



Arunachala – an aid to go beyond the form – continued

ARUNACHALA

Talking is O.K. at very initial stage & at very mature stage – But it again EXTROVERTS THE MIND INSTEAD OF TAKING IT INWARDS.

INITIAL STAGE EVEN IF YOU GO ON 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. IT shape is like that of MERU FORM OF SRI CHAKRA. So if we just thinking of it in our Spiritual Heart as a MOUNTAIN IN FLAMES &

Arunachala

Talking is O.K. at very initial state and at very mature stage – but it again extroverts the mind instead of taking it inwards.

Initial stage: Even if you go on 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 Chakra. So if we just think of it in our Spiritual Heart as a Mountain in Flames and

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

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

We can think of the Gross form
— But it will disappear when the
mind disappears due to concentration
lead you to the formless. This will be
easier to practice than the subtle form.
After all the subtle form of every
object is finally the formless,
unmanifest Supreme Absolute SELF.

Did not Moses see the Flaming
MOUNTAIN out of which Lord spoke!
IT IS SAME SYMBOLISM.

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the Fire Mountain Inside, the
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Did not Moses see the Flaming
Mountain out of which Lord
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In whatever name the following syllables

Aa, Ra, Na, Va, Sa
(अ), र, न, व, श

come – they are syllables pregnant with powerful vibrations.

अ – CREATOR

र – Fire to burn off the dross

न – Liberation

व – AMRIT (AMBROSIA or NECTAR)

श – Master key that harmonises with hearts of all beings.

La – is earth – take off point.

Ha – is Space or Sky.

EVEN IF ONE THINKS OF THE SYLLABLES VIBRATIONS COME OUT MORE POWERFUL THAN WHEN WE PRONOUNCE THEM THROUGH THE TONGUE.

In whatever manner the following syllables

Aa, Ra, Na, Va, Sa
अ र न व श

some – they are syllables pregnant with powerful vibrations.

Aa (अ) - Creator

Ra (र) - Fire to burn off the dross

Na (न) - Liberation

Va (व) - Amrit (Ambrosia or Nectar)

Sha (श) - Master key that harmonises with hearts of all beings

La (ल) - is earth – take off point

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Even if one thinks of the syllables vibrations come out more powerful than when we pronounce through tongue.