

the divine rhythm  
**Antarnaad**  
2nd Edition



**|| GURU PURNIMA ||**

*A Guru's place in a disciple's life is irreplaceable.  
It is an ongoing commitment that extends beyond one birth.  
At the foundation of this amazing relationship is  
reverence, trust and complete surrender....*

**PAUSE & LEARN**  
wellness studio

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## GURU: THE TRUE PROTECTOR

It is an old story, but the truth contained in it is ever relevant. A Guru and his disciple were extremely tired due to continuous walking. Seeing a proper place, the master stopped for taking rest. When the disciple was fast asleep, the master was awake. Suddenly a black serpent came hissing and moving towards the disciple. Moving aside, the master tried to divert it, but the serpent had come very close to the sleeping disciple.

When the master tried to stop it, the serpent spoke in human tongue, "Oh! Great Sage, I have to bite this disciple of yours; so do not stop me."

"After all you must have some reason to bite him," the master asked. The serpent put forth the reason. "In the previous birth he drank my blood; now I have to drink his. In the previous birth he had tortured me a lot. It is in order to take revenge that I have taken birth as a serpent. So you please don't stop me. If you now stop me, I will come at some other time in your absence and do my job".

The serpent continued - "In the previous birth, I was a sheep. In order to satisfy his selfishness, he mercilessly slaughtered me with a sword and drank my blood. In front of his eyes I fluttered in agony and died."

ॐ भूर्भुवः स्वः ततसवितुर्वरेण्यं, भर्गो देवस्य  
धीमहि धियो यो नः प्रचोदयात।

आत्मीय परिजनों  
प्रणाम

अभी विगत दिनों में कोरोना के कारण जीवन जीने की शैली में बहुत से बदलाव हुए हैं आशा है आप सभी सकुशल हैं।

अंतर्नाद के द्वितीय अंक में आपका स्वागत है। इस बार कबीर दास जी की जयंती के साथ साथ गुरु पूर्णिमा का भी पर्व वातावरण में एक नयी आभा बिखेर रहा है। गुरु तत्त्व की चेतना से हर शिष्य के अंतर पटल में एक नए सवेरे की लालिमा छाई है। विगत दिनों संत कबीर दास जी के सत्संग में आप सभी का साथ पाकर मन अति हर्षित रहा। आभार।

कोरोना से मनुष्य की चेतना में आये बदलाव के साथ साथ ये संस्करण गुरु तत्त्व की महिमा को भी समर्पित है।

साथ ही यह संस्करण उस युगनायक को भी समर्पित है जिन्होंने १९वीं शताब्दी में विज्ञान के अंधे रथा को दिशा दी; जो विज्ञान एक अंधी दिशा में बेतहाशा दौड़ा चला जा रहा था उसे रोका और समझाया कि जहां उसकी पहुँच समाप्त होती है वहां से आध्यात्म का प्रारम्भ होता है।

स्वामी विवेकानंद जो के १८९३ सितम्बर में दिए गए उद्बोधन ने तब के गुलाम भारत वर्ष जो तो एक नई पहचान दी ही थी, और आज भी उनके विचार हमारे मन को वैचारिक गुलामी से बाहर निकाल रहे हैं।

इस संस्करण में जानिए स्वामी जी व बेलूर मठ के बारे में, यौगिक मुद्राओं का विज्ञान, भारतीय संस्कृति के कुछ अनछुए आयाम और आने वाली दुनिया के बारे में कुछ विचार

अनंत साधुवाद  
आपका शुभेच्छु

“Is the ire of previous birth is still there?” The master asked, as if immersed in deep contemplation. The sage thus explained to the irate serpent bent upon taking revenge, the eternal secret of spiritual wisdom. “Dear One! Our own soul is our enemy and no one else. If you bite him, hatred towards you will be generated in his heart. After leaving this body, he will take a new one and take revenge. You will again die bearing hatred and after death take revenge in the next birth. Then it will be his turn. In this way the chain of hatred will go on forever. And what will be the gain?” “Oh! Great Master, what you say is true, but I am not as spiritually enlightened as you are. Please excuse me, I will not leave him without taking revenge,” the serpent said. When, even after repeated persuasions and pleadings, the serpent did not give up his resolve for revenge, the sage said, “Would your blind urge for revenge be satisfied, if I take out his blood and give it for you to drink?”

The serpent agreed to the sage’s suggestion. The wise sage then sat on the disciple’s chest and holding a cup made of leaves he made a slit in his throat with a knife. Collecting the blood in the cup, he began to feed it to the serpent. No sooner did the knife touch his throat, the disciple woke up, but seeing his master he remained calm and assured.

Sitting on the chest, the master was taking out blood from the throat and feeding the serpent. Seeing all this he immediately closed his eyes and lay calm. When the serpent drank the blood to its satisfaction, it went off. Like a surgeon, the master closed the slit and after applying herbal medical paste, bandaged it.

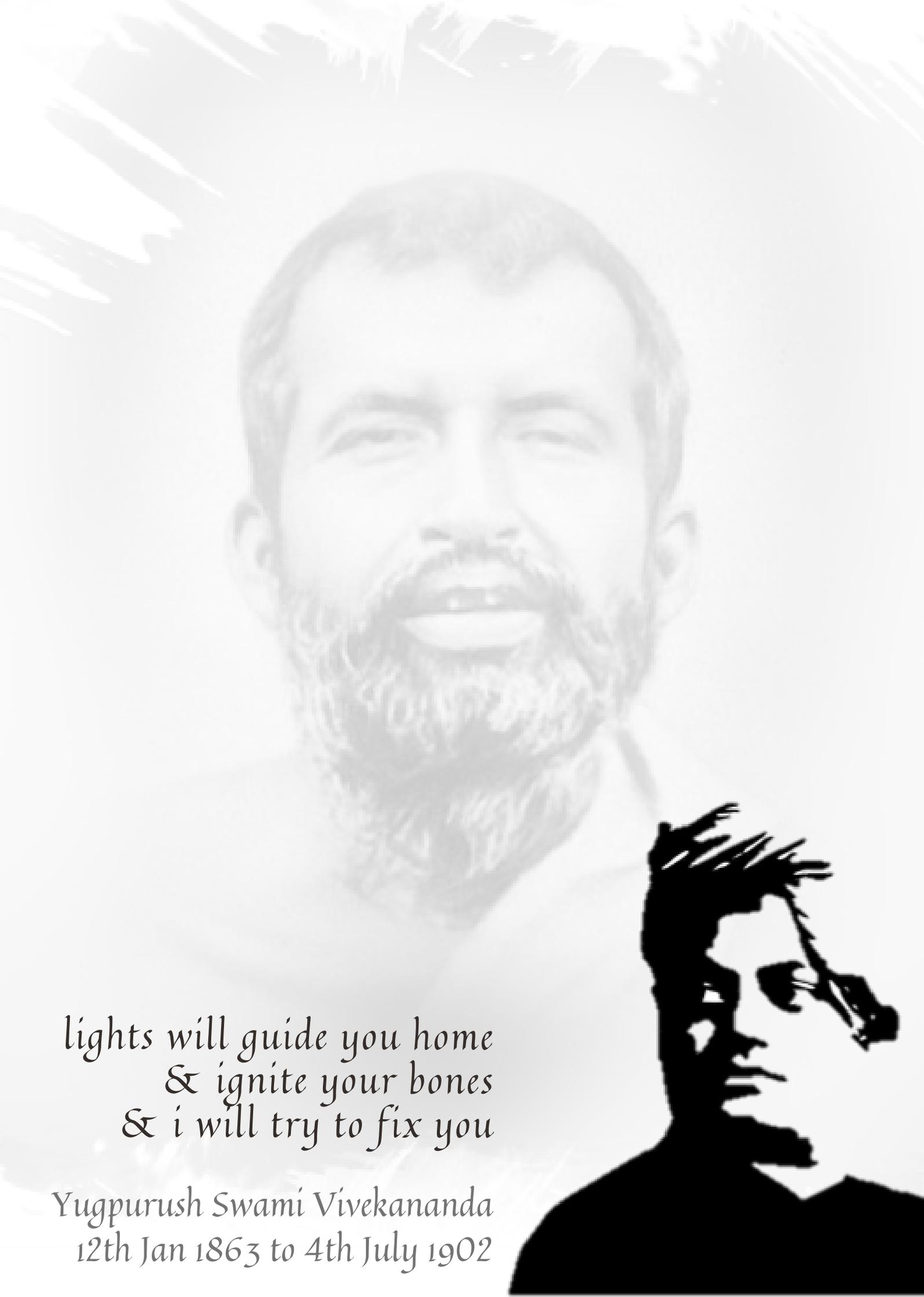


When he got off the disciple’s chest, the latter sat up. Scolding, the master asked him, “How deep is your sleep?” “Yes master, under your protection, I was calmly seeing everything. You were sitting on my chest. You had a cup of leaves in your hand. Making a slit in the throat, you were taking out blood. As soon as the knife touched the throat I became awake”, the disciple said humbly. “Yes, my son! Why didn’t you speak then?” Asked the master. The disciple said – “I have unshakable faith in you. I have surrendered myself completely – body, mind, and soul – at your feet.

On hearing the serpent’s talk, seeing its deed and listening to your advice to renounce the feeling of hatred my blind urge for revenge, too, was calmed down like that of the serpent.

I am blessed.” He continued – “No other harm can touch me as I have taken refuge under your protection. You are not only my spiritual guide, but also the protector of my body. Everything of mine is yours – body as well as life. You can use them, as you deem proper. How can I, a mere novice, understand your supreme wisdom? I have fully surrendered myself to you. I have no worry about my well-being and safety.”

Hearing these words of the disciple, blessings poured out from deep within the master’s heart.



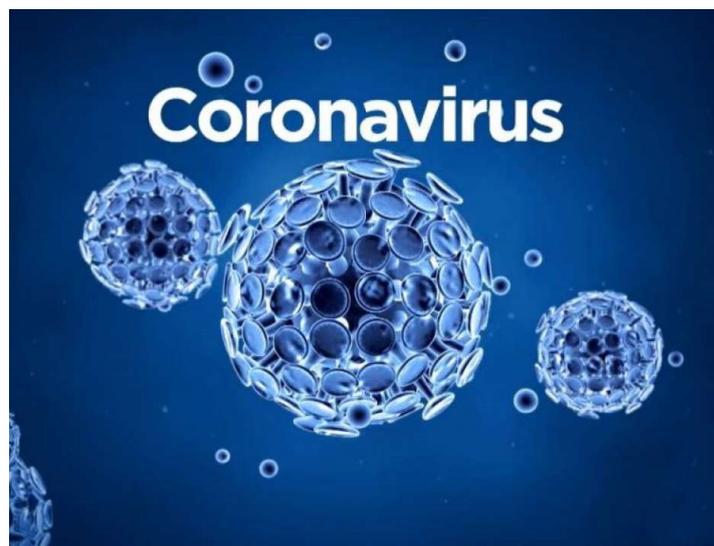
*lights will guide you home  
& ignite your bones  
& i will try to fix you*

*Yugpurush Swami Vivekananda  
12th Jan 1863 to 4th July 1902*



# MIND SPEAK

## SIGNIFICANCE OF THE NUMBER 40



### Did you know? Italian words *quaranta giorni* mean 40 days

This practice, called quarantine, was derived from the above Italian words. The practice of quarantine, began during 14th century in an effort to protect coastal cities from epidemics. Ships arriving in Venice from infected ports were required to sit at anchor for 40 days before landing.

### Why 40 days?

According to the HISTORY channel's website, health officials may have prescribed a 40-day quarantine because the number had great symbolic and religious significance to medieval Christians. When God flooded the Earth, it rained for 40 days and 40 nights, and Jesus fasted in the wilderness for 40 days.

Stevens Crawshaw says that even before the arrival of the plague, the biblical notion of a 40-day period of purification had crossed over into health practices. After childbirth, for example, a new mother was expected to rest for 40 days.

### Some interesting references of '40' in India

- Some of our popular religious prayers consist of forty shlokas or dohas. The most popular of them being the Hanuman Chalisa.
- The devotees of Swami Ayappa strictly observe forty days of fasting during which they practice strict 40-day-austerities. Once this 40-day period is complete they visit the Sabrimala Swami Ayyappan temple to submit their offerings
- Anand Sahib, the fifth and the final of the daily Sikh prayers which is a part of Guru Granth Sahib Ji, is a composition of 40 paragraphs and the 40th paragraph is read when concluding any Sikh ceremony.
- Chali Mukte ( 40 liberated ones) refer to the 40 soldiers in the army of Guru Gobind Singh. These 40 disciples were the most favourite and beloved disciples of the Guru.

Did you know that every year Lord Jagannath Swami falls ill just before the Rath yatra? They get fever & cold. In this condition they are done Quarantine which is called Anasar in the temple language. God is kept in solitude for 14 days. During this period of isolation, Darshan of God is closed & water of herbs is given in the diet. This tradition is going on from many centuries. Salutations to the Science of our Spiritual practices

# WHY ONE SHOULD READ POSITIVE LITERATURE BEFORE SLEEPING

## What we think, becomes our world.

After years of hardships, scientific innovations and psychological studies, it is proven that Quality of life and Happiness is more of an inside job and its close to what we think and feel than what we have and do. Therefore, it becomes most significant to fill in our conscious and subconscious mind with utmost positive thoughts and feelings if we want to stay happy. As they say, if you want a garden full of flowers you must always water it.



Similarly, if we want to have a beautiful life which is devoid of any negativity, we must ensure the regular inputs of positive thoughts and feelings. Researches show that reading good literature proves to be unfailingly filling out minds with positivity and in-turn ensuring a happy state of being.

Following are a few reasons why reading good literature is directly proportional to happy living

## 1. Reduces stress levels in today's modern lives

Reading can even relax your body by lowering your heart rate and easing the tension in your muscles. A 2009 study at the University of Sussex found that reading can reduce stress by up to 68%. It works better and faster than other relaxation methods, such as listening to music or drinking a hot cup of tea. Good literature inspires our thoughts to a positive direction.

## 2. Gateway to subconscious mind

The conscious mind is responsible for action. It determines, directs and thinks. The subconscious mind supplies material for these determinations, is expressive and impressionable and it reacts. Neuroscience has recognized that the subconscious controls 95% of our lives. What we read, talk and feel, is what we eventually become. Consistent reading can open the gateway to the subconscious mind and help us become more aware ourselves without even fully realizing it.

### 3. Increases the healing of body and mind

Anger, anxiety and stress are on the rise within us. We can choose to live differently by changing the way we think and choosing what inner qualities to cultivate. It is possible by feeding our brain with good literature, by imbibing the positivity that books offer. Our reading journey creates a healing process inside our soul. We then tend to reflect upon our current actions. It releases us from blocked thoughts thus restricting unnecessary negative emotions that might make way in an idle mind otherwise. In a practical experiment studies have shown apparent physical and cognitive benefits in depressed patients after they enjoyed from participating in a reading group.

### 4. Ensures positive start to the next day

If we go to sleep with a smile on our face, we will definitely wake up with positivity like none other and experience a deep sleep with no mental disturbance. Similarly, good literature before bed empowers us to handle everything that the day has to offer with an ever smiling and never-say-die attitude. We always carry the feeling which we get first on waking up during the day, and hence it is of utmost importance to make sure we instill positivity and peace in our brains before going to bed through some good literature.

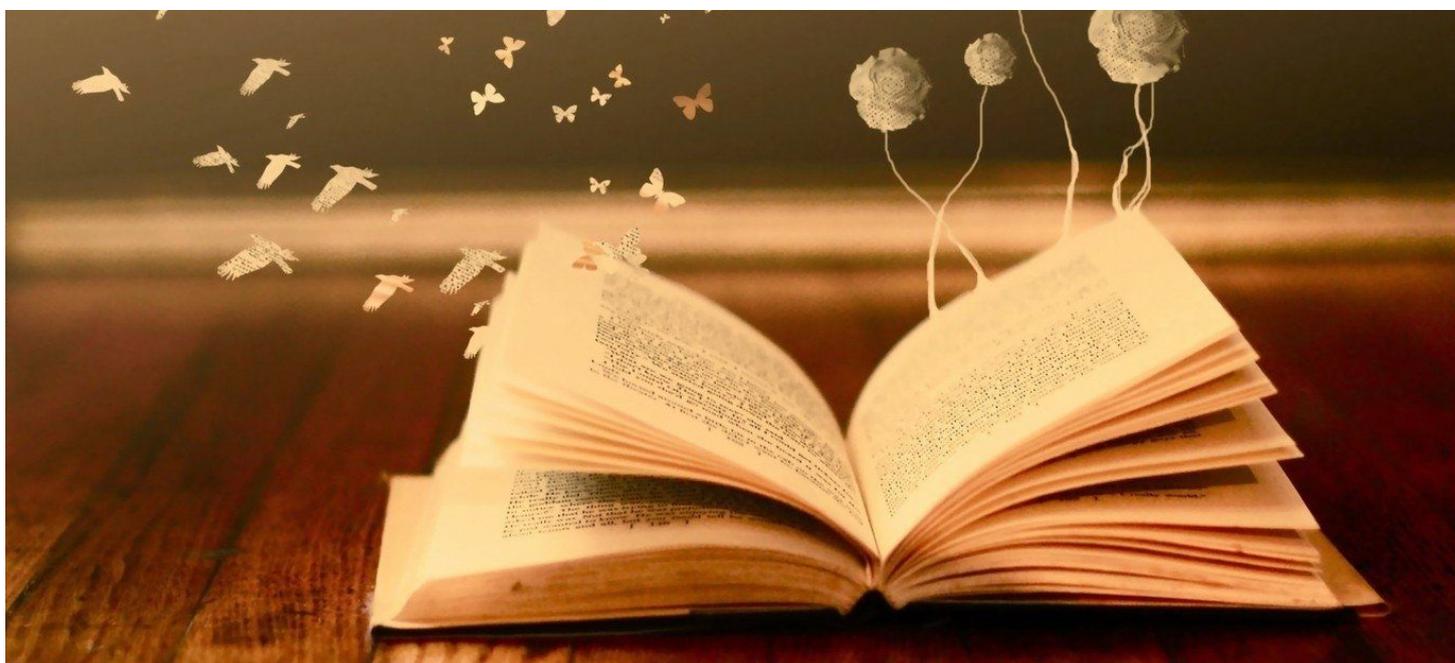
### 5. Helps in dreamless/deep sleep

The more peaceful we feel, the better we sleep. If we spend some time, every day, reading text that brings peace to us and gives us a chance to smile, to ponder upon ourselves and motivates us to learn for the better, we will surely see a change in the quality of sleep we get. Good literature can do this all for us.

### 6. Increases inner resilience

All books teach us something, the primary one being: to always look forward in life. When we read one page, we are always interested in what happens next, at the same time we are enjoying what we are currently reading too.

Similarly, in life, we must live the present moment to the fullest and stay prepared for anything that happens. This increases our inner resilience while making sure we enjoy the ride too. Reading everyday makes us disciplined. It gives us inner strength and hope for the future that it only gets better with the passing time.



# GUEST SPEAK

The Guest column invites opinions and views from you all.

In this edition of Antarnaad, Mr. Kailash Pareek who is an Associate specialist - QA in Synechron Technologies and a very important member of PausenLearn family

Seated in the front row- first from left  
(on the right of Manjari)



Each one of us has had our encounter with spirituality while growing up. Questions about existence, life, and death, the meaning of life, greater power, about god have crossed our minds at some point in our lives. However, only a few pursue those questions actively and the rest of us either suppress them or settle for compromised answers. The majority of the people stick to some kind of belief beyond any questions at some point in life, mostly because it's more comfortable than active seeking. There are many reasons why we no longer actively pursue the questions that matter the most and settle for comfort but one of the major contributions in that list is our mindset towards control and timing in our life.

We have a tendency to clock and control things in our lives or at least we think that we do. Like, When I turn 25 I should be married or I should purchase my first house by 30 etc. Hence, we shift our focus to the things we think can be controlled, ignoring the things that seem otherwise. Obviously, if we are asked to put the time on hand in a short-term and guaranteed result activity, we would do it willingly. On the other hand, if we are asked to do the same without a timeline and guarantee, we'll think about it. Now, I want you to take a minute of your time and think about an activity which comes with no deadline and no assuring result, would you be up for it? The result of this is why most of us prefer the entangled mundane life and leave behind those questions. With the presence of social media and consistent immediate feedback loops, we have become even more short-sighted. However, if we accept the truth that to go beyond the cycle of birth and death and to attain MOKSHA, we will have to face, realize, and figure out these questions eventually, we might like to at least keep the questions alive with us.

All we need is a bit of reengineering of that sham mindset to go from the mode of control to that of surrender. Life has its own rhythm for clock and control. Our beliefs of control are because of the ego and identity we have accumulated over the years. Power of life gives us numerous chances to understand the reason behind failed plans and disappointments but we fail every time to understand there are things above and beyond one's control. One needs to know that there are various parameters/factors involved in the occurrence of an event in one's life. First and important being our own Prarabdha which is loosely translated as "fate or destiny" but according to Sri Swami Sivananda: "Prarabdha is that portion of the past karma which is responsible for the present. That portion of the sanchita (accumulated) karma that influences human life in the present incarnation is called Parabdha". Now, when you add other people and circumstances to your Prarabdha, the equation becomes unfathomable. This is the reason that "Geeta" insists us to stop focussing on the result and only focus on our "Karma"

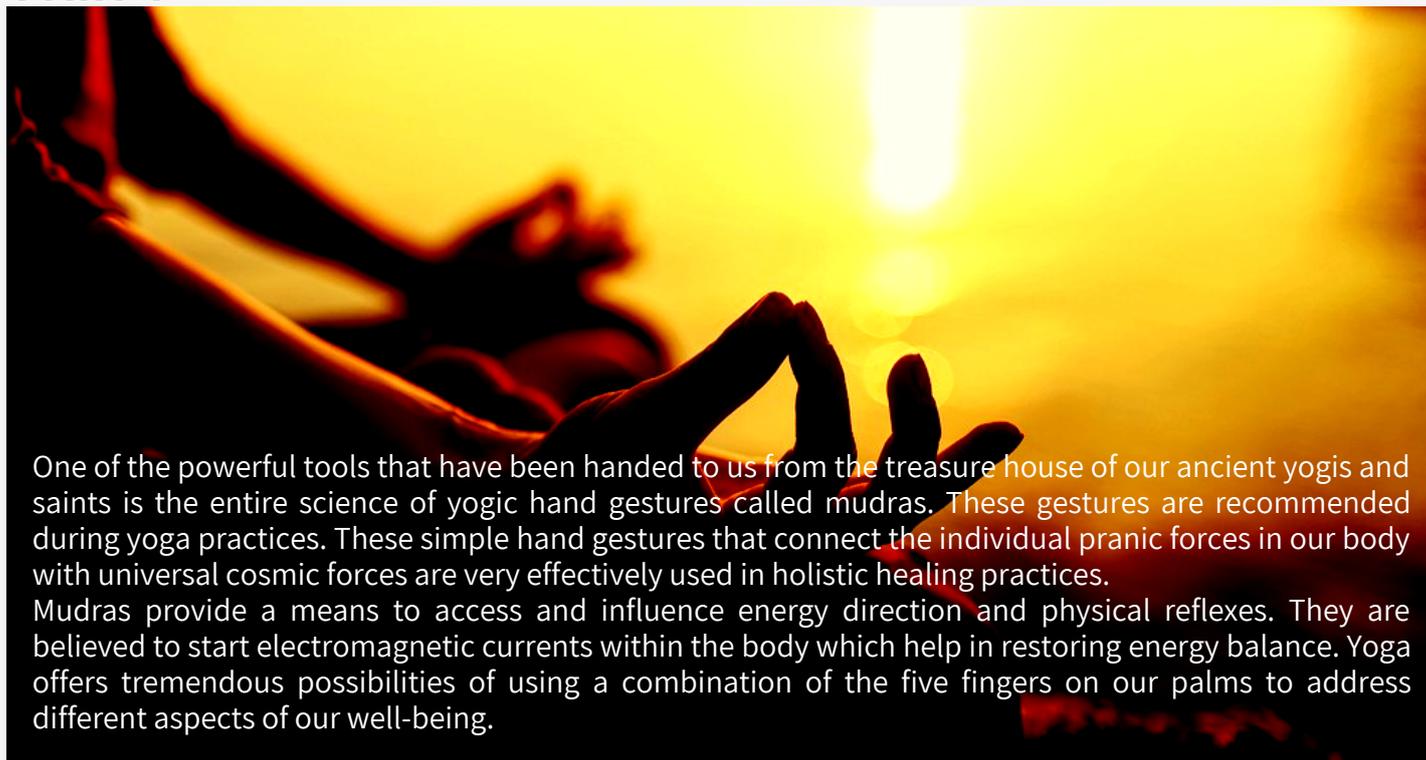
Only by surrounding your life around "Karma" and letting go of the control, surrendering to the flow of life will prepare you and ignite the desire to know the truth of all the long withhold questions about the spiritual world.

I would like to leave with one thought -

**"Answers are over-rated. It's the questions that keep us alive and our mind ticking."**

# THE ART & SCIENCE OF YOGIC MUDRAS

## PART 1



One of the powerful tools that have been handed to us from the treasure house of our ancient yogis and saints is the entire science of yogic hand gestures called mudras. These gestures are recommended during yoga practices. These simple hand gestures that connect the individual pranic forces in our body with universal cosmic forces are very effectively used in holistic healing practices.

Mudras provide a means to access and influence energy direction and physical reflexes. They are believed to start electromagnetic currents within the body which help in restoring energy balance. Yoga offers tremendous possibilities of using a combination of the five fingers on our palms to address different aspects of our well-being.



**GYAN MUDRA**

- This mudra connects us to Meditation
- Increases confidence
- Increase immunity
- Removes negative thoughts
- Develops wisdom
- Regular practice of this can relieve all kinds of mental disorders & addictive habits
- Practicing this mudra is beneficial to avoid Alzheimer's and similar neurodiverse disorders
- It is also very beneficial in heart disease
- Heals Kapha Pitta dosh
- Improves brain's health



**PRAN MUDRA**

- This mudra assists eliminating any kind of A, B, C, D, E, K vitamin deficiencies
- This improves the regulatory power of the mind
- It decreases nervousness, thereby improving self-confidence.
- Any obstruction of veins can be detached by the normal practice of this life mudra
- Prana mudra assists to fight against chronic fatigue, general weakness plus low patience.
- It helps to manage emotions for example anger, mental tension, envy, pride, restlessness plus revive happiness, delight, enjoyment, wish, energy & enthusiasm.
- Boosts immunity



**SHUNYA MUDRA**

- Relief from ear related problems
- Prevents motion sickness
- Cures numbness
- Reduces Thyroid diseases
- Enhances confidence
- Boosts confidence
- Also helps in boosting the health of heart
- Makes you hear the vibration of Anahat Chakra



# TRAVEL DIARIES

The road to the God is the roughest and steepest in the universe.  
It is a wonder so many succeed no wonder that so many fall.  
Character has to be established through a thousand stumbles.

— Swami Vivekananda

Can there be a better time than this to bring back to life our memories of getting soaked in the divine abundance of Belur Math, Kolkata. For those who have never been there, let's plan - we can already see that smile on your face!

Belur math is the international headquarters of Ramakrishna Mission & was founded in 1899 by Swami Vivekananda. Such was the vision of Swami ji that the architectural design of the Belur Math shrine represents a church, mosque and temple when viewed from different angles.

Even the logo of the mission was designed by Swami ji himself. In his own words-

"The wavy waters in the picture are symbolic of Karma, the lotus of Bhakti, and the rising-sun of Jnana. The encircling serpent is indicative of Yoga and awakened Kundalini Shakti, while the swan in the picture stands for Paramatman."

Making an objective assessment of Swami Vivekananda's contributions to world culture, the eminent British historian A L Basham stated that "in centuries to come, he will be remembered as one of the main moulders of the modern world..."

Here's what Romain Rolland thought about him: His (Swami Vivekananda) words are great music, phrases in the style of Beethoven, stirring rhythms like the march of Handel choruses. I cannot touch these sayings of his, scattered as they are through the pages of books, at thirty years' distance, without receiving a thrill through my body like an electric shock. And what shocks, what transports, must have been produced when in burning words they issued from the lips of the hero!

You can quickly experience this less explored place by clicking the link below  
<https://www.youtube.com/watch?v=m0LVciwbj4o>





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- Online Meditation Level -3 Advanced (for those who successfully completed Level-1 & 2 and are maintaining regular practice)- July last week or August first week)
- Webseries- Scientific Spirituality from 4th July
- Special seminar- Biology of Belief
- Guru Purnima celebration on 5th July
- Geeta Saar for overseas members (precisely customized-in English)

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