



About Samata Yoga

Samata Yoga is a metaphysical Yoga. When we discuss mind and matter, metaphysics is the science which studies the first principles of nature and thought, something we encompass. This science is contained in Jnana Yoga, the yoga of wisdom. We then go further and progress from the nature and thought, mind and matter aspect to the origin of being transcending different aspects to the primordial element of existence.

The practise of Samata yoga as an easy although profound yoga, allows the individual to embark on a journey of learning to the ultimate illumination of the soul. Along this journey of discovery, not only are we helped and aided in the daily struggles encountered in our individual everyday existence, but also universally as the structures of society begin to deteriorate, and old beliefs are shattered as so often happens within this age of discontent. Once we consciously understand who we are and why we are here, this will without doubt give us the strength and ability to deal with many of the stresses of everyday living and survival, which can result in physical and emotional breakdowns. We are therefore equipped with the ability of a quick recovery to handle each situation and turn it into a spiritual experience of evolution.

Samata means “ONENESS”. It does not mean we should understand the concept of oneness as being alone. But, it does mean that we should feel a connection with all life, for example:

- Seeing everything as part of a whole – individual, separate, but connected
- Understanding of an individual soul
- Understanding of a group soul
- Understanding of a Universal soul

We have no difficulty with the concept of an individual soul; the problem is to understand where it is. The easiest way of understanding the soul theory is to ask the question “Have you ever had a dream and in the dream seen yourself”? If the answer is yes, and it surely must be, then one must ask, “Who are you, the dreamer or the dream”? Certainly not the physical body because during the dream you had completely forgotten it. Your body has lain there totally ignored for six to eight hours, it could not have been the one walking in the dream. There was another part of you or another aspect of you that was discerning and watching, completely in control. So we must derive from this that there are three really different aspects of you operating at once under the guidance of an unseen part of you – your soul.

You know and understand the body, and you are aware of the mind. Now is the time to be aware that the aspect of you that has the ultimate control is the soul - your very essence. Your soul does not just appear, it has an origin, and it makes sense that there are other souls which emerge from the same source:

- Flowers
- Plants
- Mankind
- Animals
- Nature

Perhaps those mentioned have a group soul which having the same vibration are able to grow and evolve together for the benefit of the universal soul and in so doing will benefit all created matter in each state of consciousness physically as well as mentally and spiritually.

Let us consider the group soul aspect of incarnated souls in the world together. These souls have the same problems, no matter where they have incarnated some of these everyday problems are:

- War
- Violence caused by:
 - *Religion*
 - *Race*
 - *Colour*
 - *Survival*

The goal of every soul is to live in peace and harmony. However, everyone's idea of peace and harmony differs, which leads to anger, fear and frustration. The way of going beyond this is to seek the knowledge that will enable you to see the essence of oneness in everyone. Then, the group souls will work for the unity of peace and harmony. Firstly the group must learn individually to understand that there is only:

- Consciousness
- Experience

How does one attain this knowledge? It is not found by reading or listening to tapes. It comes from experience and the guidance of a true teacher who has trodden the path of enlightenment and knows all the hidden dangers. We are conditioned to various modes of thought and action – a conditioning not only accepted in this lifetime, but also various character traits that we have picked up in previous lifetimes. Although you were not there, your soul was, and it has all the memory of previous lifetimes and experiences (those that meant something to it – good or bad) built into its character. The individual soul is not pure, and by these experiences has been able to mature until the questions and the longing for knowledge begins to form in the mind as ideas and desires. These thoughts then begin to materialize, eventuating in chance meetings, strange coincidences and unexplained phenomena which all point the individual onto the well-trodden path of yoga.

What is then learnt is the ability to go within and connect with the Universal soul, firstly on a very ignorant level and ending with full immersion into the Universal consciousness on a level of wisdom – total knowledge. Of course the way there is a bit frightening and there are many ups and downs to be smoothed over likened to waves in the ocean from tidal waves to gentle ripples. In lineage yoga, the asset is of course the spiritual teacher, who knows what you are going through and is able with their own vibration raise yours to overcome a good many spiritual tragedies – the so called detours on the highway of enlightenment. Playing a large part in this is of course those aspects of our nature that crop up to thwart our journey such as:

- Ego
- Stubbornness
- Tunnel vision
- Hot head
- Anger

Of course, as we go within and begin our journey of spiritual maturity, we really are faced with our own deepest negative aspects, and these aspects have perhaps been buried quite deeply, but nurtured and cultivated until they have become personified and are truly our demons – our evil. We have also allowed ourselves to have good aspects and we have nurtured these too - they are our Devas - our angels.

So even within ourselves we have an individual fight all the time of good over evil. Doesn't that sound familiar? You thought until now that this sort of fight of good over evil only went on outside of you. It is actually an enormous struggle – a cosmic struggle that begins with our physical actions then spreads into our minds, our dreams and the world around us. God created us then he gave us control.

We also received free will. What an enormous responsibility. You are, however, up to the task. All you need is courage and steadfastness, turn each experience into a learning curve, and above all remain in the moment. There is a good way of dealing with experiences that have a habit of getting you in then taking control of your mind and time and life. Remember to finish the experience off and then walk away.

Good or bad, leave it and ready yourself. Move on. Holding onto an experience is to perpetuate it, so do not repeat it. Stop talking or thinking about it as this causes non-growth. If you feel you have missed something or handled it incorrectly, you will get the opportunity again as soon as you need it. That is the law of karma.

The way to gain knowledge is to journey within. As we journey within, our vibrations change and our energy centres move differently. As a whole, we begin to radiate as a balanced entity moving with purpose and confidence, uplifting the lives of those souls around us and taking up the heritage left for us by the great sages of old.

Visit <http://samatayoga.com.au> for more about Swami Durgananda and Samata Yoga

