the city of Bengaluru in the State of Karnataka under the charitable trust act. He strongly believes that only mentally trained persons engaged in social activities can render selfless and quality services to the society. He also believes that apart from providing quality services, corruption and misappropriation of funds rampant in the society could be kept away. As no single agency can fulfill the needs of the society completely, the Master intends to work in association with other agencies engaged in similar activities as needed.

The current activities of SSBSSF include (a) vocational training in different languages like Kannada, Hindi, English, Tamil etc, (b) conducting free painting and drawing classes (c) distribution of free medicines, (d) group insurance schemes, (e) distribution of surplus clothes (f) organizing blood donation camps etc.

The immediate activities planned to be taken up are construction of a home for mentally retarded children and organizing mentality development training programs for different groups of people like the nurses, bus conductors, drivers, prisoners etc. Such programs are planned to be managed by donations collected from philanthropists, corporate houses, business people and others.

3. The Mouna Mantapa Initiative

The Mouna Mantapa is an Abode of Silence where a congregation of a large number of people can practice Silention in an atmosphere charged with positive vibrations. People can experience instant mental peace as

they step into the Abode. Practicing Silention in the Abode for one week continuously will bring tremendous mental ability to face the challenges in life effectively. For the beginners, Silention training in the Abode will be more effective while for the regular NC abhyasis, the spiritual progression will be faster. The first Mouna Mantapa is coming up in the city of Bengaluru.

The ground breaking ceremony for the construction the first Abode of Silence at the Mitta's Golden Meadows near Yelahanka, off the International Airport Road, in Bengaluru was conducted on July 7, 2012. Mr M S Parthasarathi (former MLA Kadiri, Andhra Pradesh) has generously donated the land for the abode in the residential enclave being developed by him. He is a philanthropist and a first generation industrialist.

After completing the spiritual cleaning of the place, the NC Master has initiated the spiritual empowerment process which will culminate into the Abode being kept charged always once it is constructed. People entering the abode will instantly experience an atmosphere full of peace and tranquility. The NC Master intends to build such abodes in as many places as possible all over the world and extends invitation to everyone to participate in this noble endeavor.

The Abode is a holistic development facility, the first of its kind, intended for nourishing the Body, Mind and Soul. Upon completion, it will have two hexagon shaped Silention halls at two floors. The ground floor hall is essentially meant for Silention practice while the first floor hall is for the yoga practice. These halls are dovetailed conveniently with boarding and lodging facilities for the

seekers. No discrimination of gender, cast, creed, religion or nationality will prevail at the place and no charges will be levied to the seekers in line with the philosophy of SSBSSF.

The Silention Hall will be kept charged with Divine energy from the NC Master and many astral saints for experiencing the tranquilizing effect on the seekers of spirituality.

Availability of the Divine support from the brighter world and the spiritual world for this noble initiative of the Master has been reported by some of the NC abhyasis who are sensitive to receive such revelations.

The NC Master believes that people from all over the world would experience the power of silence at this Abode.

4. NC Nisargaashrama

Nisargaashrama is intended to provide residential facilities for those who dedicate their lives totally in pursuit of spirituality with NC Master without discrimination of the gender, age, religion and nationality, the only requirement being the vegetarianism. Various activities required for their advancement like special discourses, meditation sessions, guest lectures and interactions with other fellow abhyasis, individual guidance from Master etc, are envisaged. Other amenities like health care, pleasant diet, logistics and free time activities will be taken care of without hurdles to the practitioners.

5. NC Spiritual Museum

A museum dedicated to the history of spirituality, traditions in spirituality in India and abroad, and teachings of

various personalities who propounded the basic theories and philosophies on silence and its benefits is being planned. It will be the training and inspiring platform for understanding the fundamental questions arising in spiritual quest and the solutions offered from many sources. It will also depict the evolution of awareness about the power of inner silence over the centuries.

6. NC School of Spiritual Science

There are only brief and passing references to the practicing of silence in ancient spiritual literature. However the totality of NC Silention system of spirituality is never practiced before and it is hard to find references to this concept from the ancient upanishads, vedic literature and other scriptures. The entire NC system is developed based on the spiritual pursuits of SSB. It is easier for us to learn about the power of Silence by practicing NC Silention system under the guidance of our NC Master. Merely acquiring knowledge will not help to progress in spirituality. Knowledge, may give rise to ego in the abhyasi and it may be a bottleneck in the spiritual progress.

In order to facilitate systematic understanding of this relatively new technique of spirituality by the abhyasi, to generate data on the efficacy of the system, to make optimal use of the precious time of the living Master etc, a School of Spiritual Sciences has been started. The NC Master conducts classes covering the subject of Divinity, concepts of spirituality and allied aspects such as self assessment of spiritual progress, respecting human values, values sharing prosperity etc.

The students selected are required to adhere to the following disciplines:

- Regularity of attendance to the classes should be maintained.
- The dress code should be maintained
- Must maintain a diary and record the experiences due to practicing Silentation.
- Must follow 'live & let live' policy without disturbing others
- Surrender to the Divinity (Master) and reducing the ego of the self.
- Attend the prime Satsangh & branch Satsangh once a week.
- Take at least two distance sittings daily and one power sitting weekly.
- Attend monthly group discussions regularly.
- Study various NC publications.

The progress of the abhyasis is graded by the NC Master in order to be on their spiritual progress and he does not disclose to others. This helps him to assess the efficacy of NC system on abhyasis at different levels.

Part V

Abhyasis' Experiences

Abhyasis' Experiences

The author was fortunate to interact with a number of NC abhyasis who have been practicing Silentation and get a firsthand knowledge about their real life experiences in spirituality under the guidance of the NC Master. The experiences of some of the abhyasis narrated by them are presented in this book.

Many abhyasis are practicing spirituality under the guidance of the NC Master and the number is on the increase. Our Master is striving hard to establish adequate facilities to accommodate a large number of abhyasis to pursue the NC spirituality.

1. My Living Divine Master

By: S.R. Uday Shankar

By Divine grace I have been with the NC Master for over six years right from the inception stage of NC. During this tenure, he attained 'Sat 'and became a Sadguru, the ultimate state that any human personality can achieve. It is beyond human perception to really understand a Master when he is under the direct control of the divinity. This might have been the case with some of the great Masters of the yester years like Jesus, Prophet Mohammad, Buddha, Krishna, Shankara etc. People with knowledge of spirituality say that the appearance of a Sadguru in this world is a rare phenomenon and such a personality when available would normally be beyond the reach of common people.



We are exceptionally fortunate to be with our NC Master, a Sadguru, perhaps a very rare occurrence perhaps once in thousand years! I am unable to find currently any other living spiritual Master of his caliber who carries similar profundity, simplicity, loving with personal attention towards truth seekers and a Master committed to the agenda of leading as many people as possible to pursue spirituality. This is undoubtedly a great motto of our beloved Master. He breaths spirituality, treads the disciplined path of spirituality, talks always about spirituality, induces spirituality in others, guides them and ultimately takes responsibility to transform the mind of abhyasis into the spirit provided they surrender to his

chaitanya totally. His approach to spirituality is novel and it is a result of his own arduous inner exploration, research on the power of absolute silence and its relationship with the human mind. He called his novel technique of silencing the human mind as 'Silentation'. Silencing the human mind is an adventurous and arduous endeavour in the beginning. It has been an accidental discovery that several abhyasis of our system were able to reach the silent state of mind (blank mind) whenever they were in the presence of the Master. Further, some of the abhyasis with Extra Sensory Perception were able to receive the energy transmission from the Master during Silentation sittings. The power of energy transmission from the NC Master started increasing progressively and many abhyasis living outside our country were also able to draw his chaitanya no matter what the distance was.

In my long and close association with the Master, I have never come across a single instance where he had to refer to any of the scriptures like the Upanishads, Bhagavatham, Githa, Quron, Bible etc. All his teachings are solely based on his own spiritual experiences only! And he was able to make us assimilate and understand through simple illustration and in logical way.

Our Master has a Divine aura, a fragrance of Divine love and the depth of Divine silence around him all the time and it is experienced by many sensitive abhyasis at NC. I have noticed many visitors with difficulties in life leave with peace and confidence after interacting with the NC Master. At the NC Satsanghs conducted by our Master, many of the sensitive abhyasis have felt the presence of saints from the astral world. Such Souls did not know the secret of God realization through practicing inner silence and there

was no Master to teach. History is full of such incidences. All those persons after death linger around in the astral world as unsatisfied souls. Such souls now carve to attend NC Satsanghs.

Our Master is scientific in his approach and systematic in whatever he does in daily life. He closely observes all his abhyasis and guides them on one to one basis whenever required. He is compassionate and has wonderful helping tendency to all whether you are a spiritual person or not.

He takes extraordinary care even to minute details and evinces great attention towards perfection in executing various events like spiritual meetings, spiritual trips, counseling, conducting NC style marriages etc.

The NC Silentation system of spiritual practice is beyond religious affiliations and it is universally applicable to everyone in the East or West. The single point agenda of our Master is to create greater awareness in the humanity about the immense potential of spirituality through silence and make life blissful.

In spite of a successful professional career as an electrical engineer, I was unable to satisfy my inner urge to know the real purpose and meaning in my life. I had sought answers to my spiritual quest by spending a lot of time going through various methods of spiritual training, attending several spiritual events, camps and discourses on spirituality, learning Vedas and through pilgrimages. All such efforts could give me some vague ideas about human life and its purpose. It is only when I met the NC Master at the Girinagar Branch of NC; I experienced instant joy and peace for the first time. I enrolled as a member to practice

NC spiritual system of Silentation and started practicing regularly. Since then I have attended all the Satsanghs held by our beloved Master excepting only one. One day when the Master concluded the Satsangh session at Girinagar branch, I could not resist the urge to go near him; I simply went and hugged him. His response to that was the astonishing statement he made 'after how many lives we are meeting!' That statement moved my heart. Suddenly there was an emotional outburst in me and I started crying. He solaced me and said 'now I am here, why are you crying?' I felt immeasurable joy that I met someone I was searching for all my life. I became an ardent follower of the Master and succeeded getting closer to his heart. In the early stages of NC, he used to explain why traditional methods of pursuing spirituality are neither suitable to the present day generation nor practical to follow.

As I progressed in spirituality, I started experiencing something unusual altogether. I found that whenever our Master referred to any Divine personalities/saints like Krishna, Rama, Jesus, Allah, Shankara etc, I used to feel their astral presence instantly! Even today this is continuing! When I mentioned about this to our Master, he remarked that one has to go beyond all such imaginative experiences and extend blankness in the mind.

I have accompanied my Master on many spiritual trips. These spiritual trips used to be like a voyage into adventurous realms due to the presence in astral form of many saints who accompany us from start to finish.

In most places we visited, the weather used to be very cool even during the peak summer. Many localities used to

remark that such cool weather conditions were unusual and did not normally occur. Another abnormal occurrence we used to experience had been the showers/ sprinklings from the blue sky after the spiritual event is successfully accomplished. I recall my reading in some religious and spiritual literature that when some Divine work is done on this planet, the astral world expresses its happiness in the form of showers at the end of the event.

These spiritual trips gave opportunity for us to experience the love and concern our NC Master has in our well being and spiritual growth to the fullest. He is indeed a Godfather in such occasions.

While discussing on the subject of behavioral qualities of a realized personality, our Master explained that the basic qualities of the abhyasi like the leadership, compassion, analytical ability, scientific approach, temperament etc, would continue to remain the same and this was his own experience. The changes that take place in the realized person are in respect of his awareness about the spirit within and the consequent changes in perception about the world around and such changes can be seen as fearlessness in the worldly affairs, sharing unconditional love with everyone, living under here and now condition, accepting life as it presents itself etc.

We have to take help of the Divine Master, follow his guidelines, be with him and experience the presence of the divinity in him. He has dedicated his life to guide us to progress in spirituality and to accomplish the goal of our life of liberating the Spirit to get back to the Origin. All that we need to experience the presence of divinity within us, is to follow all the instructions of the NC Master with a

sense of total surrender to him. He explains that when you do all your daily routine activities in the remembrance of and attributing every activity as that of the Master's work, you will not accumulate any new mental impressions or samskaras in this life. He advises that one should develop a mental feeling that everything belongs to the Master and you are only the custodian and using them for the time being. This disclaimer will ensure a state of permanent bliss in you irrespective of the ups and downs in life.

I am now enjoying the blissful state of mind by accepting life as it unfolds without desires and resistance to anything. One should accept everything as grace of the Master in the pursuit of spirituality. I can authoritatively declare that everyone can become spiritual provided one has faith in NC Master, be devoted to the Master, love the Master, live with the Master, crave for the Master to enter one's life and guide from time to time. He will take the disciples to the realm beyond 'Divine' unheard in the annals of spirituality. He has taken pains to explain that the true secret of spirituality is going beyond all rituals, meditations etc, and knowing that you are the Spirit! And real sadhana is to be with the Master of caliber! In the past many saints, yogis and munis could accomplish various spiritual feats and grow in purity of mind but divinity remained beyond their reach. I am fully with my Master and there is no greater duty to me than fulfilling the vision of the Master till my last breath in this life. My Master, my beloved, my very thing in life has the capacity to induce silence in everyone whoever he may be and help true union of the Spirit with the divinity within us.

Let the NC Master's grace shower on you in abundance and let the awareness and awakening happen to you that

you are Divine. Words are insufficient to express my gratitude to the beloved Master who has lifted me from disturbances, altercations and little satisfactions from material life and is leading me towards ultimate divinity.

Once we start experiencing the Master in our heart there is no real need to be in physical proximity of our Master, proximity to his heart is what is needed and once he is in our heart, we start experiencing the Master's presence in all our activities, everything happens as if automatically beyond our imagination.

When the Divine Master is at work, nobody can come in the way excepting our ego. When we surrender the ego to the Master he takes care of our life, he will guide us and protect us.

I sincerely urge all the readers of this book to give space in your heart to our beloved Master and he will do the rest. Then you will enjoy the life peacefully and transmit peace to others also.

This century is declared as the spiritual age world over and many people are turning towards spirituality. Such persons need a true Master who can guide them in their quest for God realization. We, the NC practitioners are extremely fortunate to have come across such a great Master. Let us make use of the opportunity and be with the Master. Live with the Master, love the Master and experience the true Divine love in him. Let the search, life after life, day after day, hour after hour and every second end with our NC Master!

2. I Found My Spiritual Guide

By: Malatesh Nadgir

My search for a living guide to step into the path of spirituality, indeed, has ended after I met with NC Master. I found him as a true guide in harmony with the Universal Life Principle. He is a mystic (spiritual) guide and simple in his teachings about practical self-realization.



I have read scriptures, books and other publications on spirituality and also carefully listened to a number of discourses from many popular gurus on the subject. But the question of unlocking the sixth sense and understanding finer details of spirituality did not happen until I met the NC Master.

Prior to pursuing the NC way of practicing meditation, I was aware of several 'meditation' practices suggested for peaceful living. There was a real confusion in me on choosing the right meditation practice particularly when focusing of the mind is involved on something abstract like the 'Divinity'. I was lucky enough to get in touch with a perfect Master, SSB. The contemplation on his holy form during Silentation is all that is needed to the beginners, attracted me the most. I learnt, here again, his form is secondary and one should go beyond his beard, radiant face, his cap, his regal gait etc and look for the 'Chaitanya' in him. At home, I begin my daily Silentation practice after looking straight into the magnetic eyes of My Master in his portrait as advised. During the initial stages, I started experiencing growth in the intensity of 'light

(loving gaze)' from his eyes steadily taking me into a state of bliss. There has been a lot of progress in me and I get blankness in my mind as soon as I sit in Silentation. I have a feeling that My Master has opened my inner eye (spiritual awakening) ending all my striving in search of a real Guru!

I have developed the habit of late night Silentation sittings when all other family members are in sleep. This cuts me off not only from my family members but also from the surrounding world which is also asleep. I feel all alone and difficult to spend lonely nights. It is then I feel as if I have renounced all bondage and gone in the pursuit of spirituality the NC way. I now say 'do your work in the day time and reap benefit at night.' There is no need in the NC path for social renunciation and retreating to Himalayas or the caves, as was the case in the past, to pursue spirituality.

I have noticed several times, on some special occasions, the energy transmission from the Master to be of much higher degree than the normal and engulfing the entire abode where he is present. We, the disciples are also able to receive the energy from him sitting at home during distant Silentation sittings. Like the troubled children who get extra care from parents, my Master attends to the problems of the disciples in spirituality. His protection is assured to all those who sincerely follow his footsteps.

Following the advice of the Master to develop the habit of writing, I am recording his teachings honestly in the diary. I believe, one day it would become a grand treasure accumulation of his teachings of great wisdom.

Now, I am a totally changed personality and my perceptions on spirituality have taken a quantum leap after I met with my Master as follows:

- A 'Sadguru' can transform the 'life of the practitioner' from materialism to spiritualism through the Divine power.
- Life has a greater purpose beyond fulfilling mundane activities such as eating, drinking, sleeping, reproducing, fearing, hoarding, hating etc, and die one day ultimately.
- Intellectual pursuits, cleverness, knowledge by reading of scriptures etc can only inflate the 'EGO' in us. We need a Living Master to get rid of our ego for true spiritual progress in our life.

When the dust is removed on the electric bulb, the luminosity is seen with full brightness and in the same way when the samskaric dust that covers the soul is removed by the Master our full glow is attained. I dedicate myself to spread his school of thoughts to establish peace and harmony in human kind.

With constant remembrance of the Master along with a sense of total surrender, my problems pass away and no longer create any disturbance in me. My Master always says that we should not harm even an enemy. He insists that we should develop a positive mind and dwell in its influence. My Master's ardent desire is to see many of his followers to become Masters like him and start spreading peace in the society.

He teaches that through love alone humanity can survive. The disciples become emotional and shed tears at the very remembrance of his compassion. Without hurting the feeling of the person concerned that has done the mistake, Master subtly communicates in a discussion, ensuring the concerned person to receive the intended message.

There are other occasions when people come in dejection and say that they will leave their family life, job and serve the Master, he will advise them in all social concern that running away from life is not a solution rather he would advise them to practice with constant remembrance of Master in all their duties and activities.

Many times we may not exhibit courage to admit any error in communication or administrative activity happens, even though it may be small. He sets an example by accepting the errors if any and encourages his followers to accept their shortcomings and mistakes.

3. My Life Under NC Master

By: NR Anantha Lakshmi

I find words are insufficient to express my gratitude to our NC Master. My entire life is offered at his lotus feet for guidance in my spiritual advancement and liberation in this very life itself.



My spiritual journey can be narrated from the days I was a music teacher at Kendriya Vidyalaya, Arakkonam in Tamil Nadu. I was doing well in the job and students were happy with my teaching. One fine day in December, 1999, I was transferred to a school in Chennai. My job was Chennai. After joining, I was highly disappointed because the students at the Chennai School were totally undisciplined, disobedient and very untidy. As I am the only music teacher in the School, I had to handle all the students from Class I to Class VIII and the work load became very heavy. I found that the previous music teacher was a sickly lady, she could not do justice to music department and as a result there was no inclination to learn music in the students. Added to this, I was made in charge of the cultural programs in the School and it became a great burden to me. I became desperate, depressed and started blaming my fate for the state of affairs in my career. I met my brother (NC Master) for his guidance. The counseling with him made me believe that it was the right opportunity given to me by the Divine to do justice to my work. The interaction with the Master was an

eye opener and made me to see my professional problem in a totally different and highly positive frame of mind. It changed me totally; I accepted the challenge and became a successful music teacher in the School. Really it was a great event in my life and within a year I could train the students to high standards in music. I was declared as the best music teacher in the School and the Morning Assembly was assessed as the best Morning Assembly of the year. The same laurel repeated year after year and my name was recommended for incentive award by the inspection team. This phase lasted for only a brief period. It was on January 3, 2003 I met with a great calamity in life losing my husband due to massive heart attack. Master came to my house, consoled me and asked me to face the situation boldly. He wanted me to take on to meditation seriously in life. His charged talk, care and concern in helping me to overcome the great trauma of life was exemplary. His sagely words of wisdom made me face the harsh realities of life with courage. His advice gave a new meaning to life and the most sublime phase of my life to start under his marga-dharsana (guidance) and I accepted him as my Master. I started practicing as per his guidance and his instructions. Master advised me not to keep my husband's photos at home. I removed all the photos of my husband. Later I understood the reason behind it that if I were to retain the photos, it would have dragged me deeper into worries in the mind and it would not have allowed me to progress spiritually. I am sure; a highest positive personality like my Master can alone motivate a depressed person like me.

By his systematic counseling and instructions, within a short period, I could overcome the tragic event in my life. Soon I

became a very normal person and all those who observed the positive change in me expressed to me that they did not see any trace of the great loss of life in me and were surprised how I could carry on my life with grace and dignity, as a normal person as though nothing had happened. The house I lived in had gone through a metamorphosis into an ashram, charged through the energy of the Master spiritually from a house which had lost homeliness and liveliness at the demise of its key member. Master asked me to join the spiritual journey with him. I obeyed his instructions faithfully without worrying about the future of my life.

On 7th July 2005, my Spiritual Master founded Nisarga Chetana following the directives of astral saints (later the name was changed to Nisargaateetha Chetana). A higher level condition of spiritual splendor descended on him and his own name was also changed to Subrahmanya Shiva Balan reflecting his real inner spiritual condition.

I started sincerely practicing NC Silention system in Chennai with constant remembrance of the Master and I used to take leave often and attend the Satsanghs conducted in Bangalore. The Indian Spiritual tradition always stressed the value of 'Sat Nam' the constant remembrance of an enlightened Master or Divine Master. This I could experience in my life with remarkable results. It will not be an exaggeration if I say that only because of the constant remembrance of the Master my inner condition greatly improved even though I was away from the physical Master. My colleagues started visiting my house for counseling at times of crisis. Some of them used to tell me that the moment they entered my house, they could

experience a kind of coolness, peaceful atmosphere and they all wondered as to how the Master's energy was working. My colleagues from Mathematics & Physics wanted me to go with them to bless the X & XI standard Board Exam students at their exam centers. Even though I was only a music teacher, students from all classes liked me to bless them before entering the exam hall.

I noticed that gradual mental transformation was taking place with changing perceptions in me. The perceptual changes altered my outlook to life and I started living a simple life with minimum essential things around. The spiritual discourses from my Master trained me to experience that I am not doing anything and the doer-ship was that of my Master. My mind was gaining strength by the said practice. Thus I gained inner peace. With the inner peace prevailing in me I was able to handle all the additional responsibilities assigned to me with ease and satisfaction of my higher authorities at the School. However, my inner urge was growing and I wanted to be with the Master more often than being away working at Chennai. At last when I could not resist myself staying away from the Master, in January 2009, I said Good bye to my work on voluntary retirement and moved to Bangalore to be with my Master once for all.

The next stage of my spiritual upbringing was happening under the guidance of the Master in Bangalore. Since 2009, my spiritual journey under the guidance of the physical Master began. Living in physical proximity to a living Master is an experience of different kind. Because of his direct connection to Sat Chaitanya, several times new revelations happen. I feel very lucky to be taking down

dictations from the Master on the revelations he gets from the higher level of his existence. I have the great opportunity to be with the Master all through these days and participate in spiritual discussions. I am able to experience the constant inflow of energy from the Master that keeps me in blissful state all the time. I was hospitalized for the treatment of jaundice in August 2010. While at the hospital as well as at home after discharge, I was not disturbed mentally at all, only the sense of body undergoing medical treatment prevailed in me. This is the kind of change in perception taking place in my life.

I got an opportunity to visit many venerated places for Spiritual work with Master from time to time. In November 2004, a team of 12 people along with Master visited Kolkata at the invitation of Goddess Kali Matha. A few sensitive abhyasis could experience that we were protected by the Goddess as well as Swamy Vivekananda all through the trip right from the moment we started our journey from Bangalore till we returned back. We were all staying at a hotel in Kolkata. The Master is very meticulous and all the arrangements made were fantastic. We were ordained to visit the Kali Temple there. There was a heavy rush when we went to the temple and we could not enter into it. Suddenly two ladies arrived there and asked us to accompany them and we had the darshan of Goddess Kali under their care. The two ladies disappeared after darshan. It is an unforgettable experience to all of us. We believe that it is the Divine grace of the Master that worked through Goddess Kali. Our team also visited Swamy Vivekananda's Samadhi at Belur Matt at the invitation of the Swamy. We visited the matt after the scheduled hours for darshan. However as an exception the matt authorities

opened the main darshan hall and offered a special short arathi for us. The Spiritual work in Belur matt was completed. On the way from Kolkata Master made a special effort by collecting the water of Ganges for adding it to Talakaveri in South India, this was a special spiritual effort to remove the water scarcity problem of the south and to make the Divine energy work for the excess water flow from perennial rivers of north to the south.

In June 2005, a team of 27 abhyasis visited Sringeri along with the Master. All the arrangements were made by the Master personally with his characteristic care and attention. Each one of us had different experiences. We received messages in Sanskrit from Adi Shankaracharya from the astral world that many astral saints attend the Satsanghs conducted by NC Master and their blessings will always be there for the services being done by him to the humanity.

In the year 2007, there was an invitation to Master from Lord Subrahmanya, to visit Palani. A team of 15 abhyasis visited Palani and a branch of NC was opened there during this period. Over 40 persons were participating the Silentation sessions conducted there. The spiritual growth of the Master was phenomenal moving towards 'Sat' in Palani during the trip. We received inspirational teachings in real purity and love during these trips. Our Master used to give dictations mostly on topics such as 'Love' & 'Purity' and he revealed that Lord Subrahmanya stays in pure hearts only. The NC branch work was handled by a Bank manager at Palani. Later the branch had to be closed because of the transfer of the Bank Manager.

In the year 2008, a team of over 120 abhyasis visited Koodalasangama in Karnataka along with our Master. Excellent arrangements were made by the Master as usual. In the evening all of us accompanied the Master to the Sangama point of the rivers. He gave us a sitting at about 5.45 pm. Many of us experienced a 'bright light' emerging from the heart of the Master. The Master briefed about Lord Basavanna for about two minutes and asked us to sit in Silention again. Some of the abhyasis had a rare vision of two lights merging into one. This was followed by bright lightning in the sky for about a second and rain started pouring down. The whole episode is still in my memory. We realized the merging of the two lights which seemed symbolization of the merging of the Chaitanya of Lord Basavanna with that of our Master's Chaitanya.

The next spiritual trip we made was to Trissur in Kerala by a team of 5 abhyasis. The idol of Lord Vadakkunnatha (Lord Shiva) was charged by our Master there. We could experience the difference in transmission from the deity before and after the charging of the deity. A brief visit to Ramana Maharashi's ashram at Tiruvannamalai in Tamilnadu was the other significant spiritual trip.

The next spiritual trip made in March 2009, was to Ajmir in Rajasthan at the invitation of Khwaja Moinuddin of Ajmir Darga, a venerated spiritual spot of a medieval sufi saint Khwaja Moinuddin Chishti along with a team of 20 abhyasis. As we proceeded to the Darga, our Master started walking with his eyes closed and he was assisted by Jayaraman. We had a sitting at the outer prakara of the Darga. Tears were rolling down my eyes throughout the 20 minute sitting. I could experience the love of Khwaja

nawab showered on our Master including all of us and also merging of his Chaitanya with that of the Master's Chaitanya on that day. Some of the abhyasis experienced the protection given to us by the astral saints.

The last trip I made with my Master was in January 2010 with a large team of over 220 abhyasis to Tirupathi in Andhra Pradesh at the invitation of Lord Venkateshwara. During Satsanghs conducted there, a few abhyasis reported their experiences of the Chaitanya of Lord Srinivasa merging with that of the Master's Chaitanya.

The whole of these Spiritual experiences have given radical shift to my mind. I could see the power of stillness of mind. I totally believe in the verse 'Nischala Tatwe Jeevan Mukthihi' and dedicate my life to serve my Master whole heartedly in the fulfillment of his vision 'Transformation of the Human Mind for Peaceful Existence in this World'.

4: Life Devoted to My Master

By: Shivakami

From the childhood I was a devotee of Lord Shiva and daily worship was a part and parcel of my life in Thirunelveli. My parents never interfered in this and gave me full freedom to perform the rituals and poojas. Not a single day passed without pooja and chanting Shiva mantras. But inwardly, I had a deep urge for something else that I was not aware of. I was not longing for anything from God. In spite of being from a conservative Brahmin family we had no knowledge about spirituality. After my marriage I moved to Bangalore and my devotion to the Lord Shiva continued. My husband also had faith in the rituals, poojas and idol worship. I continued spending greater part of my time visiting temples and performing religious activities.



In the year 2003, my husband had a job transfer and therefore we shifted our family from Bangalore to Hospet in North Karnataka. There I started visiting the Shiridi Sai Baba temple frequently. I read the life history of Shiridi Sai Baba (Sai Sat Charitra) many times and developed ardent faith in Baba. I was engrossed in each and every line of the book. It was then I noticed that most of the things in my life started happening according to Baba's holy book. At times of disturbance I used to refer Sai Sat Charitra and I get appropriate answers. My faith in the book grew to such

an extent that I began treating the verses as gospel truth. I was employed as a teacher in Hospet and one day, I got a revelation through the book that I should dedicate my life to a Guru relinquishing my job. I got this message repeatedly from the book. The surge of current passes through my spine whenever I recall the event even today. Some courage dawned in my mind and I took the bold decision to fulfill the wish of Baba. As I had accepted Baba as my guru, I did not really understand the meaning of the message fully and thought that Baba was not really happy with my worship.

In the year 2005, we returned to Bangalore due to change in job of my husband and continued with my faith in Baba. I got introduced to the NC Master, in June 2005 and felt that it was the benevolence of Baba that directed me to the NC Master. I remember that there was a message from Baba's book that the 48th day from the date of my reading the message would turn out to be the most auspicious day in my life. It was exactly on the 48th day (December 7, 2005), NC Master, visited my house for the very first time, after politely turning down our earlier requests to visit our home. My heart was full of joy and ecstasy. I felt that he came only to initiate the process of making me to surrender to him unquestionably and eternally.

NC Master sensed that our family was under some negative influence and relieved us from it by his Divine power. We experienced immense relief both physically and mentally. This was indeed an eyewitness to the great mystical power possessed by the NC Master and the keen interest he takes to help the NC abhyasis. The two verses of Baba 'by doing my nama smaran if you do any good

things, there will not be any obstacles. I will always be there for my devotees. It is my duty to look after their welfare. I would rather end my life than break my word' and 'those who are true devotees of Baba need not worry about such evil forces (black magic). They will not dare come near them' totally melted my heart. The Baba's words conveying that he would end his life than break his word reverberated in my mind and it later transformed into my unfathomable faith in the NC Master. Thanks to our Master who gave me the opportunity to experience the truth of it in this very life. Human mind's longing for wonders, miracles and incredible events did not spare me too. But such events leave indelible impressions towards the doer. If a Guru can rescue a disciple by sacrificing his own life, one can imagine how a disciple should reciprocate to such a revered Guru. As a first step forward, I made up my mind to intensify my faith in NC Master and started following his instructions totally.

I am experiencing the Divine love in every action of the NC Master. His eloquent lectures on spirituality and his ability to simplify spiritual truths kindled my interest in spirituality and to serve NC Master. During the course of my practice, I got some revelations from Mother Mary and Lord Subrahmanya regarding the purpose of my birth and my service to the NC Master. Currently, I am serving the NC Master as his personal assistant. Getting closer to him, I noticed that he is a good singer too and I enjoy his music. While discussing about my spiritual condition the Master told me that I should be henceforth called by the name 'Shivakami'. I am now known as Shivakami in NC.

The NC Master attends to every problem of NC practitioners sincerely and tries to help everyone by his Divine energy. He is extremely sharp to figure out mistakes and provides solutions. He shares his vast knowledge and experience to rectify the loose ends in administration, event management, office functioning, personal bickering in married couple etc. We are amazed at his wonderful capability in several spiritual trips organized by him as well as in his day to day activities of managing NC activities. He is very decisive and his leadership qualities are admirable and worth imbibing. As of now, he is leading a team of more than one thousand abhyasis at NC.

NC Master has noble qualities and he never cares about money. I have personally witnessed him helping several people at times of need. He is an excellent counselor and no one can hide anything from him during counseling. He thoroughly investigates the problems and advises appropriately. Since he was a good trainer throughout his career, he is able to train every NC practitioner personally and professionally. He loves children and his approach towards them is very tender.

The NC Master being very meticulous in administrative matters, he gets angry when mistakes are repeated. But his anger is short lived. He forgets, forgives and starts expressing his love to all as usual.

Sometimes I find the Master quietly sitting isolated with his eyes closed. This used to surprise me. I was under the impression that being a Sadguru there is no need for him to practice Silention. I was eager to know the reason behind his sitting in isolation. He explained that there are

three conditions in spirituality namely 'non-existence', 'existence' and 'existing'. The silent sitting indicates that the Master is in the non-existing condition and he stays away from this material world to perform many spiritual works in the astral world. He desires not to be disturbed during such periods. In the condition of existence he is the Sadguru and while in state of existing he experiences pain when the practitioners do not follow the spiritual disciplines. He experiences extreme discomfort when any abhyasi leaves NC.

He has the expertise in many subjects and readily discusses without hesitation. He gives right advices and suggestions to anyone who approaches him. He is marvelous at answering the questions posed by the practitioners and humble to admit that the answers to certain difficult questions will descend from the Divine.

I am fully convinced that my Master is a realized person and can lead anybody in the pursuit of spirituality. Our entire family comprising twenty three persons including my 83 year old grandfather is indebted to the NC Master. I wish to personally devote my whole hearted and sincere services to the NC Master for the rest of my life. My request to every NC abhyasi is to nurture absolute faith in the NC Master and accomplish the ultimate goal of self realization.

5. Drawn into the Cradle of NC Spirituality!

By: Usha Kiran

Hailing from a business family, I had a joyous life doing my post graduation in Micro-biology after the bachelor's degree in science from Maharani's College, Bangalore. Being the last child (seventh), I was well taken care of by my parents, brothers and sisters. I was leading a happy married life for about 10 years with my two brilliant sons. Suddenly there was an unexpected calamity in my life and the shock was severe for me to bear. I was pondering why this happened to me. The event made me to perceive life very uncertain. The consolation and moral support from my kith and kin was not sufficient for me to regain the joy and peace I was lacking in my life. My goal in life was traumatized and I started living outwardly for the sake of my two sons. As a mother it is my duty to take care of the brilliant children given by divinity. Through my sister and brother, I came to NC Master to find an answer to my life situation. NC Master educated me that tragic events in life happen as a means to wash away our past samskaras and these events give the needed impetus for us to seek the deeper meaning of life, through Spiritual pursuits. After undergoing NC spiritual training and unfolding of the simple secrets of spirituality



by the Master systematically, I now feel that in this life I have paid for my past samskaras and I do not want to add any more samskaras. I have noticed gradual changes taking place in my perceptions. Now I am ready to manage the day-to-day challenges of living and decision making on my own with courage. Silentation sittings give me immense peace in my mind and I feel like spending all my time in the spiritual journey with the NC Master and escape from the cycle of birth and death in this very life!

I am fortunate to have the full support of my family members, brothers and sisters. I feel my current level of practice is inadequate for complete spiritual growth. I am aspiring for more training to enter the ultimate state of stillness of mind. The NC work of transcribing the recorded discourses of the NC Master into textual format on paper is very gratifying to me. This provides a greater opportunity to understand the teachings of the Master and the purpose of my life on Earth is getting gradually unfolded to me! I am experiencing that the NC practice has changed my mind from a state of dejection to a life protected and supported by the Master through his Chaitanya and guidance.

I am looking to days ahead when my mind goes thoughtless instantly when I sit in Silentation.

6. Uniting with the Divine Master

By: Sreenivasa Setty

My first exposure to NC:

In one of the Prime Satsanghs, the NC Master was delivering an inspiring talk on the stage at Vivekananda School, Srinagar, Bangalore, about the vital need of pursuing spirituality by the common people. He was concerned about the present stressful conditions under which the people from all walks of life are required to toil just to make a living. His talk lasted for about forty five minutes nonstop. During his entire talk he never made references to the Vedic scriptures, Upanishads, Bhagavad Gita etc like other modern gurus usually do to impress the public. The focus of the Master's talk was all about how an NC abhyasi can spiritualize even the materialistic life and then lead a blissful a life with the ultimate goal of liberating the Soul within. The ending touch of his talk had a personal appeal to each and every NC abhyasi not to neglect and leave the Silention practice until the goal is reached. The Master was also emphasizing that during Satsanghs, there would be the natural flow of Divine energy from the Master to each of the abhyasis present there and that one should not miss any of the NC Satsanghs as it has real cleansing effect on the mind of the abhyasi. Yet another feature of the Satsangh as stated by NC Master stated was about the



presence of a large number of saintly Souls from the astral world that would have cumulative cleansing effect on the minds of the abhyasis.

During the early part of the Satsangh, I sat with my eyes closed for about twenty minutes. The sitting induced a kind of calmness and a feeling of supreme relaxation even though a multitude of thoughts and images were passing through my mind. I felt that I should definitely attend the Satsanghs regularly. Further, I was impressed at the discipline with which the Satsangh was being conducted. This was about six years ago.

Having spent my entire career in the application of Science & Technology for the benefit of human society, I felt that the concepts of the Divine energy transmission and human mind cleansing process described by NC Master could also be investigated by using the scientific principles. After talking to several NC abhyasis about their personal experiences of NC Silention practice, I became increasingly curious to take a plunge into NC spirituality and get a firsthand experience of the whole thing.

I was interested in understanding the duality of human mind and the human brain, a hot topic of investigation in the scientific community the world over. The urge to understand the science of spirituality and the open hearted mind set of the NC Master attracted me to become a part of the NC team working with the NC Master. Looking at the benefits of the Waste to Energy project that I am working with for the city of Bengaluru the NC Master said 'I clean the human minds and you clean the human environment, we both are scavengers and let us work

together'. This expression made the beginning of our journey together.

The fundamental approach of NC Master to provide spiritual training free of charges to all those interested irrespective of religion, nationality, profession, age, gender and economic status appealed to me the most. The special attention given at Satsanghs to mentally retarded persons and their recovery amply testified the Divinity available in him and his compassion to the humanity. His appeal to the abhyasis to become a true human being (Manava) first had a lasting impression in me. This, in a nutshell, was my first exposure to the NC Master.

Spiritual work of NC Master:

I noticed that the NC Master used to go into inner silence quite often. I learnt that he goes into silence at the instance of saintly souls of the astral world to perform some spiritual work. When enquired about the details of the spiritual work done, he used to say that it is beyond the comprehension of human mind and intellect. On one occasion, while discussing about the hierarchy of the Souls in the spiritual world, the Master explained that only the purity level of the mind encapsulating the Soul determines the hierarchy. Only a few NC abhyasis with special capability are able to get some revelations on the spiritual activities of the NC Master. They also narrate several instances of the invitations received by the Master to visit holy places to recharge the temple shrines and liberate some of the Souls waiting to be liberated for thousands of years. It is also learnt that some astral Saints do request the NC Master to merge their chaitanya with that of the Master to help the humanity. Based on the astral directives he visits those places for spiritual work taking along some

of the NC abhyasis with him. He organizes the trips with meticulous planning even to minute details such as seating arrangements, luggage handling, boarding and lodging requirements. All this is done with extraordinary compassion and Divine love to the fellow abhyasis.

Amongst several spiritual trips conducted in the past, I had the awesome opportunity to visit a few places like Kudala Sangama in Karnataka; Tiruchirapalli, Madurai, Tiruchendur, Palani etc in Tamilnadu; Srisailam, Tirupathi in Andhra Pradesh and Ajmir in Rajasthan. My personal experience on what happened during our trips to the Rock Fort temple of the sixth century at Tiruchirapalli, Lord Subrahmanya temple at Palani and the famous Darga at Ajmir are included in the following paras to depict the kind of work being done by the NC Master.

Visit to Rock Fort Temple (Tiruchirapalli):

Kulumani is a small village on the banks of river Cauvery, about 35 KM from Tiruchirapalli, in Tamil Nadu, where NC had a branch. We attended the first anniversary of the Kulumani Center on July 19, 2009 and moved to Tiruchirapalli for the night halt and some spiritual work at the Rock Fort temple the next morning. We stayed at the retired employees Co-operative Society building in Krishnamurthy Nagar. The following day our Master took a morning walk along with one of the NC abhyasi around that area. Within about ten minutes our Master returned to the guest house totally tired, sick and even unable to walk. All of us became concerned and put him to bed for some rest, his legs were massaged and comforted. After a little while he slightly recovered. We were anxious to know about the reasons for his sudden ill health and we were astonished to learn about what really happened.

The Master narrated that the area where we were camping since then. These Souls were being denied entry to the temple for salvation due to their higher impurity levels.



Mr. M. S. Parthasarthi, being honoured by NC Master SSB and SSBSSF Vice President, Mr. G. Lakshminarayanan



Artiste's impression of Mouna Mantapa, The Abode of Silence



Sanctification of the Mouna Mantapa Site



Volunteers at Anniversary Celebration of SSBSSF - Ladies



Spiritual Trip - Palani



Spiritual Trip - Ajmir



Spiritual Trip - Thiruvannamalai



Volunteers at Anniversary Celebration of SSBSSF - Gents



Students of Sanskrit Class with Teacher and committee members



Photographs taken at the Blood Donation Camp Conducted



View of Homeopathic & Allopathic Clinics Conducted by SSBSSF



Master leads march for world peace Master releasing a spiritual book



Master's Photos at different time intervals (above & below)



Learning that the Master was going to the temple that morning, the Souls desired liberation with the help of the Master. Our Master could not help as he did not get the permission from the astral world for their liberation. The Souls, therefore, entered his body to get entry into the temple and that was the reason for the sudden sickness suffered by the Master.

Later our team visited the Rock Fort temple with the Master, sick and unable to make it by himself. He needed physical support to climb the steps and reach the Sanctum Sanctorum of Lord Shiva popularly known as Thayumanavar. Thayumanavar was a saint, a staunch devotee of Lord Shiva, who lived about 8000 years BC. His Soul was waiting for liberation from a spiritually advanced personality. We learnt later that it is at the invitation of this very saintly Soul the spiritual trip to the temple at Rock Fort was accepted and organized by our Master.

Our Master gave us a ten minute Silention sitting at the temple. Immediately after the sitting, the health of our Master started recovering. A little while later he became totally normal. We could see him walking down the steps of the Rock Fort effortlessly. Some NC abhyasis with ESP capability among us reported their experiences of the subtle departure of a Soul in the form an escaping bright light during Silention sitting. We learnt that this Soul belonged to the Saint Thayumanavar. As it was close to the noon, the temple was empty. We found, a lady devotee who was returning home with a bunch of bananas offered to the Lord Shiva as prasadam, came back to the temple and distributed the offering to all of us. Our Master

explained that the Saint was extremely pleased with our visit and influenced the lady to distribute 'prasadam' to us as an expression of his love on the occasion. Further, the Master clarified that his recovery of health was due to the departure of all the Souls away from his body as he entered the Sanctum Sanctorum of the temple. We were very anxious to know about what would happen to the departed souls of the soldiers and our Master clarified that the Souls would get liberated eventually, may be after a few hundreds of years and repeated births based on their purity levels.

Accepting another invitation there, our Master visited a nearby temple dedicated to Lord Subrahmanya, known as Vayalur Murugan Temple. He liberated the Soul of a Gounder devotee there. We took the Mayiladuthurai - Mysore Express that night and returned to Bangalore next day morning on July 21, 2009. The entire trip was a blissful event of ecstasy organized flawlessly. A few sensitive abhyasis among us reported that they had been observing continuous cleaning process of all those places and all of us was taking place during the entire trip due to the presence of the Master. The events that took place during the trip looked like a miracle to me and a few other first timers to the spiritual trip with the Master. However, the senior abhyasis who had travelled with our Master on other spiritual trips earlier reported that the entire activity was rather a normal and routine accomplishment among one of the spiritual tasks of our NC Master.

I became increasingly curious to develop sensitivity within to receive such experiences in future and I was also interested to understand whether developing such sensitivity

would accelerate spiritual progression. I sought guidance of the Master in the matter. He then clarified that there is absolutely no need to develop the extra sensitivity. He further explained that sensitivity could turn out to be a hindrance in spiritual progression and that one should not aspire for it. In fact, experiencing the non-experience is good.

Upon arrival at Bangalore, he personally ensured that all of us departed with a Divine embrace from him. Our Master was the last person to leave the Station. This was the conclusion of my maiden spiritual trip with the NC Master.

Visit to Lord Subrahmanya Temple (Palani):

I had the blessed opportunity to be a part of the team selected by our Master to go to Palani, a well known pilgrimage town in Tamil Nadu. I was told that this was the second visit of our Master to Palani and at the invitation of Lord Subrahmanya who is also known as the Mouna Guru after attaining the highest purity level in spiritual hierarchy. Like the temple of Lord Venkateshwara at Tirumala in Andhra Pradesh, the Palani temple is always crowded with thousands of devotees wanting to get darshan of the Lord. We reached Palani at night and stayed at a guest house. The temple visit on top of the hill was scheduled for the next day morning at 10 AM, during the Rahukaalam at which time the Deity would have the highest energy level.

As we were getting ready to go to the temple the next day morning, there was an unusual instruction that all of us were to go with dhoti and vibuthi on our forehead. We sincerely followed the instructions and took the cable car to

reach the hill top. Generally devotees wait long hours in queue to make it to the hill top and I became curious to know as to how there was no crowd when we went there. Upon reaching the hill top we were received and escorted by the temple administrator. The priest disguised our Master in a special attire with a turban (head gear) and took him and all of us to the Sannidhi of Lord Ganapathi as per the temple custom and from there we were taken to the main sanctum Sanctorum of the Lord. Our Master prostrated before the Lord, a truly rare act of our Master and we moved out. We had a ten-minute sitting outside the sanctum Sanctorum. Some abhyasis narrated their glorious visions during the sitting after which we headed down the hill by the steps instead of taking the cable car. At the foot hills, we went around the hill to reach our guest house. On the way back, our Master stepped into the Samadhi of Sadhu Swamigal and enquired the priest about his regularity in the visits to the hill top temple. The priest told us that he could not visit for months due to his leg pain. Then our Master asked about the whereabouts of the previous priest in that temple. We were told that the former priest had gone to his native and did not return. Our Master closed his eyes for a while and told us that the previous priest was no more. Our Master instructed the present priest not to miss any darshan of the Lord on the hills henceforth.

After dinner at the night we all assembled for Satsangh at the guest house. We desired to know why our Master walked down the hill that too in the hot Sun. Our Master narrated that a large number of saintly Souls who were unable to visit the hill top temple were waiting to see our Master for blessings and he had to yield to their request. A

rare vision of a few abhyasis at the temple, as revealed to us, was the sight of a bright light merging into our Master during the sitting at the temple. Our Master narrated that Lord Muruga has endorsed the idea of constructing the 'Abode of Silence (Mouna Mantapa)' initiated recently after the visit to Ramanashram at Tiruvannamalai at the invitation of Ramanamaharishi. We were scheduled for departure the next day afternoon after lunch.

As we were getting ready to leave the guest house, there was a visitor who knew our Master wanted to meet him. The visitor said that he had a vision of the Master's visit to Palani and all that took place on the previous day at the temple. It all looked like a miracle to me. He handed over prasadam to us with love. We understood that he was one of the NC abhyasis at the Palani Center of NC which was started in 2007 and could not be continued for want of an appropriate care taker.

We returned to Bangalore with ecstasy and renewed interest to construct the Mouna Mantapa in Bangalore. The whole event looked like Greek and Latin to me! I decided to simply follow the instructions of the Master without asking any questions.

Visit to Darga at Ajmir:

Our Master desired that I should join the team to visit the holy Darga of Saint Khwaja in March 2009. We were about 20 abhyasis in the team and it was a 5 day trip covering about 1000 KM to Rajasthan and back by train. As we boarded the train, a few fellow abhyasis began sensing that we were being escorted by the Sufi Saint

Khwaja and a few others. The entire stretch of the train journey till we reached Ajmir was indeed a memorable event with our Master imparting spiritual knowledge and information about Sufi saints in some of the famous Dargas at Mecca & Madina, Ajmir , Bijapur etc. Occassionally he used to astonish us (at least me in the trip) by sharing the experiences he had while exploring the minds of elephant and ants. He also confessed that he does not do the mind reading unless it is inevitable and put us at ease!

A friend of one of the NC abhyasi had made all the arrangements for our stay at Ajmir with enough private terrace space for our Satsanghs at nights and located at close proximity to the Darga so that we could just walk to the place. As we settled down in the hotel, Saint Khwaja invited our Master to visit the Darga next morning by about 10 am. The entire team started walking in a procession towards the Darga. As we had walked about half the distance to Darga our Master closed his eyes and started walking. This was really a strange act of our Master and we had to physically escort him to Darga. Our Master gave us a ten minute sitting at the Darga. Immediately after the sitting, tears rolled out of our Master and afterwards we returned to our lodge with a heavy heart. Later, at night our Master explained why he closed his eyes while walking to Darga. It was interesting to learn that as we walked half way through, the Saint Khwaja told our Master that he is personally escorting him to Darga and Master could see through the eyes of Khwaja as an expression of the love between them. While leaving Ajmir the next day, our Master felt strangely sad as if he was departing from his own home town.

The couple who had arranged for our stay at Ajmir invited our Master to visit them at their place. We felt quite strange when our Master refused to accept the invitation from the couple. Our Master later explained that he did not get the spiritual permission to accept the invitation, without going deep into the matter. On the way back, in the train journey, our Master accepted the request of another Sufi Saint for salvation.

Our Master had explained to us that whenever some spiritual work is done there would be showers from the sky as an expression of happiness from the astral world. We could experience this in person as it rained in Ajmir. The localities told us that they had not experienced showers in the month of March in past ten years. I immediately recalled that we had light showers while in Palani and Kudalasangama visits too.

As beginner in spirituality, the entire event at Ajmir was something extraordinary and an experience that I can never forget in life!

Visit to Madurai & Tiruchendur:

My great experience and revelation of the supernatural ability of NC Master happened during the interaction with him while on Spiritual trips to venerated places. The most notable was what happened during the Master's spiritual trip to Madurai and Tiruchendoor in Tamil Nadu on February 25, to 27, 2012. We were a group of four including our Master. I have observed our Master on several occasions in the past, saying that he is not sensitive to the spiritual events happening and he depends on the

revelations of the sensitive abhyasis to draw inferences. We were told that there has been an invitation to go to the Meenakshi Temple at Madurai and Murugan Temple at Tiruchendoor for doing some spiritual work and the specifics were not clear. I always consider it sacred to be with the Master on spiritual work and therefore readily accepted to join the tour.

We reached Madurai on Saturday, 25th morning by bus, checked in the hotel, freshened up, had our breakfast and immediately proceeded to the temple. As the exact work to be done needed spiritual confirmation, Master asked us to sit for Silentation. During the sitting I saw a Temple Gopuram, a pond with lone tree and a lady. One of us could see a Samadhi and a bright light going out of it. Master informed us that the Samadhi belonged to Malayathwaja Pandian, father of Goddess Meenakshi and the bright light going out of it indicated liberation of his Soul which was waiting for a long time. Our Master led us for darshan of the goddess Meenakshi amman. As we passed through the security, we found someone escorting us for Devi darshan. After receiving kumkum from the deity, we moved out and Master asked us to sit again for Silentation. During this sitting, I had a vision of a Vel moving at high speed towards Tiruchendur shrine. Master asked two NC abhyasis with ESP capabilities, one from Pondicherry and the other from Bangalore to get connected spiritually to the event and give us a feedback. They reported that a number of saints from astral world were waiting for the Master at the temple pond. Another sensitive abhyasi among us reported to have seen some fire emanating from goddess Meenakshi and that has some connection with the work going to be done at Tiruchendur

by our Master. We moved out of the temple after passing through the dry temple pond.

After lunch we visited the hill top temple of Lord Subrahmanya Swamy (Muruga) at Palamudhircholai about 35 km from Madurai as scheduled. We had a brief Silentation sitting there at the temple followed by darshan of Lord Muruga. Master asked NC abhyasis at Pondicherry and Bangalore to once again sit connected astrally and let us know about their experiences. While Pondicherry abhyasi could not get connected, Bangalore abhyasi reported about the revelations he had that the temples of Lord Subrahmanya Swamy at Palamudhircholai and at Thiruparamkundram were charged. He also reported that the parents of goddess Valli were liberated and some spiritual work was done to one of us while at Palamudhircholai and it was the very purpose of taking that abhyasi with the Master during this trip.

As we returned to the hotel and assembled in the room of our Master, an astral visitor entered the room and sat on the chair. Our Bangalore NC abhyasi confirmed that the astral personality with us in the room was Shri Kandaswami who was a disciple of our Master in his earlier birth.

The next morning (on February 26, 2012), we all visited the Nellaiappar Temple which dates back to 700 AD at Tirunelveli, one of the largest temples of Lord Shiva. This is for the second time our Master is making the trip to Nellaiappar. During the first visit, a few years ago, the same temple was charged by the Master.

We had the darshan of Lord Shiva and the priest gave us three dry lemons. Later we had a brief Silentation sitting and all of us moved out of the temple. When the Bangalore abhyasi was also asked to sit by our Master, he reported that a saint who was waiting near the temple pond for almost 600 years was liberated by the Master and some spiritual work on one of us was done to elevate her spiritual level. As we moved out of the temple I asked the Master about what is to be done with the lemons we had received there. Our Master said that the lemons have to be set into the sea at Tiruchendur.

We reached Thrichendur from Tirunelveli by bus, checked into the hotel and then took brief rest after lunch. Tiruchendur temple is dedicated to Lord Muruga and it is one of the arupadaiveedu (six major abodes). It is the only temple of Lord Muruga on the shore of Bay of Bengal enshrining Senthil Andavar. This temple, even though located within 100 meters from the sea remained unscathed by the lashing of Tsunami of December 26, 2004, while all other coastal areas nearby were affected.

The Master proposed to visit the beach by the evening and dispose off the lemons. Our Master then went into deep sleep. We were told that most of the spiritual work of our Master is done during his sleep without his own knowledge. Later we all assembled in the Master's room to discuss certain aspects of spirituality like the role of the living Master in spirituality etc. Later at the sea shore, our Master offered the lemons and kumkum into the sea. We all thought that the lemons would roll back to the shore with the waves but the lemons were accepted by the sea and we

heard a mild roar of fulfilment from the sea. We also experienced light showers for a few seconds.

Our Master desired to find out the Darshan timings at the temple for the next morning. Being thai-pusam, (the Tamil holi month) the temple as usual, was on a month long festivities drawing huge crowds. We decided to go for darshan the next morning around 3 am to avoid the crowd. But our Master felt that we should have a brief darshan immediately and we followed his instincts. We had a nice, crowd free darshan of Lord Subrahmanya and got back to the shore area. NC Master asked the Bangalore and Pondicherry abhyasis to sit again, get connected to the events and inform us about their revelations. I was totally awe struck to hear from the Bangalore abhyasi that Master's spiritual work at Tiruchendoor was already accomplished with the offerings of lemons and kumkum into the sea which were earlier received from Lord Shiva and Goddess Meenakshi respectively. Our NC abhyasi being in Bangalore was able to narrate every happening there as if he was witnessing it in person. He further elaborated to us that during the offerings the presence of Lord Kalabhairava, Lord Krishna as a child and another saint were also observed in the sea waters. He reported to us about seeing the entire temple as being lit with effulgence. Then it occurred to us that the Vel of the Lord Subrahmanya there is called as 'Shiva Shakti Vel' and charging of the temple took place by the lemons from Shiva and Kumkum from Shakti. This was an amazing accomplishment. We witnessed, the entire temple area was in a celebrating mood and we got back to the hotel. En-route, we met a person from West Bengal on a mission to visit the important

temples in South India on a bicycle. Talking to him our Master was reminded of the invitation he has from Kalabhairava temple at Ujjain. Around 10 pm in the night our Master reported about receiving a message from Lord Subrahmanya regarding the spiritual work already accomplished at midnight and that there was no need for us to visit the temple again and also that the Master would need rest. Accordingly we cancelled our midnight visit to the temple. The next morning we found that our Master was totally sick and he was unable even to walk. We learnt that the sickness of our Master was due to the absorption of negative energy from that place while charging the temple. The sickness persisted throughout the return journey in the train and a couple of days even after reaching Bangalore. Accordingly we cancelled our midnight visit to the temple. The next morning we found that our Master was totally sick and he was unable even to walk. We learnt that the sickness of our Master was due to the absorption of negative energy from that place while charging the temple. The sickness persisted throughout the return journey in the train and a couple of days even after reaching Bangalore.

I literally witnessed how subtle the Divinity works!

Compassion of NC Master

It was a summer early morning when I got an unexpected call from the NC Master for a morning walk. I happily joined him and as we walked along he enquired about the progress of the innovative power project under implementation. We were going through troubled waters with little progress all-round and I narrated the issues we

were facing to implement the project. He asked me to pick up a portrait of the Master from NC office and place it at the work place that might ease the hurdles. He asked me to ignore if the portrait did not work. Without any reservation I followed his instructions right away. A few months later our Master again enquired about the project status. I reported that some signs of progress are seen but it wasn't good enough. The Master then asked me to take him to the project site for some spiritual work.

Our Master visited the project with a team of NC abhyasis, conducted a reconnaissance of energy state of the site and performed elimination process of some negative energy prevailed at some areas of the project site. The project picked up momentum but it was also not adequate! The Master and his team visited once again and the clean up process was repeated. He stated that one more visit might be required at a later date. The project started moving ahead. The third visit was done recently and we are expecting that the project would be commissioned soon. This is how our NC Master does the rescue operations to his abhyasis when really needed even without asking for the help.

Spiritual Training:

It was on December 22, 2011, morning I called upon NC office for an appointment with the Master and I was told that the Master was busy the whole day and it might not be possible for me to meet him. As I was already on the way to NC office, I thought of taking a chance to meet the Master. As I reached the NC office, there was a message that Master is waiting to see me. We had heart to heart discussions on various matters related to the power project

implementation, irregularity in Satsang attendance, NC activities etc. All along the discussions, he was driving an important point about how we become slaves to the circumstances that sidelines our attention to spirituality, without hurting my ego.

Considering the impermanence of our lives he explained that the quantum of impurity in the entire manifestation including the cyclic human birth and death is only about 1.4%, a meager amount in the universe. He stressed that the spiritual training is meant to take us into the 98.6% zone of purity and how deep one can penetrate into the purity zone depends on the spiritual advancement one makes. This explanation changed the course of my life!

I reached the NC Thyagarajnagar branch by about 7 am on June 3, 2012 as usual to meet the NC Master for discussions on spirituality. I saw many senior NC abhyasis assembled there to meet the Master. One of them asked me if I was also invited on the special occasion of empowering the new energizers. It looked like a pre-programmed spiritual activity by the Master. As soon as I met the Master, he asked me if I would be willing to become an energizer. I realized that it was a special meeting organized to empower some new energizers and I expressed my willingness.

The NC Master gave the four of us a special sitting along with the other NC energizers. It was an event of about twenty minutes during which the Master transmitted his spiritual energy to us by the power of his thought. Many abhyasis experienced heavy energy transmission from the Master. I was happy that I became a new energizer at

NC. Our Master asked a few abhyasis with ESP to sit connected to the four of us and examine if we have actually received the Divine energy transmitted to us by him on the occasion. To my surprise, only two out of the four of us only had received the energy. Our Master explained that purity of the mind is extremely important to receive the energy transmitted by him and the empowerment process was repeated. This time the observation was that one of us did not receive the energy. The Master finally declared only two abhyasis as the successful new energizers and the other two were asked to take up steps to improve mental purity.

Subsequently the Master elaborated that it is extremely important for all the energizers to continuously improve and maintain high level of mental purity so that the Divine energy from the NC Master could be more effectively be relayed to the seekers. The entire experience was new to me and I could personally witness and admire the ability of the sensitive abhyasis to exactly pinpoint the two persons among us who had received the energy from the NC Master. This episode totally convinced me that the Divine energy can be transmitted from person to person depending upon the mental purity conditions. It was also clarified that the energizers are vested with the power from the Master to act as the relay stations connecting the NC Master and the seeking NC abhyasis to practice Silention at will. This is really a great boon from our Master to the abhyasis for advancement in NC spirituality.

7. Divinity of NC Master

By: Padma Lewis

Though born in a conservative Brahmin family, I was brought up in Bangalore away from my parents. I had a sad Childhood. During my childhood days I went to a Christian house and saw the photo of Jesus. I was moved by the crucifixion of Jesus.



Later as a young girl, once I went to a Church along with a friend of mine. I met a priest, a foreigner, who gave a big smile and said Jesus loves me. I was thrilled and puzzled. How could Jesus love me when I was not a Christian but born in a Hindu family? The priest said God can understand any language. In first PUC I had to walk a lot of distance, used to be scary and believed that Jesus was walking with me.

Life has been a challenge to me right from my childhood facing extremely tough times. I used to go to Ramakrishna ashram in Bangalore for mental relief during my college days. I embraced Christianity upon my marriage and had a cultural shift. My family life was also not smooth either. Lord Jesus reminded me several times "I chose you right from your mother's womb" and that assurance kept me sailing in life.

Always my prayer to Jesus was 'you are my strength and patience'. My faith in Jesus started becoming stronger by every moment. I used to go to church regularly to attend prayer meetings and used to recite holy rosary dedicated

to mother Mary. I prayed to Jesus pouring my heart to send me a master to guide me in spiritual life.

I was looking for Divine help to solve my problems and I strongly believe that the prayer must have guided me to NC Master. At the very first time when I met the NC Master, I experienced intense flow of energy from him and my mind became blank as soon as I closed my eyes. Thereafter I became a sincere follower of the NC Master practicing NC system of spirituality in totality. I mentally associate all my family members, my son, daughter, grandson and son-in-law, when I go on Silention. I have been doing this from the very beginning of my practice at NC.

A senior NC Abhyasi guided me in the initial stages of my NC practice. I heartily thank him for the wonderful help in the initial grooming in spiritual life. When I first entered NC group, I found everyone so simple, I could not make out who is rich or poor and who is educated or uneducated. Everyone was a volunteer. I proclaimed this is the place I needed to be in. Through NC community I understood what unconditional love is.

Our Master promises 'You surrender to me with love and I shall take care of you'. This promise is working in my life. My daughter discovered experiencing energy flow to her whenever she remembers me. This phenomenon is happening to her even after moving to Doha with her husband thousands of miles away from me. She feels that NC Master is taking care of her at times of troubles. In a recent incident she was able to hold a very heavy object from falling upon her, calling me loudly for help at the time of the incident. She immediately telephoned me, narrated

the entire incident and attributed the escape was really a miracle and that the Master's energy is working through me. My son working at a call center in Bangalore also tells me of NC Master's support at times of difficulties. All that he does is just remember me for my help at the time of any difficulty and gets on with the work.

This phenomenon seems to be working in my case. My family is experiencing this occurrence day in and day out. NC Master, time and again tells us that nobody can save us from the repercussions of the past karmas whether these are accumulation from the previous births or in this very birth. Perhaps this could be postponed or the impact of the same could be reduced by spiritual practice. This also became true in my case. The Master could not help me in saving the life of my husband from death and I have no regrets because of this. NC spirituality gave me enough mental strength to sustain this great loss. Now I am able to manage the business of my husband single handed.

I thought that some kind of telepathy is working in me by practicing Silentation. I experimented several times remembering my daughter and soon she would call me and ask if I remembered her. Similar is the case with my energizer at NC too! I later realized that this phenomenon is happening to a few other sincere abhyasis at NC during Distance Network sittings. I am now taking Network sittings every hour daily wherever I may be at home, at my shop or any other place. I find no difficulty in pursuing this practice. The experience I receive is profound every time. After getting introduced to NC Master, I saw Lord Jesus next to our NC Master in my dream. Prior to that, I had seen photograph of Lord Jesus, once in my dream, and

again the same photograph at the nun's house in my childhood days when I was taken for a rescue. I am now looking for further training in spirituality under the guidance of my NC Master!

8. My Experience with the NC Master

By: KB Sheela

Spirituality was a big mystery to me till I met the NC Master in January 2009. I had attended a number of discourses on spirituality at different spiritual organizations but I never got a clear picture on spirituality. Often I used to hear cry from my heart and whenever such a thing happened, I felt that somebody was listening and answering me. I used to believe that it must be the God listening to me.



When I met the NC Master for the first time introduced by my mother, he looked very simple and courteous. He talked to me very casually and sweetly. However, I noticed that there was something special about his eyes. He disclosed a few things about me which were true and I was surprised at it. I became interested in the Master, became a member at NC and began practicing Silention regularly.

After a couple of interactions with the Master and attending the Satsanghs, I started feeling that something was happening to me which I couldn't see but only experience. Some energy was working on me and I believe it was the Divine energy from the NC Master.

The NC Master was trying to reduce my ego. Initially I was trying to rebel but gradually I surrendered to him. This process took quite some time as it was not that easy for me to surrender my ego. But our Master was equally stubborn and he did not let my ego to surface.

Initially, it was difficult for me to close my eyes in the Satsanghs for Silentation and there used to be continuous flow of thoughts in my mind. It was also difficult for me to understand the concept of the Divine energy transmission by reading the NC books and listening to Master's speeches. But gradually the flow of thoughts got reduced and I started experiencing blankness in the mind. This experience convinced me fully about the concept of Silentation and my observation has been that one has to have patience to understand and experience spirituality.

At Satsanghs, often I noticed that the Master used to touch upon some of the doubts in my mind even without my asking him and it gave me a feeling that perhaps he could read the thoughts in my mind. Things started changing positively with me and I became more and more interested in listening to his speeches. His answers to my questions on many subjects used to be very accurate and convincing. The transformation that was taking place in me because of NC Master made me accept that Master is surely a Divine personality.

The Master's teachings about the power of being in 'here and now condition' is an eye opener to me and makes me think that there is much more in spirituality than what we have seen so far. On one occasion he gave me an experience of translitting and it was like a big lamp lighting a small lamp. At that moment, tears started rolling down my cheeks and I was speechless. This experience makes me believe that whatever the Master does to his abhyasis is only to protect them from the influences of the negative

energy. For making the Master to work on us, we should give him freedom by our total surrender to him.

After being with the Master for the past three years, there have been lots of changes in me and this has been noticed by some people who are acquainted with me. The problems that I used to face at home, work, family & friends etc have reduced and I find that the Master's energy would not allow my colleagues to trouble me. Everything would happen automatically. Apart from this, I have observed that anybody who loved me were also able to draw the Master's energy.

I think it is impossible to find someone like our Master in this world and I sincerely want to stay connected to him all my life.

9. Grace of My NC Master

By: Manjushree

The birth of a child to me has been a great event in our family. It is extremely gratifying to me to state that I experienced transmission of energy from the baby at the first sight itself in the hospital. Later, when I was alone with the baby in the room, I had a strange feeling that someone with a long beard was present there. I immediately informed about my feeling to a senior abhyasi at NC and requested him to check with our Master for a possible intervention. The NC abhyasi was able to get connected to the event as advised by our NC Master and identified that there was indeed an astral saint present in the room who came to see the child.



My husband who is an NC abhyasi introduced me to the NC Master after my marriage and I experienced intense energy transmission from the Master during the first meeting itself similar to what I had experienced seeing Master's photograph at home that was with my husband. I then became an ardent follower of the NC Master. I and my husband both continued practicing Silentation sincerely following the instructions received and we both enjoyed his benevolence from time to time. We met the Master to share the happy news of conceiving by me and got his blessings on the occasion. With a broad smile on his face and as if he had known about it, he told us that a great soul was going to take birth in our family. Later on, sometime during the seventh month of my pregnancy, one day, I experienced swallowing something that looked like a dark, egg shaped object, descended from the outer world.

Our Master confirmed that it was the entry of the saintly Soul in my womb.

We both have immense respect to our venerated Master and he is like both father and mother to me in particular. I found him extremely compassionate and ready to help when required. During my pregnancy I happened to become a diabetic as it happens to many persons during such times and my consulting gynecologist asked me to keep a close check at my sugar levels. When I told about it to the Master, he immediately arranged to provide an 'Aquchek' diabetic diagnostic package containing enough needles to last for the entire period of my child's birth and explained me how to use it! The doctor who attended delivery of my child asked me about the Master whom I was repeatedly calling during the entire period of caesarian operation.

Internalization of the Master has been total in both me and my husband. We both believe our child, baby girl; will join us in time to receive the grace of our NC Master!

10. My Experience at NC

By: G Narayanappa

On the occasion of the opening ceremony of the NC branch at Nandini lay-out I went with my wife and heard the outstanding discourse of the NC Master. Till then, I was of the opinion that the NC discourses would be like any other usual spiritual talks. When I heard from the NC



Master that one should practice Silention sincerely for a minimum of ninety days without any break at the prime Satsanghs to reap the benefit, I got interested to give a trial. I began attending the NC branch Satsanghs in spite of the difficulties I had. As if it was the grace of the NC Master my office was shifted close to the NC center and I did not have much difficulty to continue my practice. Initially I was hesitant to practice Silention before taking bath in the morning and I got a clarification by the NC energizer assigned to me that there is nothing wrong to practice Silention before taking bath. However, I always felt refreshing to sit for Silention after bath.

I was invited to attend the prime Satsangh at NC and I attended half heartedly. But I found that the discourse of the Master was very effective and very attractive. I was overwhelmed by his nonstop, straight forward, categorical, heart full and proficient spiritual speech. Immediately after that I stopped worshipping God, performing puja, prayer etc.

Recently I have noticed that some perceptual changes are taking place in me. While travelling, I give away my seat to elderly and disabled persons, alms to beggars and deprived etc. I have also developed the mentality of

returning forthwith anything received, more than due to me, whether it is money, meal or anything else.

Prior to joining NC, I used to keep myself pre-occupied watching TV programs, reading all pages of the news paper etc. Often, the news items about violence, disturbances etc used to annoy, frighten and affect my mind. After joining NC, I pay no attention to all such aspects. Past, unpleasant events are wearing away from my memory and I have also become unmindful of the future worries. I am able to pay attention in peace to the present incidents only. I am highly obliged to NC Master for all the changes taken place in me. I now follow his advice in all sincerity and remember the Master all the time.

The outside noise is no longer nuisance to me and any unwarranted happenings do not bother me. I take no notice of those things as they are of no use to me at all. I have no grudge or prejudice and I have now become very tolerant. I have also started extending helping hand to others without hesitation.

The moment any disturbing feelings or thoughts like desires, tensions (anxiety, stress and strain), fear, egoism etc occur in my mind, I immediately resort to Silention. I consider this as a great boon to me from the NC Master.

I do not think of parting with my Master at any cost. My concern now is about how I am going to pay back my indebtedness that I owe to my Master. I have taken a firm resolution to follow his teachings I remain an obedient abhyasi to my NC Master.

11. At the Lotus Feet of My Master

By: G Ramadevi

Some NC abhyasis from my neighbourhood came to my house and invited me to attend the satsangh at the Thyagrajanagar branch. At the first Satsangh I was skeptical as to how Silentation would help me in spirituality. I was brought up at Udupi in a family that believed in idol worship for the well being. However, while chanting Vishnu Sahasranama I used to feel disturbances in the mind due to different thoughts and I was given to understand that Silentation would help to remove the disturbances. I started practicing NC Silentation and after few weeks I felt calmness in the mind. During the initial days I used ask many questions on spirituality and the NC Master would answer patiently \ clearing all my doubts. I noticed that he has been is very frank, courageous and transparent in all his communications to us.



I was suffering from severe migraine since my childhood and it used to be a nightmare for me. I used to dash my head against the wall at times. Following the medical advice, I attended yoga classes at the Vivekananda Yoga Kendra for about one year for treatment and the situation did not improve. But after attending the NC Satsanghs, I developed the capacity to bear the pain and reduced the intake of tablets. Whenever I get headache these days, I take more distance sittings for relief.

After six months of attending the NC Satsanghs regularly, I started accepting the NC Master as my Sadguru and taking active part in the NC administration activities. I was called

to attend a meeting at NC. Having brought up as a traditional house wife, attending a spiritual meeting conducted in professional way was a new experience to me. I began learning how to participate in such meetings. Gradually by participating in various activities under the guidance of the perfectionist Master, I developed the capabilities to handle the matter without fear and hesitation. I also developed the public speaking ability on spirituality, event management, coordinating house Satsanghs etc. The NC Master's way of constructive criticism with the sense of humor keeps the office atmosphere at NC lively.

I developed the sensitivity to experience the energy transmission from the NC Master on various occasions. Of late, my spiritual condition has vastly improved. A strong sense of protection from my Master prevails in me in all my activities. My entire family has started extending full support to carry out the NC activities whenever my Master wants.

The NC Master gave me an experience of spiritual elevation in me on January 20, 2012. He came to our house for breakfast with all my family members on that day. This being the first ever occasion, I considered it as a great fortune to host him and waited eagerly for his visit. It was a great day for us and we enjoyed his visit. But immediately after the breakfast, he became indisposed and he was sweating. We took him to the bed and wiped off the sweat. After a few minutes, I experienced a sudden flood of energy flowing in me from head to foot. I never had such an experience at Satsanghs, special sittings etc. I held both hands together. My whole body got stiffened by

the flood of energy transmission from the Master. My body temperature increased and I started shivering. Soon, emotional tears started rolling down my eyes and this state lasted for about thirty minutes. I felt the Master is a personification of the Divinity. I saw the Master's face glowing like that of a maharishi. I prostrated before him completely.

The Master recovered but he too was in tears! We had no clue to what was happening. We learnt that it was the act of the Master to absorb my samskara that was blocking the further spiritual progress.

I dedicate my life to serve the NC Master in the giant task of spreading spirituality widely in the humanity.

12. Being with the Living Guru at NC

By: Vanaja Venkatesh

The NC system of spiritual practice has changed the goal in my life. Considering this as providence, I have been sincerely following the instructions given by the NC Master. I started feeling that the Divine energy from the Master is really working in me and I find most of my necessities are being taken care of effortlessly. I am now in the path of becoming the 'guruvina gulama and to have a glorious sail in the spiritual journey with the NC Master'.



The NC Master takes special care of every practitioner at individual level to facilitate spiritual progress. On one occasion, I was to attend a funeral of my close relative violating Master's advice. Generally NC Spiritual abhyasis are discouraged from going to places like the grave yards, funerals, sea shores, hospitals etc since such places are under negative energy influence. I took special permission from the Master and reluctantly proceeded to attend the funeral. But to my surprise we could not reach the place in time and returned without attending it. I feel that it is how our Master takes care of the hurdles if the disciples are sincere.

Our Master had asked us to attend all the prime Satsanghs and practice Silentation for a minimum of 90 days without any break to get the benefits by ourselves and incase of any break in the attendance, we were told to go all over again. I took his advice seriously and started implementing it. Midway, I met with an unforeseen situation in the family

that would break attending the Satsangh. Then I contemplated with full faith and love in my Master and also told the situation to my mother, sister etc. They readily agreed and let me go on with my NC practice! This is yet another example about how the Master's energy takes care of us. When the spiritual seeking is steadfast, our NC Master removes the obstacles.

Our Master is very empathetic. He advised me to serve my father-in-law who was laid up in poor health explaining that it is a privilege and I should serve him whole heartedly. He also stated that it would burn up the past samskaras in me as well.

I do not have any major problems in pursuing spirituality at NC in my life. I faced disapproval from the family members to conduct the monthly Satsanghs at our home. I prayed with all faith to the Master and it had a great effect. In place of monthly Satsanghs, we could hold weekly Satsanghs and later on the frequency increased to three days in a week. Presently, almost every day 'Silentation' is being conducted at our home. We noticed remarkable improvement in the business of my husband and he too started accompanying me to the Satsanghs.

We wish to spend more time with the NC Master and intensify the spiritual practice. I had an opportunity to be with the NC Master on a spiritual tour to Tirupathi. All the arrangements made were flawless and meticulous. We felt absolutely safe from beginning to the end and protected by the energy of our Master.

Our Master's concern for well being of NC Practitioners is so overwhelming that we have no hesitation to accept him as a Divine incarnation and we feel blessed to be with such a rare living Master. Just as children take pride in addressing their parents as 'my father and my mother', I am proud of addressing our NC Master as 'My Master'.

13. Spiritual Linkage with My Master

By: Rangesha Gowda

As a young boy I had interest in spirituality but did not get opportunity to meet any Guru in my village. I had less interest in temples and rituals. Somehow I was reluctant to see the religious priests or gurus.



Now I have been in NC for about two years. Initially when I started practicing the NC system, I had a variety of questions like who is the NC Master and why do we call him the Master? What is spirituality and why we should pursue it? When I met the NC Master, I felt his eyes were unusual full of extraordinary power and I started concentrating on his eyes during Satsanghs. I experienced transmission of some kind of powerful energy that touched every person attending Satsangh. I found the same thing happening in each Satsangh.

I was able to explicitly observe in one of the prime Satsanghs, the energy from our Master was working on each one of us. It was clearly seen like a movie. Our Master was trying to lift the people sitting there with his both hands and everyone was slipping away from his hands. He was repeatedly doing the act and could not lift even one of us! I suddenly opened my eyes to see if everyone still sitting with their eyes closed and my Master is on the stage. This was my first experience of this type and I narrated what I saw to the Master privately. The NC Master smiled and said this vision indicated that most of the abhyasis have strong attachments to worldly matter and their inward journey is yet to begin!

On a different day at the nearby NC centre, three groups were engrossed in chain sitting while another group of children was sitting separately with their eyes closed, some children with their eyes half closed. I was in the chain sitting. I saw the Master's energy entering into every one of us sitting there including the children, from head to toe, cleaning the minds and vanishing from there. All this happened in a few seconds!

On February 27, 2012 around 1 AM mid night suddenly I got connected with the energy of the Master and became indisposed suffering from body pain the whole night. The next morning I reported this to a senior NC abhyasi. He then told me that our Master was in Tiruchendur, Tamil Nadu on some spiritual work and he was in the state of physical illness the previous night.

Often I feel that my body is totally wrapped up in an aura of protective energy while moving around doing my daily routines. I also escaped injury from an accident when I was thrown about a hundred meters away struck by a speeding motor bike. I became unconscious, woke up after an hour and began remembering the NC Master. I had the presence of mind to immediately call on my fellow abhyasis for help and I was hospitalized. The strong faith in my Master, and the power sittings from NC energizers made me recover within two days though normally it would have taken a few weeks.

I wish the energy link with my Master will get stronger and become everlasting as I progress in my spiritual journey under his guidance.

14. The NC Spiritual World

By: Srinivasa Raghavan

The inner yearning to know the ultimate purpose of life, like the cry of a child who has lost the warmth affection and guidance of loving parents in a far away land, brought me to the NC Master whom I found to be a true and rare living Sadguru. I met him after twenty years of arduous search for a spiritual guide in my life that started even as a young boy. Often while reading the parables of Ramakrishna I used to experience the flow of energy in my spinal cord that stirred my consciousness.



I used to share my spiritual emotions and thoughts with my uncle, a Shirdi Sai devotee as my father remained neutral to such emotions. Philosophical readings of Sri Aurobindo, J Krishnamurthi etc did not lead me in anywhere in the path of spirituality. Once, I stumbled upon a clairvoyant lady, a Sai devotee. After going into spiritual trance she told me that Krishna Chaitanya is protecting me and asked me to visit the Udupi and Sringeri shrines. I took this as a Divine intervention in life.

The troubles like losing the job surfaced in my life and I had to undergo psychotherapy for my mental relief. Intuitively I sensed that some negative elements were blocking me from taking the right path in life. However, I had faith that I will be protected by the Divinity.

While in travel reading the book 'Stilness Speaks', I felt a sudden calmness engulfing the mind with a flashing thought about Saint 'Arunagiri', the disciple of Lord

Subrahmanya. I used to visit Subrahmanya temple religiously on every Tamil New Year day and Lord Muruga is the family deity from my maternal side. I took it as an advice to visit a saivait yogi or siddhar associated with Lord Subrahmanya. In a few days after this incident the image of Ulagalantha Perumal (Vamana) started to occur frequently in my dreams. The only interpretation I could make out of it then was that I should remain a Brahmachari.

I again lost my job and it was in the peak of my frustration, a colleague of mine suggested me to the NC System of spiritual practice. I met the NC Master in his house clad in a dothi with a saffron towel on his shoulder, vermilion mark on his forehead and thilaka below it. He said 'My name is Balasubramanian, you can speak in Tamil itself' in an authoritative voice. His eyes had a stillness of Yogi and there was a profound radiance in the face similar to that of a yogi described in the literature on 'Saiva Siddhantha'. This confirmed that I met 'My Master' and experienced an overwhelming calmness never experienced before. The Master was very simple and without the traditional saffron clothing, large Rudraksha beads, vermilion all over the body etc. Subsequently, I always experienced relaxation in the mind whenever I met him.

I had learnt that spiritual guidance would be available to the sincere seeker and it became true in my case. I learnt the basics of the NC system of Silentation practice and the benefits of attaining stillness of mind in spirituality. To express in Tamil slang, it is simply 'summa iruthal'.

Being jobless, I was in a continuing mental turmoil and did not know what to do. Every morning I used to call on our Master and he would allow me to meet him in his meditation room. Out of frustration, I said that I would give-up material life and start to serve at the NC office. The Master closed his eyes and then he kept his hand on my head. The hand functioned like a vacuum cleaner sucking something from head giving a shiver in my body. Thereafter, I felt very relaxed and refreshed after taking a few hours of sleep in his house. He advised me to try for a job and assured that I would get positive results. In the next two months I got a job in a consulting firm.

In the next three months, the NC Master gave me the experience of the energy transmission from him regularly in the mornings and treated me as a family member. He used to motivate me to focus on my core-strengths and inner potentials without getting bogged down by competition from peers at work. He wanted me to go for perfection in whatever I was doing. He advised me to work in the spirit of a 'karma yogi'. He shared with me his experiences in life and gave many pearls of managerial wisdom. He also wanted me to maintain equal poise in praise or criticism.

The Master gave me the opportunity to participate in the special spiritual trips to a few samadhis of venerated Saints. The first trip was to Kudala Sangama of Saint Basavanna, a great saint of medieval period in the State of Karnataka. A special Silentation sitting was done at the Samadhi, close to the river bank. I had a vision of two radiant oval white lights, one big and other small during Silentation. I could infer that one of the lights should be of that of Basavanna and the other being that of some saint in

that Samadhi area. We had interesting sessions on the need of a revolution on positive thinking over negative thinking, the way Saint Basavanna fought for 'Antaranga Shuddhi (internal purity) and Bahiranga Shuddhi (external purity)'.

At the spiritual trip to Srisailam in Andhra Pradesh, we had a special Silention sitting in the mantapa close to the sanctum sanctorum of the temple. In that Satsangh I had my first - out of body experience of astral travel. It was a formless, blank tunnel region. I also saw the Spiritual aura around the NC Master. It was splendid a feeling as though 'Mallikarjuna Swamy' was in the Master. In the evening when I went to my room in the mantap, I suddenly felt like sitting in silence. Again I had a vision of a Deity as a giant 20 feet tall Jyothir linga in white radiance of extra-ordinary grandeur.

At the Spiritual trip to Rajahmundry, Andhra Pradesh we went to Meher Baba ashram. Meher baba was a 20th century Sufi Saint; he was a great practitioner of silence. The ashram was on the outskirts close to paddy fields. Such trips gave ample scope for closer interactions with the Master and understanding many nuances of spirituality through silence. On the third day morning at the 5 AM sitting, I had the vision of a Sufi saint tall with an oval cap and a long coat, standing next to NC Master. I could see sparks of light close by, but it was feeble and the Sufi saint in the vision was different from Meher Baba. We went to the auditorium in the ashram, there I felt a special aura and energy in the entire place, later some other sensitive abhyasis confirmed the presence of Meher Baba in apartheid form at the auditorium.

One Saturday morning when I was taking rest in Master's meditation room, I had the vision of Swami Vivekananda as a glowing golden radiant mini Sun, from his photograph in the room. Tears rolled down in my eyes at the graceful vision of my childhood guru Swami Vivekananda. This incident had a great impact and increased faith in my Master.

I went on a spiritual visit to Palani, the venerated temple hill of Lord Subrahmanya with the Master. Just two days before the trip, Master gave a special Silentation sitting at 7 AM in the morning in which I had an unusual vision of a gigantic Sun (100 times larger in size) in the middle of many galaxies into which many heavenly bodies were merging including that of mine. I opened my eyes and our Master clarified that it was the Gurutatwa of NC Master which I saw. It was the first of its kind experience to me. I experienced spiraling transmission on the entire spinal cord region. At Palani, before going to the hill temple, I had the flashing vision of Lord Subrahmanya Swamy at the entrance of the temple. At the sanctum sanctorum, our Master prostrated in front of deity and a flashing vision of Lord Subrahmanya with dhanda and saffron cloth as a young boy blessed our Master and immediately vanished. The temple priest was giving prasadam. Our Master was not in his state of mind to receive it. The priest heard a voice saying 'Avan arulukku vandan aiya, porulukku varavillai (he has come for my grace and not for material benefits)'.

As we returned to the cottage from the temple, suddenly a siddhar by name Rama Das met the Master and told in

colloquial Tamil, 'Palani andavar ungalodu vandadhai pathengaiya (I saw Palani God coming along with you to the cottage Sir). Some temple trustees also came to get the blessings of the NC Master. They asked why the Lord does not use his dhanda and punish the bad people who commit atrocities. Our Master replied 'vel baktharkalai kaappatharkku, pirrarai azhippatharkillai, neengal en kuzhanthaikal, ungal mel velai paaichchuvana? (the vel is to protect the devotees, not to kill, you are my children, will a father use his weapon on his children?'

I had an occasion to witness a person approaching our NC Master for some help. His friend was hospitalized and needed money for treatment. The Master not only gave him some money but also sent two NC volunteers for help. One fine morning, I got a sudden call from the Master to meet him for an important discussion and he asked me to sit on Silentation. The sitting was very deep and energy transmission was high. He communicated his intention to marry me to a girl who is a NC abhyasi from Tamil Nadu. I obeyed and the marriage was conducted in a Prime Satsangh by exchanging garlands and taking an oath before the Master. We got the blessings from the NC community. It was a simple marriage as a part of the social reformation, one of the visions of the NC Master. On the day of the marriage the energy from Master spread all over my body. A new phase of life started to both of us in our life.

15. Spiritual Journey with My Master

By: Swami Loknath

Even as a child, the word 'Guru' was a loaded and venerable expression for me even in school and college. I always had a sense of attachment, devotion and love for the term Guru. Often, my brother used to take me to Ashrams, Dargas and Churches. I used to enjoy sitting cross-legged for long hours there and I did everything with deep involvement. Over a period of time I lost interest in material possessions in life and I used to repeatedly feel that I am born to serving a Guru.



After graduating, I joined my brother who had established a therapy unit in Bangalore. I learnt the art of body massage and started working with him for earning my livelihood. We decided to provide holistic service to the people by treating both the body and the mind. This led us to join the training program on 'Yoga'. It was an intense program on Pathanjali's Asthanga Yoga and the training was holistic. Apart from the physical, mental and spiritual aspects, the program included mind control and we learnt how to keep our mind still for long hours. The training awakened the feeling of oneness in me.

While in the search for help from a right source to expand our massaging therapy, we met the NC Master in the year 2003. I experienced the flow of positive energy from the Master all over my body in the first meeting itself. It was indeed the 'Nayana Deeksha' that I received from him. An intense feeling of inseparable spiritual journey with the NC Master began during our interaction. The concept of

Silentation and the importance of a Sadguru in spirituality appealed both to me and my brother immensely. We instantly accepted the NC spiritual system and began practicing it. In a matter of about six months, I started experiencing blankness in the mind during Silentation. Initially the blankness used to be for about two to three minutes and the duration increased progressively. After about two years of systematic and sincere practice, the duration of blankness increased to about an hour. At this stage I noticed appreciable changes in my perception such as interacting with other people and empathizing with them. I began accepting life as it unfolds from time to time with no resistance because of the NC Master's teachings. Noticing the changes in my condition, our NC Master started giving me special sittings that led to my total surrender to him. I started obeying his instructions in 'Toto' without asking a single question in the spirit of 'Admit, Submit and Surrender'. This became the catch phrase and inspiration in my life.

Gradually I started developing sensitivity to feel and get connected to the spiritual work of the NC Master as if I am viewing a TV program. This was happening at times when the Master wanted me to get connected to the event and report. I felt this capability was given to me by the Master to serve him in his Spiritual work. I am able to see the presence of the astral saints during NC prime Satsanghs and special sittings given by the Master. Initially I never used to know the names of the astral visitors/saints. I used to merely get their messages to the Master. As instructed by the Master, I began to ask the names of the astral visitors. This sensitivity is helping me to understand about the spiritual progress of our Master from time to time.

However, my Master says that this kind of sensitivity in a practitioner might retard the spiritual growth due to the development of subtle ego in him. Our Master has advised us to discuss and obtain clarification on such matters from time to time from him. I take this as one of the important advantages of being with a living Master.

As I progressed in the Spiritual path, the truths unfolded to me are:

- The NC Master is the ultimate for me. In other words, my Master and God are one and the same to me.
- To travel further in spirituality beyond the stage of 'Samadhi', we need the Master's marga-darshana (guidance).
- Upon establishing the Soul to Soul link with the Master, he being the sankakpa rahitha shakthi, he will take care of all the needs of the practitioner.

I recommend every abhyasi to sincerely follow the principle of 'Admit, Submit and Surrender' to the NC Master in the path of spirituality.

16. My NC Master's Benevolence

By: Gayathri Manjunath

My Master showed me how to find God within and I adore him more than my parents, relatives and friends. I am one of those who have been benefited by his teachings and training in spirituality. I want to share my personal life experiences with others about how my NC spiritual life has been of great help to me.



Some tragic events made me a destitute at the fag-end of my life at the age of sixty five years with no property and no support from children and relatives. However, my grief in life vanished after I met the NC Master and began practicing Silentation regularly. His teachings have filled a new life of hope and energy in me and I have become very active and energetic like a teenager. About a year ago my eyesight began deteriorating and at that point in time I prayed to the Master with all sincerity for Divine support. I remembered his advice about dealing with any medical problems that one should go to the right Doctor instead of going to a spiritual Master. The NC Master always stresses that Divine supports only those who take right efforts and then seek for the support. I went to 'Netradhama' for a checkup and I was advised to undergo eye operation immediately for which I needed money. In the meantime my daughter approached me for financial help needed for school admission of my two grand children. I was told that if the help was not available my grand children would lose one year in their educational career. I explained my daughter about my helpless financial situation and the need for eye operation. But my daughter promised me that

she would earn and get my eyes operated as soon as possible. My daughter also believed that being a blessed disciple of the NC Master I would be taken care of when needed. As I had no other option, I gave the available money to my daughter for the school admission of my grand children. I submitted myself mentally at the care of the Master. This had a miraculous effect. On hearing my plight, one of my NC co-practitioners came forward to make up for the shortage of money needed for both my eye operation as well as for the school admission. I regained my eyesight by the Divine support of my Master!

I was directed by the Master to go to Davanagere for making arrangements to open a new NC Center and I went there two days in advance. Incidentally I met my advocate friend who inquired about my whereabouts and also about my property at Davanagere. I told the advocate about my life at the service of my Master and invited him to attend the Satsangh during the opening ceremony of the new NC Center. He accepted the invitation and asked me to get the property documents to see what best could be done to protect our interest. To my surprise the property issues got resolved during that visit to Davanagere. It was a demonstration to me that when we take care of our Master's work, he takes care of our needs even without asking for it. This is how our Master's Divine support is available to the abhyasis when needed!

17. NC Spirituality in Life

By: Asha Pramod

I always felt in my life that over and above the mundane existence and material aspirations there is something higher to aspire for. In search of an answer to this inner feeling I came to NC spirituality with great interest.



At the very first interaction with the NC Master, I felt confident that he is a Master of caliber who would lead me to self-realization. I also felt that finding the right Master has been due to my past good samskaras without which it would not have been possible for me to meet such a great spiritual person like our NC Master.

I learnt that there is a lot more to the practice of Silention and self surrender to the NC Master is required to progress in spirituality. We have a strong assurance from our Master that he will take care of us once we surrender to him.

I hereby resolve to live up to his expectations and look forward to his Divine grace to liberate my Soul.

18. My Sadguru SSB

By: D Shilpa

It is my Master who is full of Divinity, profuse love and absolute purity personified and is accessible as Shri Subrahmanya Shiva Balan to all the NC practitioners. The very precinct of my Master' initiating to 'Silentation' has empowered me by cleansing the impurities in the mind. My mind is now filled with purity in the form of positive thoughts and actions to imbibe the Master's Divinity for internalizing his chaithanya. He has made us to understand that one should follow the 'here and now' condition in life to attain the benefit of spirituality. I think NC spiritual practice is the only system of its kind in the world fortunately founded by My Master as a scientifically advanced spiritual organization. I feel proud of being one amongst the very few privileged human beings under the NC Master.



Though we see the NC Master amongst us in the form of a living human being, he is indeed a Divine spiritual-being. Every cell in him is a fountain of 'bhagavat chaitanya' dispensing the Divine energy to the seekers at NC and transforming them into super conscious human beings.

Prior to joining NC, I used to worry due to the miseries met with in my life and rundown by the self accusing thoughts in the mind about the sins and their impressions (karma and samskara) I might have committed in the past. I have stopped worrying about such things after pursuing NC spirituality. The NC Master explained that the suffering

and negative thoughts in the mind are due to the results of the past samskaras in life and the spiritual practice at NC reduces their impact. It was gratifying to learn this golden message from my Master. I feel blessed as my Master has become the inevitable part and parcel in my life. There is no way I can live without his guidance.

I feel that everyone should take best advantage of the Divinity of the Master and follow the path of NC spirituality in this life span. I am devoted to his quest for spreading spirituality in the humanity.

19. My Belief in NC Master

By: Sandhya

I believe, it is the Divinity that has brought me in touch with the great Sadguru Subrahmanya Shiva Balan at NC. I was introduced to the NC system of spirituality by my loving father who is a senior NC practitioner. I have been practicing Silentation since about five years and right from the beginning I experienced the Master's grace. The grace is all about how he guided me in spirituality and helped to overcome the obstacles in our daily life.



I was very much attracted by the Master's simplicity of teaching spirituality with clarity at each step such as the limitations of the idol worship and ancient scriptures which are susceptible to interpretations. The easy access and availability of the NC Master for clarifying doubts and the Divinity in him helped me to progress faster in spirituality. I found him not only a rare sadguru but also a selfless person ably committed to the noble cause of transforming as many people as possible through the path of spirituality. The NC spiritual practice has given me a new birth and I realize that my life is now totally devoted to practicing spirituality at NC. I sincerely volunteer to partake in all the initiatives of the NC Master. I feel that I am protected, loved and guided by the Master. I followed his advice and married an NC abhyasi without any reservation. And now I feel that I could not have got a better partner in life who is supporting me in all my spiritual activities at NC and outside.

The NC Master is systematically teaching us how to be active and yet avoid creation of the negative karmic impressions in life. He advises that we should treat all the sufferings in life are meant to pay back for the past karmas and pursuing spirituality provides the right mental strength to sustain their impact blissfully. I feel that Satsanghs have an overall cleansing effect in my mind turning the life more positive and compassionate. When the NC Master speaks to us he drives home the philosophy and theology echoing the absolute truth about the Spirit (Soul) present within each one of us directly into our hearts. The NC Master 'through the power of his words, his eyes, his voice and his gesture one gets limitless blessings and inspiration'. His multi-cultural and lingual background makes him possible to convince everyone about the absolute truth. While he wants to give everything to the NC abhyasis, our lack of receptivity limits the intake of it. So the abhyasis have to increase their receptivity by sincerely practicing spirituality. Our Master emphasizes that to pursue spirituality one need not be rich, educated and possess good family background. By simply surrendering the self to a Sadguru like our NC Master and practicing Silentation and following the guidelines one can easily progress in spirituality.

My motto is to say 'yes' to my Divine NC Master and comply with whatever he instructs me to do in life.

20. My World with NC Master

By: Yashodha Sudheesh Kumar

I am experiencing my NC Master every moment in my life. I do not have to crave even for parental love or affection since my Master within showers absolute love to me. He leads me to the light from darkness and lifts me from disheartened life. He has charged me with the Divine energy (chaitanya) and filled new enthusiasm in my life.



The constant remembrance of my Master makes me feel that all activities throughout the day are steered well automatically. I also feel that the negative impressions are not sticking yet, if created in me, are erased at once. Remembering the master has become my second nature next only to breathing and this is the level of purity experienced in my mind.

Earlier I was dejected in my life craving for love before joining NC and used to panic thinking about the past disasters in life coupled with the fear of what might befall in the future. All that is bygone and I have learned to live in 'Here & Now' condition internalizing the NC Master. The feeling of the 'Non-existence' on the earth is creeping in me and I feel blessed by the NC Master. My prayer to the NC Master is 'May you not depart from me and live ever in my heart'. Also let my present life be liberated once for all and merged with the dust of your feet.

Master's Quotes

- Light (Material) has come from the darkness (Sat- the state of nothing ness/God). When light vanishes darkness remains. Light is impermanent and darkness is eternal. Materialism is not against spirituality but the materialistic people sometimes are.
- Spiritual merit is not based on material perfection and spiritual achievements do not guarantee any material achievement.
- Silence is the base for the sound as sound is heard in silence and silence never disturbs the sound but the sound disturbs silence. Silence is lighter than the sound and this lightness can be felt through the mind. Universe is created because of the sound and sound is created because of the silence.

Subrahmanya Shiva Balan

21. Practicing Spirituality under the NC Master

By: J.K.Nagabhushan

After decades of extensive search for God in various temples, mutts, pilgrimages, chanting mantras & bhajans, attending spiritual discourses, taking part in bliss and cosmic conscious experiential programs etc, I discovered that my life appeared to be going in circles leading nowhere. My efforts did not go waste and at last, I was guided by the providence to the NC Master in whom I found the ultimate Sat-chaitanya.



NC has been a great learning platform to me about true spirituality and how to be always positive. My experience with NC Master reflects the essence of the Bagavdgita verse (5/21) that says when one is free from the outer context, one finds happiness in himself, and trained in God's discipline he reaches the unending bliss. Quoting Lao-Tsu, 'The new life created by the final integration is self aware yet. Without ego, capable of inhabiting a body yet not attached to it, and guided by wisdom rather than emotion'. This is indeed happening here at NC. The NC Master's concept of 'energy-less-energy as the God (state of nothingness)' as the source of entire manifestation and that it can be experienced within every individual who practices spirituality in this life itself is more convincing to me. Within a short while, I became familiar with Satsangh, Satnam, Sadhana , Smarana etc at NC and that brought profound transformational effect in me.

A multitude of questions were daunting me like who am I? What is my origin? Why did I come here? What should I

be doing in life? Who is guiding and monitoring all activities in my life and in the nature around? What is spirituality? What is existence? What is liberation? What is enlightenment? What is realization? What is Brahman? I found convincing answers to all such questions from the NC Master and the goal of life became clear to me. The Soul consciousness is slowly setting in me with a feeling of being a visitor in this planet waiting to go back to origin.

The concept of leading life without expectations and with the sense of non-doership surrendering everything to the Master appealed to me as the best way to progress in spirituality without adding any further impressions in this life. Further, I consider our Master's advice to limit our needs to the essentialities in life with the mentality of sharing our prosperity should be followed in life. To dwell in the condition of here and now without remembering the past and anxiety of the future is yet another pearl of wisdom to be followed in full faith in the path of spirituality. The need of a Sadguru as a marga-darshi for achieving the ultimate goal in life became clear to me as I developed close acquaintance with our NC Master. He often takes his disciples from the physical, mental, intellectual and cosmic realms to the realm of Sat beyond Parabrahman while revealing his spiritual experiences to them. Attending Satsanghs and following the guidelines of the Master in spirituality has become my life-line without the feeling of the doership progressively.

By holding the Masters finger, one can live like a child in peace and bliss as Jeevan Mukta, consciously ascending in spiritual journey.

I believe only providence has led me to NC Master who is filling the purity into me in each and every Satsangh as well as from time to time by the power of constant remembrance.

I am confident that with the Divinity of the NC Master, the inner transformation, the ultimate alchemy needed in spirituality will be attained by me in time to come. I consciously ascribe my mind to the God personified NC Master with a sense of absolute security by being in his heart--- an ocean of unconditional love and bliss.

22. Journey with my Master

By: C. G. Jagannatha Sharma

It is the common belief of the wise that God exists as 'Atma', a spark, in every person the realization of which would make it possible for the humans to escape from the repeated cycles of birth. Furthermore, a 'Guru' is the enlightened person who guides the humanity to get away from the myth of 'I & mine' and directs to find the God with in every individual. When a person realizes the purpose of life, the bud of spirituality starts blooming and the search for a 'Guru' begins. It is the merits of the positive deeds done in the past life that would lead the individual towards the guru for marga-darshana (guidance) in spirituality. I am one such privileged to be brought up in such a backdrop of beliefs.



Born in an orthodox family, I was fortunate to take part in various rituals, prayers and religious activities enthusiastically during my younger days. Further, I was greatly influenced by the life style of the poor, simple and straight forward village folks among whom I grew up. I also had the opportunity of meeting and dealing with a variety of people in my career as a government employee. It was only after giving up my job voluntarily, I joined NC that changed my life astonishingly and it was not difficult for me to adapt to the new lifestyle in spirituality.

I consider the event of meeting the NC Master is auspicious and unforgettable turning point in my life that happened on the occasion of the opening of a new branch of NC at Hanumanthanagara, Bangalore. The introduction

of the spiritual system by the NC Master was so vivid; I became fascinated and readily accepted him as a friendly 'Guru'. As the time passed by, attending the satsanghs regularly, I realized that he is an extraordinary guru and my communion with him is not just only in this janma, but a continuity of many earlier janmas of mine.

The mounikarana practice changed my way of life totally inducing an urge to be in close association with the NC Master and sincerely follow his guidelines in spirituality. My regard, affection and love towards the Master grew up boundlessly. I started devoting most of my time at the service of the NC Master experiencing the subtle positive energy flowing from him. Looking at my mental condition for over a year, I was empowered as an energizer and given an opportunity to serve the other NC abhyasis under the personal guidance of the Master on day to day basis. The uninterrupted association with the NC Master made me courageous to face difficult situations in life apart from being peaceful always.

With the altruistic grace of the Master, I started experiencing the spiritual union, annihilation of my samskaras and purification of my mind. I believe, the process of internalization of the Master has begun in me. Of late, I started developing extra sensory perception that enables me to get connected to the astral world and envision specific events at the instruction of the NC Master. I find that all devout disciples are ever under the meticulous care of the NC Master all the time. Getting a living Master who has overwhelming concern for the spiritual progress and well being of his disciples is exceptional phenomenon. It is amply demonstrated by various methods he has

devised like Power sitting, Distance sitting, Net-work sitting etc for accelerating the spiritual progress in them. The only thing that is expected from the disciples is their earnest desire for pursuing spirituality as a single point agenda in this very life.

When the Divinity of the NC Master is internalized fully by the abhyasis, he protects rest of their life not only in the spiritual life but also in worldly life. This is evident from the life of a few devout abhyasis at NC and I feel one amongst them. I am longing to continue the spiritual journey with the Master and that it should never be stopped for any reason in future. I meekly pray to my NC Master to instill Divine chaitanya in me that would keep me away from all negative forces and maintains only the positive energy forever.

My appeal to the fellow practitioners is to continue the spiritual practice until the goal is reached under the protection of our beloved NC Master.

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OUR OTHER PUBLICATIONS

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Voice of The Nature
Reality Unfolds
Experiencing The God Within Part I & II (Set)
Divinity Through Purity
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Vastavikateya Anavarana
Olagina Devara Anubhava
Nisargavani (Voice of The Nature)
Atma Vistarakke Guruvina Neravu
Parisuddhateyinda Daivikatege
Manava Janma Sarthaka Madalu
- 'Nara'simhanagi
Sadguru Vachana Saara
Antharvani

TAMIL

Eliya Muraiyil Kadavulai Unarvadu Eppadi?
Cheppiya Mozhigal

TELUGU

Manaloni Devuni Anubhavamu

*** Peace Incantations ***

Saha naa vavathu
Saha nau bhunaktu
Saha viryam karavaavahai
Tejasvinaavadhitamastu maa vidvishavahai

**May The Almighty Protect Both Of Us
May The Almighty Nourish Both of Us
May The Almighty Infuse Courage In Us
May Our Knowledge Become Brighter
And Get Transformed As Radiant Light
May We Always Be Together Without
Any Hatred And Difference Of Opinion**

Sarvesham swasthir bhavathu
Sarvesham shantir bhavathu
Sarvesham poornam bhavathu
Sarvesham mangalam bhavathu

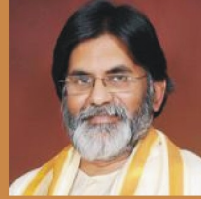
**May Auspicious Be Unto All
May Peace Be Unto All
May Fullness Be Unto All
May Fruitfulness Be Unto All**

Sarve bhavanthu sukhinaha
Sarve santhu niraamayaha
Sarve bhadrani pashyanthu
Maa kaschid dhukha bhaagbhavet

**May All Be Happy
May All Be Free From Difficulties
May All Be Protected
May None Be In Misery**

**Shanti: Shanti: Shanti:
PEACE, PEACE, PEACE**

- **Ramana** asked **Paul Brunton** to search for 'Who am I?'



- **Subrahmanya Shiva Balan (SSB)**, the NC Master says, "Silence the mind and experience the Sat (Divinity, the state of nothingness) in you through Silentation because the present I is **imaginary!**"
- **NC Master** envisions conversion of every home into an Ashram.
- Every religion seems to be different but the common thing in it is Love. When the love is unconditional it becomes Divine Love.....SSB



The author is pursuing spirituality with the NC Master for the last six years. He is also assisting the Master in proliferating spirituality to the masses through various initiatives taken by the Master from time to time as the President of

SSBSSF.

His current interests include understanding the Science of Spirituality and Deep Space vacuum. He had a stint of scientific career in the prestigious organizations of the country like ISRO, TIFAC (DST, GoI) and CMC Ltd.