

January 7, 2006

PROPHETIC TOPIC

**PEACE IS OUR NATURAL STATE OF MIND AND
OUR GREATEST WEALTH**

FORMAT

OPENING REMARKS AND INTRODUCE GUEST

LOVE AND LIGHT AND A HAPPY NEW YEAR TO YOU ALL. LET ME START THE NEW YEAR OFF BY WISHING YOU ALL YEAR FULL OF SPIRITUAL GROWTH AND PEACE. I'M REV. PHIL AND I'M YOUR HOST FOR "WORDS OF THE PROPHETS." THIS MORNING MY GUEST IS PANDIT RAJMANI TIGUNAIT, PH.D., THE SPIRITUAL HEAD OF HIMALAYAN INTERNATIONAL INSTITUTE OF YOGA SCIENCE AND PHILOSOPHY OF THE U.S.A. TODAY'S PROPHETIC TOPIC IS "PEACE IS OUR NATURAL STATE OF MIND AND OUR GREATEST WEALTH". THIS TOPIC IS EXTRACTED FROM A "Q & A" INTERVIEW WITH MY GUEST THAT CAN BE FOUND ON THE HIMALAYAN INTERNATIONAL INSTITUTE WEB SITE. THE ANSWER, IN PART, THAT THIS STATEMENT OCCURS IN, READS AS FOLLOWS: "AT A LESS LOFTY AND MORE PRACTICAL LEVEL, WHEN WE DISCOVER THE SACRED LINK WITHIN US WE COME TO KNOW THAT FREEDOM FROM FEAR IS THE CORNERSTONE OF PEACE, AND THAT PEACE, BOTH IN OUR INNER WORLD AND IN THE WORLD AROUND U, IS THE KEYSTONE OF TRUE HEALTH AND HAPPINESS. PEACE IS OUR NATURAL STATE OF MIND AND OUR GREATEST WEALTH. THIS PRECIOUS WEALTH IS AT THE CORE OF OUR BEING."

BEFORE WE GET STARTED WITH OUR DISCUSSION LET ME INFORM YOU THAT THIS SHOW HAS BEEN PRERECORDED, THEREFORE, WE WILL NOT BE ABLE TO TAKE YOUR TELEPHONE CALLS THIS MORNING.

1. SRI SWAMI RAMA OF THE HIMALAYAS

- A. 5,000 YEAR-OLD LINEAGE OF THE HIMALAYAN MASTERS.**
- B. FOUNDED THE HIMALAYAN INSTITUTE IN 1969.**
- C. RAISED BY HIMALAYAN SAGE, BENGALI BABA.**
- D. STUDIED WITH A VARIETY OF HIMALAYAN SAINTS AND SAGES.**

2. PANDIT RAGMANI TIGUNAIT

- A. SUCCESSOR OF SWAMI RAMA OF THE HIMALAYAS**
- B. ORDAINED BY SWAMI RAMA IN 1976.**

3. HIMALAYAN INTERNATIONAL INSTITUTE OF YOGA SCIENCE AND PHILOSOPHY

- A. INTERNATIONAL IN SCOPE, IS A NOT-FOR-PROFIT CORPORATION DEDICATED WHOLLY TO EDUCATIONAL, THERAPEUTIC, SPIRITUAL, AND CHARITABLE WORK.**
- B. MISSION IS TO DISCOVER AND EMBRACE THE SACRED LINK—THE SPIRIT OF HUMAN HERITAGE THAT UNITES EAST AND WEST, SPIRITUALITY AND SCIENCE, AND ANCIENT WISDOM AND MODERN TECHNOLOGY.**

C. SACRED LINK

- SACRED LINK IS THE SACRED BOND THAT HOLDS**
 - HEARTS AND MINDS TOGETHER**
 - MEMBERS OF FAMILIES TOGETHER**

- **DIFFERENT CULTURES AND SOCIETIES TOGETHER**
- **DIFFERENT NATIONS TOGETHER.**
- **HONORING IT INSTILLS OUR MINDS AND HEARTS WITH THE INNATE WISDOM THAT**
 - **WE ARE AN INTEGRAL PART OF ONE LIVING ENTITY**
 - **THE ENDLESS DIVERSITY THAT WE SEE IN THE WORLD SPRINGS FROM ONE COMMON POOL**
- **WHEN WE ARE AWARE OF THE SACRED LINK**
 - **THIS COMMON POOL REMAINS HEALTHY**
 - **CONTINUES SUPPLYING NOURISHMENT TO LIFE IN ALL ITS DIVERSITY.**
 - **REMINDS US THAT EVERYONE IN THE WORLD IS PART OF HUMANITY**
 - **OUR HEALTH AND HAPPINESS AND THE HEALTH AND HAPPINESS OF OTHERS GOES HAND IN HAND**
- **WHEN WE, EITHER AS INDIVIDUALS OR AS A SOCIETY, SEPARATE OURSELVES FROM THE REST OF HUMANITY, VARIOUS FORMS OF SICKNESS AND SOCIAL UNREST INEVITABLY FOLLOW.**
- **ALIENATION IS THE CAUSE OF INNER UNREST AND THAT THIS ALIENATION ARISES WHEN WE EXPERIENCE OURSELVES AS ISOLATED BEINGS COMPETING FOR SURVIVAL IN A WORLD THAT BY AND LARGE IS RUN BY FEAR. WE KNOW THAT THIS ISOLATION IS AN ILLUSION, A FUNCTION OF A CONFUSED AND FEARFUL MIND, THAT**

IN REALITY WE ARE INEXTRICABLY CONNECTED WITH EACH OTHER AND WITH THE NURTURING MATRIX OF THE NATURAL WORLD. THE ILLUSION THAT WE ARE ISOLATED BEINGS CRIPPLES US.

- **HOW DOES THE SACRED LINK DISPEL THIS CRIPPLING ILLUSION?**
 - **WITHIN THIS BODY AND MIND LIES THE INFINITE POTENTIAL FOR BECOMING WHATEVER WE WISH, AND YET WE OFTEN FIND OURSELVES POWERLESS AND SUFFER FROM FEELINGS OF DESPONDENCY AND WORTHLESSNESS.**
- **WOULD YOU DESCRIBE THE PRACTICES OF SACRED LINK IN SIMPLER LANGUAGE AND IN SMALLER STEPS?**
 - **ATTAIN FREEDOM FROM FEAR**
 - **OUR MINDS ARE FILLED WITH ENDLESS THOUGHTS, BUT THE SEAT OF OUR SOUL—THE HEART—IS EMPTY**
 - **ENHANCE YOUR KNOWLEDGE OF ANCIENT TRADITIONS**
 - **THERE IS A DIRECT CORRELATION BETWEEN MOVING AWAY FROM NATURE AND THE DECLINE OF OUR STRENGTH, STAMINA, VITALITY, AND VIRILITY**
 - **CREATE A BRIDGE BETWEEN EAST AND WEST**
 - **THE SPIRIT OF THE HUMAN RACE IS URGING US TO COME TOGETHER, BUT THE "US VS. THEM" MINDSET REFUSES**

TO HEAR AND HEED THIS TIMELY AND PRICELESS WARNING

- **THE BREATH OF ONE SINGLE REALITY ANIMATES US ALL**
- **DISCOVER THE UNDERLYING UNITY THAT HOLDS ALL DIVERSITIES IN PLACE**
- **THE VISION OF UNITY TAKES AWAY THE FEAR OF LOSING OUR IDENTITY**
- **INFUSE YOUR WORK WITH A HEALING VISION.**
- **THE HEALING REVOLUTION IS POSSIBLE WHEN OUR THOUGHTS, SPEECH, AND ACTIONS ARE INFUSED WITH A HEALING VISION: LOVE ALL AND HATE NONE; EMBRACE ALL AND EXCLUDE NONE**

D. TEACHES HOW TO DEVELOP A HEALTHY BODY, A CLEAR MIND AND A JOYFUL SPIRIT, BRINGING A QUALITATIVE CHANGE WITHIN AND WITHOUT.

- **HATHA YOGA (SUN & MOON)**
 - **PHYSICAL EXERCISES & STRETCHING POSTURES**
 - **CONCENTRATES ON THE PRACTICE OF POSTURES (ASANAS) AND BREATH CONTROL (PRANAYAMA) TO ENERGIZE THE SUBTLE CHANNELS (NADIS)**
 - **SEEKS TO ACTIVATE THE CHAKRAS TO FACILITATE THE RISE OF THE KUNDALINI ENERGY**
 - **CADUCEUS**
- **MEDITATION**

- **SPIRITUALITY**
- **HOLISTIC HEALTH**
 - **AYURVEDA**
 - **APPLYING VEDIC KNOWLEDGE TO RESTORE THE BODY'S BALANCE THROUGH NATURAL MEANS**
 - **INTEGRATIVE MEDICINE**
 - **PANCHA KARMA**

E. PANCHA KARMA.

- **IS THE CORNERSTONE TO AYURVEDIC MANAGEMENT OF DISEASE.**
- **IS THE PROCESS WHICH GETS TO THE ROOT CAUSE OF THE PROBLEM AND CORRECTS THE ESSENTIAL BALANCE OF MIND, BODY, AND EMOTIONS.**
- **A USEFUL TOOL IN MAINTAINING EXCELLENT HEALTH.**
- **DESIGNED TO ACHIEVE INCREASED EFFICIENCY OF MEDICINES, FOODS AND TONICS (RASAYANAS)**
- **SEVERAL TOXIN ELIMINATING PROCEDURES.**
 - **THERAPEUTIC VOMITING (VAMANA) PROMOTES ELIMINATION FROM THE STOMACH AND THORACIC CAVITY.**
 - **PURGATION (VIRECHANA) PROMOTES ELIMINATION FROM THE SMALL INTESTINE.**
 - **THERAPEUTIC ENEMA (BASTI) WORKS ON THE COLON TO ELIMINATE TOXINS AND STRENGTHENS THE TISSUES.**

- **NOSE DROPS (NASYA) CLEANSE TOXINS FROM THE HEAD AND SINUSES.**
- **WARM OIL MASSAGE AND SWEAT THERAPIES PREPARE THE BODY TO ELIMINATE THE TOXINS (DOSHAS) FROM THEIR RESPECTIVE ZONES.**