

Shanta-Ananda – The Bliss of Silence

Arunachala – an aid to go beyond the form – continued

ARUNSCHALS Talking is D.K. at voy initial stope & at voy mature stop - But it again EXTROVERTS THE MIND INSTEAD OF TAKING IT INWARDS. INITIAL STAGE EVEN IF YOU GO, ON SINGING OF A (BRUNSCISSED) - Shutting ans eques & begins to elevate you. Look at its Vastness as a symbol of the Impirite had They go an looking at it is possible -Just do Japa of BRU NOCODER ( Utra in highers than the last Two) FINAL STAGE Actually ARUNACIAALA [FIRE] is a symbol of manipertation of sintany Kunspein. IT shape is like that of MERLIFORM OF SAL CHORAS. So of we fast this ding of it is our Spiritual Heat as a MOUNTOIN IN FLAMES +

## Talking is O.K. at very initial

Arunachala

state and at very mature stage bit it again extroverts the mind instead of taking it inwards. Initial stage: Even if you go o singing of A (Arunachala) shutting our eyes it begins to elevate you. Look at its Vastness as a symbol of the Infinite Lord. There go on looking at it if possible – just do Japa of Arunachala (this is higher than the last two). Final stage: Actually Arunachala (Fire) is a symbol of manifestation of rising Kundalini. Its shape is like that of Meru Form of Sri Chankra. So if we just think of it in our Spiritual Heart as a Mountain in Flames and

do Japan as just remain other ving the fire MOUNTOIN INSPACE, the KANDALING sill rise up mar Realization. All an york as we mature to take all societing, all attants all & mind INSIDE We can think I to GROSS tarm But it will disappear when the mind disappears due to concentration you to the formers. This will be bracker than the Subtle all the Subtle forme ct is finally form less, SELF Supreme ABSOLUTE We not Moses see the Hirmin MOLENTAIN ant of which Moke Lad IT IS SAME SYMBOLISM.

do Japa or just remain observing the Fire Mountain Inside, the Kundalini will rise up more easily and lead to Realisation.

All our efforts as we mature should be to take all focusing, all attention, all mind INSIDE.

We can think of its Gross form – but it will disappear when the mind disappears due to concentration (but will) lead you to the formless. This will be easier to practice than the subtle form. After all the subtle form of every-object is the formless unmanifest Supreme Absolute Self.

Did not Moses see the Flaming Mountain out of which Lord spoke? It is same symbolism.

In whatever name the following Sylleblass An, Ra, Na, Va Sa (37) 7 ot of \$1 commy they are syllables prequents 3T - CREATON Ro - Jose to burn off the strong No - Li luction Va - AMRIT (AMBROSIA WNEUTAR) Si - Master key the harmoning with La - is earth - Take of point. Ha - is Space in Shy. EVEN IR ONE THINKS OF THE SYCLABLES VIBLATIONS COME OUT MOLE POWERFUL THAN WHEN WE PRONOUNCE THE TONGLE

In whatever manner the following syllables Na, Va, Aa, Ra, Sa अ र न a হা some – they are syllables pregnant with powerful vibrations. Aa (쇄) - Creator Ra  $(\overline{x})$  - Fire to burn off the dross Na (न) - Liberation Va (व) - Amrit (Ambrosia or Nectar) Sa (श) - Master key that harmonises with hearts of all beings La (ला) - is earth – take off point Ha (ह) - is space or sky Even if one thinks of the syllables vibrations come out more powerful than when we pronounce through tongue.