

# CLARITY

Newsletter of 7C Life Realization Centre Group of Companies

VOLUME 1, ISSUE 1 – 15 FEBRUARY 2019

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## NOTE FROM THE EDITOR

Welcome to the first edition of our monthly new newsletter, **CLARITY**.

For almost a year, we did not send out any newsletters. We took a break to evaluate what we wanted to offer our readers. We figured that we would like this newsletter to have a personal tone to it where we share our thoughts, stories and experiences. Perhaps, by reading them, you may gain some clarity in your life. Hence, the name CLARITY for our revamped newsletter. It goes without saying that we hope that you will take your time to read this newsletter and savour its contents.

Our first story is based on SwamiGuru's speech delivered during the graduation ceremony for the Mindfulness Masterclass Programme that a group of us underwent last year. In the next one, I shared my experience of a retreat that I took part in under SwamiGuru's guidance.

We welcome your ideas and thoughts. So please send your responses to: [newsletter@quantuminnocreat.com](mailto:newsletter@quantuminnocreat.com). If you know of others who would benefit from our newsletter, please let us know and we will include them the next time we publish **CLARITY**.

Aneeta Sundararaj  
Head of Corporate Communications  
7C Life Realization Centre Groups of Companies

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**CLARITY**

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<https://quantuminnocreat.com>

**WE WALKED  
BY SWAMIGURU**



**Figure 1: SwamiGuru, Distinguished Guests and the Graduating Class of 2018**

With the blessings, love and grace of the Divine Mother, I wish you good evening and bid you welcome to our inaugural graduation ceremony of the Mindfulness Masterclass Programme ('MMP' for short).

A warm welcome also to our Chief Guest, Vaidya Dr. C D Siby, YBhg Tan Sri Datuk Seri Azlanii Dr. M. Mahadevan, YBhg Datuk Ramli Ibrahim, Dr. Amir Farid Isahak, my students, 7C family and distinguished guests.

MMP started out with another name – 'Walk With Swami' (on which this story's title is based). It was a 9-month course with an added 90-day practical session. We began in May 2018 with 22 students. Today, all 22 of them graduate from this course.

The aim of MMP was to teach my students to acquire the ability to rise above their circumstances and attain greatness in life. This is because we live in a world that is full of adversity and it is a challenge to

understand what is in front of us and manage it while being positive. Through the teachings, I hoped that they would take control of their lives.

In the past nine months, 22 of them changed from within. MMP changed their thinking, how enthusiastic they were for life, helped them discover their hidden talents, put their life's purpose on course and ensured that they became the human beings they are meant to be.

The teachings of MMP are based on the Dharma Sastram or Law of the Universe. These laws are already embedded in the Vedas and I like to call it Vedic Science. There are 12 laws of the universe that control the success of a human being. They are:

- \* The Law of Divine Oneness
- \* The Law of Vibration
- \* The Law of Action
- \* The Law of Correspondence
- \* The Law of Cause and Effect
- \* The Law of Compensation
- \* The Law of Attraction
- \* The Law of Perpetual Transmutation of Energy
- \* The Law of Relativity
- \* The Law of Polarity
- \* The Law of Rhythm
- \* The Law of Gender

There are also 21 Sub-Laws that are governed by the Higher Self. In a more common setting, they are referred to as human characteristics. They are:

- \* Aspiration
- \* Charity
- \* Compassion
- \* Courage
- \* Dedication
- \* Faith
- \* Forgiveness
- \* Generosity
- \* Grace
- \* Honesty
- \* Hope
- \* Joy
- \* Kindness
- \* Leadership
- \* Non-Interference (Detachment)
- \* Patience
- \* Praise
- \* Responsibility
- \* Self-Love
- \* Thankfulness
- \* Unconditional Love

A complete understanding and practice of these dharmas, will render you 'invincible'. It takes you to a place that we have called 'space' where you will wish for nothing, but to bask in the glory of Divine Love. You do not require any power because you will know that all power is already in you. In fact, it would be very difficult for your fellow friends and loved ones to even understand you. It will get lonely from the human perspective, but you will be filled with pure Divine Love and care. That's the only thing that will keep you alive.

The graduates today were evaluated on their humanity, gratitude, being in the present moment, application of knowledge, spirituality and beyond spiritual inclinations. However, only the first four determined their final grades.

When I evaluated them, to my amazement, all of them have clearly understood the teachings and the values. They are all at different level of applying their teaching into their daily lives. Practicing and changing life, while living is not an easy task. Despite that, they all have made me proud by committing themselves to the learning and not giving up.

The students were also asked to answer a set of 33 specific questions. When I asked the question, "What is Fear?" Here are some of the answers my wonderful students gave (some were beyond my expectations):

- \* Fear is an unpleasant emotion felt on a situation or an event, that is created in the mind before it can be even [crystalised] in real life.
- \* Imaginary and something that only exists in my head.
- \* False interpretation of the future.
- \* Fear is the product of, lack of understanding, lack of faith and lack of self believe.
- \* Fear is not knowing that you are blessed and protected.
- \* Nothing but a consequence of action without confidence.
- \* Uncertainty fuelled by imagination.

When I asked the question, "What is love?" their responses were as follows:

- \* Love is the purest form of emotion man can have, it heals, it gets bigger if you share it with many people.
- \* Positive feelings without a reason.
- \* Love is that wonderful emotion and feeling state, where we feel connected with all others in a pure way.

- \* Love is a sensation that is present in our being. It is the euphoric sense of joy and excitement that is the energy of giving and compassion and unconditional. Love has no boundaries in serving.
- \* The knowledge that the Divine is with you always.

I think I have created many potential poets.

Their answers to these questions are why I said that my students have understood the teachings. The challenge now is that they have to practice it intensively to go beyond where humans have gone before. Without practice, it is not going to change who they are. This is just the learning. They must understand the importance of spirituality and use it as a foundation to lead a great successful life. It makes the understanding of the teaching far more powerful. Afterall, nothing is impossible with Divine intervention.

Before I end my speech, I would like to congratulate the top scorers of the class led by valedictorian – Veejay Muniappan – Aneeta Sundararaj, Dr. Sharmila Surinarayanan, Malini Perianan and Rakesh Bahadur. Veejay, was successful in her effort as she started to learn without any expectation. She was seeking, so she kept her mind empty, absorbed everything and put it into practice immediately after each class. Once again, I congratulate all of you and believe that you will be an inspiration to others you come across in your journey of success.

My heartiest gratitude to our distinguished invited guests for making the time to grace our event, with a special thank you to Datuk Ramli and Geethika Shree for springing a surprise on us by offering to perform for us today. Thank you. And last but not least, kudos to the organising team for a job well done.

My Blessings to all. Thank you. Om Sakthi.

SwamiGuru

Inaugural Graduation Ceremony of the Mindfulness MasterClass Programme 2018

Technocampus, 3<sup>rd</sup> Floor, Viva Mall, 85 Jalan Loke Yew, 55200 Kuala Lumpur

5 January 2019

[The next intake of students for MMP is underway. If you're interested in participating in this course, please let us know.]

## LOST AND FOUND BY ANEETA SUNDARARAJ

On 17 October 2016, my father passed away. Prior to this, Swamiji and his team were kindness personified and His words gave me courage to make some of the hardest decisions ever. Because these were the right decisions, I couldn't cry after Daddy's death.

During my consultation with Swamiji in November, He assured me that the Divine Mother was caring for my father. I heard the words, but they didn't register in my psyche. Instead, I felt I was alone in a semi-dark cave. My arms were outstretched as I surrendered my father's body, heart and soul to the Divine Mother. Now that She'd accepted Daddy, there was an opaque veil between us. She was there, I knew, but I no longer had access to Her. My arms were empty and I was left to wander around lost.

Meanwhile, life carried on and I felt increasingly disconnected. The more people (Swamiji included) said, "You're not alone," the lonelier I felt. The more they said, "Pray," the more I raged. The more they said, "Everything will get better," the more I felt that everything was falling apart.

By 7 January 2017, I stopped praying altogether. Five weeks into the New Year, when a dear friend emphatically beseeched me to forgive the Divine and pray, I thought to relent. Yet, when I drove to the temple, I couldn't park the car, let alone go inside. I drove away; the burden of being forsaken by the Divine was too much to bear.

I begged Swamiji to intercede with the Divine and allow me to live rather than exist. He told me point blank to give God the space to manifest the right life without interference. He also said that every prayer and thought is attended to. I wasn't comforted, but frustrated. This was my frame of mind by the time I arrived at the retreat.

My plan was to relax, immerse myself in the activities and laugh. In the short time I'd known them, the people of 7C Life Realization Centre had embraced me warmly (literally) and shown such kindness that the memory of the flowers they sent after we cremated Daddy's body brings tears to my eyes every time. The food during the retreat was way too good and didn't help my waistline one bit. The centre does live up to its name of Peace Sanctuary for I found that once there, my worries and thoughts of the outside world disappeared.

I wanted to use the four chakra meditation sessions on Day 1 to prepare for the Inner Journey session the next day. Expecting nothing, I was surprised by a small transformation on Day 1. During one guided meditation, in that deep recess of my mind, I was back in that cave-like place. This time, the veil I spoke of earlier was no more. I could see Amma, but nothing else – an idol with no emotion whatsoever. When I had a quiet word with Swamiji about this, he replied, “She never left.”

That night, I wondered if I would sleep. Actually, I overslept! By the time I arrived at the centre the next morning, it was a quarter past six. In the faint light of dawn, everyone was seated in a circle with a beautiful formation of candles and flowers in the centre. The meditation was to the tune of the ‘Devi Prayer’ by Craig Pruess and Ananda Devi. Towards the end of this prayer, when Swamiji said “Surrender to the Divine,” I burst into tears. I still can’t explain or understand why I cried.

Anyway, for the rest of the morning, I participated in the activities and waited for that Inner Journey session. While I’m not prepared to share this personal journey here, what I can say is that what happened sounds fantastical, at best. That image of Amma in the cave wasn’t only visible, but luminous. She also wore a smile, the same benign one Daddy was known for. It’s as though I’d found Her all over again and, this time, Daddy was with her, too. They were neither angry with me, disappointed by my behaviour nor sad. They appeared to want the best for me and they’d given me their permission to live. It was faint, but it was certainly there.

During the ensuing discussion with Swamiji, when he explained that we’d just participated in astral travelling, I was delighted. This is something I’ve known about for many years, but never found someone who could safely accompany me on the journey and back. I thoroughly enjoyed the experience and would cherish the chance to travel as often as I can.

Since the retreat, nothing monumental has happened. There are daily blessings and I’ve learnt to be thankful for each one. Maybe, the one change is that I’m not as anxious as I was before the retreat. I am letting go of my grip on things and learning not to react negatively. Instead, I hope to become more of a witness to life. Perhaps, one day soon, I may even begin to pray again.

Aneeta Sundararaj

[If you would like to take part in a Retreat by 7C Life, we have one coming up on 23 and 24 February 2019. Please contact us for details.]

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