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Newsletter of 7C Life Realization Centre Group of Companies

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CONTENTS

[Note from the Editor](#)

[Be in Control with Ayurveda and Meditation by Vaidya C D Siby](#)

[Time and the Moment of a Smile by Aneeta Sundararaj](#)

UPCOMING EVENTS AT 7CLIFE REALIZATION CENTRE

- *'Cyberworld's Psychological Impact'* – Speaker Series #4 – 22 June 2019

NOTE FROM THE EDITOR

It's been a busy time at 7C Life and, by the looks of things, it's about to become busier. All this talk of time is the subject matter of one of the articles in this newsletter – 'Time and the Moment of a Smile'. In the other, Siby talks about being in control by choosing Ayurveda and practicing meditation. I hope you enjoy reading them both.

Aneeta Sundararaj
Head of Corporate Communications
7C Life Realization Centre

Be in Control with Ayurveda and Meditation

By Siby Chiramel

Ayurveda and meditation are believed to have their origins in ancient Vedic texts. Ayurveda is a precise science based on the scientific observation of nature with a strong philosophical base. It is

Page 1 of 13

CLARITY

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<https://quantuminnocreat.com>

CLARITY

Newsletter of 7C Life Realization Centre Group of Companies

increasingly being recognised as an established system of medicine.¹ The basic principles of Ayurveda trace its roots to the core of Indian philosophy and highlights a noble concept – that man is the microcosm of the macrocosm that is the universe.

Unlike Western medicine, Ayurveda concentrates on the entire wellbeing of the individual, and not just affected parts. Sanskrit words 'Ayur' and 'Veda' when translated mean 'life' and 'knowledge'. Hence the holistic nature of Ayurveda includes both the functioning of the body and the mind.

For thousands of years, the knowledge within Ayurveda was passed down orally from gurus to their students. Then, some 3,500 years ago, all that knowledge was codified into texts, namely, Charaka Samhita, Susrutha Samhita and Ashtanga Sangraha.² Quite simply, all these texts point to one single tenet – the basis of leading a healthy life requires us to have control over all our human desires. Diseases are more often than not, caused by uncontrolled desires of the mind and body.

YOGA SUTRA

One of the ways in which we can sustain and maintain a healthy body is to adopt the practice of yoga. Patanjali's Yoga Sutra explains this as an eight-fold guide for meaningful and purposeful life. This eight-fold path is called 'ashtanga' which literally means eight limbs.³

The first two, Yama and Niyama are about the good doctrines of life, and how to have a disciplined mind that does not hurt the self or others.

The third is exercise or Asana, which is also known as the postures, practiced in yoga. Pranayama, the fourth limb meaning breath control, are intrinsic breathing techniques to connect the body with the mind which eventually leads to the process of understanding the mind.

Pratyahara, the fifth limb means withdrawal. Conscious effort is made to draw our awareness away from the external world and go within ourselves. Hence, we become objectively observant of our self, our body and our habits.

Next, is Dharana where we begin to observe our mind. Each stage or 'limb' prepares us for the next.

CLARITY

Newsletter of 7C Life Realization Centre Group of Companies

We learn how to slow down the thinking process and concentrate on a single mental object. At this stage, we focus and concentrate on a single point.

The seventh stage, which is Dhyana, is when one achieves the ability to meditate with an uninterrupted flow of concentration. The mind is quietened and we watch, observe and understand its qualities, producing a curious sense of happiness within. One develops internal stillness, while being keenly aware of the external world.

At this level, one is able to identify and see the spark of Divinity in everyone thereby producing and releasing positive vibes towards mankind.

The final stage, Samadhi, is transcending the self. Enlightenment is the ultimate state of yoga.

WHERE DOES THE PRACTICE OF MEDITATION FIT INTO ALL THIS?

Meditation is a practice developed first and foremost through yoga techniques. It is the ability to be aware of the complete nature of the mind, resulting in peace of the mind. As I understand it, meditation has nothing to do with any form of religion. It is a technique employed to control your mind to achieve self-restraint, and self-discipline to manage or govern your life with success.

A harnessed mind will not give in to wayward desires which can be detrimental to your personal growth. The natural quality of the mind, in actuality, is being in peace and meditation helps in re-establishing this. Meditation is not about artificial control of thought processes. Instead, it is an organic meaningful process of channelling thought processes.

Meditation can also be perceived as completing one's duties with total honesty, integrity, dedication with joy and love, thereby subsequently creating a sense of inward peace within. Reading and acquiring knowledge, can also be meditation because it can bring peace and stillness within one's self. As Lord Krishna says in the Bhagavad Gita, "Be ever Present. And give your all to whatever you are doing, while constantly thinking of Me."

CLARITY

Newsletter of 7C Life Realization Centre Group of Companies

More often than not, there is religious or spiritual slant attached to the word 'meditation'. Nonetheless, terms such as mindfulness, focusing the mind or breathing techniques have now become synonymous with meditation. Frankly, any activity that connects you with faith and joy that invariably gives you peace of mind and brings stillness within you is meditation.

When you experience such joy within you, your body is in a state of balance. In balance, the body functions in optimal condition, thereby, avoiding all disease. You are, quite simply, in total control of your mind and body.

Vaidya C. D Siby is the Chief Ayurvedic Practitioner at Ayur Centre in Petaling Jaya, Selangor. He is also the co-author of 'Knowledge of Life: Tales of an Ayurvedic Practitioner in Malaysia' (ISBN Code: 9789674154004; Publisher: MPH Publishers)

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CLARITY

Newsletter of 7C Life Realization Centre Group of Companies

Time and the Moment of a Smile

By Aneeta Sundararaj

In these last few months, many of us at 7C Life Realization Centre feel that time has gone by too fast. Just last week, one of my colleagues said, "Oh my God, the second quarter of the year is almost over." Indeed, many of our projects have gained a stronger foothold and we're on track.

In moments of quietude, however, I wonder about it all. What do we mean when we say 'last few months'? How long is this time? For those of us who are ambitious, time is running out. For others, it's too slow. What, in fact, is this thing called 'time'? Is it possible to achieve everything we want in this short space of time that is the human life?

More often than not, we measure time in terms of hours, minutes and seconds. Is this accurate? Is there another way to measure it? Does time run differently in different planes of existence? What happens in different dimensions? Indeed, this was something we had to consider during our Mindfulness Masterclass Programme (MMP) last year. Quite simply, is a day restricted to 24 hours?

One of the first theories that challenged this was a story I read as a child. In a faraway kingdom, there was a king called Kakudmi. He had a beautiful daughter, but didn't think that anyone on earth was worthy of her hand in marriage. He decided to take his daughter to the abode of Lord Brahma to seek his advice. When they arrived, Kakudmi presented his shortlist of suitable potential sons-in-law. Lord Brahma explained that by the time Kakudmi returned to his kingdom, none of these men would be alive. Time runs differently in Brahma's abode. One day there was equivalent to several centuries on earth. Kakudmi and his daughter returned to an earth that they didn't recognise. Nonetheless, the story does have a happy ending for they did find a suitable groom for Kakudmi's daughter.

So, back to this question of how do we measure time?

The normal method is this:

CLARITY

Newsletter of 7C Life Realization Centre Group of Companies

60 seconds = 1 minute.

60 minutes = 1 hour.

24 hours = 1 day.

It is convention that a new day begins at midnight.

Now, in Indian philosophy, it's a little different.

60 seconds or *vinadi* = 1 minute

24 *vinadi* = 1 *naligai*

2 *naligai* = 1 *muhurta*

30 *muhurtas* = 1 day

The first *muhurta* of the day begins at sunrise.

It is said that one of the most auspicious times in any day is *Brahma Muhurta*. It starts 2 *muhurtas* before sunrise. In other words, it starts approximately 96 minutes before sunrise. So, if the sun rises at 7.00am, then *Brahma Muhurta* starts at 5.24am and ends at 7.00am. During this time of *Brahma Muhurta*, the Universal Energy, which is described as 'the energy that sustains life, providing vital energy to all living systems' ¹ is said to be at its peak. It follows, therefore, that any spiritual activity carried out during this time has a greater effect than any other part of the day.

Now that we've established that in Hindu philosophy, a day is not necessarily restricted to 24 hours, it becomes interesting when we consider larger numbers. While we're now in the year 2019 and, technically, in the second millennium, in Indian philosophy, we have already endured grander cycles and more millennia than one can count.

Referred to as 'yuga', an epoch or era lasts four cycles namely, Satya Yuga, Treta Yuga, Dvarpa Yuga and Kali Yuga. There are books upon books written about how long each of these yugas last, the characteristics of people who live during these eras and how they relate to one another.

In very simple terms, during Satay Yuga, a human being is 100 per cent virtuous and only dies when he reaches 100,000 years. During Treta Yuga, our life span is all of 10,000 human years. It lessens to

CLARITY

Newsletter of 7C Life Realization Centre Group of Companies

1,000 years during Dvapara Yuga and, in Kali Yuga, we live for no more than 100 years. Without doubt, during Kali Yuga, the human being consists of 25 per cent virtue and 75 per cent sin.

All this and more were explained to us by HH SwamiGuru in a discourse during the last Maha Shivaratri. He explained that one day in Brahma's abode would mean that eons of time would have passed on earth, to be precise, about 8 billion years. Taken further, Brahma needs to go through 20 million lifetimes for one day in Vishnu's abode. And Vishnu needs to go through 10 million lifetimes to amount to a moment when Lord Shiva smiles. This effectively means that as a human, you will need to live through all these uncountable number of lifetimes to see Shiva smile and receive His grace. He is light years away from us.

Here comes the twist.

Lord Shiva is beyond time; He has transcended it. All you need to do is go within and look for His smile there. To receive His blessings, even if it is for a moment, is to understand that His power is immense. In that moment of Shiva's smile upon you, whatever you are limiting to the boundaries of your thought disappears. What happens then is beyond your imagination.

As HH SwamiGuru said, "Evolution of mankind and the self is only through happiness. We may think that it is difficult to find happiness, but it begins with a simple smile. When you smile, you are already a moment closer to the Lord of Ultimate Happiness (Satchitananda), Lord Shiva. When you make every moment of your life just about the smile and bring inner joy to yourself, you will become the embodiment of happiness. That's the only moment in time to live. No other time can be more valuable and meaningful. You will be in the *ananda* state."

Taken as a whole, this reinforces one of our lessons from MMP – as humans, our understanding of time is that it is cyclical. When you accept that such physicality can dissolve, there is no time. Everything happens in a timeless dimension. You become free from the cyclical movement of life and experience liberation. It will be possible to achieve everything you desire, and so much more, in this space with no time, but a smile.

CLARITY

Newsletter of 7C Life Realization Centre Group of Companies

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CLARITY

Newsletter of 7C Life Realization Centre Group of Companies

CLARITY

Newsletter of 7C Life Realization Centre Group of Companies

Page 10 of 13

CLARITY

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CLARITY

Newsletter of 7C Life Realization Centre Group of Companies

Page 11 of 13

CLARITY

7C Life Realization Centre Group of Companies. Jalan Lembah 5/2, 46000, Petaling Jaya, Selangor

<https://quantuminnocreat.com>

CLARITY

Newsletter of 7C Life Realization Centre Group of Companies

Page 12 of 13

CLARITY

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<https://quantuminnocreat.com>

CLARITY

Newsletter of 7C Life Realization Centre Group of Companies