

Lights from the world



July 2016 – This is the Yunus Emre farm's egazete, new formula : articles, images, videos... to bring you LUMINOUS news from the world... fortunately there ARE many ! ☺ Your comments are always welcome !

Yoga, Dharma, the Yugas and our planet in the universe...*HERE* from Sadh Guru's teachings

This article is about this chaotic period that we go through where sometimes things get so fast and hard that we feel like being shaken in a washing machine spinning at 8000 rpm!

Nonetheless, according to the teachings of the ancient sages, « that's the way it goes »...

This era is known and has been actually predicted by all ancient civilisations, Mayas, Incas, Indians and many others... *Read more*

The crowd funding campaign for the farm's reconstruction

Where are we? *Read Here*

If you wish to **DONATE** now, it is *HERE*

Video about the *Yunus Emre farm's Project* and about this *funding campaign*...

GURU POORNIMA

Celebration honoring the gurus, the masters, teachers, guides... *Here some reflections*

Suggestions from our yoginis et yogis

-- *L'homme qui plantait des arbres*/ the man who planted trees: inspiring animation movie offered by Angelique - (30 min, in french)

-- *Food in place of bombs*, suggested by *Selcan* (via facebook; en)

Yoga, Dharma, Yugas and our planet in the universe...

This article is about this chaotic period that we go through where sometimes things get so fast and hard that we feel like being shaken in a washing machine spinning at 8000 rpm!

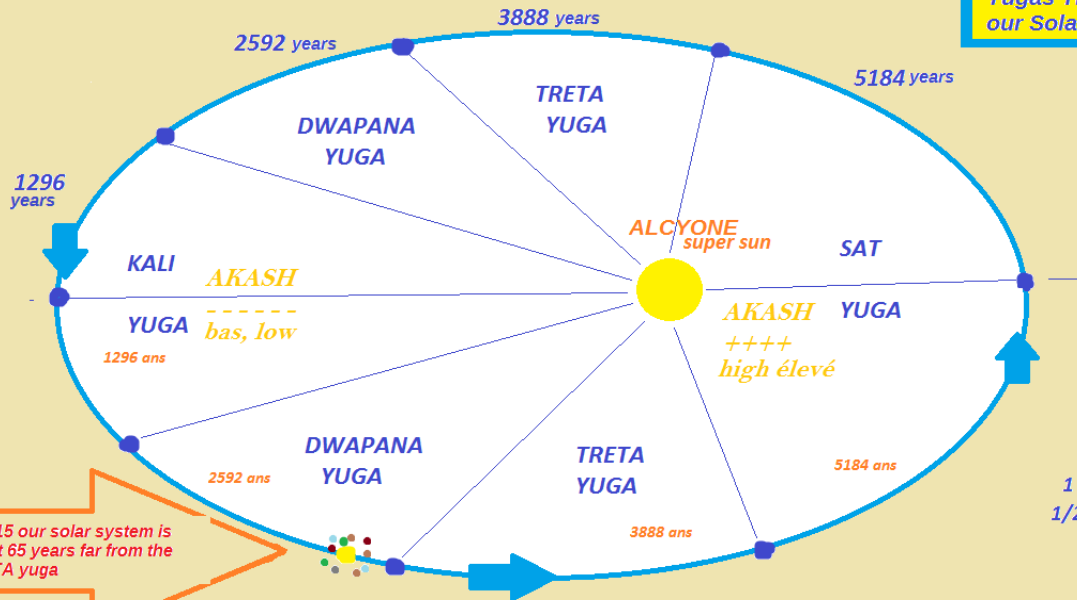
Nonetheless, according to the teachings of the ancient sages, « that's the way it goes »...

This era is known and has been actually predicted by all ancient civilisations, Mayas, Incas, Indians and many others...

Indeed ...

Lets take a step back, a big step back, and have a look at our solar system from very very far away... what do we see ? We see that it is running around a tremendously huge Big Sun named Alcyone ; the Rishis of India (ancient seers) knew how to calculate precisely (amongst other incredible things) the duration of one elliptic cycle and most of all the different qualities of energy typical to each cycle, hence the influences it would have on our system, our planet, our lives... In short we have four big cycles called « Yugas » and according to their distance from Alcyone their influence on our system varies completely. See next page the drawing.

(information taken from a fascinating video by Sadh Guru – and other video about Schumann resonance, references at the end)



in 2015 our solar system is
about 65 years far from the
TRETA yuga

KALI YUGA and DWAPANA YUGA
FAR AWAY from Alcyone super sun:
Low level of Akash, low vibrations, heavy density,
tamasic energy,
We need to shout, but even though we yell we don't
understand each other,
Ignorance, violence, ego
Recognition by the smells

TRETA YUGA
CLOSER to Alcyone, the level of Akash gets higher
We become more sensitive, receptive to higher vibes
Our perceptions become able to sense subtil sensations
We may communicate with eyes open, but less talk needed,
we understand each other
Recognition by the breath

SAT YUGA
CLOSEST part of the cycle, highest level of
Akash, highest level of consciousness,
We know what we are, the souls,
We communicate eyes closed without talking,
without even thinking,
Everything takes place in subtil dimensions

To raise AKASH's level:
LOVE COMPASSION MEDITATION HELP SHARING CHANTING
MANTRAS PRAYER CONNECTING WITH NATURE OM

YUGAS - TIME and our SOLAR SYSTEM

So we are actually leaving the well known « Kali Yuga » the furthest from Alcyone, whose qualities are : heaviness of energy, gross matter, basic preoccupations centered only on ego, slow inertia, tamasic energy... Sadh Guru says about this era that « We have to scream to eachother, but eventhough we shout we dont understand eachother »... Heavy and blind age and as a consequence, violent : we are ignorant, we dont know who we are, what is our true nature, so we move blindly into the « survival of the fittest » : war, oppression, power, conquest, competitiveness etc.

Now we reach the end of DWAPANA Yuga and withing about 65 years we shall reach Tréta Yuga ... and then, in about 3888 years, we shall reach Sat Yuga, the age of Wisdom and Consciousness...

So what does it mean for us ? Our solar system is getting each day closer to the big Sun Alcyone thus moves into a higher vibration field : *Ether* – called *AKASH* in sanscrit – is found at higher density, higher vibration... Akash is the Essence of the Big Elements which compose creation, Akash is that which Pervades everything, Akash is « the Emptiness » that contains « the Whole »...

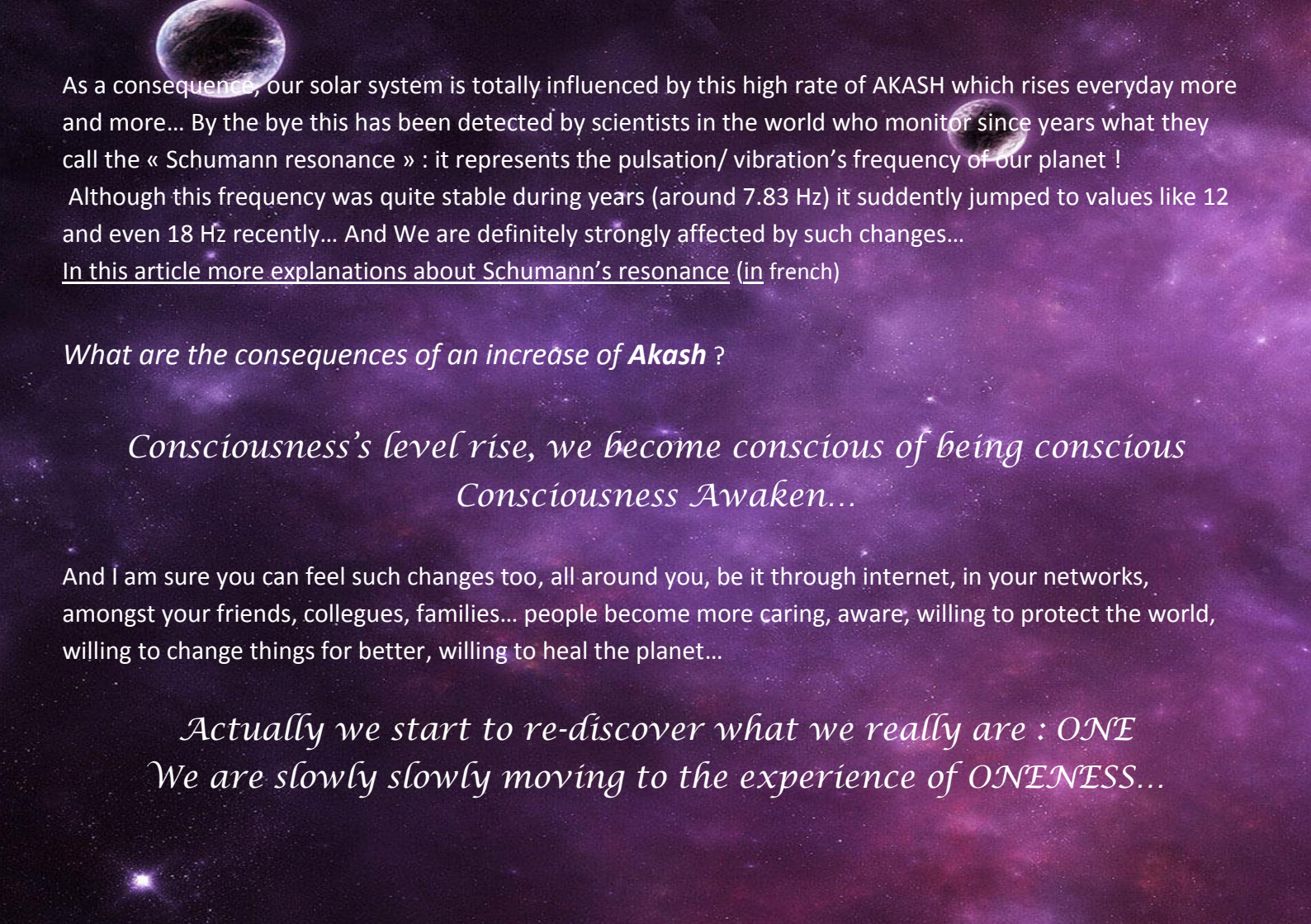
And

The background of the image is a deep purple and black cosmic scene. It features swirling nebulae in shades of purple, magenta, and blue. Two large, dark planets with visible atmospheric bands are positioned in the upper left and upper right corners. Numerous small, bright stars are scattered throughout the field of view.

Akash is the Element of Pure Consciousness

Akash IS Awareness,

Akash IS Consciousness.



As a consequence, our solar system is totally influenced by this high rate of AKASH which rises everyday more and more... By the bye this has been detected by scientists in the world who monitor since years what they call the « Schumann resonance » : it represents the pulsation/ vibration's frequency of our planet !

Although this frequency was quite stable during years (around 7.83 Hz) it suddenly jumped to values like 12 and even 18 Hz recently... And We are definitely strongly affected by such changes...

In this article more explanations about Schumann's resonance (in french)

*What are the consequences of an increase of **Akash** ?*

*Consciousness's level rise, we become conscious of being conscious
Consciousness Awaken...*

And I am sure you can feel such changes too, all around you, be it through internet, in your networks, amongst your friends, colleagues, families... people become more caring, aware, willing to protect the world, willing to change things for better, willing to heal the planet...

*Actually we start to re-discover what we really are : ONE
We are slowly slowly moving to the experience of ONENESS...*



YET.....

Every where
violence keeps
exploding

Earth trembles

bombs,

terror,

earthquakes,

fires,

crimes,

floods...

It seems endless and

hopeless...

Painful.

*But here we have to remember that
Pain is Part of Any Transformation Process...*

*Same as giving birth to baby ;
Mothers know that very well.*





And indeed, our world is now giving birth to a NEW world.. I am not kidding... This is not a joke !
All sages of the ancient times Mayas, Incas, Rishis of India predicted these dates in their calendars...

« The 21st century leads to the « Bhakti age » , era of Universal Love »

Now what is the link with Yoga ? and Dharma ?

By the bye, what is Dharma ?

In short, Dharma is sort of Cohesion energy of the universe

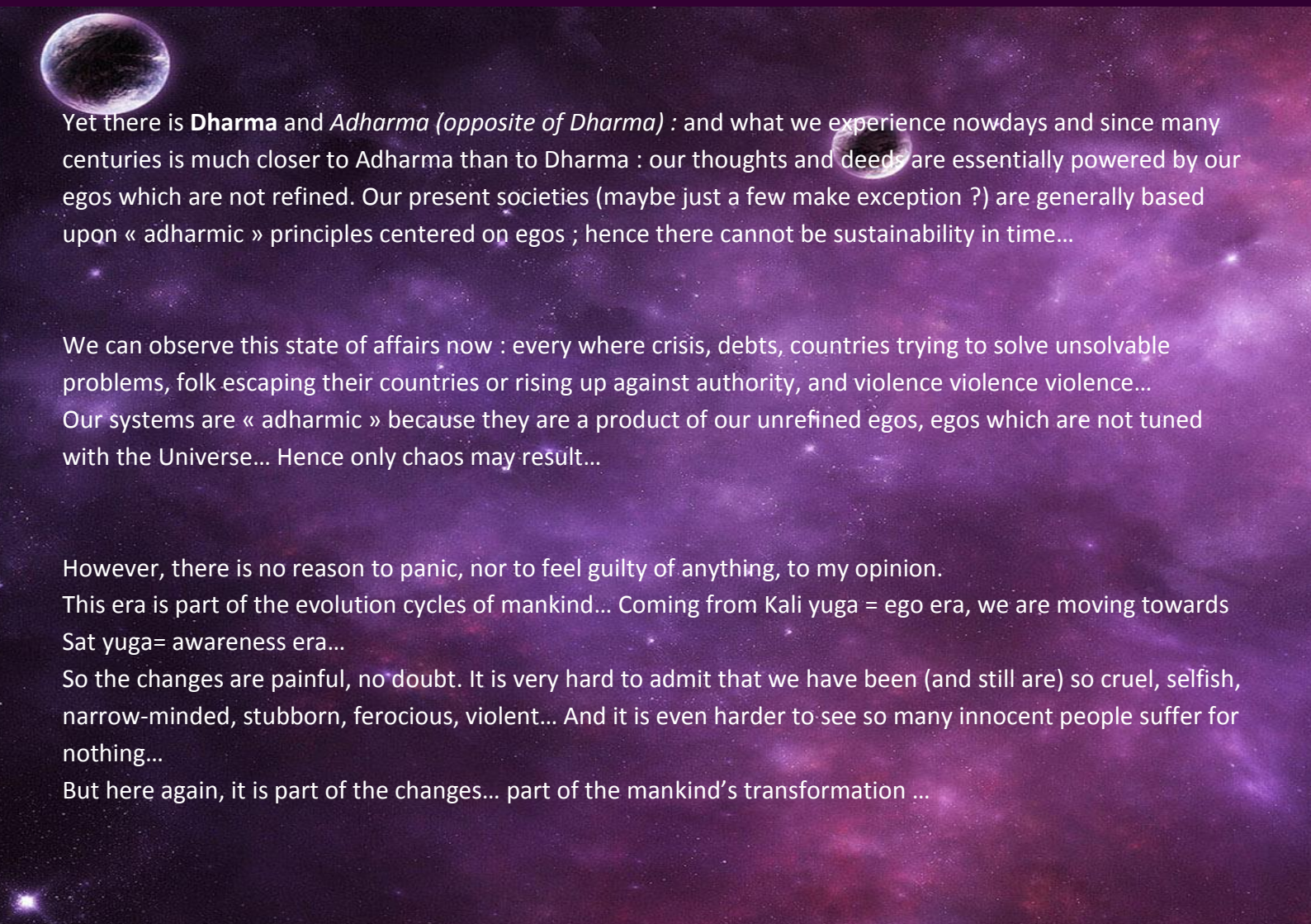
The energy thanks to which the Universe gets its job done ☺

This is a fundamental concept in yoga philosophy.

Thanks to Dharma we reach there...

We can say that Dharma is a set of « Laws of the Universe » thanks to which the planets turn, our civilisations, human beings, plants, animal live, grow, and die according to evolving cycles and specific laws, one of the most well known being the « law of karma, law of cause and effect ».





Yet there is **Dharma** and *Adharma (opposite of Dharma)* : and what we experience nowadays and since many centuries is much closer to Adharma than to Dharma : our thoughts and deeds are essentially powered by our egos which are not refined. Our present societies (maybe just a few make exception ?) are generally based upon « adharmic » principles centered on egos ; hence there cannot be sustainability in time...

We can observe this state of affairs now : every where crisis, debts, countries trying to solve unsolvable problems, folk escaping their countries or rising up against authority, and violence violence violence... Our systems are « adharmic » because they are a product of our unrefined egos, egos which are not tuned with the Universe... Hence only chaos may result...

However, there is no reason to panic, nor to feel guilty of anything, to my opinion.

This era is part of the evolution cycles of mankind... Coming from Kali yuga = ego era, we are moving towards Sat yuga= awareness era...

So the changes are painful, no doubt. It is very hard to admit that we have been (and still are) so cruel, selfish, narrow-minded, stubborn, ferocious, violent... And it is even harder to see so many innocent people suffer for nothing...

But here again, it is part of the changes... part of the mankind's transformation ...

*We need to accept to be caterpillar so as to become butterfly...
And take a step back,
Become Mindful, and Act according to our Hearts...*

And that is where ***Yoga can really Help*** : not only individually but also at the level of mankind, yoga may help to move through these painful times in a healthy and caring way...

*And help every being to
evolve spiritually.*





How ?

Well although yoga may appear at first an individual practice, the influences of yoga may be felt at a much broader range...

Yoga, « **Yug'** » in sanscrit means « **union** ». Yoga re-unites us to our true nature, the Soul.

Yoga reopens the way to our soul.

Yoga re-establishes balance and peace between ego and soul. This is Huge !

Thus the yoga practicionner having found INNER PEACE will emit peaceful and healthy vibrations all around which every creature may receive at subtil levels.

Yoga helps us to realise that :

*« We are not a body inhabited by a soul,
we are the Soul who lives in the body.
Our True nature is the Soul, not the body. »*



This is fundamental.

And if we have the chance of experiencing this Union with the Soul, then a deep, profound and true inner ecology takes place, inner and outer actually.

All our thoughts and deeds become driven by the soul : egos are refined and work in alignment with the souls. Our lives become Dharmic, aligned with the Universe's dharma.

Yoga has the power of generating PEACE in the WORLD.

That is why it is so essential, in these very difficult times that we live, to connect ourselves to our Soul, to our True Nature, by doing yoga, or other spiritual practices.

Not only to move safely through this age, but also to HELP others to move ;

Furthermore, we can see how strongly we thirst after this connexion : did you notice how enormous became the 21st June International Yoga day celebrations all over the planet ?

*We thirst after Wisdom ; we thirst after Ethics,
We thirst after Love and Compassion.*



Yoga IS an answer.

It is not the only answer but it is the one I choose.

And that is also why in the Yunus Emre farm and
during every yoga class in Antalya we chant mantras
for all mankind, for all souls...

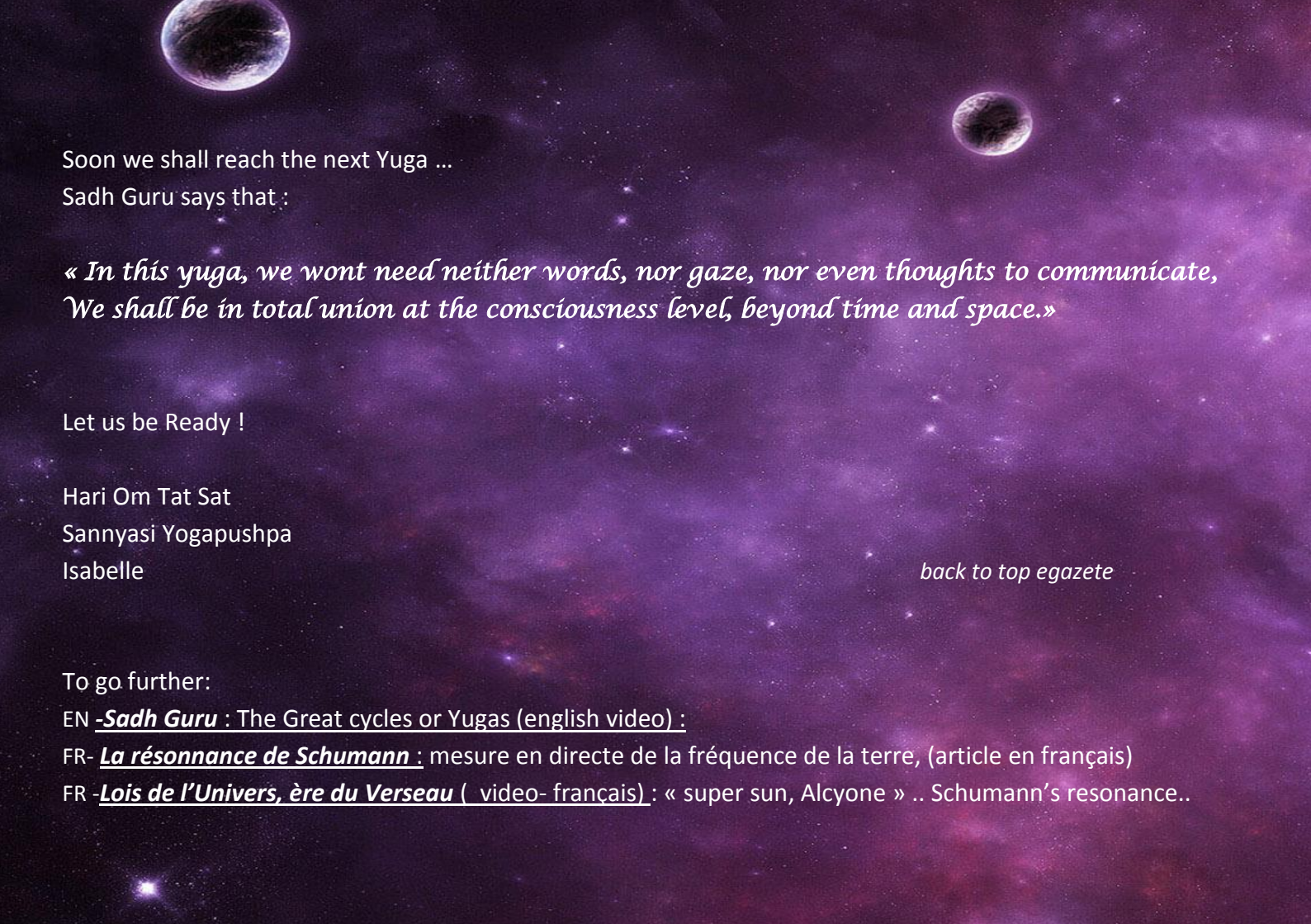
Mantras are food for our souls... ☺

Mantras ??

Imagine a radio which would not be tuned : only buzzing
interferences... This is our mind... our untuned mind : ceaseless
uncontrolable and unnecessary chatting...

Not let us tune the frequencies...
ah... here comes Classic Radio... pure melody..
or maybe Trans Music ... clear notes...
Sound has become pure ;
The radio is tuned.

Mantras do the same : they tune our mind to the Universe.
Mantras raise Akash's level (ether) thus Consciousness's level...
Mantras re-establish our link with the Universe ...
Mantras feed our souls and show the way to Light...



Soon we shall reach the next Yuga ...

Sadh Guru says that :

*« In this yuga, we wont need neither words, nor gaze, nor even thoughts to communicate,
We shall be in total union at the consciousness level, beyond time and space.»*

Let us be Ready !

Hari Om Tat Sat

Sannyasi Yogapushpa

Isabelle

back to top egazete

To go further:

EN -**Sadh Guru** : The Great cycles or Yugas (english video) :

FR- **La résonnance de Schumann** : mesure en directe de la fréquence de la terre, (article en français)

FR -**Lois de l'Univers, ère du Verseau** (video- français) : « super sun, Alcyone » .. Schumann's resonance..

The crowd funding campaign for the farm's reconstruction

[back to top egazete](#)

Follow this link to read updated information...

and to DONATE NOW, it is Here !

In short, here is the amount of donation received 😊😊😊

→ 10000 euros : will be dedicated to DURGA (floor/ walls/ inside) and to TOOLSHED- GREENHOUSE- LAUNDRY (works starting in autumn)

→ around 1500 euros to help me and the farm.



You know that yoga classes in Antalya hardly bring one third of the expenses i have to face every month. As long as the farm cannot offer programs, I have to continue to ask for your help... I really NEED your help... And I do hope to gather around 5000 €...

To know « ***why I am (again) appealing to you*** » [*read here*](#)

Be sure I am really doing ALL MY BEST to find money...

[Here the crowd funding website with all details, for those who have time 😊](#)

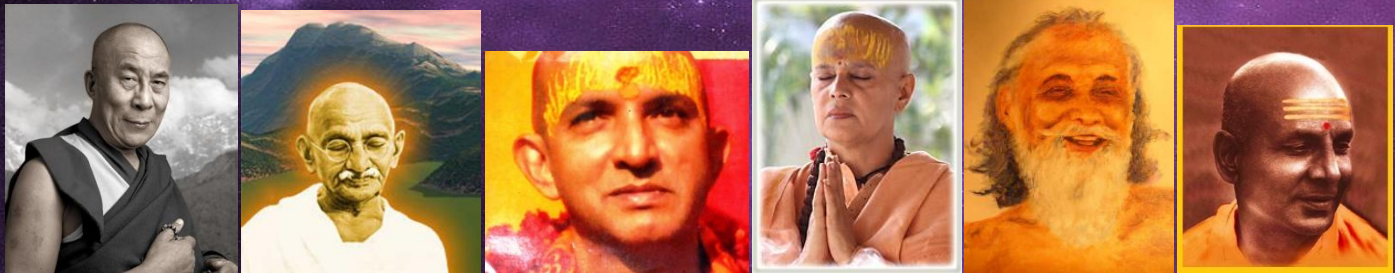
[back to top](#)

GURU POORNIMA

It is the celebration where spiritual aspirants may pay homage to the Gurus, the spiritual masters... Along with the Full moon of July, this period is said to be the one where disciples can feel at the highest level, the connection with the guru.

Yet what is a **guru** exactly ? This sanscrit word means « the one who dispels darkness ». In India all teachers, guides, instructors teaching any kind of topic, from maths to music are called « gurus »...

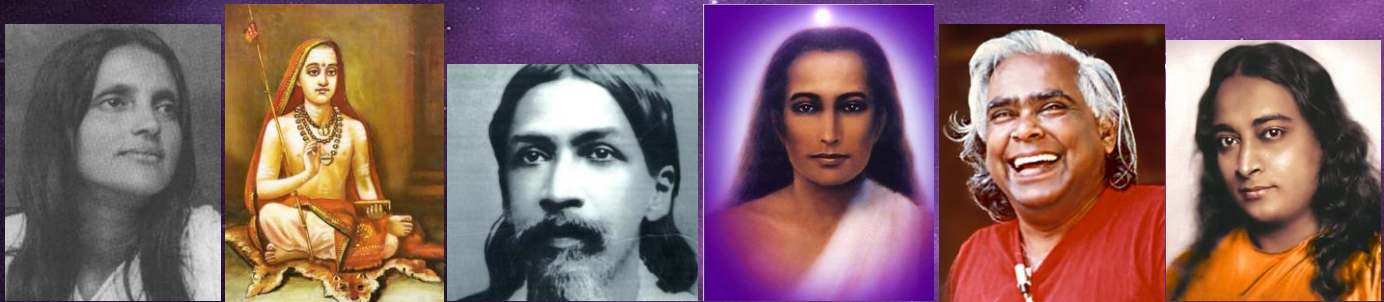
Indeed, how can we learn without a guide or teacher ?



More precisely, the « Sat Guru » is the spiritual master ; « Sat » means « Truth » in sanscrit. So the sat guru is the one who dissipates our inner darkness, thus allows our « true nature » to shine. How does the guru work for that ? Well it is still very mysterious to me... Yet at the intellectual level we can say that we live in darkness or ignorance (avidya) due to wrong identification : we believe that we are the individual ego with mind, emotions, past memories etc. whereas we are the Soul, Atma, everlasting spirit, connected to all and to the Universal spirit.

So our lives are made of a complexe yet simple alchemy where true knowledge of being Atma is dormant somewhere, covered by ego's power who believes it is the captain of the ship...

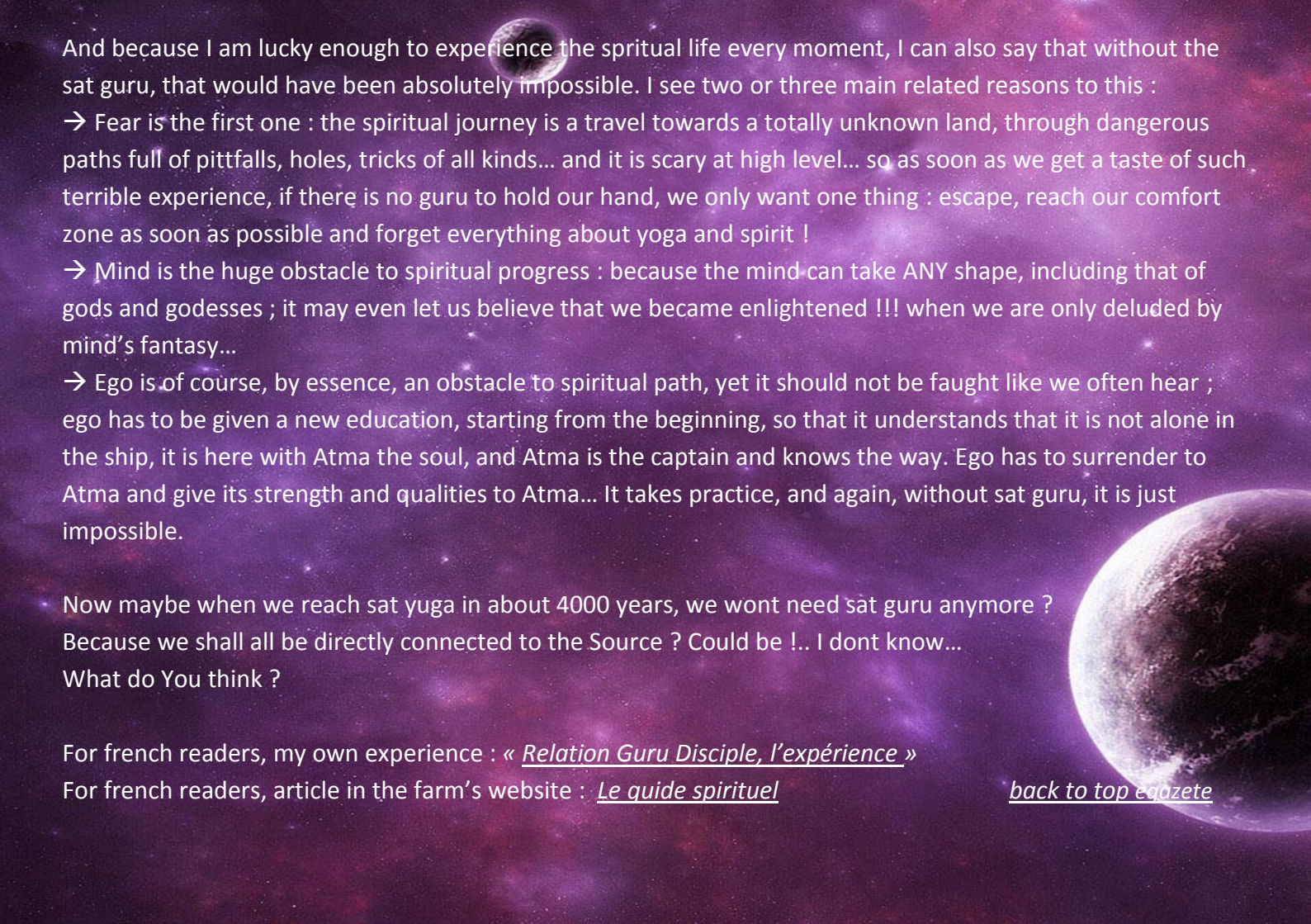
And the spiritual journey where guru takes us (if we wish to) is that of understanding ego's role, and revealing Atma to our consciousness... Something that ego does not like at all... that's why it will create endless obstacles along the journey... But fortunately the sat guru is here and we may call him at any time, night and day, h24... illimited and free connexion (!) is always here ☺ Gratitude ☺



Relevance of the Sat Guru nowadays...

As we have seen, for whatever we want to learn we need a guide, a teacher, an instructor, who is called « guru » in India. Furthermore... to explore the totally unknown realm of the psyche, the mind, the past and future, emotions, karmas etc... to learn about universe, life, human being, soul and incarnation... to understand or rather to experience the Spirit... then... what do You think ? Can we go there by ourselves ? do we have the necessary ability, skills to find our way in this labyrinth ?

For me the answer is immediat and obvious : no.



And because I am lucky enough to experience the spiritual life every moment, I can also say that without the sat guru, that would have been absolutely impossible. I see two or three main related reasons to this :

→ Fear is the first one : the spiritual journey is a travel towards a totally unknown land, through dangerous paths full of pitfalls, holes, tricks of all kinds... and it is scary at high level... so as soon as we get a taste of such terrible experience, if there is no guru to hold our hand, we only want one thing : escape, reach our comfort zone as soon as possible and forget everything about yoga and spirit !

→ Mind is the huge obstacle to spiritual progress : because the mind can take ANY shape, including that of gods and goddesses ; it may even let us believe that we became enlightened !!! when we are only deluded by mind's fantasy...

→ Ego is of course, by essence, an obstacle to spiritual path, yet it should not be fought like we often hear ; ego has to be given a new education, starting from the beginning, so that it understands that it is not alone in the ship, it is here with Atma the soul, and Atma is the captain and knows the way. Ego has to surrender to Atma and give its strength and qualities to Atma... It takes practice, and again, without sat guru, it is just impossible.

Now maybe when we reach sat yuga in about 4000 years, we won't need sat guru anymore ?
Because we shall all be directly connected to the Source ? Could be !.. I don't know...
What do You think ?

For french readers, my own experience : « *Relation Guru Disciple, l'expérience* »

For french readers, article in the farm's website : *Le guide spirituel*

back to top eazete

From the yoginis ...

***L'homme qui plantait des arbres** ; For those who understand french...a lovely soft and inspiring animation movie, about a man who planted trees, like a karma yogi ☺ it brings us back to Nature, giving a balm of hope 30 min french animation movie suggested by Angélique ... (possible download ☺)*

Text by Giono, narrated by Philippe Noiret ;

***Food in place of bombs:** a short video (via facebook) suggested by Selcan « a good news for your gazete ! »... young people in Izmir, Turkey, collect vegies and fruits at the end of the market, they cook in the streets and distribute free meals for those who need... ☺ heart in action ☺*

back to top egazete