CONSCIOUSNESS of ONENESS

Issue 3 • 2011
“There are those with such grand nature that their hearts and souls are open not only to the society they belong to but also to all of humanity”.

Mustafa Kemal Atatürk
## CONTENTS

<table>
<thead>
<tr>
<th>Author</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>From Mustafa Kemal Atatürk</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Lahiri Mahasaya</td>
<td>“The Purpose of Our Lives”</td>
<td>4</td>
</tr>
<tr>
<td>Sabiha Betûl</td>
<td>“Oneness-Wholeness-Love”</td>
<td>5</td>
</tr>
<tr>
<td>Sri Aurobindo</td>
<td>Poem</td>
<td>7</td>
</tr>
<tr>
<td>Yunus Emre</td>
<td>“I Found God In My Soul”</td>
<td>8</td>
</tr>
<tr>
<td>Paramahansa Yogananda</td>
<td>“Great Guru Shyamacharan Lahiri Mahasaya”</td>
<td>9</td>
</tr>
<tr>
<td>Sri Gyanamata</td>
<td>“Guru”</td>
<td>11</td>
</tr>
<tr>
<td>Roy Eugene Davis</td>
<td>Poem</td>
<td>12</td>
</tr>
<tr>
<td>Roy Eugene Davis</td>
<td>“How to Have Peace of Mind In a Changing World”</td>
<td>13</td>
</tr>
<tr>
<td>From The Holy Quran</td>
<td></td>
<td>15</td>
</tr>
<tr>
<td>Gurudev Shreesadhak Satyam</td>
<td>“A Novel Word”</td>
<td>16</td>
</tr>
<tr>
<td>Gurudev Shreesadhak Satyam</td>
<td>“Loneliness and Self-Awareness”</td>
<td>17</td>
</tr>
<tr>
<td>Sabiha Betûl</td>
<td>“World”</td>
<td>18</td>
</tr>
<tr>
<td>Hazrat Babajan</td>
<td>“Telling the Truth”</td>
<td>21</td>
</tr>
<tr>
<td>Horst Gunther</td>
<td>“Spiritual Rules of Life”</td>
<td>22</td>
</tr>
<tr>
<td>Rabia al Adawiyya</td>
<td>“Only Desire”</td>
<td>24</td>
</tr>
<tr>
<td>Oruç Güvenç</td>
<td>“Oneness, Love and Rebab”</td>
<td>25</td>
</tr>
<tr>
<td>Mevlana Celaleddin Rumi</td>
<td>“Rebab and Music”</td>
<td>27</td>
</tr>
<tr>
<td>From The Bhagavadgita</td>
<td></td>
<td>28</td>
</tr>
<tr>
<td>Sri Daya Mata</td>
<td>“God Is Always With Us”</td>
<td>29</td>
</tr>
<tr>
<td>M.Yüzüak</td>
<td>“Decision”</td>
<td>30</td>
</tr>
<tr>
<td>İskender Azatoğlu</td>
<td>“Universal Music and Consciousness of Oneness”</td>
<td>31</td>
</tr>
<tr>
<td>Dalai Lama</td>
<td>“Peace of Mind and Goodness”</td>
<td>34</td>
</tr>
<tr>
<td>Pir Sultan Abdal</td>
<td>Poem</td>
<td>35</td>
</tr>
</tbody>
</table>
Lahiri Mahasaya was initiated into the ancient Kriya Yoga teachings by Mahavatar Babaji in 1861. He transmitted these teachings to sincere truth seekers regardless of their religion, caste or race. He is Sri Yukteswar’s (Paramahansa Yogananda’s guru) guru.

“Our lives have a twofold purpose. One is to accomplish our personal objectives; the other is to fulfill the will of God. These complement each other. Our personal desires and ideals must be in harmony with the will and purpose of God.”

Lahiri Mahasaya
Hearts that are looking for the truth in the sky, that flow to the depths of the skies with a fearless and eternal craving and love, and minds that cannot leave the earth, that use all attention, desire and energy for all the possibilities of the material life will certainly be unified and they will be harmonized within the Divine System. Both of these elements belong to Him, they experience their choices with His energy and consciousness, within His love and light and with Him witnessing.

The hearts which are in the depths and freedom of the sky are patiently waiting for the moment when their brothers and sisters who have identified themselves with matter will turn their eyes to the sky. Anytime they hear a sincere appeal and an open hunger, they are ready to offer all that is in their hearts…

The sky and the earth, the left and right, the east and the west, the big and the small, the white and the black should know that they exist for each other. When all the children of eternity meet within a real, eternal and unconditional love and understand that they are connected to each other with a Divine link, all humanity knows itself as one unique body and ascends to its real dimension where it belongs. According to the knowledge of the sages, this is the unchangeable destiny of humanity. Each person writes his own destiny with his free will and lives in accordance with his choices. While some of us know, want and awaken to reality with a conscious awareness, some others prefer to be awakened with the support of Natural laws. Both situations can only take place with the Divine Grace that creates, offers, manages and respects the free will for the highest goodness of the Whole.

Sincere hearts on the path of Awakening and Truth are in search of a path, a method and a technique. However, the longing, determined and dedicated heart that beats with unconditional love doesn’t need techniques, paths or methods. Techniques and methods are only to convince the minds, they are not for hearts awakened with love. A heart full of God’s love and longing beats with the pulse of the Universe. This is the micro heart of all existence. Everything it needs is in there to be revealed at the right time and right place.
Those who were able to reach this grace asked for permission and support to do unconditional service with sincerity and loyalty, and then they did their duty. They proved their determination with their sincere actions and prayers, and they proceeded on their paths by believing only in The Mightiest One. And finally, thanks to Divine Grace, they experienced the oneness and uniqueness of Love as an answer to their love. Their unconditional hearts kept on beating for everyone, and their wish is for everyone to experience this Love and reach this grace.

We can not reach love with intellect knowledge but the “Love” inside us offers us everything we need in the “moment”. When we awaken with “Love”, our mind and its knowledge fall behind. Divine Intelligence flows unconditionally from our physical center to all our existence and environment, it leads and directs us. We live in the “now” with confidence. We experience with our grateful hearts the real nature of life that seems miraculous to minds.

Love is “Us” that exists in all of us as the word of God, and when it awakens, it realizes itself in the acts of “here and now” freely.

Thank You,
With Peace, Love and Light
This bodily appearance is not all;
The form deceives; the person is a mask;
Hid deep in man celestial powers can dwell.
His fragile ship conveys through the sea of years
An incognito of the Imperishable.

Sri Aurobindo
I FOUND GOD IN MY SOUL

God has taken hold of you from head to toe
What else is there except God,
This is without doubt.
If you are one, come to oneness,
Let go of duality.
So you can find meaning
In right behavior and faith.

I entered the city of hearts,
Dived into its ocean
As I went along with LOVE,
I found the trace in my soul.
I followed my trace, looked right and left
And witnessed many strange things
That don’t exist in universe.

Yunus,
Your words mean much to those who know,
Worth being told over and over in time.

Yunus Emre

Note: Yunus Emre is a mystic poet, who lived between 1238 - 1320 in Anatolia and wrote in Turkish.
…Unknown to society in general, a great spiritual renaissance started in 1861 in a remote corner of Banaras. As the fragrance of flowers cannot be suppressed, so Lahiri Mahasaya, quietly living as an ideal householder, could not hide his inner glory. Devotee-bees from every part of India began to seek the divine nectar of the liberated master.

A significant feature of Lahiri Mahasaya’s life was his gift of Kriya initiation to those of every faith. Not Hindus only, but Moslems and Christians were among his foremost disciples. Monists and dualists, those of various faiths or of no established faith, were impartially received and instructed by the universal guru. One of his highly advanced chelas was Abdul Gufoor Khan, a Moslem. Lahiri Mahasaya, belonging himself to the highest or Brahmin caste, made courageous efforts to dissolve the rigid caste bigotry of his time. Those from every walk of life found shelter under the master’s omnipresent wings. Like all other God-inspired prophets, Lahiri Mahasaya gave new hope to the outcasts and the downtrodden of society.

“Remember that you belong to no one and that no one belongs to you. Reflect that some day you will suddenly have to leave everything in this world- so make the acquaintance of God now,” the great guru told his disciples. “Prepare yourselves for the coming astral journey of death by riding daily in a balloon of divine perception. Through delusion you are perceiving yourself as a bundle of flesh and bones, which at best is a nest of troubles. Meditate unceasingly, that you quickly behold yourself as the Infinite Essence, free from every form of misery. Cease being a prisoner of the body; using the secret key of Kriya, learn to escape into Spirit.”

The master encouraged his various disciples to adhere to the good traditional discipline of their own faiths. Stressing the all inclusive nature of Kriya Yoga as a practical technique of liberation, Lahiri Mahasaya then gave his chelas liberty to express their lives in conformance with environment and upbringing.
The great guru taught his disciples to avoid theoretical discussion of the scriptures. “He only is wise who devotes himself to realizing, not reading only, the ancient revelations,” he said. “Solve all your problems through meditation. Exchange unprofitable speculations for actual God-communion.

“Clear your mind of dogmatic theological debris; let in the fresh, healing waters of direct perception. Attune yourself to the active inner Guidance; the Divine Voice has the answer to every dilemma of life. Though man’s ingenuity for getting himself into trouble appears to be endless, the Infinite Succor is no less resourceful.”

“Lahiri Mahasaya’s words were mild and healing, even when he was forced to speak openly of a chela’s faults,” Sri Yukteswar once told me. He added ruefully, “No disciple ever fled from our master’s barbs.” I could not help laughing, but I trustfully assured my guru that, sharp or not, his every word was music to my ears.

A number of Lahiri Mahasaya’s disciples with influential worldly position were desirous of expanding the Kriya circle by publicity. The guru refused his permission. … “Let the fragrance of the Kriya flower be wafted in a natural way” he said. “The seeds of Kriya will take sure root in the soil of spiritually fertile hearts”.

Although the great master did not adopt the system of preaching through the modern medium of an organization, or through the printing press, he knew that the power of his message would rise like a resistless flood, inundating by its own force the banks of human minds. The changed and purified lives of devotees were the simple guarantees of the deathless vitality of Kriya.

One may have many teachers but only one guru. He appears when the hunger for God is so strong that it will take no denial. His object, his purpose in the life of the disciple is not only loving kindness, but also firmness. He does not hesitate to give what we call “pain” if by that pain the disciple will draw closer to God. It is like a painful operation that has as its object the benefit of the patient.

The greatest thing in the life of the disciple is to be able to look in the face of the guru and say, “I will accept anything. Treat me in any way that seems best to you in order that in the end I may be what you are.”

Sri Gyanamata

A magical Presence
Invaded my field of awareness
Allowing me to know it had
Always been there
I welcomed it as one welcomes
A former, forgotten friend.

Roy Eugene Davis

*“Mystic Reflections”; Roy Eugene Davis; pp. 20*
Because of the difficult circumstances caused by national and global events that have recently occurred, many people in the world are worried, confused and uncertain about what near and distant future conditions will be like.

During my childhood years, in the 1930s, my father told me about the difficulties many people had because of the Great depression which began in 1929. During the first half of the 1940s, the Second World War occurred. A few years later the Korean and Vietnam wars dominated the headlines and stock market fluctuations caused much concern. In recent years, several wars, natural disasters, and economic challenges have been endured. Yet, in the midst of difficult times, individuals who were spiritually conscious and self-reliant were living freely and productively because they were able to calmly view transitory events and relate to changing circumstances without being emotionally reactive.

Until most of our planet's human inhabitants are wiser and spiritually conscious, conflicts will exist, misfortune will occur, and we will have opportunities to bring forth our soul qualities and use our creative abilities to prevail. Spiritual awareness, rational thinking, optimism, and self-confidence based on Self-and God-knowledge should then be nurtured while relying on our Source (the Reality commonly referred to as God) to assist and provide for us. Because we are in an ascending cycle during which the intellectual powers of more people are improving and their spiritual capacities are being enlarged, we can look forward to having more harmonious outer conditions in the near and distant future.

Now is a time for sincere truth students to be attentive to useful spiritual practices and to apply the higher knowledge they have acquired. It is easier to have peace of mind and be optimistic when our circumstances are ideal. It is often only when unplanned events which seem to be beyond our ability to control or understand suddenly occur that we are able to know how spiritually conscious and competent we are.

To always have peace of mind, do these things:

- Improve your knowledge of your changeless spiritual nature and your permanent relationship with the Infinite. Meditate every day until you are superconscious.
- Improve your mental, intellectual and intuitive abilities.
- Grow to emotional maturity.
• Avoid thinking (or talking) about events or situations which might disturb your mind or emotions.
• Remember that the Cosmic or Universal Mind is responsive to your mental states, thoughts, desires and intentions.
• Live with a clear sense of meaningful purpose. Concentrate only on important matters.
• Wisely use material resources while being receptive to all of the unplanned good fortune that the universe can and will provide for you. Everything needed for your well-being exists in the wholeness of God. Know that material resources that you need can be easily provided for you.
• Radiate positive thoughts and your illumined consciousness into the collective consciousness of everyone, everywhere.

The intelligently directed Power that enlivens the universe is continuously flowing through and around you. By keeping your mind and Being receptive to its nurturing influences, you will always be happy, peaceful, and prosperous.

**Affirm With Confidence**

Firmly established in Self-and God-realization,
I wisely live with purposeful intention. I rejoice as I constantly see and experience only that which is for my highest good and the highest good for others.

---

Davis, Roy Eugene; Truth Journal; Atlanta: CSA, February-March 2009, pp.5-6
“Allah - there is no deity except Him. He will surely assemble you for (account on) the Day of Resurrection, about which there is no doubt. And who is more truthful than Allah in statement.

Quran, Surat An-Nisa: 87
A Novel Word

You cannot enclose me in words,
Nor do you possess the power to evaluate me.
You need to seek a novel word because
I am in numerous forms at a single moment.
For me, the whole cosmos is the place to roam,
The whole planets and stars are the place to dwell,
All mantras are ready to serve me,
All Siddhis endeavour to cheer me,
All deities attempt to come closer,
So do the angels to serve.
I am the ocean of love, the beauty of devotion,
The embodiment of immensity, the flow of accomplishment,
I am truly the living conscious Guru and you need to seek
For a novel word to reflect my personality.

Venerable Gurudev Shreesadhak Satyam
LONELINESS
and
SELF AWARENESS

Brave are those who are alone. Weak are those who expect from others. The meaning of loneliness is to learn to be self reliant and stand on one’s own feet. Loneliness has not been used here in the sense of being unsociable or uncooperative. The one who understands his responsibilities and fulfills his duties gets the necessary base of progress within himself. The means outside are pulled towards him by his gravity. They are always willing to come towards him to prove their importance.

Great people search within the things needed, whereas the weaker ones expect from others and wait. This truth should be written in golden books and should be carved in everybody’s heart. The philosophers and sages have been talking from the beginning that God helps those who help themselves. Those who do not trust themselves do not trust God either. God’s nearest and most immense presence is within ourselves. As they do not see Him within, who outside will help them in their disaster? Not to rely upon one’s own power and capability is to refuse God’s existence and importance. Where there is such disbelief, we find only hateful atheism. Men are not alone. There exists an unlimited force of atoms. There exists a free solar system in each being. Where billions of life surge within, how can there be inability? Even if they can be backed by unlimited force within, they announce themselves to be destitute. They are not so; rather than that, they are disbelievers. Those who have forgotten their infinite power and are relying upon others for help in few opportunities are, from the point of view of inner consciousness, truly destitute. They rarely get help from others. The one who knows about his existence and importance knows well about his antagonistic forces. No one can fear him nor can anyone permanently obstruct him. The one who obstructs him accepts his faults before the blazing soul and turns back. Even death cannot frighten him. What obstructs the one who sees life as an infinite journey and death only as a short rest? Not minding the time of his journey, he keeps on going. Those who know themselves are not afraid of death either. Non-cooperation and obstacles do not frustrate them.

Most people see bad things in others but very few practice to look within themselves. Very few have the opportunity to know themselves before death. Very few can express the power they have, the rest pass away with what they have. Most of us die without giving any message of God to the world.
The might of the teacher
Is visible on the student.
The wisdom of the student,
Is visible on his service.
The whole Universe teaches respect
To those who can understand it.
Each element does its duty
And complements one another.
All beings know their places
Within the mighty order,
Each one listens to its teacher
In its correct place.
The rules of the Mightiest Teacher,
Are impossible to break.
The boundaries can not be crossed
Divine balance is always constant.
The will of the teacher
Rules each and every class.
The splendour of unity
Surrounds all the space.
The world is in this unity,
Successful in its duty,
Surrenders sincerely,
Gives perfect services unconditionally.
It endures all hardships
For the love of its teacher.
Obeys the order: “Carry!”
Always faces all patiently.
It is the cause of the loser,
It is the test of the winner,
Its dust may smell of betrayal,
But its essence is only submission.
Why does one get angry with it?
Why does one get cross with it?
Why does one call it “a lie”?
Maybe the one himself is a lie?
It is the home of the souls,
The mirror of the teacher,
So it does all great works,
It is a perfect student on a path as the others.
It does not cling to the one who clings,
Does not deceive the one who is deceived,
Does not fight the one who fights,
It trusts only the Teacher.
It bows only to the Supreme,
Goes forward freely and wisely,
It neither pushes or attracts,
Becomes one with the order “Be!”

It has served for centuries,
This is how its teacher wishes,
One day it reaps what it sows,
And now moves on to another class.

Have seen that day is near,
Have said “The world has succeeded!”
But what about the ones on it?
If only they knew how they are!

O World! I’ve seen you,
I neither loved or got cross with you,
I said: “What a marvellous student!”
I watched and appreciated you.

You are a magnificent devotee,
A very fair representative,
You are loyal to your teacher,
A mirror to the loyal traveler.

How nicely you have hosted me,
Never hid the truth from me,
Without delaying or deceiving,
You have shown me all hospitality.

I am a lucky guest,
I have always observed with gratitude,
With the grace of the teacher,
I’ve watched you unmasked.

We are both sincere at all,
We can’t do without one another,
We are in cooperation,
Beloveds of the Supreme Teacher.

The teacher and the students,
All beings, we are One Heart.
In the presence of the Teacher
We vibrate with gratitude!

When I was walking on you,
I saw all Supreme plays,
I knew myself and my real place,
What else can I wish for?

The road is endless,
Let’s move on forward!
I blessed you from the heart,
I pray for your blessings!

Sabiha Betûj
In fact, there is unlimited power within us hidden passive. But we do not know what we can do with it, nor do we ever try to understand it. It is obvious that we have information from outside and become learned. Yet it is equally important to know ourselves. Those who try to know themselves are great. They uninterruptedly strive under difficulties and keep on going ahead in life. We see evidence in great people’s lives that they continuously observed themselves. If you too want to become great in life, stop pointing at others’ faults and watching others critically. Do not take others as humble. Those who do so really forget humanity. Instead of seeking mistakes in others, we should try to find our own faults and remove them. Realize the unlimited powers within and utilize them.

God has sent us down to Earth equipped with many divine powers. So, never misuse them. Do not waste your time simply in humble eating and childbearing. We have a thousand times more capacity than what we are doing now. What is a must is that we need to know our value, we need to know our power and properly use every precious moment of life. Every moment of life is precious. Do not waste them in vain. If you really want to know yourself, strive for it from the very moment. Surrender the whole power for it. The moment you realize that the world needs you, it would be very precious moment in your life. There exists another personality within you, which is far greater than your visible personality. The moment you experience the flashes of your greatness within, you will head towards the Supreme Being from an ordinary being.

Maybe many obstructions have stopped your personality development. Nevertheless, you need not be scared of disasters. Fire gives gold a better brightness. Similarly, disasters and difficulties make a man gold in its purity. Some men do not develop their personality until they suffer. Therefore, through self-observation we ought to know our capacity. As we see the talent sprouted within we ought to help it grow and bloom. Who knows, maybe one day in the future you will be a great leader, an artist, or a great writer? You might become a great philosopher. The only thing required is that you need to know your talent and go ahead. The one who knows himself will secure God in person. Only he can fulfill God’s will and meaning and can convey His message to common people.
You cannot reach your destination without transcending me.
Look into my eyes!
If there is a tiny speck of lie in your mind, you can’t do that.
If you try to jump over my legs without looking into my eyes I will set you on fire!”

“Always tell the truth no matter how much it pains you or others…”

Hazrat Babajan
SPIRITUAL RULES OF LIFE

Just for today be free and happy
When your focus is on a positive start of the day - at the very beginning of the morning - this will become a great day.
You may use positive affirmations right after getting up! For example:
I am living - so I am happy!

Just for today have joy
I am looking for situations and friends I can have a lot of joy with.
With joy my business and homework will have much better results!

Just for today you are taken care of
Universal protection by The Divine Source will take care of me so,
I'll do my very best also by being careful throughout the day.

Live consciously in the moment
Each moment in life is UNIQUE! It will never return! Be aware of this many times in your life!
So your daily life will be much more valuable -valuable like a jewel!

Take your blessings with gratitude
What is a blessing? Did you ever think about what it really means?
It’s the grace of The Divine Source in action!
Too difficult? Too far away? No! There are many situations in daily life you may be touched by if you are centered in your consciousness of a living being of The Divine Source!
Sometimes it's easy: Imagine a sunset or a sunrise in nature!
Respect your parents, teachers and elders
Parents supported and helped us for many days, nights, weeks, months and years! They solved so many problems making our life easier.
Teachers? Have a look at the past - how many men or women supported you?
Elders let you know a lot of wisdom. Sometimes it was done by one sentence only - by your grandfather or grandmother - and you may not have recognized that this was wise!

Earn your bread honestly
Please try to understand, it is not the bread only!
Basically, it is everything you are dealing with.
For example: If there is a deal, a transaction, a sale or rent situation, each party should have a pleasant, satisfied feeling at the end!

Love others as you love yourself
Be kind to your “neighbors”. When your neighbors are happy and lucky they won’t worry about you and vice versa.
Follow this line at least the background information for you is:
• When you are able to love yourself-you’ll be able to love others!

These are recommendations -you may think about EACH POINT how you feel about it or how you are  touched by it.

You may work with each subject intensively as long as you really get the pure message of it.

May The Divine Source shine on each person who is willing to read and work with the inside message!
“I have come from the everlasting universe, and that is where I travel. 
I have no other desire except to melt away in His Divine Radiance.”

Rabia al Adawiyya
Rumi’s son, Sultan Veled, who lived about eight hundred years ago, wrote a prose piece called Rebabname in Masnavi form. Both Rumi and Sultan Veled spoke highly of rebab and it is said that they played the rebab as well.

In the introduction of Rebabname, Sultan Veled puts forth the idea that just like the nay, rebab also longs for eternity; all the parts of rebab, i.e, the skin, the wood, the hair and the metal, go through this longing and try to manifest their loyalty to God. He explains the perfect human being with an analogy to Rebab: “Listen to all the songs of love from the sound of Rebab. It is continuously lamenting and saying: Oh God! Oh God! You are the Creator, You are the Unique One! You create whatever You want without any help. You have created this world and have embroidered beautiful, alluring patterns on it. You have created beautiful vineyards and decorated them all. You have bestowed a gift to all! In reality, nothing exists but You. Those who see clearly know that there is nothing else except You in the manifest and the unmanifested. Those are the ones who see only You on earth and in the sky and have nothing else to deal with but You. There are so many other worlds except this world that are not made discernable to us; this world is just a drop when compared to the other worlds that encompass vast oceans. Those universes are supreme; ours is like an insignificant piece of them. This universe is limited. Those universes are endless, limitless. I cry on this finite world because I am separated from those eternal universes.” Thus sings the rebab praying for God’s grace so that it can be saved from this longing and can unite with its lover again. Although it is mute, it chants God’s name hundreds and thousands of times secretly but nobody can hear this chanting except the wise persons.

Sultan Veled gives us good news as well: “If God Almighty allows you to be a knower, then you can see and hear the likings of things. God Almighty decrees: “Oh the wise people of the manifest realms, no one can know the explanation of secrets except Me and those who are advanced in knowledge”.

…Then lend your ear and listen to God’s chanting from the cries of rebab! God Almighty decrees in His own words: “Everything chants Our name with utmost sincerity.” If everything that is wet and dry, vast and high chants God’s name, then there is no doubt that rebab and its parts also belong to this cast. It is known that rebab consists of many parts. As you chant with rebab, lend your ear to the chantings of each and every part of it! If you don’t have an ear hidden in your soul, you hear nothing but an ordinary sound, or a cry.
...Rebab says with its cries, “We are like pots, You are the ocean of joy! Our souls are tied to You, Oh the Greatest of Souls! Show us Your beauty unveiled. We are full of You but You are hidden from us... With your grace show this secrecy to us!” Rebab begs in this way day and night and it never grows tired of doing so. Does a fish ever get tired of sea water? Does a lion feel bored with hunting? Because a fish lives with water and without it the fish is in pain and it dies eventually. Thus, although it is mute and has no letters, rebab sings to the Master of Joys hundreds of types of subtle words. Although there is no end to the words of love, it has embraced and surrounded this ocean.

...Everything that exists in the universe, above and below, sky and earth, front and back are made up of only Love... Everything that is good and bad has emerged and is emerging from request. And know that request is also a part of Love. Hidden in the pains of Love are eternal values and supremacies. Request is just a drop from the ocean of Love or just a small part from the mine. With no doubt, the drop is the origin of the ocean and therefore request must be the origin of Love. Whatever there is, it has been composed of Love. There are no more worries for the ones who matured in Love. In reality, Love is the origin and all universes are the results of its parts. Leave aside the parts and demand the original so that you can be eternal like the original.

Love requires gratitude on the one hand and complaint on the other. It requires complaint as it devastates the body, sets fire to the heart and ruins the lover. It requires gratitude because of its pleasure, its stupor, its sacrifice from both worlds, its ruffling of the ocean of light and secrets and its connection to eternal life and endless joy. A drug, for instance, triggers complaint because it is tasteless, foul smelling and not pleasant to swallow; however, it is useful in eliminating the illness and therefore we are thankful for it. There are countless examples like this one. However, in the eyes of lovers there is no such duality. For them, everything is an opportunity for expressing gratitude. For them the good and the bad, faith and swear words are equal. Both conditions take them closer to God as lovers in self have become vehicles for the God Almighty. Their deeds come from God, not from their own selves. But those who are not in love are different. Gratitude brings them closer to God whereas sin pushes them away.

...There are so many words and secrets belonging to the realm of Love which cannot be expressed in words. God Almighty brings forth these words from instruments like rebab. Lovers perceive this mystery from the reverberations of these instruments and seek counsel from their tones.

The right kind of request prepares the lover and Love takes him to Oneness. As I end my article with my best wishes and with some valuable quotes on rebab, I suggest that we get to know rebab better.
Rebab and Music in Rumi’s Quatrains

82. Do you know what the rebab says? It says, “Follow me and learn the path because you take the wrong path and find yourself on the right direction; you go towards the path of questions and arrive at the path of answers!”

682. If I am without you, I plant roses and nothing comes out of the soil of my fortune except thorns. If I bury a peacock egg, a snake comes out. Whether I play the rebab or the saz, if I play in all eight heavens, it turns into hell…

1131. Oh lover, whose song of love is my heart’s rebab! Oh the sweet beauty whose lamentations are the answer to my heart: You can find the prosperity you are looking for but only in my ruined heart!
17. Those who know that the day of God extends for a thousand yugas and that the night of God is also a thousand yugas, they are the knowers of the day and night.

18. At the coming of the day, all manifestations emerge from the unmanifest field, and at the coming of the night they dissolve into the same unmanifest field.

19. This multitude of existences that again and again come into manifestation, inevitably dissolve with the coming of the night, and emerge again at the coming of the day.

20. But transcending this unmanifest field is another unmanifest field which is superior to it, which does not perish with the dissolution of the manifested realms.

*Bhagavad Gita VIII - 17, 18, 19, 20*
The way to catch God is to remember God, because He is never away from us. He has been with us since the beginning of our creation; and He will be with us always. It is we who are away from Him, because our minds are too busy with other things and with fighting for the little self: “I am hurt, I am sad, I am misunderstood, I am unloved.”

We are not this body and ego; but we have identified ourselves with the emotions, habits, and limited consciousness of the ego. We are children of God, made in His blissful image. Never be satisfied until you can feel this more and more in your life.

When your life is dull or unhappy it is because you have given insufficient attention to God; you have had too much consciousness of worry and material concerns, and not enough meditation. There is nothing in this world more entertaining, more intoxicating, more blissful, more satisfying, than God- the Beloved Mother, Father, Divine Being, Friend. He is our one and only True Love.

* Only Love*; Sri Daya Mata; SRF- Los Angeles; pp. 159
DECISION

Are you determined to stay out of the harmony?
How will you know your note when the horn is blown?
I see, so you are also one of those who
Are enjoying themselves
Believing this game will not end
Until the Self and the Ego sign a peace treaty...

M.Yüzüak
The universality of music is a worldwide accepted fact today. Just as the human being is a part of the universe, all beings, whether material or non-material are parts of it, and this includes music too. Moving and acting together, all these parts constitute “One” and “Oneness”.

Humanity has felt and discussed this fact since it came into being; however, it has been unable to bring an explanation to it. As people knew little about the cosmos and the universe, it was not possible to see “The Whole” from a healthy perspective. Even today, with the high technology and the knowledge base that we have, the unity of the cosmos is difficult to capture and understand. Although science has been trying to explain and formulate this fact, the knowledge that has been generated by scientists has to be transmitted to the public. This is the most difficult part of the task and there has to be a special method for truth to penetrate into humanity.

In fact, “the common consciousness” that exists naturally in the cosmos tells us that the people of the world have emerged from the same source and that they have developed according to the same evolutionary laws. Thus, it is necessary to approach the people of the world, who love and embrace each other, exchange their cultures and goods and who prove that they are ready to share the world and the universe (apart from the provocations of their management systems) with a universal method and help them internalize the truth.

Nowadays all the communities and groups in the world are trying to find and improve this special method. In accordance with the law “The best one wins”, these methods will get clearer in the future and the best method that illuminates “the way to reach the truth” will get the respect and place it deserves.

When we start from the viewpoint that the universe moves as a whole, it will be easier for us to explain our topic “Universal Music”. Just like the laws of nature, music has some basic universal rules, and humanity seems to have reached
this commonality during its adventure through time. Different geographical features and natural conditions have relatively changed people, and as a result, communities that look different from each other have emerged. However, once these communities are examined in terms of their cultures, they have certain similarities. We can observe this phenomenon in the worldwide music events. One country’s musicians are joyously welcomed when they visit other countries.

If this “Universal Music Consciousness” did not exist, it would be impossible to have this appreciation. It would be a dream to listen to and applaud the authentic, local music of Africa in Istanbul. Even if people are not fully aware of this fact, music is the most fundamental and vital activity that brings them together. We can perceive other cultural activities as “exhibiting a stance”, as competition among cultures. Music, on the other hand, has a certain spell, so instead of encouraging competition, it binds people together.

Music also has an ancient characteristic; it originated together with the universe itself. We could define this as “The Big Bang” just like the scientists do, or “Creation” in accordance with the humanity’s common “inner voice”, but no matter how we define it, the sound waves that have come out at “The Great Symphony” are still expanding.

For this reason, the formula for real music is the same at each corner of the universe. Just like the natural laws which yield the same results under the same conditions unless proven otherwise, music also has “Universal Laws” which create the same effect in every community under every condition if they are applied properly. However, there are also types of music that do not conform to the universal music laws and thus they impede the progress of cultures; these do not carry any value in our opinion.

Music includes “harmony”, and this characteristic is a vital energy for the healthy functioning of our brain. Among all the energies such as air, water and food that have contributed to our evolutionary process, there is also music. This energy supports and finely tunes the harmonious functioning of our body, which is a miniscule image of the universe. It is for this reason that teachings aimed at finding the truth make use of music and these teachings are accompanied by music. Music moves along in synch with the movements of the universe and flows from the past to the present. This is the feature that makes it “timeless and primordial”. We can observe examples from our time; a Sumerian hymn may still be alive today as a jazz piece, or a song dating back to the
Hittites may be sung by Neşet Ertaş\textsuperscript{1} from Kırşehir or by Aşık Veysel\textsuperscript{2} for the instruments used are the same and the music produced by these instruments should give a similar “harmony”. The technical and cultural advances through time merely add a depth to the value of the music. We can say that the first pain, joy and love that humanity has experienced have been expressed through “sound/music”. Babies born in different parts of the world cry in the same tone; similarly, the music of elegies, joys, and love all over the world create the same effect everywhere. Even though these seemingly separate cultures have different languages and traditions, their reactions to the music would be the same.

A proof of the “Universal Consciousness of Oneness” is this “Universal Music”. This “sound/music” that comes from the same root, i.e. from “The One” and “Oneness” reminds us the fact that we have to realize, protect and internalize this oneness and music.

With the wish that all friends think and feel in the same way.

\begin{itemize}
\item[*1] A popular folk singer in Turkey
\item[*2] Anatolian poet, folk singer and songwriter
\end{itemize}
“All major religious traditions carry basically the same message; that is love, compassion and forgiveness. The important thing is they should be part of our daily lives.”

Dalai Lama
(Tenzing Gyasto)
As we were asleep, they arose us
They counted us alive.
We became sheep, we recalled voice,
They counted us in the flock.

We dealt with our own condition
We carved our way for our action
We made honey from each and every flower
They counted us in place of the bees.

I am Pir Sultan Abdal here
Many wonders in the human heir
In other universes and in this age
They counted us in place of a sage.

Pir Sultan Abdal
Natural Healing Methods and Conscious Living Fellowship

ACTIVITIES

• **KRIYA YOGA SEMINARS**
  During Kriya Yoga seminars, participants receive information about the philosophy, meditation techniques and lifestyle routines of Kriya Yoga.

• **FIRST AND SECOND DEGREE REIKI SEMINARS IN THE USUI SHIKI RYOHO TRADITION**
  In our center, First and Second Degree Reiki seminars are given by a certified Reiki master educated in the traditional Usui system.

• **HATHA YOGA CLASSES, BREATHING AND MEDITATION TECHNIQUES FOR EVERY AGE GROUP**
  There are hatha yoga classes for every age group during weekdays and weekends.

• **CONFERENCES**
  Conferences are given on topics relevant to personal development by experts in the field or by our members.

• **TREKKINGS**
  We experience the healing power and the positive effects of time spent in nature via the trekkings we organize around Ankara.
Natural Healing Methods and Conscious Living
Fellowship Publications

Sonsuz Sevginin Işığında by Sabiha Betül
Publication Date: 2010

In the Light of Eternal Love by Sabiha Betül
Publication Date: 2010

Yedi Derste Biliçli Yaşam by R.E. Davis
Publication Date: 2010

Huzura Sekiz Adım Cilt 1-
Yama Niyama Asana by Sabiha Betül
Publication Date: 2011

Periodicals

Birlik Bilinci
Journal-Issue-1
Publication Date: 2009

Consciousness of Oneness-1
Journal-Issue-1
Publication Date: 2009

Birlik Bilinci
Journal-Issue-2
Publication Date: 2010

Consciousness of Oneness-2
Journal-Issue-2
Publication Date: 2010

Contact Details:

Doğal Yollarla İyileşme Yöntemleri ve Bilinçli Yaşam Derneği
Zühtü Tiğrel Caddesi Şehit Hakan Kandemir Sokak 6/A Oran-ANKARA/TÜRKİYE
Tel: +90 312 492 06 86

e-mail: info@bilincliyasam.org.tr
http://www.bilincliyasam.org.tr