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## The Divine Life Society (Hong Kong Branch) Yoga Centre

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### Message from H.H. Sri Swami Yogaswarupanandaji Maharaj For the 12th Anniversary of DLS Hong Kong Branch on May 26, 2012

Dear friends in the path of Life Divine. We are very fortunate to come in contact with the ideals of Divine Life as per the teachings of adorable Gurudev Sri Swami Sivananda through our worshipful Gurumaharaj Sri Swami Chidanandaji Maharaj.

In all Satsangas, spiritual gatherings, Swamiji emphasised the glory of Divine Life of Truth, Love and Purity by Yoga Sadhana, in a simple way, - hear no evil, see no evil and talk no evil. The root cause of all misery is "ego", identification with the body and mind. The scriptures say: "The greatest thing in the Kali Yuga and the only effective method of crossing the sea of delusion of "I" & "Mine", is Satsanga, company with Truth. Companionship of Truth comes to that man who renounces himself about wrong notions about "I"; visible universe & God", because it is untruth to consider oneself as this little self, this petty personality. The moment one does Yoga Sadhana by Guru's Grace, by regular spiritual practices, viz: Swadhyaya (study of religious scriptures) Japa (repetition of God's Name); regular practice of Yogasanas and pranayamas by following important spiritual instructions of Gurudev, companionship with Truth starts. For him Satsanga begins. The importance of Satsanga is renunciation of one's lower self and the companionship of Truth, which is within oneself and which is manifest as the Satguru and the Saint outside. Hence in one of the Gurustotra (prayers to Guru) it is said the Supreme Lord, Guru and one's own self are One and the same.

The great enemy of man is ego or the sense of "I-ness" & "mine-ness". Everything that holds him down to ignorance and the cycle of births and deaths is nothing but the various forms of ego. Yoga Sadhana, regular practice of Yogasanas, Pranayamas, Japa, study of scriptures, meditation, Satsanga is a wonderful technique where this root ignorance is completely removed. There is a story of a learned scholar who studied all religious scriptures, began to read scriptures in a royal palace. The king got interested in getting himself freed from ignorance (wheel of births and deaths) and enjoy the bliss of liberation. The king thought, "This learned scholar must be able to free me from this wheel of births, deaths, sorrows and sufferings, etc. I have got no peace of mind. Perhaps this learned scholar will give me knowledge, wisdom, liberation." On the next day, the king said to that scholar: "I want Liberation. Give me the secret of getting out of this ignorance and sorrow." The scholar trembled in fear. He was in a dilemma. He did not know what to do. The king said, "If you do not free me from this sorrow of wheel of births and deaths, your job will go and your head also along with it." The scholar went to his home, dejected. He had a wise, intelligent granddaughter. She asked the scholar:

服務  
Serve

愛心  
Love

施予  
Give

淨化  
Purify

冥想  
Meditate

開悟  
Realize

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"Why are you so gloomy?" Scholar replied: "My child, my last days have come. The king is asking me to do the impossible. The king asks me to give him Liberation which will free him from all sorrows and sufferings for ever. What can I do? I do not have that power, I myself not liberated. I am giving lectures only, that too, to run my household responsibilities. The king will take my head if I do not give him Liberation tomorrow." The intelligent girl said: "Do not worry, you go and tell the king that Liberation will be given tomorrow." The scholar said: "All right, for a dying man catches any straw in order to save his life." The young girl said: "Take me to the palace tomorrow, when you go." Next day the scholar went to palace with his granddaughter. She asked the scholar to start the reading of the scripture, when he started, hardly he had proceeded with his discourse for some minutes, the silence of the palace hall was broken by a loud wailing sound. All people were wondering who was crying. The small girl was crying at the top of her voice. She was screaming: "Please release me, please release me." She was fastening herself tightly to a pillar. All people tried to disentangle her from the pillar, but could not; she was holding the pillar tightly, and crying, "Release me, release me." The king got angry and he asked, "What a silly girl you are! What do you mean? You are yourself catching hold of the pillar and you are asking us to remove you." Immediately the girl burst into laughter. The king asked, "Why are you laughing?" The girl replied, "I am laughing because that is what exactly you are asking my grandfather to do. You are catching hold of the kingdom, palace, property, your status, and you want my grandpa to release you from bondage or sufferings (ego) which you are clinging to." The king was satisfied with the answer of that intelligent girl. He learned a lesson. A man does not get Liberation by another. He has to release himself by Yoga Sadhana. You have to let go what you are clinging to this ego. So it depends upon the aspirant himself/herself to let go his/her clinging, which belongs to his/her lower self, which belongs to the old unregenerate nature.

By following the spiritual instructions given by worshipful Gurudev Sri Swami Sivanandaji Maharaj, by following as an ideal example for us to emulate like our Gurumaharaj Sri Swami Chidanandaji, as service to the sick, poor and needy is easiest form of worship of the Lord, to be good by keeping good health by regular Yoga Sadhana, doing good to others as serving one's own Self in all beings, is really LIFE DIVINE!

May the Grace of the Almighty and worshipful Gurudev be ever upon us all is my heartfelt prayer on this holy function of 12th Anniversary of DLS Hong Kong Branch.

*Swami Yogaswarupananda*

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