



## **Punya - Right Action in Thought, Word and Deed**

We have discovered using the power of SILA simplifying your life as a means of entering meditation with a less cluttered lower mind. In today's hurried world is not always easy but it has been proven over millennium to be the most effective way to have a deep profound meditation without the lower mind going into its routine of mindless chatter. I have been informed that many of you have tried to apply SILA in your everyday life and have discovered the benefits.

**The power of SILA can be enhanced by the practise of PUNYA, the second discipline for meditation.**

For the purposes of deep meditation or in any form of meditation you will need to be aware of these disciplines, the preliminary preparation for successful meditation of any kind - so that being aware and following the basic rules in time you will be rewarded not only with various psychic gifts but also with deep and profound metaphysical experiences.

PUNYA means earning merit through right thought, speech and action. Sometimes it is extremely difficult to retain a level of equilibrium when actions in whatever form be it word, thought or deed are levelled at you in a negative way. Turn the other cheek is not really what we would have in our minds at such times. The answer to all the dark vibrations of any negativity whether it is from persons or life's challenges, is primarily to remain in the moment; do not allow your lower mind and thoughts to lead you from your resolve of pure Punya, right action in word, thought and action.

A great help in remaining balanced in moments of trial and tribulation is to take a long slow deep breath, thinking only of the sound of the breath coming in, follow it with your thoughts and as you slowly exhale follow it again, this action should take enough time for you to have moved on from the negativity and your equilibrium will remain just a little unsteady but nothing you cannot rectify.

I once read a great Indian proverb: *'If you do not worry about a problem for one year it ceases to be a problem'*. I did smile at this, but actually when the negative moment is gone it is really in the past and there is not much we can do, we cannot reverse our actions in the form of thoughts, action and speech your only option as a spiritual seeker is to turn away and move onto the next challenge - it is not far away and do better next time.

Remember your reaction is more important. Speech and thoughts must also be kept in check, try not to react without thinking. Remember the positive always conquers the negative therefore, I suggest a habit of immediately switching the negative thought to a positive one. Think of something nice in this instance as speech follows thought you should have that action also under control. I use a smile in adversity even on myself, it really works try it.

**Remember when you change your attitude you change your life.**

The practise of Sila and Punya as a combined life discipline should become a life habit, they go hand in hand. To act in this way reaping good Karma which is accrued through cause and effect, changing every adversity to a challenge and eventual victory along the road of self-

discovery, bringing positive results will culminate in your vibration maturing and refining, resulting in deep and profound meditation.

Punya will open up your inner clairvoyance and you will be able to not only perceive but actually with your inner eye see your inner vibration as it radiates from the soul level or the centre of your electro-magnetic field as beautiful colours. Sometimes in the form of triangles which are very powerful or just swirling in a multi-coloured rainbow effect. These colours produce inner content, a deep joy combined with fearless desires for the inner spiritual journey which you have begun and will keep pursuing until that time when you will reach Self Realisation.

The colours you will see are the same as your chakras or wheels of radiating light which are situated along the spine and send off a vibration that is colourful to the clairvoyant eye. These colours are the same colours as those one sees in a rainbow. When the rainbow is strong it has beautiful lights but sometimes the colours are not clearly defined. This also happens with our inner lights and chakras. Our inner lights reflect the soul and emanate from there so if you are unwell or if they are dark and cloudy you will need to reflect on your thoughts, action and speech. Try to seek the company of likeminded people who have a pure heart and mind-set, this will help. Reflect on your lifestyle, is it one of a seeker of spiritual enlightenment, if it is I wish you all the joy that comes with the discovery of who you are and why you are. If not, only you can change it.

I live by Port Phillip Bay in Melbourne and often see rainbows forming a halo over the water and this reminds me of the spiritual journey one must make to become whole. A journey that takes the seeker of courage and fortitude across the oceans of consciousness towards the inner lights of our soul and if we have courage and faith we will pass through the inner lights of our personal inner rainbow and meet with our Creator.

If you have any questions or wish to contact me please do:

I will endeavour to answer soon.

***Swami Durgananda***

Visit <http://samatayoga.com.au> to ask any questions or to comment or for more about Swami Durgananda and Samata Yoga

