

*Living with* SRI SATHYA SAI

PRASNOTTARA VAHINI

VAHINI SWADHYAYA – *Online Spiritual conference*



- ❖ Fourteen Lokas
- ❖ Saptha Samudras
- ❖ Pancha Agni
- ❖ Naada
- ❖ Andanda, Pindanda,  
Brahmanda



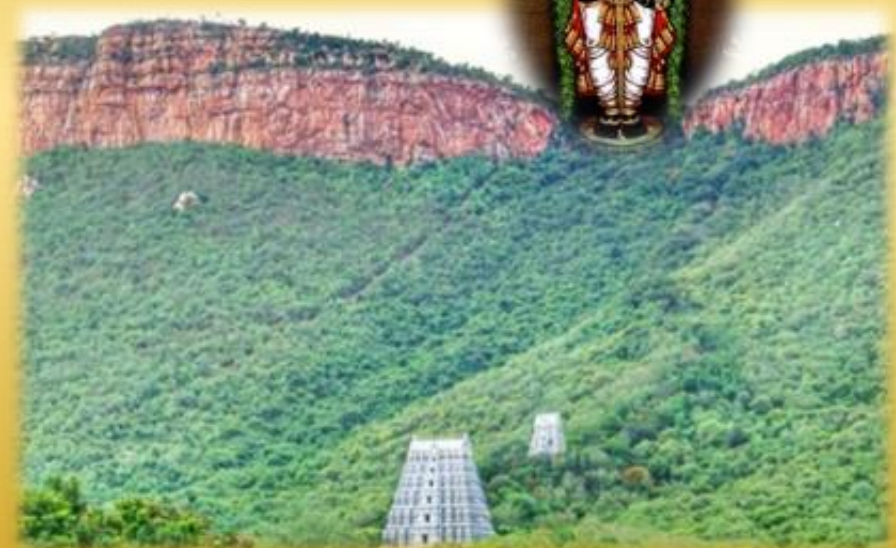
## CHAPTER 2-FOURTEEN LOKAS

SRI SATHYA SAI SEVA ORGANIZATION, BENGALURU-SOUTH



- Mahabali grand son of Prahlada was performing Ashwamedha Yagna, He declared that he would give anything that anyone sought from him during the Yagna. Vamana came to Yagashala. Sages assembled there perceived the extraordinary effulgent form.
- Vanama smiled and said: “You need not to give me anything very great. It is enough if you give me that extent of land covered by three foot steps of mine.
- The “three feet of space” that the lord wished to accept and sanctify after magnifying himself to “Trivikrama Tathwa” (**the Bhu Loka, Bhuvarkala and Suvarloka**). But the Lord , who has projected the cosmos by his own will, does not crave for a fraction of his own creation.
- **The three Lokas are the region of consciousness**, existing in Bali and everyone else.
- Bali surrendered totally to the Divine Will, he was amply rewarded.
- Bali was blessed with the inner vision of the Lord in his heart.
- The message is Lord is won by means of total surrender of the ego.
- When Heart is Pure, the Lord resides there in and guides man to himself.

• Divine Discourse at Prasanthi Nilayam on September 7, 1984



- The Puranas speaks of Fourteen Lokas – Seven Higher and Seven Lower
  - People have adopted the superficial meaning of names given to these and they classify them as ‘sacred’ Lokas and ‘Condemned’ Lokas (Deva Lokas and Patala lokas).
  - But All these Lokas do exist in our own bodies. Seven in upper part and seven in lower. These Lokas when properly cultivated, can make man divine. These Lokas should be cultivated through Gnanendriyas, Pancha tanmatras, Pancha Prana and Karmendriyas
  - Therefore, the seven higher lokas to be utilized for divine ends. When that is done, one becomes divinised, one is liberated.
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- The rest of the Lokas are intended for the maintenance of of physical frame in which we are enclosed. Both the Higher and lower lokas are necessary, they compliment each other.
  - The Lower lokas form the foundation the base. Patala too should not be neglected merely because they are described as ‘Low’. Joy has to be churned from grief. Pleasure is a product of pain.

• Divine Discourse at SSSIHL, Prasanthi Nilayam on May 28, 1982



**The journey to God: four stages**

- In the first stage, one-half of the time of the mind may be devoted to the pursuit of the three Purusharthas (goals of life)--- Dharma, Artha and Kaama-- for earning one's livelihood and carrying on one's worldly duties to family and kith and kin. One quarter should be used for the study of scriptures and the remaining fourth for contemplation on God.
- Gradually you proceed to the second stage (the intermediate stage) when only one-fourth of the time is devoted to worldly affairs, half the time is used for study of scriptures and the remaining fourth for meditation on God.
- At the next higher stage, half the mind's time should be devoted to scriptural studies and the other half to meditation.
- Bhakthi is the means to transform the mind Godward In the fourth stage that of the Mumukshu (the seeker of Liberation) the entire time of the mind should be devoted to God realisation. This is the stage described in the Geetha as "Sathatham Yoginah" (always immersed in union with God).

**Concentration Contemplation Meditation**

- The vital force that is in man is also known as consciousness. To merge this consciousness in the Universal Consciousness has been described as Liberation.
- Concentration at the sensory level and meditation that is above the senses there is a border line where chinthana (contemplation) takes place. Contemplation is the second half of chith (intelligence), whose other function is discrimination between right and wrong.
- Meditation means offering the flower of Love to the Divine. Before sitting for meditation, the mind should be freed from bad thoughts and filled with sacred thoughts. This calls for control over all the sense organs. The ears should be trained to listen only to matters relating to the Divine and to eschew evil gossip. The eyes should be told to see God.
- The mind should be restrained from restlessness by making it concentrate on the breathing process and relating inhalation and exhalation to the repetition of the mantra.
- Methods of meditation are many, but goal is one: To the true Saadhaka evidence of the omnipresence of God can be found everywhere.

- Divine Discourse 11<sup>th</sup> March 1984
- Divine Discourse 12<sup>th</sup> September 1984



- ❖ Sathya Loka
- ❖ Thapo Loka
- ❖ Jana Loka
- ❖ Mahar Loka
- ❖ Suvarloka
- ❖ Bhuvanloka
- ❖ Thalathala
- ❖ Paathala
- ❖ Rasathal
- ❖ Bhu loka
- ❖ Athala, Vithala, Suthala



## THRILOKA TATHVA

SAHASRARA	Divine Bliss
AJNA	Divine control
VISHUDDHA	Expression of Divinity
ANAHATHA	Understand and connect to Divinity
MANIPURA	Ability to Channel
SWADHISTHANA	Ability to Nurture
MULADHARA	Eager to Learn



### Sathya Loka

- Tapo Loka
- Jana Loka
- Mahar Loka
- Suvar Loka
- Bhuvar Loka
- Bhu Loka





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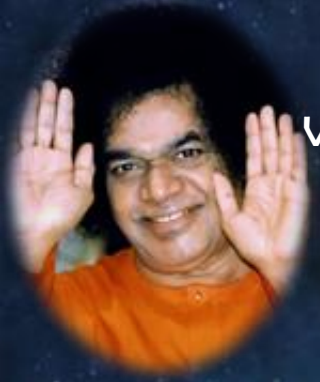
Loka	Located	Representation
<b>BHULOKA</b>	At Feet	Awakening of Spiritual knowledge (Sathya Dharma Shanti Prema) and practicing of eternal principles makes your spiritual growth
<b>BHUVAR LOKA</b>	Abdomen	Perfect control over the water element. Knowledge of the astral entities. Kama, Krodha, Lobha, Moha, Mada, Matsarya and other impure qualities are completely annihilated
<b>SUVAR LOKA</b>	Nabhi (Navel)	Perfect control over the Gnanendriyas. Corresponds to Svah and to Solar Plexus in the physical body.
<b>MAHAR LOKA</b>	Hridaya (Heart)	Corresponds to the Cardiac Plexus in the physical body - Full of Sathva Guna. Full control over Vayu Tattva, gets cosmic love and all other divine Sathwik qualities.”
<b>JANA LOKA</b>	Throat	It is the Centre of Akasa Tattva (ether element). He who gets command on the Jana Loka becomes a Trikala Jnani (who knows the past, the present and the future)
<b>TAPO LOKA</b>	Middle of Eye Brows	The practitioner becomes a Jivanmukta (liberated man while living)
<b>SATHYA LOKA</b>	Crown of the Head	Yogi attains the super conscious state and the Highest Knowledge. He becomes a Brahmaavidvarishtha or a full-blown Jnani



<b>Loka</b>	<b>Located</b>	<b>Representation</b>
ATHALA	Soles of the Feet	Maya, which to the ancient scribes represented the world of delusion where the Truth of reality is buried beneath conscious awareness
VITHALA	Nails	The inhabitants of Vithala live in a state of ignorance. They are typically successful people but feel immune to spiritual development to the extent they do not believe it exists
SUTHALA	Heels	Represents fallen man that has weaknesses, but is able to overcome them by vowing to improve whenever they make a mistake
RASATHALA	Knees	People that live in a talathala state of conscious awareness are so attached to the idea of individualism they believe every experience they have is the same for everybody. As a consequence, they become opinionated, argumentative and obstinate.
MAHATHALA	Thighs	When you are unable to control your cravings and fall for temptation even though the voice in your head from the higher realms is telling you not to do it. Overcoming emotions and cravings in these situations enables you to raise spiritual awareness
THALATHALA	Hips	This is a state of consciousness whereby individuals have little to no control over their actions and do what they want, whether it is right or wrong. You will see this realm in constantly misbehaved children and adults who aware they are doing wrong, but don't care.
PATHALA	Anus	The inhabitants here are filled with hatred, malice and anger. Yet at this point it is not too late to learn from mistakes and misery

## LOWER LOKAS





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## SEVEN SEAS

### SAPTHA SAMUDRAS

- Lavana or Salt Sea (urine),
- Cane Juice Sea (perspiration),
- Sura or Sea of Wine (senses),
- Sarpi or the Sea of Ghee (semen),
- Dadhi or Buttermilk Sea (mucus),
- The Sea of Milk (saliva),
- Sea of Pure Water (tears).



## PANCHA AGNI

- Kaala agni, the fire of time
- Kshudha agni, the fire of hunger
- Seetha agni, the cold fire
- Kopa agni, the fire of anger
- Jnana agni, the fire of knowledge





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## NAADA MAYAM

- ❖ Laladighosha
- ❖ Bherinaada,
- ❖ Chaneenaada,
- ❖ Mrudanganaada,
- ❖ Ghantanaada,



- ❖ Kalanaada ,
- ❖ Kinkininaada,
- ❖ Venunaada,
- ❖ Bhramaranaada,
- ❖ Pranavanaada

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- **ANDANDA**
- **PINDANDA**
- **BRAHMANDA**



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