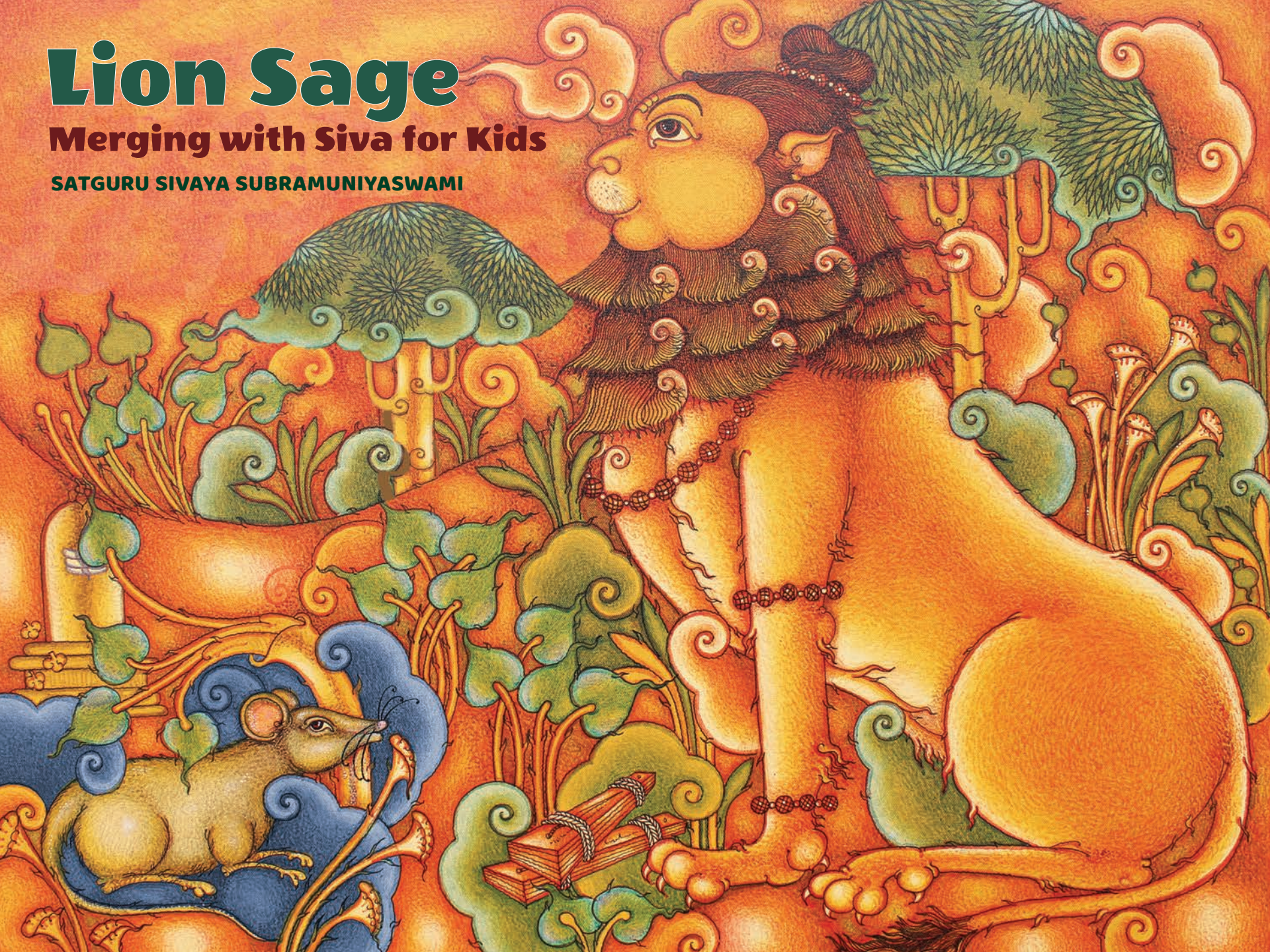


Lion Sage

Merging with Siva for Kids

SATGURU SIVAYA SUBRAMUNIASWAMI





Lions are called the King of the Jungle, but in this book one very special lion is the King of Wisdom, teaching us courage to face anything in life, guiding us to be our most remarkable self.

Lion Sage

Merging with Śiva for Kids

Satguru Sivaya Subramuniyaswami



First Edition

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Satguru Sivaya Subramuniyaswami



SHUTTERSTOCK

Contents

Foreword	7	The Story of Awareness	92
Introduction	9	Wisdom's Path	107
Resources	11	Willpower	118
Are You Ready?	12	The Clear White Light.	129
Who Are You?	35	The Lotus of the Heart.	140
The Purpose of Life	56	From Darkness to Light.	153
The River of Life.	77	The Power of Affirmation	164



Beginning to Meditate 177

Five Steps to Enlightenment 194

Life, the Great Experience 205

Facing Life's Tests 222

I'm All Right, Right Now 237

The Eternal Now 252

Love Is the Sum of the Law 263

Love of the Gods 273





Foreword

Welcome to *Lion Sage*, an adventure for children in nineteen episodes. For the 21st century, the monks of Kauai Aadheenam completely redesigned an earlier work by Sivaya Subramuniaswami, called *Mystic Mouse*, enlisting Ashley Moore in California to redraw all of the art, adding both color and her creative ability to tell stories with graphics. Ashley spent many months conceiving the ideas and executing them in the style you will soon discover. The cover is by Kerala muralist Manikandan.

The book is meant to teach children how to face life's challenges, but more importantly to inform them of their true identity. They are not the body which suffers now and then. They are not the

emotions that well up in good times and not so good times. They are not the thinking mind. They are light and love, they are an immortal soul on a path of self-discovery. Knowing this one truth can alter a young life forever.

As you take your children through these pages, you are providing a deep comprehension of life and values that few people have. You are teaching them to live in the now and not dwell on the past or worry about the future. You are strengthening their self-esteem, their problem-solving and their ability to cope with relationships. You are giving them tools to create a happier, less stressful childhood. You are erasing much of the negativity that the outside world



Above is the San Marga Iraivan Temple with the long-extinct volcano, Mount Waialeale, in the background. It was here, at Kauai Aadheenam, Siva's Hawaiian home, that this book was conceived, designed and written.

rushes to burden them with. And you are endowing them with the basic wisdom of Saiva Siddhanta, the profound spiritual path of South India that Gurudeva embraced and lived. And, who knows, maybe you are inspiring yourself a little in the process.

No doubt you, as parent or teacher, will be called upon to answer many questions, to elucidate some of the more obscure concepts. You can also add your own insights and stories for the child. Your anecdotes about the eternal now, or about the importance of letting go will be an essential part of the story of the mouse and the lion. Be the lion when called upon to bring clarity to the adventure.

You may hear that it is not important for children to study

religion, that religious learning is a distraction from all-important academic studies, or that it is not the parents' place to teach it to them. In fact, the study of Saivite Hinduism as presented in these charming episodes will empower their studies; and in many cases, the parent is the only teacher of this wisdom.

Take an interest in your child's enjoyment of *Lion Sage* by reading all the lessons aloud together. Consider this an education of your child's intellect, bestowing essential knowledge that is in harmony with his or her soul intelligence, a spiritual training to confidently, competently face the challenges of life. As Lion Sage might say, "Are you ready?"



Introduction

In this book the character Lion Sage is the guru, which of course means teacher. But he is not just any teacher, he is a teacher of Sat, or the highest truth of the Self within us. The character Mystic Mouse is the chela, the seeking disciple. But he is not just any disciple, he is a mystic who seeks to personally experience within himself the highest truth.

Not all religions have living teachers of the highest truth that one can approach and apprentice under. Hinduism does. There are three important parts to the Hindu religion, which can be called its three pillars. First, we have the temple, then the scriptures and finally the satguru. Knowledgeable Hindus are involved with all

three of these parts of the religion and thereby make strong progress in their spiritual journey toward Self-realization.

Seekers often ask, "Do I need a guru?" My standard response is to compare the need for a guru to having a singing coach. I begin by saying that anyone can sing simple devotional songs, bhajans. No training is needed. However, if you want to excel in classical Carnatic music, then you definitely need a teacher to help you understand and master the music's complexities. Hinduism is the same. Understanding the mind and learning to meditate deeply require the training of a satguru. *Lion Sage* illustrates this idea through its many stories.



"The human mind is exactly like a computer. Programs that go in are the beliefs. Their performance is the attitude, and the knowledge or the impetus that passes through both determines the output or the action. Children will learn the basic attitudes from their mothers and fathers by absorbing the beliefs that their mothers and fathers have placed into their subconscious mind, even prenatally." **Gurudeva**

Lion Sage is a complete reworking of the book *Mystic Mouse*, which Satguru Sivaya Subramuniyaswami wrote in the 1980s. Considering the needs of a child, he chose selections from his metaphysical book *Merging with Siva* to present core concepts such as understanding one's mind, how to meditate, using will-power, living in the eternal now, dealing with karma, letting go of attachments, worshiping God and, most importantly, identifying oneself as an immortal soul.

Lion Sage can be studied by young ones in a number of ways, depending on their age and skill in English. For the youngest, it can be used as a coloring book; for this purpose, a black-and-white

version is available online for downloading. For pre-schoolers, parents can read the text and explain the concepts (this is all-important) while the children follow the story through the pictures. Older kids can read and enjoy the book on their own.

Bodhinathaveylanswami

Satguru Bodhinatha Veylanswami
163rd Jagadacharya of the Nandinatha Sampradaya's Kailasa Parampara
Guru Mahasannidhanam of Kauai Aadheenam, Hawaii, USA



Resources

We offer many books, pamphlets and videos for children on our sites. Here we list a few; and from the links below you can navigate to other useful learning resources.

Go to: www.himalayanacademy.com/readlearn/teachers-parents
All of our publications are available there, to read or download for free. The following might be of particular interest: 14 Questions, Path to Siva, My Friend Lord Ganesha, Hatha Yoga, Four Facts, Nine Beliefs, Four Denominations, What Is Hinduism?, History of Hindu India, Ten Tales About Self-Control, Ten Tales About Religious Life, Growing Up Hindu, Life Skills for Hindu Teens, and Character Building Workbook.

For **music videos** and our **History of Hindu India** project, go to: bit.ly/HindHistoryPlaylist

The booklet **Evernew, Evernow** teaches kids to live in the now and overcome hardship: www.himalayanacademy.com/view/evernew-evernow

On our **publication resource page**, you will find dozens of books, including Gurudeva's 3,000-page Master Course trilogy: www.himalayanacademy.com/readlearn/books

Today at Kauai Aadheenam, TAKA, is our monastery's daily blog. To follow our temple progress, see who's visiting or just check in on what's happening, go to: www.gurudeva.org/taka



“Where is religion preserved? It is preserved in the minds of children, recorded in the brain cells of our youth, stored there for the future. We must teach the Saiva Dharma to our children.” **Gurudeva**



Parents Are the First Gurus

I always stress the importance of presenting Hinduism to one’s children in a practical way so that it influences each child’s life for the better. Hindu practices should, for example, help children get better grades in school and get along well with others. To help in this effort, we have created a parental guidebook of minimum teachings to convey to children. It is based on the teachings of my satguru, Sivaya

Subramuniaswami, distilled from insights he gained from over 40 years of closely working with hundreds of families in a score of nations. This booklet presents a character-building gridwork designed to augment any tradition or denomination. The key is this: start teaching early, and don’t stop until your children leave the home. Go here for the 16-page pamphlet: bit.ly/RaisingChildrenAsGoodHindus

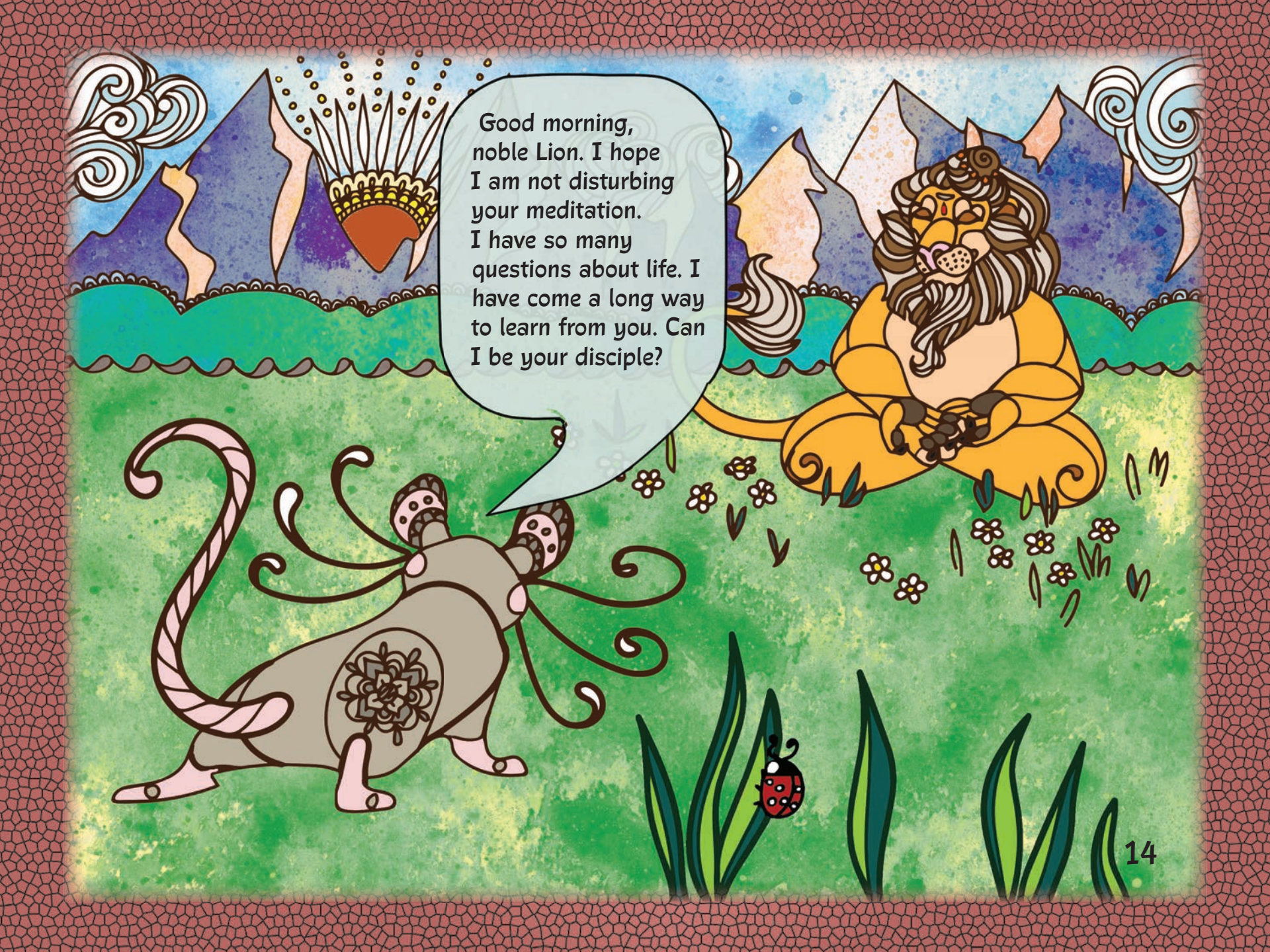


Are You Ready?

Chapter 1, in which Mystic
Mouse meets and is
challenged by Lion Sage



Mystic mouse had always been curious about life but was never happy with people's answers. He heard from his butterfly friend about Lion Sage and decided to seek him out.



Good morning,
noble Lion. I hope
I am not disturbing
your meditation.
I have so many
questions about life. I
have come a long way
to learn from you. Can
I be your disciple?

Well, little mouse, allow me to welcome you on the Great Path of self-discovery. On this path you will find the answers to your many questions, and answers to questions you don't even have yet.

I have a question for you: Are you ready?






Big cat got your tongue? Never mind.

Let's start with easier questions.

Why have you made this long, difficult journey?


What do you want to know?

A cartoon illustration of a woman with a large, yellow nose and a pink lip. A small grey mouse is perched on the tip of her nose. The woman has blue eyes and is looking towards the right. The background is a blue, textured sky. The entire scene is framed by a brown, mosaic-like border.

By the expression
on your face I can
see that you want me to
teach you about God.


You go right for the gold, don't
you? Knowing God is indeed
the highest goal in life. But
it is also a difficult one that
you must take step by step.

Yes, I can help you do that if
you listen and learn with both
your heart and your mind.



You should know, Lion Sage, that I have great respect for you, so you can be straight with me and trust me to accept and honor whatever you say.

OK, then here it is. I must tell you something very important. It may sound a little strange at first, but I want you to know that you are not who people say you are. And you are not who you think you are.

A vibrant, cartoon-style illustration of a natural scene. In the center, a lion with a brown and white mane is shown in profile, looking down. To its left, a white rabbit with long ears is visible. To the right, a large green tree stands with a brown bird perched on a branch. The background features a bright sun with pink rays and a blue sky with white clouds. The entire scene is set against a textured, reddish-brown background.

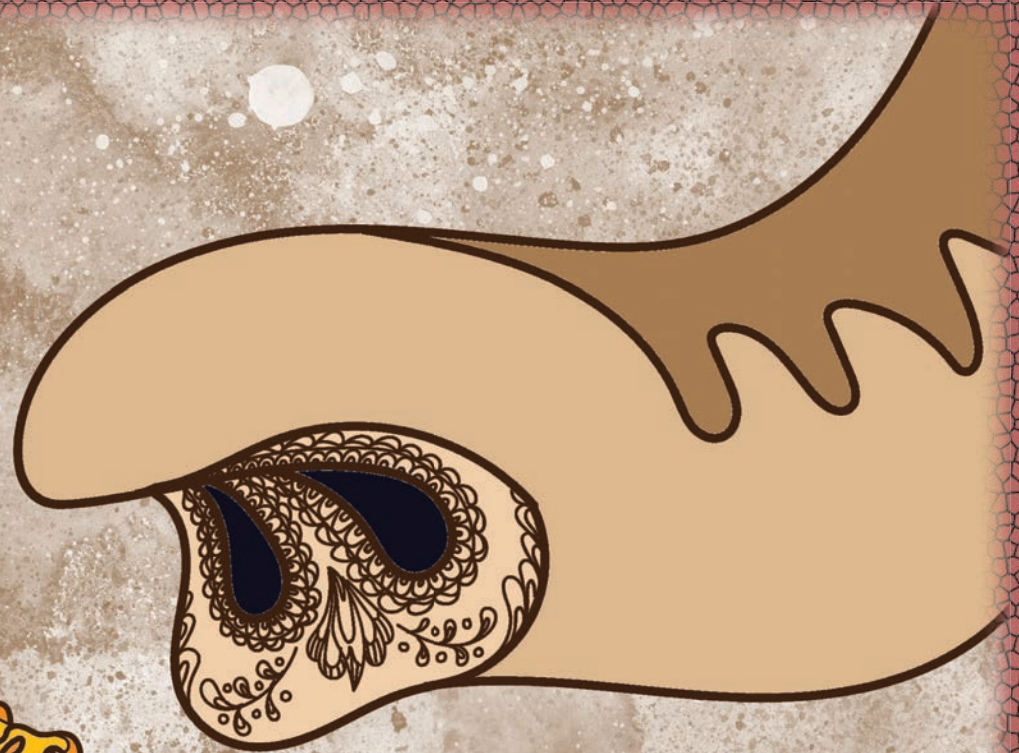
The wise say that you and God are one. So, to know God, you must know your Self. One day you will see that God and your real Self not different. To understand such a thing you must practice yoga. For success in yoga, you must first get to know two great Gods: Lord Ganesha, then Lord Murugan. In time, they will lead you to God Siva.

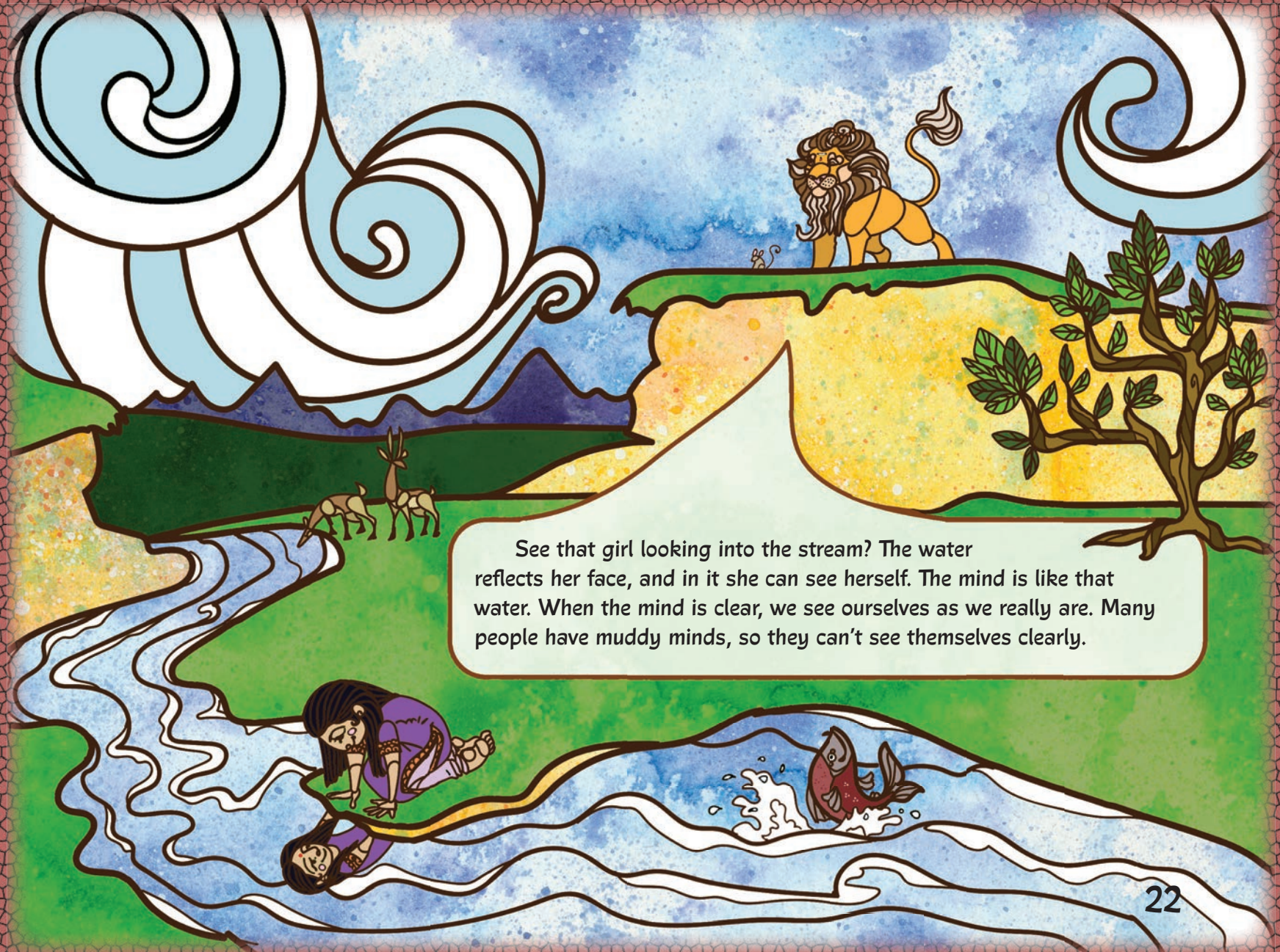
Please tell me more about God and the Gods.



The great and happy Lord Ganesha, the elephant-faced God, will teach you goodness and devotion. They say He brings good luck. He will introduce you to His brother, Lord Murugan, Who holds the Vel of wisdom, which is a spiritual spear. He will guide you into the world of yoga. There, inside yourself, you will find God Siva, the creator of all, the knower of all. You will learn that there is only one thing that God Siva cannot do. He cannot separate Himself from you.

Ganesh, Lion Sage has sent me to meet you and give you this small offering. It's a sweet flower from my garden and it comes with my prayer that you will bless my search for Truth.





See that girl looking into the stream? The water reflects her face, and in it she can see herself. The mind is like that water. When the mind is clear, we see ourselves as we really are. Many people have muddy minds, so they can't see themselves clearly.



Her beautiful smile tells us she is content, happy with life. Being happy with life is a most natural thing, but so many people don't know this and suffer because of their ignorance.

This girl's happiness comes from the fact that she is not confused or filled with fear and anger and other low emotions. Her heart is full of goodness and love of God Siva.

My guru told me it takes a lot of courage to be happy all the time. Isn't that an unusual thing to say? But he's right.

Her love of Lord Ganesha brings her much peace and joy. It gives her faith that the Gods are looking after and protecting her. Each day she rings the puja bell and sings. She feels close to Ganesha and so He stays close to her.

She has discovered that no matter what happens in school she can go home and worship Ganesha and be happy.



Now that you have seen this young girl, so full of devotion, do you think you can follow her example, and work with yourself to be happy all the time? She is strong in her devotion and this gives her the ability to get through the day and not let other people ruin her life.

Not so fast, little mouse. Being perfect requires lots of hard work. You can do it. But you need to be prepared for some struggles.

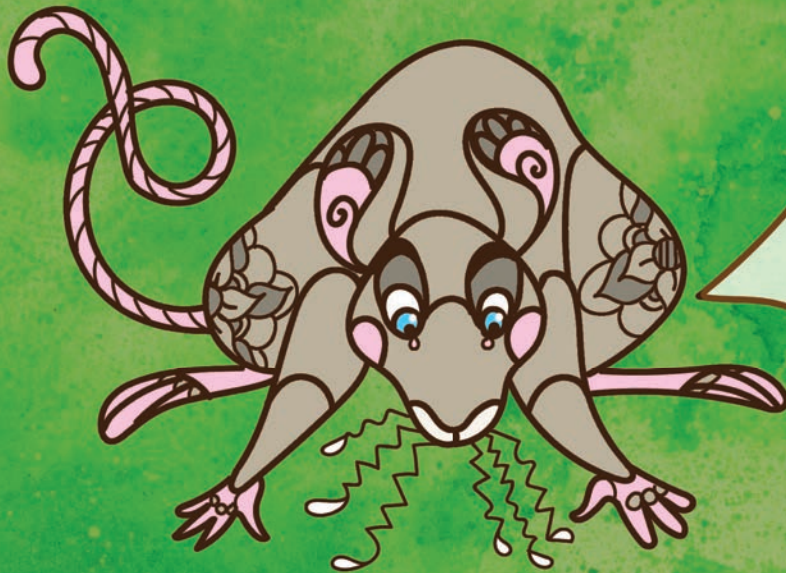


Yes. Yes. I can do that. I will be perfect.

Just wait and see.

Let me tell you a little secret: you are already perfect. Deep inside your soul everything is just right, just as it should be. Not only you, but everyone is a perfect creation of God Siva. The question is, can you accept this little fact that you may have never heard about before?





Uh Oh, Lion Sage!
When I look at my
mind's reflection, it is
cloudy and does not
look perfect at all.
What does that mean?

It means that your journey
on the Great Path has
begun, little mouse.

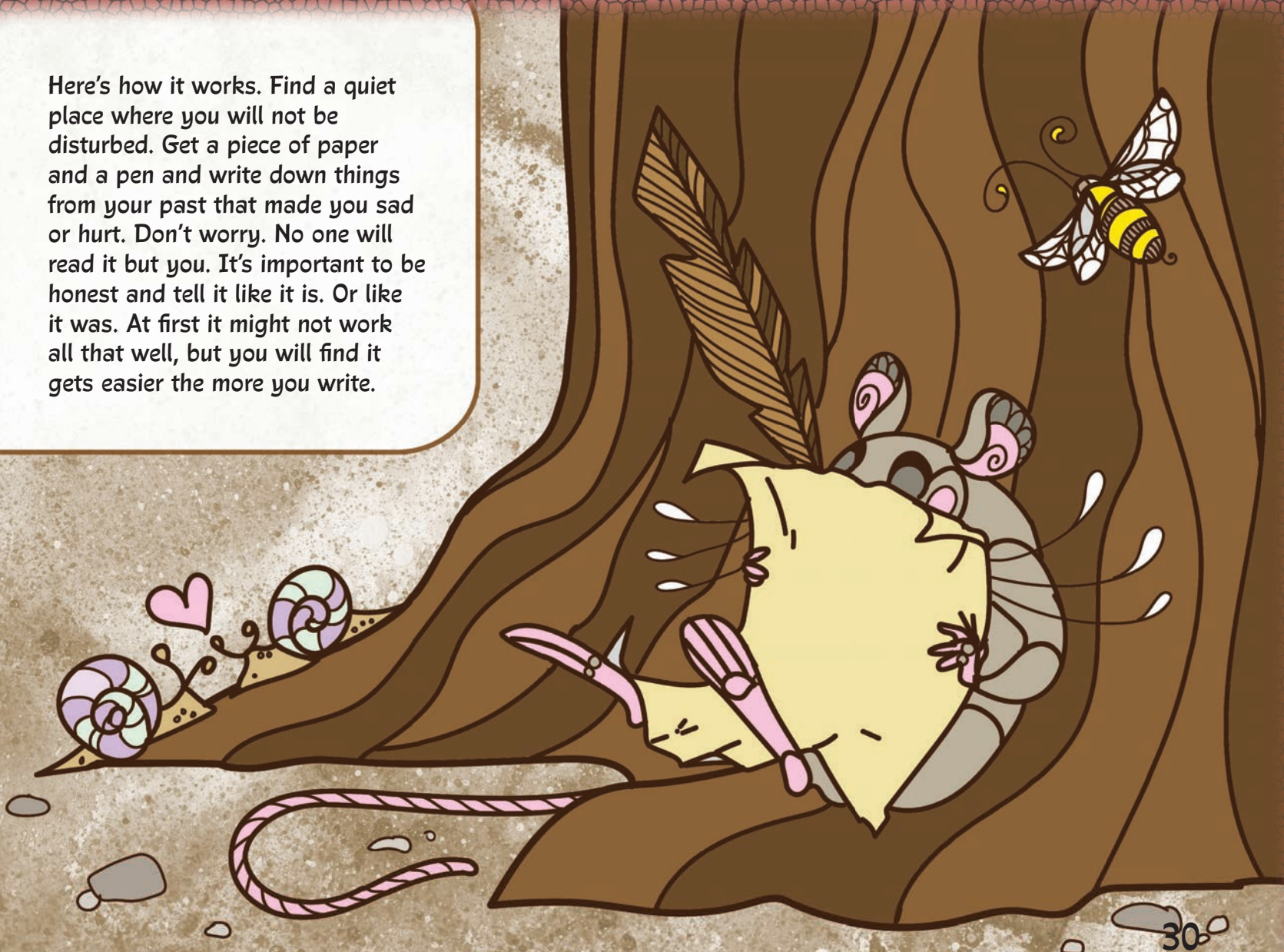
I believe you will do well as you
seek to understand yourself, as
you strive to perfect yourself.



I know a wonderful way to clear the confusion from your mind so that your image in the water is clear and perfect. It is called Vasana Daha Tantra, which means the practice of burning up our negative experiences. People have done this for thousands of years, even though today not many know about it. I highly recommend it as a new tool for your Great Journey.

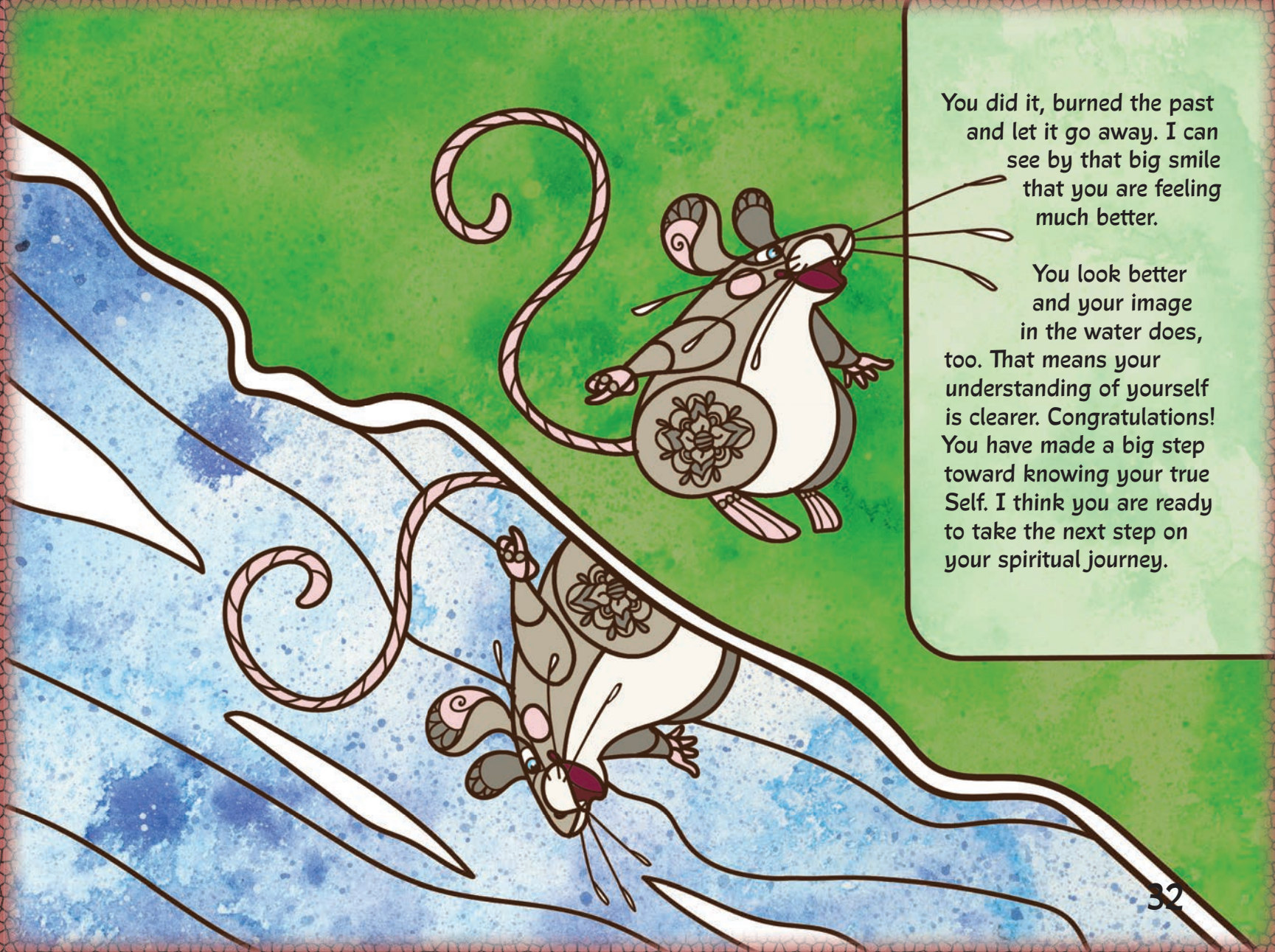


Here's how it works. Find a quiet place where you will not be disturbed. Get a piece of paper and a pen and write down things from your past that made you sad or hurt. Don't worry. No one will read it but you. It's important to be honest and tell it like it is. Or like it was. At first it might not work all that well, but you will find it gets easier the more you write.



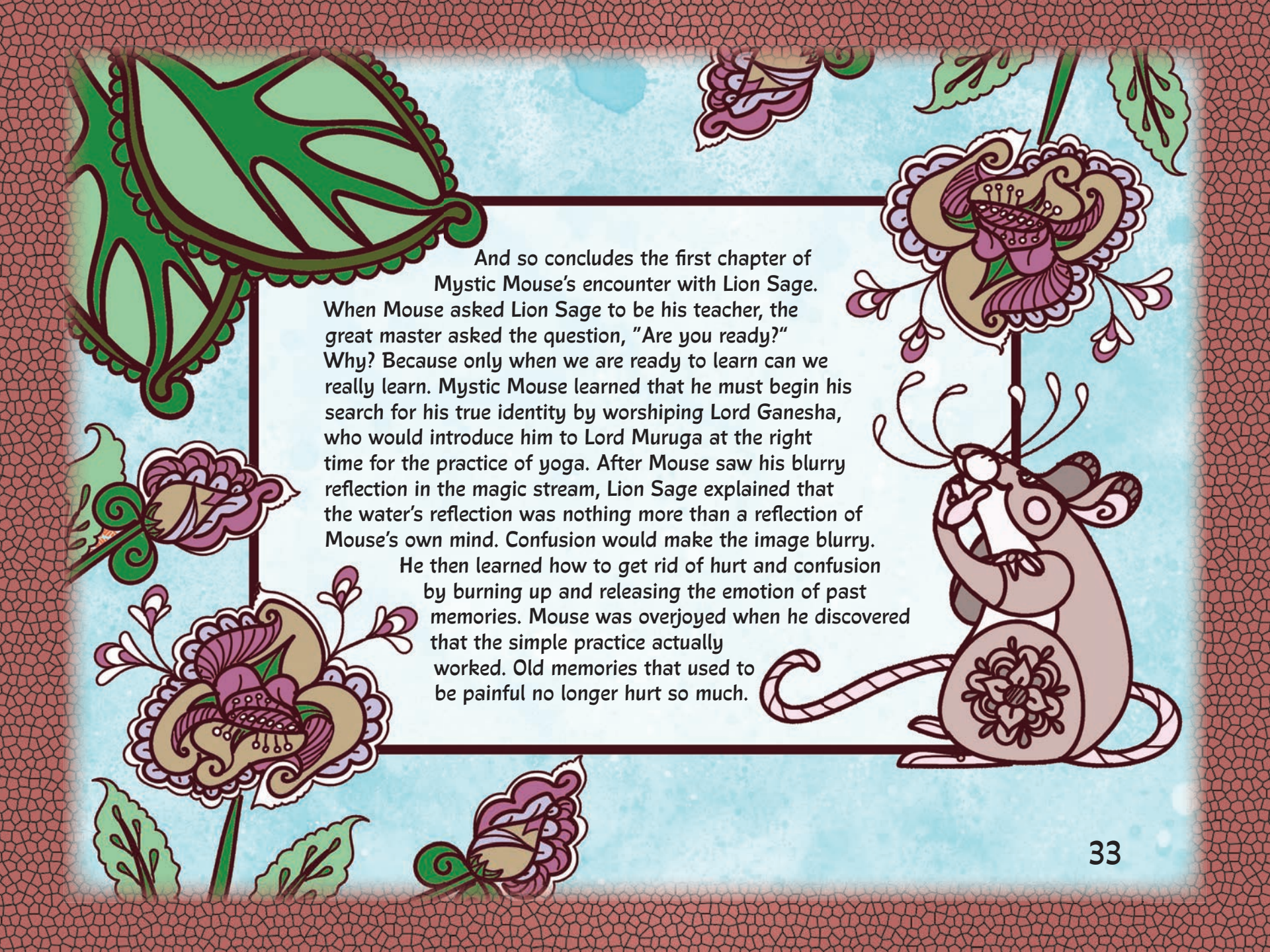


Now find a safe and private place and burn that piece of paper and watch the flames fade away. You could use a fireplace or even an old metal bucket in the garden. Remember to respect the fire and be safe. If you still feel those feelings after a couple of days pass, write them down and burn them again. Finally, all of the emotion of those memories will go away. People use this practice anytime they feel upset or are suffering some hurt. Try it, little mouse, and tell me if it works for you.

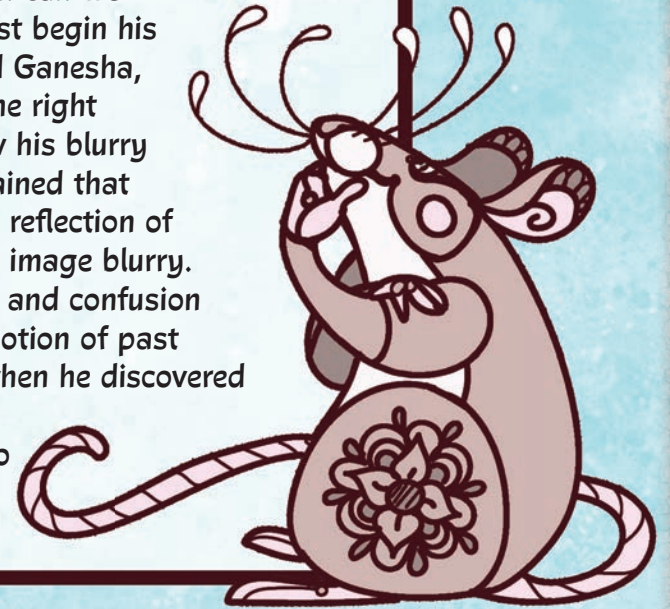


You did it, burned the past and let it go away. I can see by that big smile that you are feeling much better.

You look better and your image in the water does, too. That means your understanding of yourself is clearer. Congratulations! You have made a big step toward knowing your true Self. I think you are ready to take the next step on your spiritual journey.



And so concludes the first chapter of Mystic Mouse's encounter with Lion Sage. When Mouse asked Lion Sage to be his teacher, the great master asked the question, "Are you ready?" Why? Because only when we are ready to learn can we really learn. Mystic Mouse learned that he must begin his search for his true identity by worshiping Lord Ganesha, who would introduce him to Lord Muruga at the right time for the practice of yoga. After Mouse saw his blurry reflection in the magic stream, Lion Sage explained that the water's reflection was nothing more than a reflection of Mouse's own mind. Confusion would make the image blurry. He then learned how to get rid of hurt and confusion by burning up and releasing the emotion of past memories. Mouse was overjoyed when he discovered that the simple practice actually worked. Old memories that used to be painful no longer hurt so much.

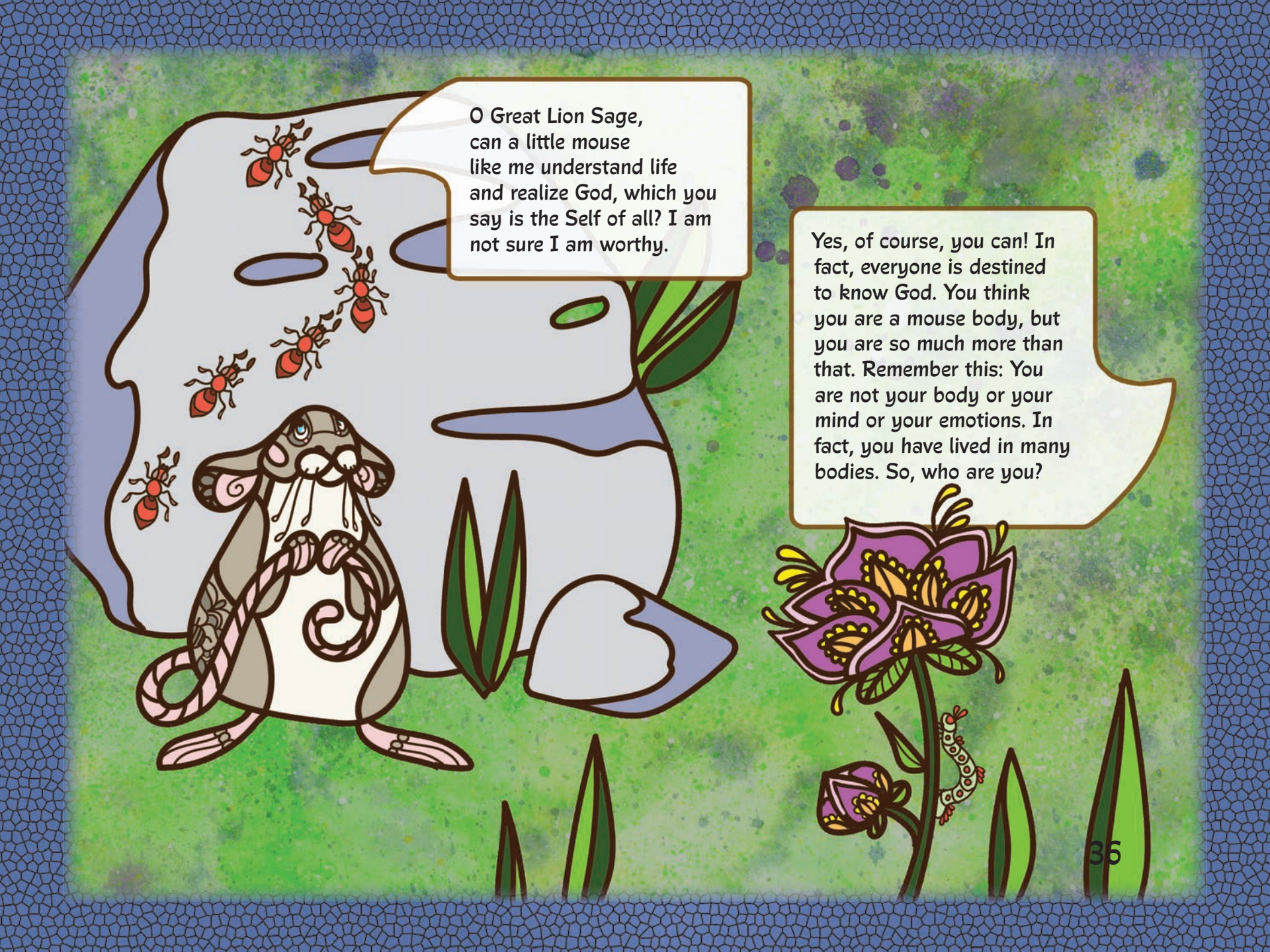




Who Are You?

A group of lionesses and cubs in a savanna setting. The lionesses are in the foreground, looking towards the camera. The cubs are in the background, also looking towards the camera. The background is a field of tall, dry grass.

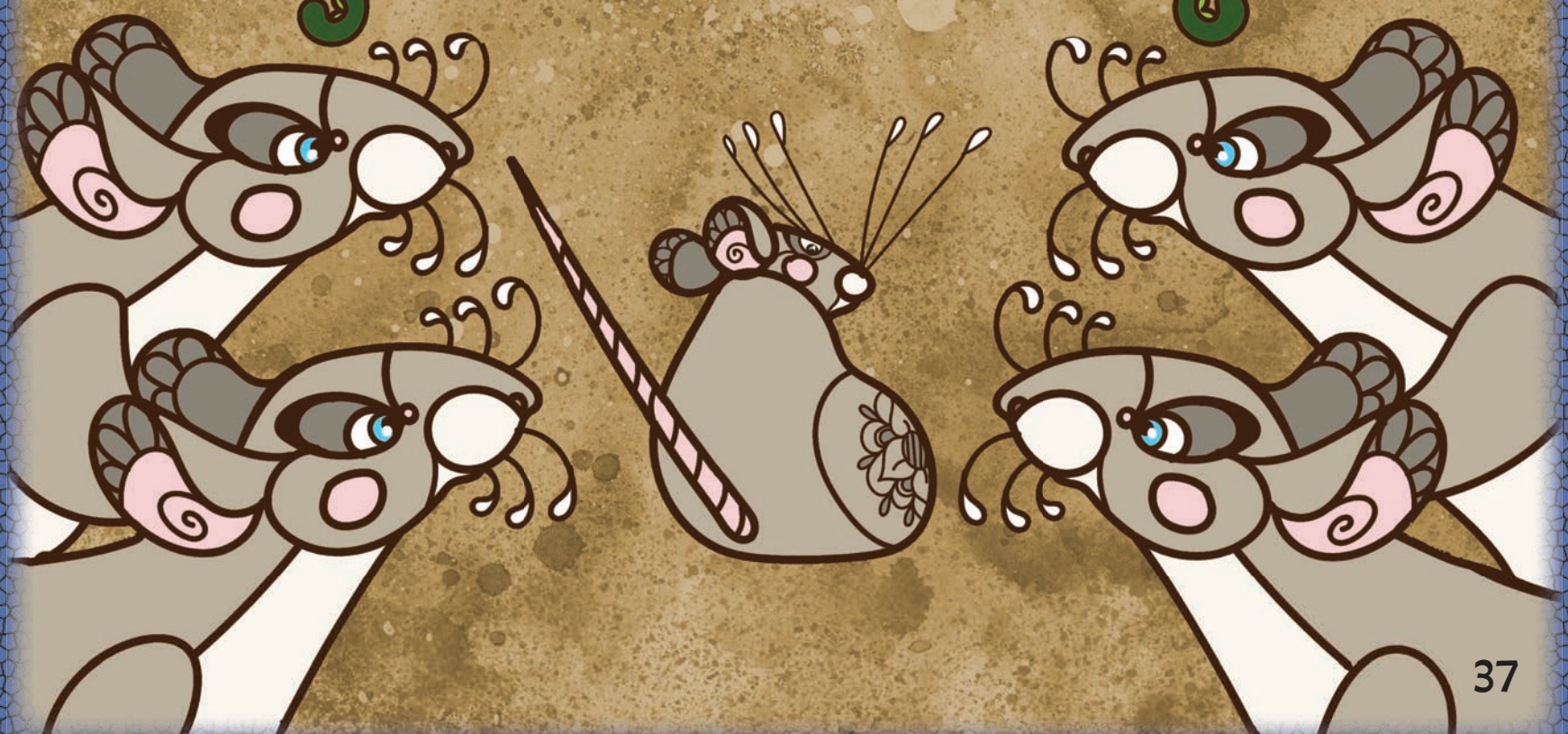
Chapter 2, in which Mystic Mouse learns he is not his mind, body or emotions, but is an immortal, perfect soul on the path to the Self



O Great Lion Sage,
can a little mouse
like me understand life
and realize God, which you
say is the Self of all? I am
not sure I am worthy.


Yes, of course, you can! In
fact, everyone is destined
to know God. You think
you are a mouse body, but
you are so much more than
that. Remember this: You
are not your body or your
mind or your emotions. In
fact, you have lived in many
bodies. So, who are you?

Look inside you! You have not one but five bodies. You probably wonder, "If I am not this body or this mind, then who am I?" The answer is simple. You are the soul surrounded by four outer bodies! Isn't that wonderful?

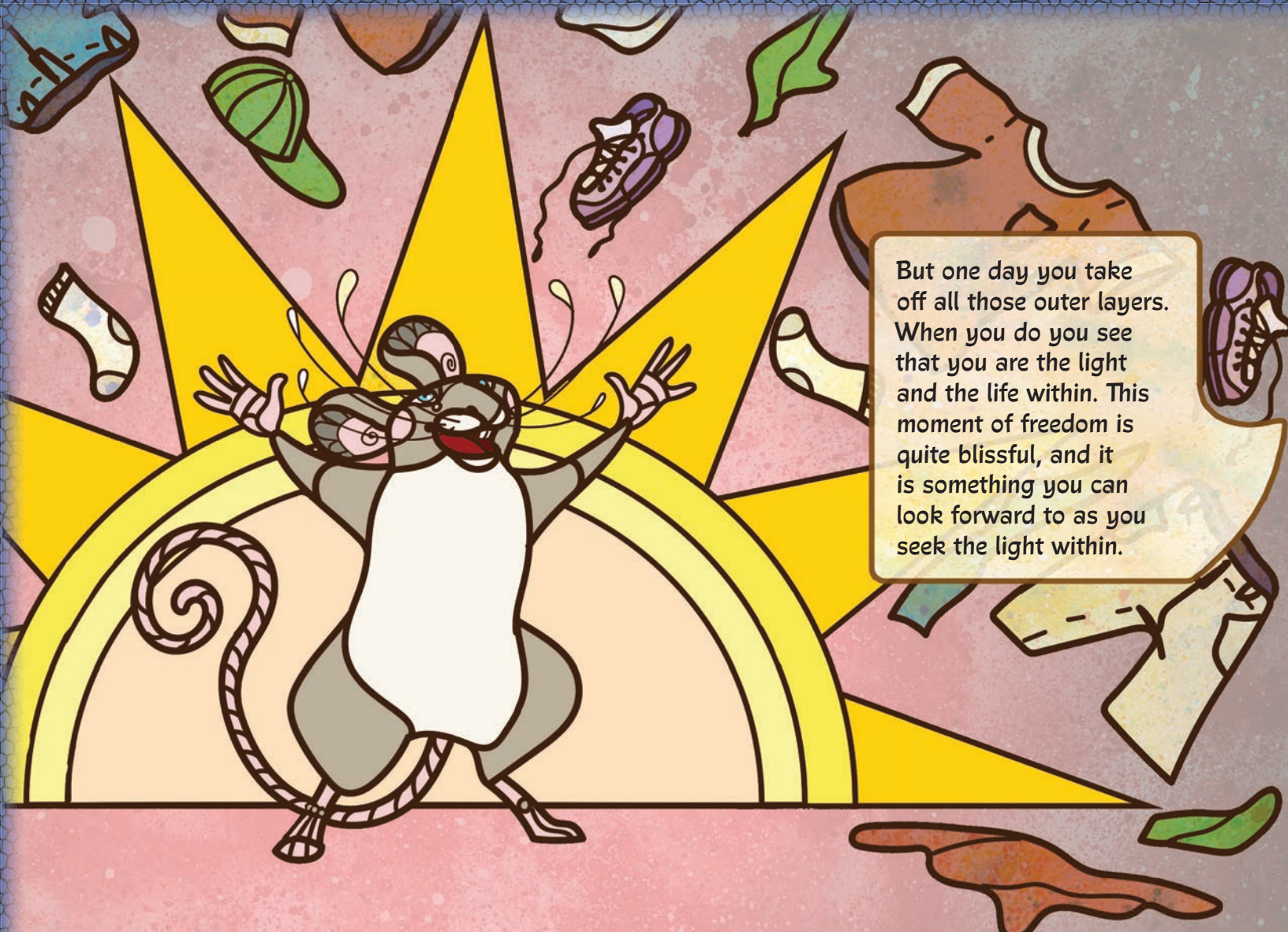




Your soul has a body of its own. This soul body is different from the other four bodies, which are like clothes worn over the soul body. You touch the world in your physical body. You think thoughts in the mental body. You feel emotions in the emotional body. You feel subtle energy in the pranic body. But you are not those thoughts, emotions or sensations. You are the eternal and perfect soul, which is a body made of light and love.



Through many lives you have lived in these outer bodies that surround the soul and allow you to live and experience things in this Earth world. As the soul matures, you begin to see that these bodies are not your real self. They are like layers of cloth that cover a light. Sometimes all these outer layers can seem like a burden.



But one day you take off all those outer layers. When you do you see that you are the light and the life within. This moment of freedom is quite blissful, and it is something you can look forward to as you seek the light within.



And while all of this is going on, the soul is growing stronger, becoming more and more beautiful—like a piece of clay being molded by an artist into a beautiful sculpture. All of your thoughts and feelings and experiences are molding a perfect you. Every experience, even a difficult one, is molding a perfect you.




Sometimes you act right, and sometimes you do the wrong thing. But deep inside you are not bad, like the tan mouse. You are not good, like the brown mouse. You just are. And that you is perfect. You are the soul! This is good news, little mouse, because the soul never dies!






Now that you know this, you can bravely be yourself. Be the light that is the soul, the awareness that is the soul. And you can look at the outside world and the inside of you at the same time.

Wow! I never knew the inside of me was so wonderful.




Look out upon the world as if you were an executive in an office on the top floor of a tall building, looking down at the city below. You can see everything all at once. You have an overview of the city that no one on the sidewalk below can see.

Now that's a great view!



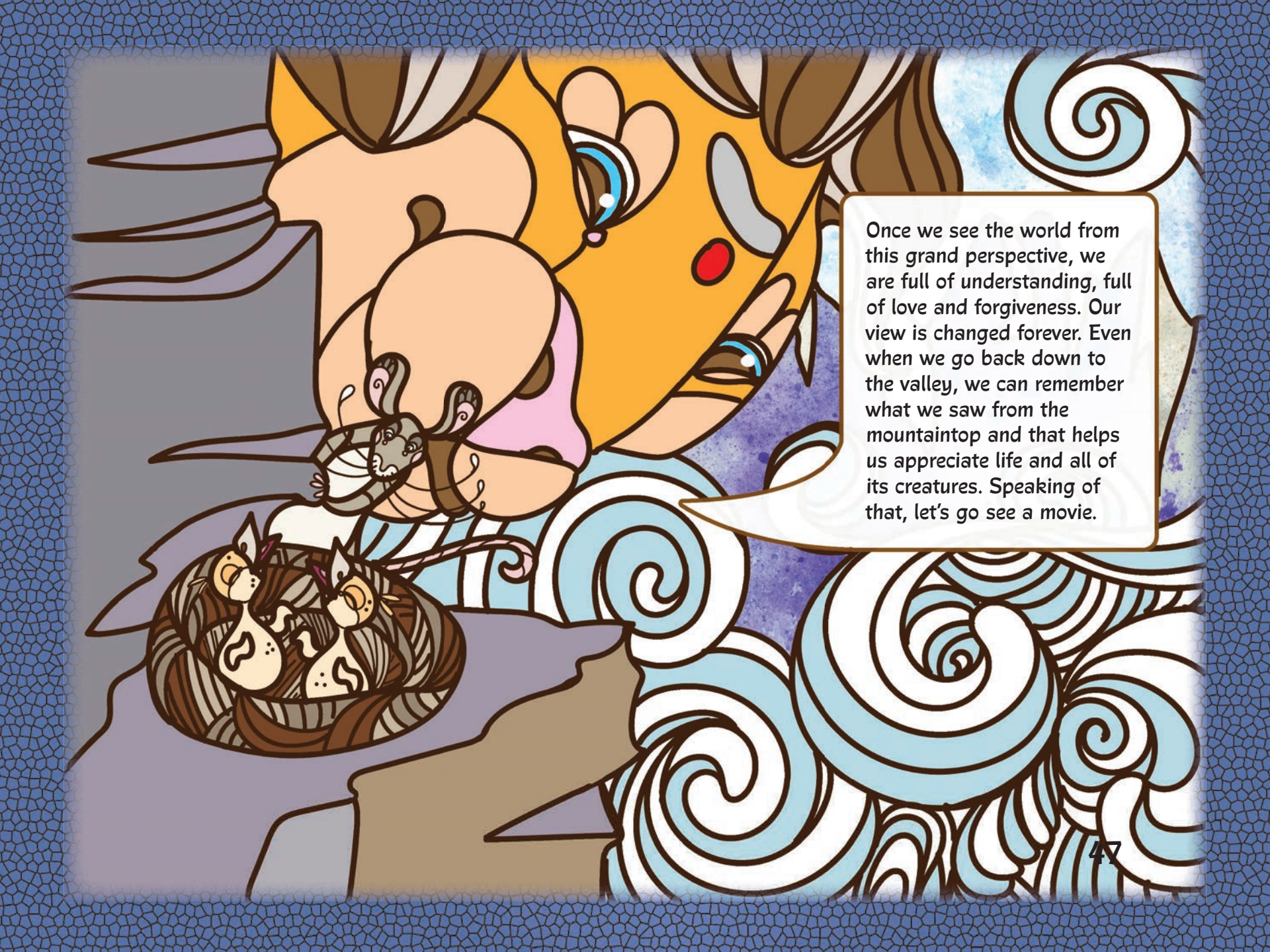
This is like the view that you enjoy when you look through the eyes of the soul. When you see from this height, your emotions don't go up and down, and you don't see things as good or bad. You just see them as they are and accept them. Why? Because you understand them. And you also understand that if you accept things as they are, you don't have to understand them.



Here we are on the top of the mountains,
little mouse. Hang on to my tail!

Here at the top it is quiet and oh-so-peaceful. We see everything in the valley below and even beyond that. Everything is beautiful and perfect. We are not disturbed by anything we see. The problems of the world seem so small and far away. They cannot upset us at all.

We call this mountaintop consciousness.



Once we see the world from this grand perspective, we are full of understanding, full of love and forgiveness. Our view is changed forever. Even when we go back down to the valley, we can remember what we saw from the mountaintop and that helps us appreciate life and all of its creatures. Speaking of that, let's go see a movie.

The first time you see a film, you cry if it's sad or you laugh if it's funny. The story seems so real that you become deeply involved in the plot and the characters. You cheer the good guys and boo the bad guys. A good movie can change your emotions.

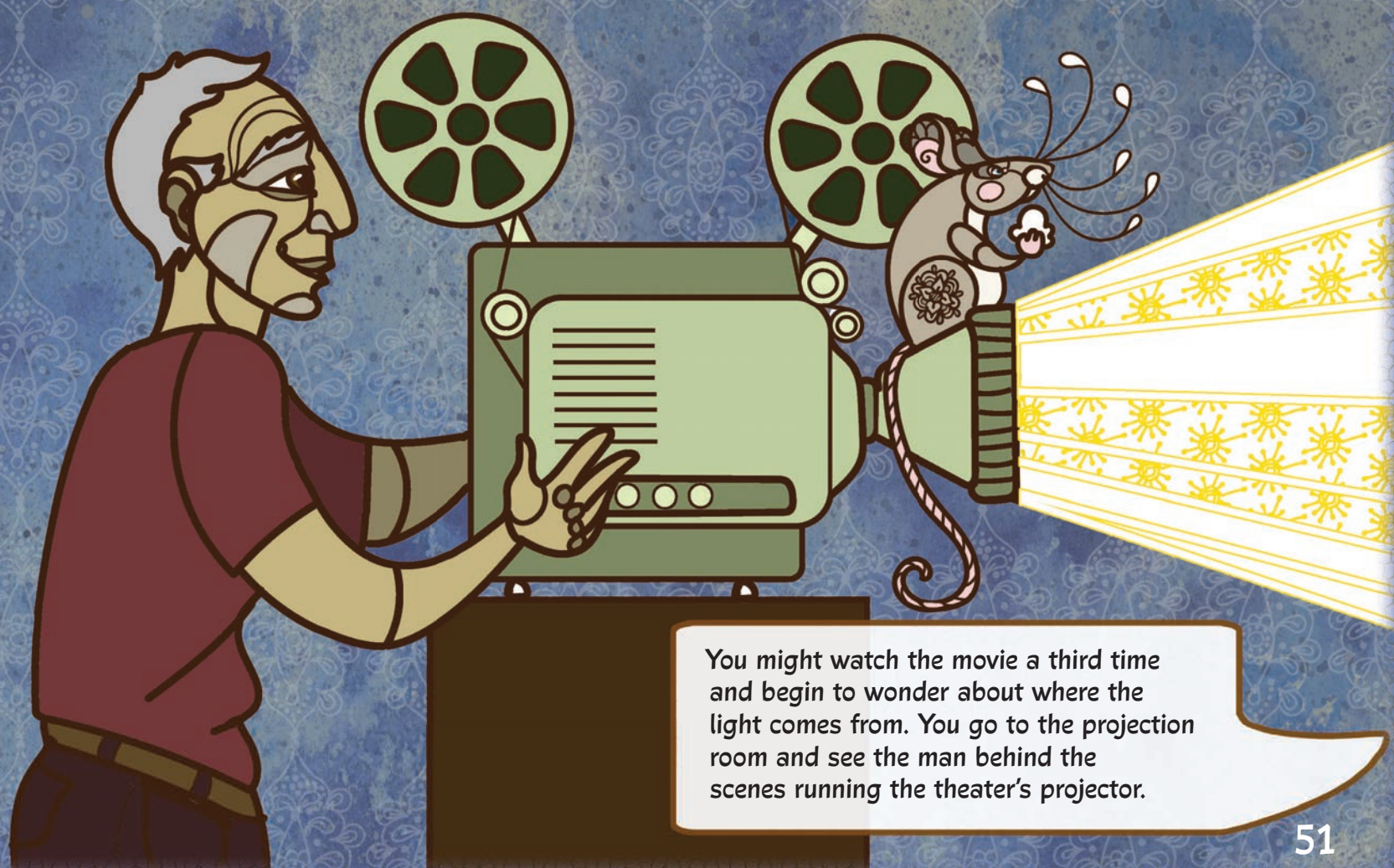




But if you watch the same movie a second time, you might get bored, because you know what is going to happen. Instead of watching the story on the screen, you notice the projector light at the back of the theater. You are aware of others in the room more than you are aware of the story on the screen.



You realize that this simple light from the computer or projector is making the images on the screen. The actors are just various forms of light and it is your own mind that makes them seem real. When you understand this, the images don't seem so real and your emotions are not affected. It's all a play of light and shadow on the screen.



You might watch the movie a third time and begin to wonder about where the light comes from. You go to the projection room and see the man behind the scenes running the theater's projector.

While watching the movie a fourth time, you may become aware of the music and sound track or the boy behind you eating popcorn. Each time you watch the film, you are seeing more, your experience is bigger and you are less lost in the story. You are more aware of how the movie was created.



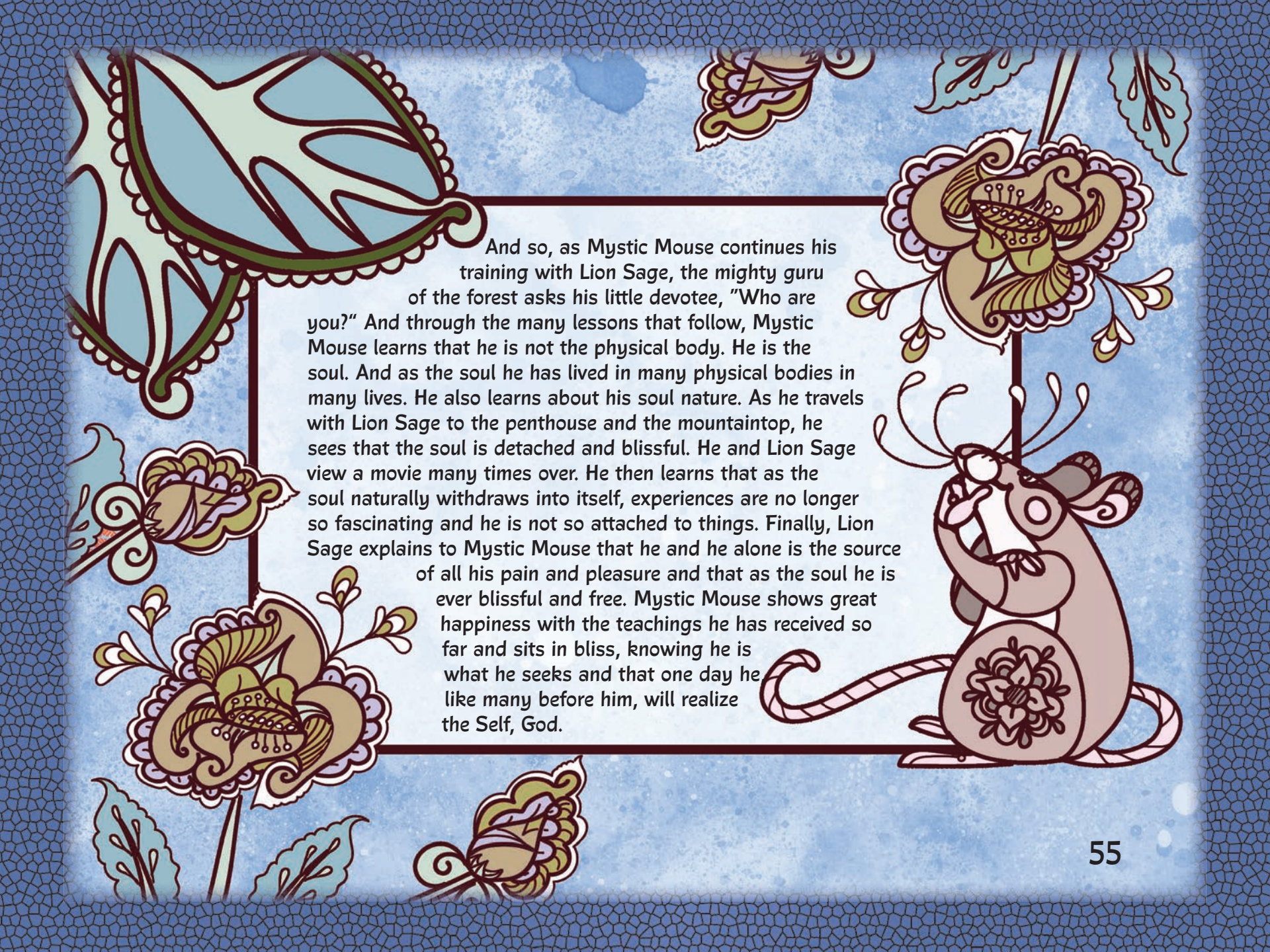


Life is like that movie. But in life you are the writer, the director and the hero of the story you create.

When we look at life like we watch a good movie, we don't ask, "Why did this happen to me?" We know we create our own experiences. And we create how we react to those experiences. It is all within us.



God Siva, the Self, is the source of the light that makes the movie that we call life. One day, you will find that light within you, little mouse. It is the light that creates your experiences, like the projector's light created the story on the screen. Be patient.

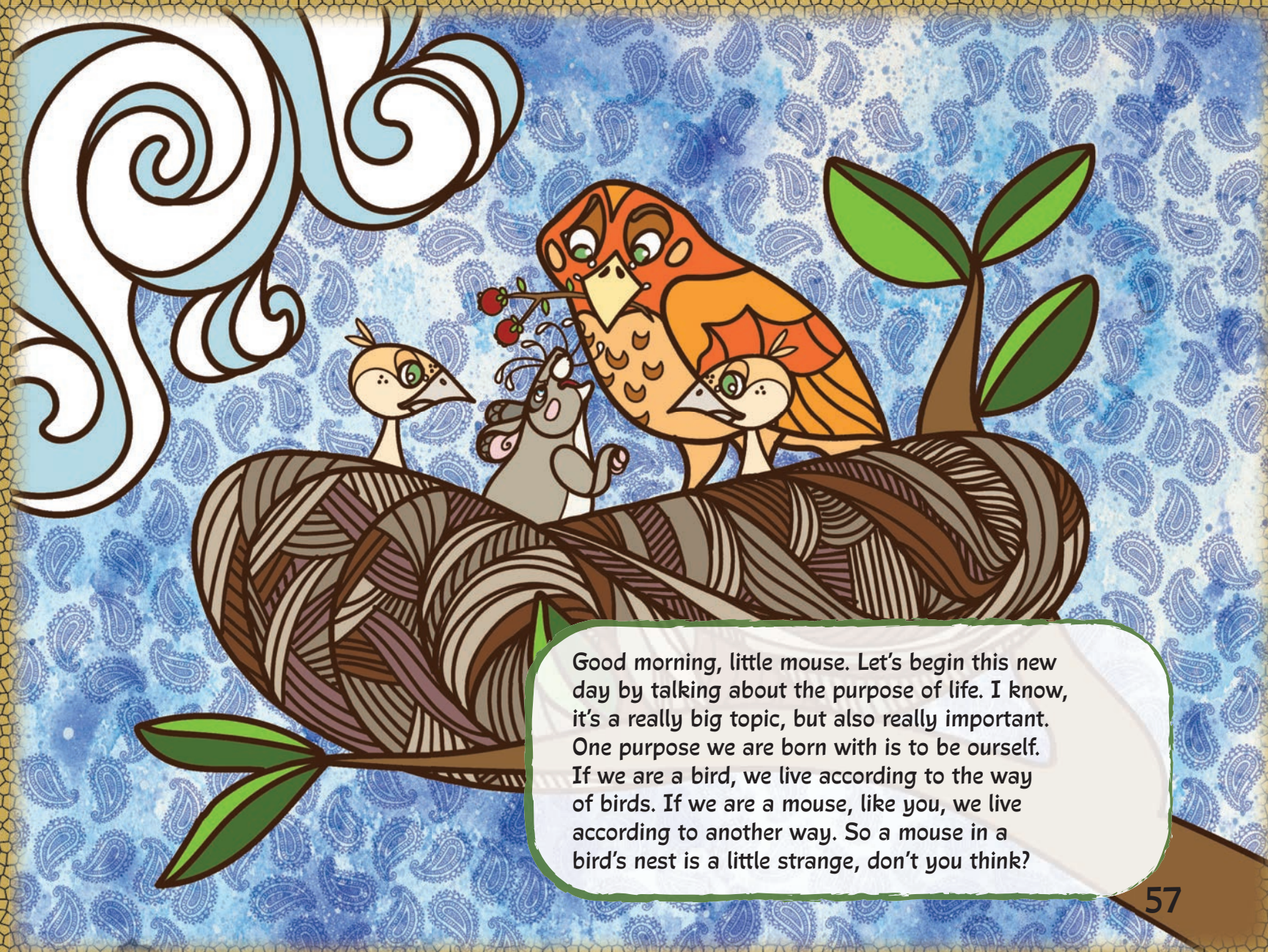


And so, as Mystic Mouse continues his training with Lion Sage, the mighty guru of the forest asks his little devotee, "Who are you?" And through the many lessons that follow, Mystic Mouse learns that he is not the physical body. He is the soul. And as the soul he has lived in many physical bodies in many lives. He also learns about his soul nature. As he travels with Lion Sage to the penthouse and the mountaintop, he sees that the soul is detached and blissful. He and Lion Sage view a movie many times over. He then learns that as the soul naturally withdraws into itself, experiences are no longer so fascinating and he is not so attached to things. Finally, Lion Sage explains to Mystic Mouse that he and he alone is the source of all his pain and pleasure and that as the soul he is ever blissful and free. Mystic Mouse shows great happiness with the teachings he has received so far and sits in bliss, knowing he is what he seeks and that one day he like many before him, will realize the Self, God.

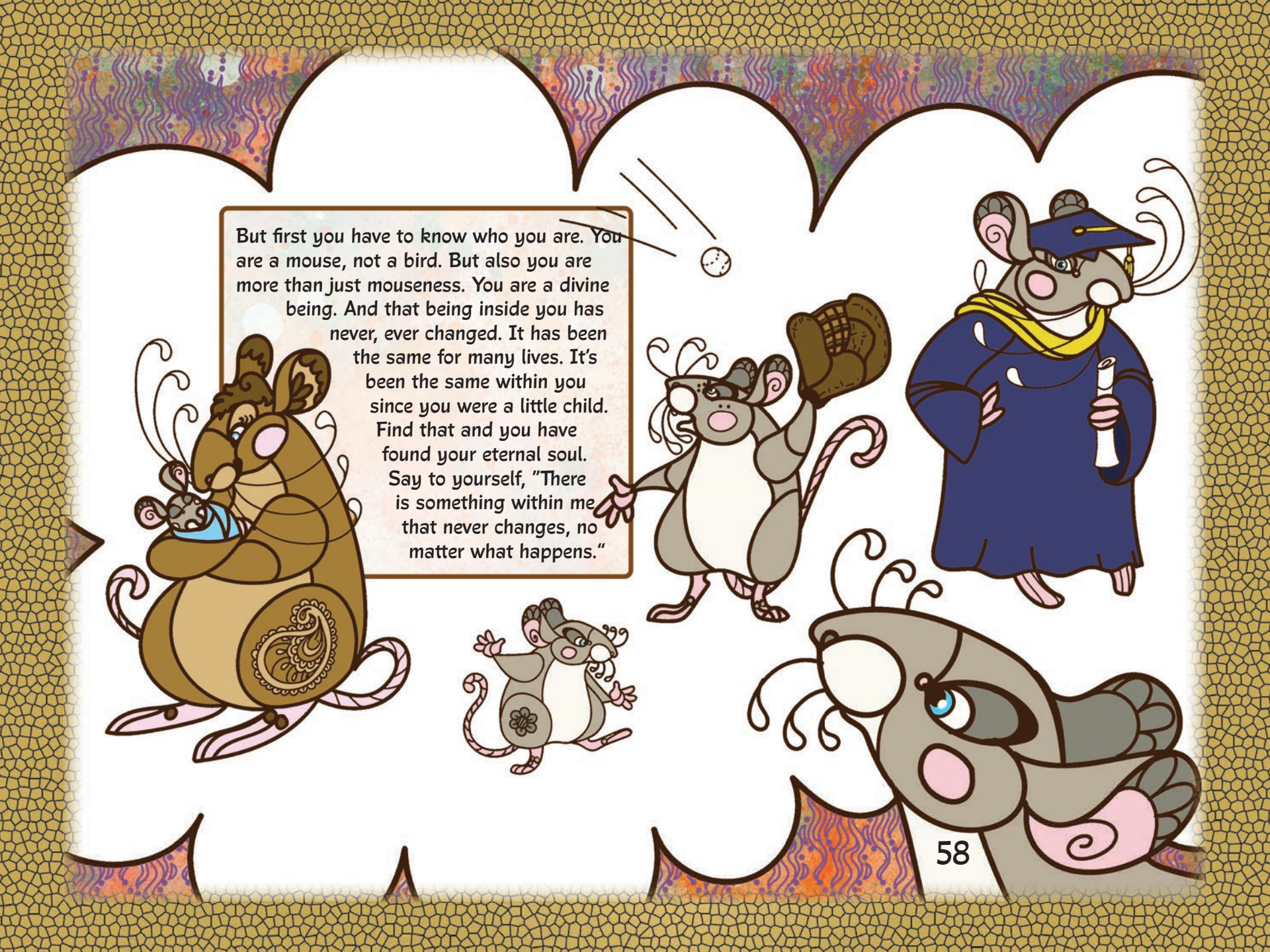
The Purpose Of Life

Chapter 3, in which Lion Sage tells little mouse that he was born on Earth for a profound reason, to know his highest, divine and immortal Self





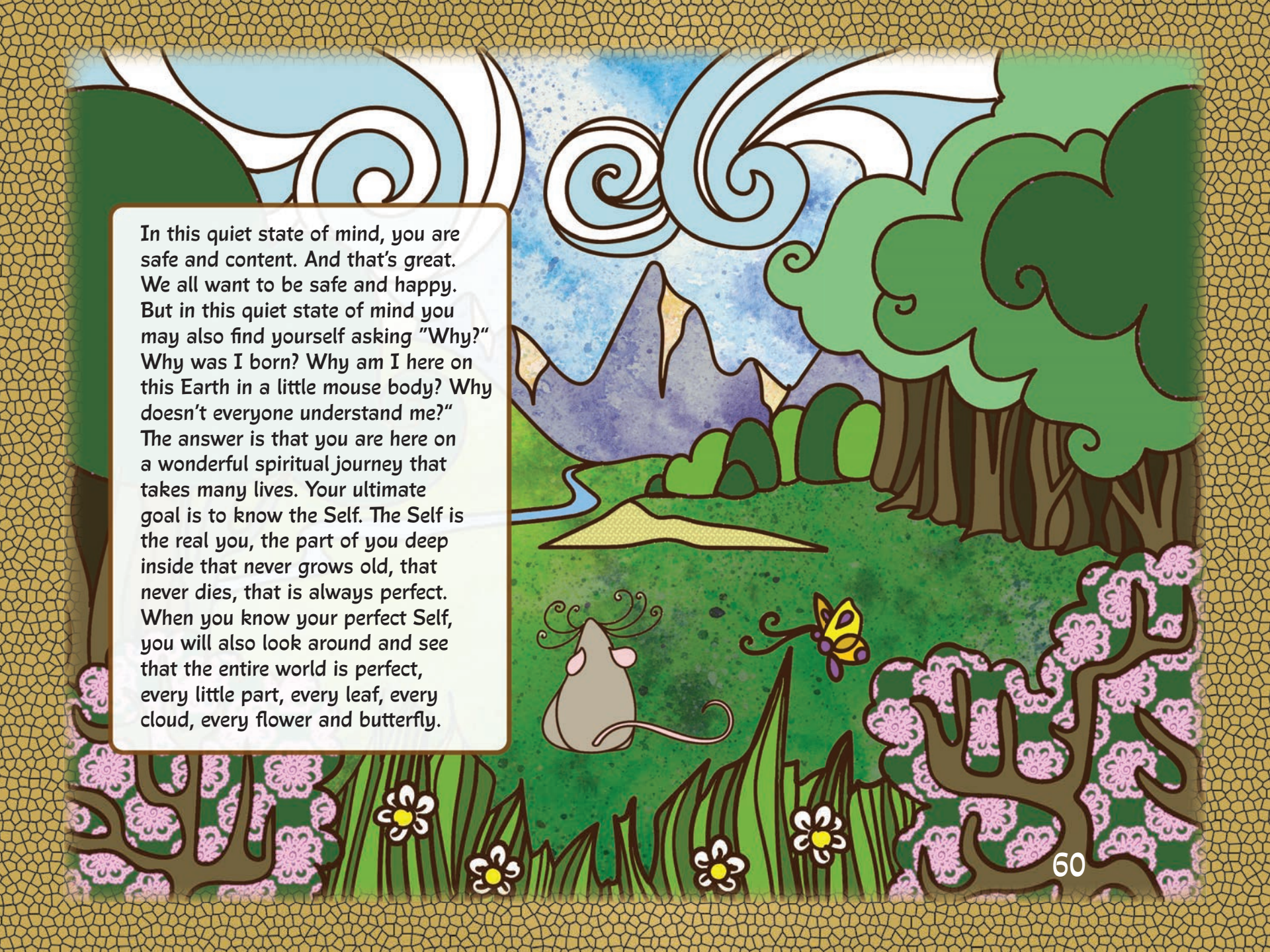
Good morning, little mouse. Let's begin this new day by talking about the purpose of life. I know, it's a really big topic, but also really important. One purpose we are born with is to be ourself. If we are a bird, we live according to the way of birds. If we are a mouse, like you, we live according to another way. So a mouse in a bird's nest is a little strange, don't you think?



But first you have to know who you are. You are a mouse, not a bird. But also you are more than just mouseness. You are a divine being. And that being inside you has never, ever changed. It has been the same for many lives. It's been the same within you since you were a little child. Find that and you have found your eternal soul. Say to yourself, "There is something within me that never changes, no matter what happens."

There is a quiet place deep inside you. Let's try to find it. Sit upright, with your spine straight. Hold your head up high. Quiet your mind! Can you sit without having any thoughts? It is not as easy as it sounds.





In this quiet state of mind, you are safe and content. And that's great. We all want to be safe and happy. But in this quiet state of mind you may also find yourself asking "Why?" Why was I born? Why am I here on this Earth in a little mouse body? Why doesn't everyone understand me?" The answer is that you are here on a wonderful spiritual journey that takes many lives. Your ultimate goal is to know the Self. The Self is the real you, the part of you deep inside that never grows old, that never dies, that is always perfect. When you know your perfect Self, you will also look around and see that the entire world is perfect, every little part, every leaf, every cloud, every flower and butterfly.

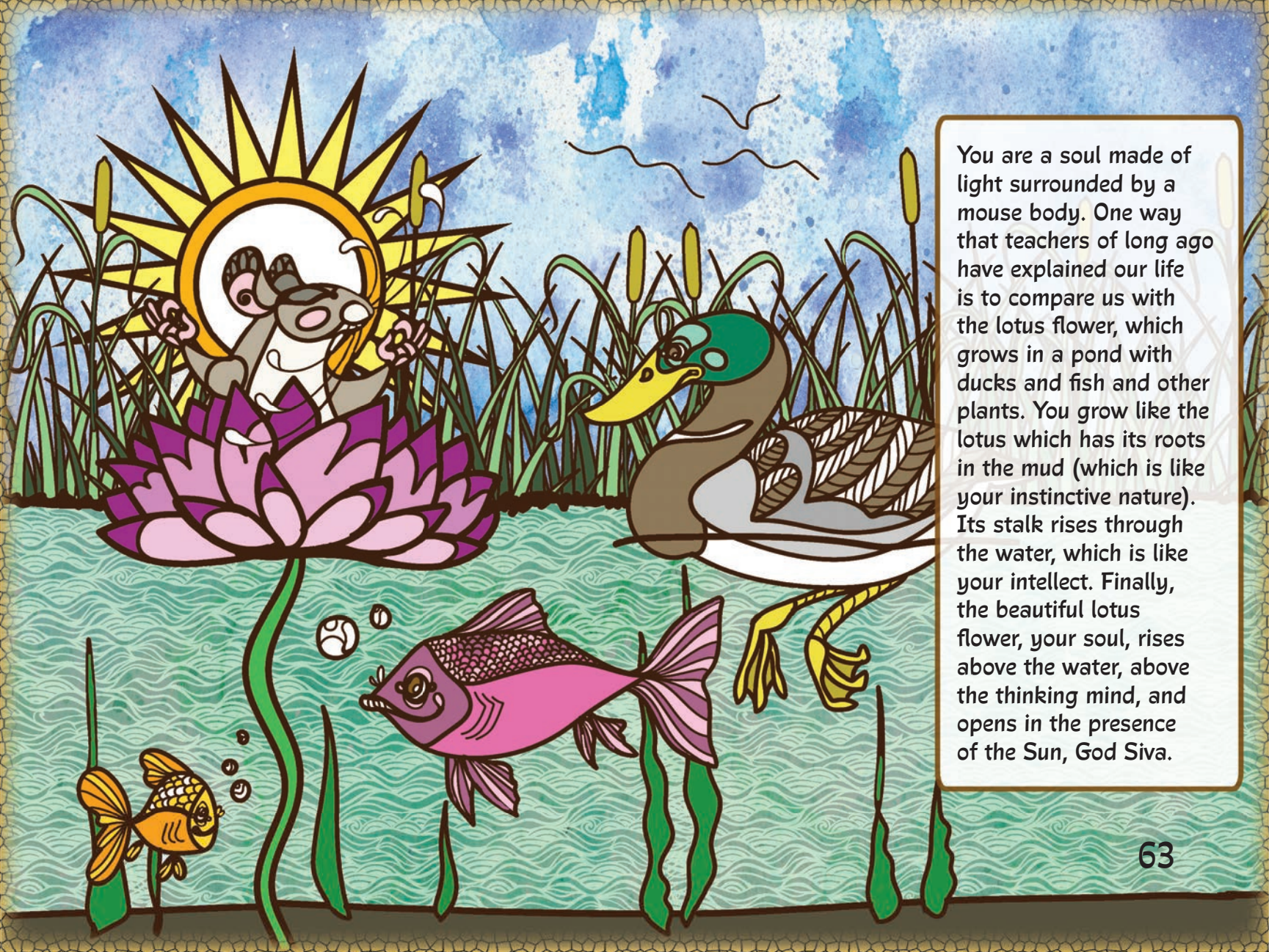


But it's hard to see that perfection when you get a bee sting. Right? That really hurts. Sometimes even words can hurt. And when we hurt, we say "Ouch! That hurt!"

Part of the path through life is to learn how to face difficult experiences. The good news is that I can teach you to do that. But you will have to work on your reactions, you will have to see that the bee stung and hurt your body, but it did not change the Self within, which was not hurt at all. You are slowly learning to identify yourself not as a mouse with a body but with something greater. This takes practice.

Remember when you were sitting quietly and there were no bees around? There was no hurt, only bliss. You were getting to know your blissful soul body that is there, night and day, inside the physical body. When you are in the soul body, you can see light, sometimes within your head. This is an amazing light, because you can see it even in a dark room, even when your physical eyes are closed. This is called the clear white light, and many mystics have seen it throughout history.





You are a soul made of light surrounded by a mouse body. One way that teachers of long ago have explained our life is to compare us with the lotus flower, which grows in a pond with ducks and fish and other plants. You grow like the lotus which has its roots in the mud (which is like your instinctive nature). Its stalk rises through the water, which is like your intellect. Finally, the beautiful lotus flower, your soul, rises above the water, above the thinking mind, and opens in the presence of the Sun, God Siva.

History

Past

Last
Month

Old
News

The Day
Before
Yesterday


Today

Future

Planner



To understand our highest Self, it is necessary to understand time. Time is not just seconds and hours and years. Time is often thought of as having three parts: past, present and future. The past is like a history book. The future is like a planning book. And now is the book you are writing at this very moment.

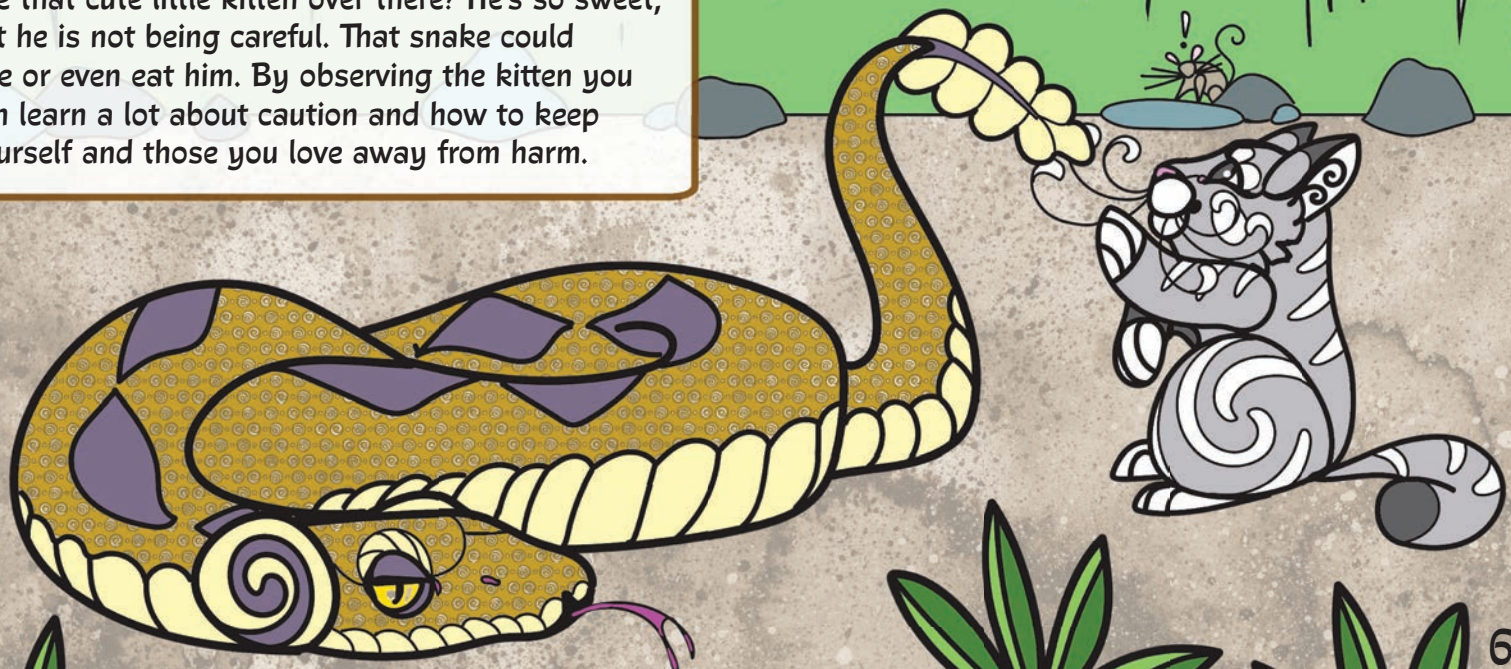


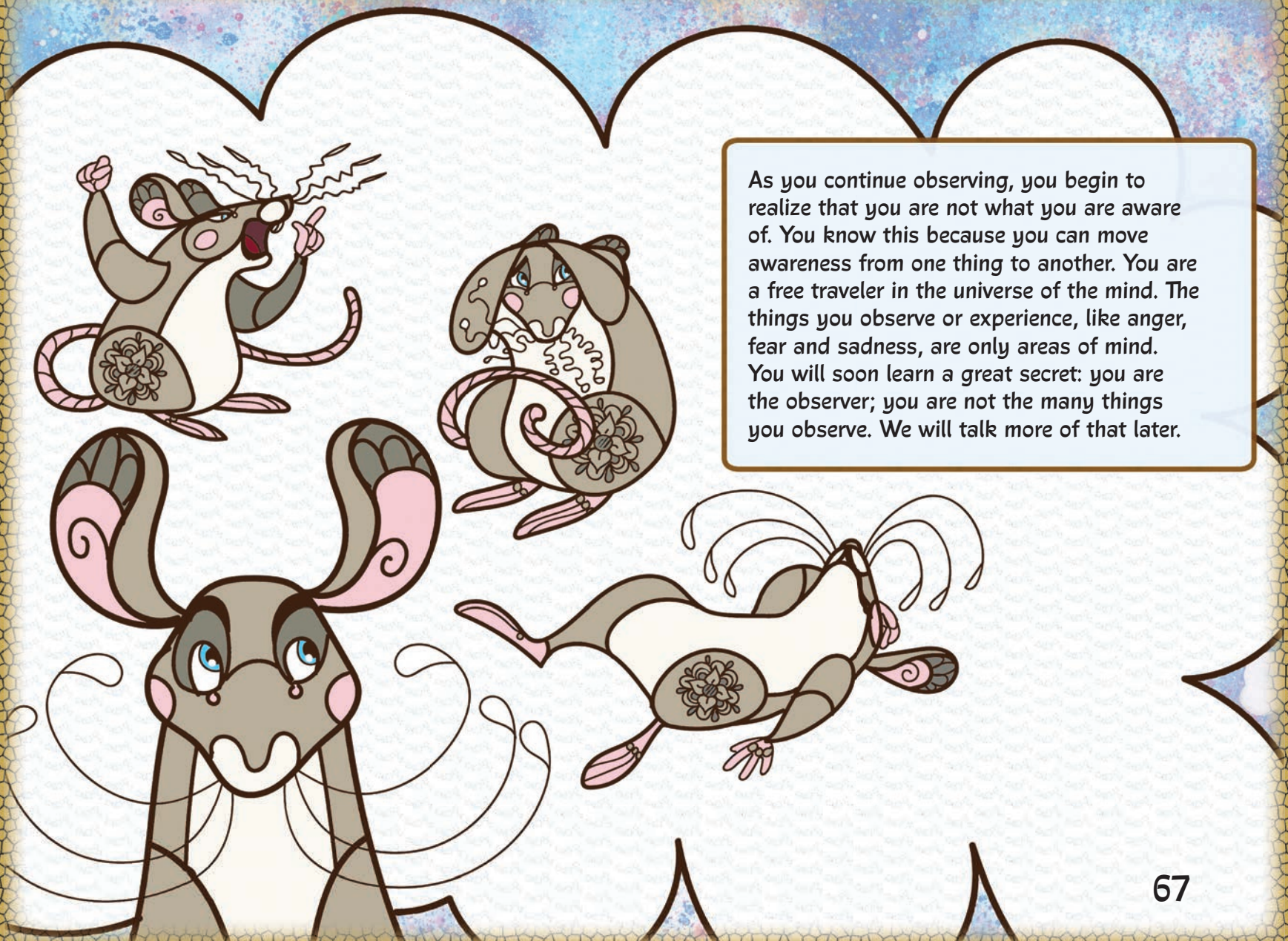
It is so important to be aware of things. Aware of yourself. Aware of your surroundings. Aware of people and what they are saying and feeling. To be aware you only have to observe. This makes you more sensitive and caring.

That is great! I have noticed that you are always aware of me and of everything around you, Lion Sage. And I have also seen how sometimes I don't see things that you do. I would like to be more observant, like you. I can see how that would make life more interesting.

Observation can be so much fun, and it can teach you about so many things. Observe and learn about the cycles of life. Observe and learn what to do and what not to do.

See that cute little kitten over there? He's so sweet, but he is not being careful. That snake could bite or even eat him. By observing the kitten you can learn a lot about caution and how to keep yourself and those you love away from harm.

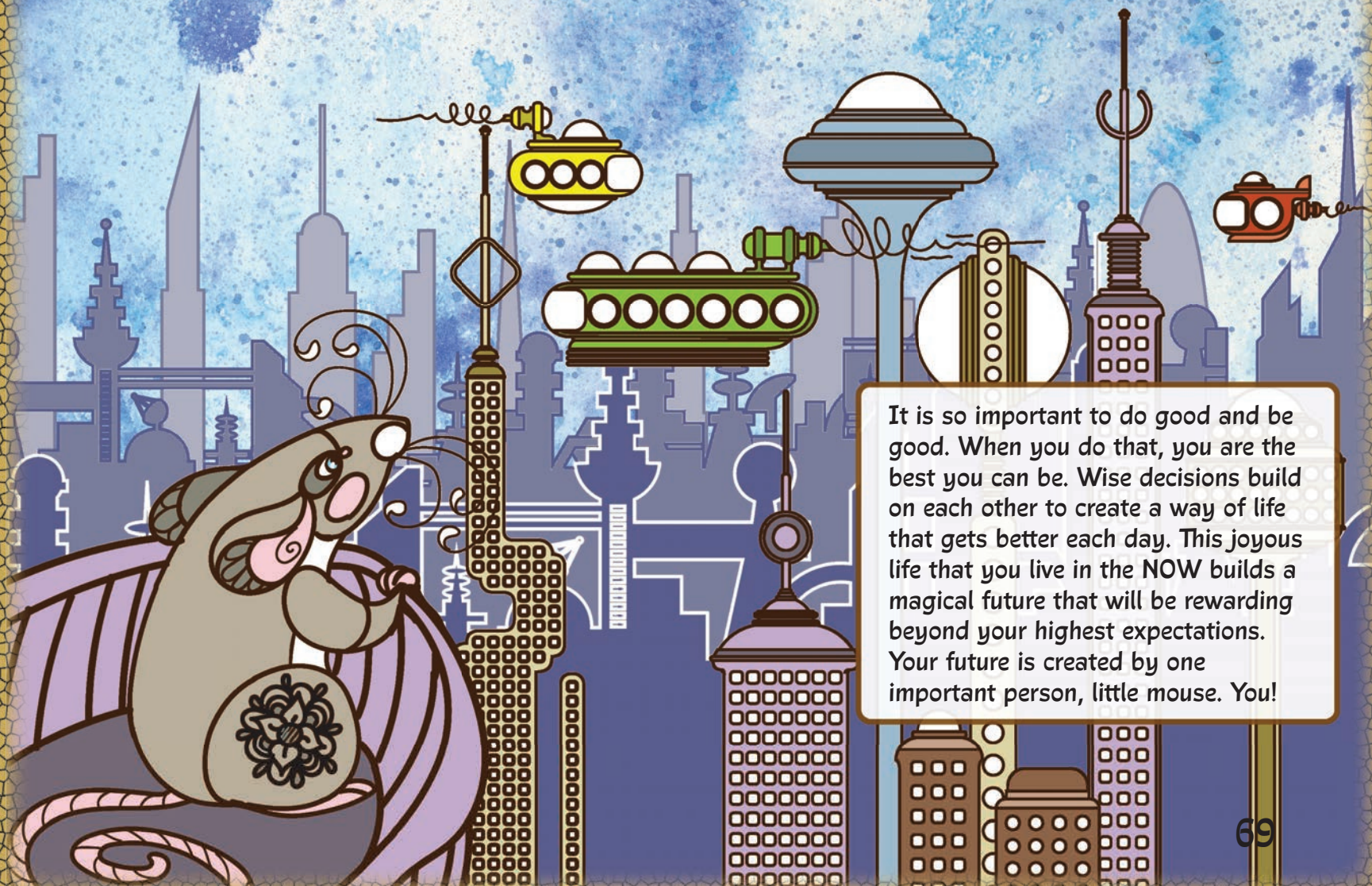




As you continue observing, you begin to realize that you are not what you are aware of. You know this because you can move awareness from one thing to another. You are a free traveler in the universe of the mind. The things you observe or experience, like anger, fear and sadness, are only areas of mind. You will soon learn a great secret: you are the observer; you are not the many things you observe. We will talk more of that later.

Decisions are important keys to a good life, little mouse. You create your future by the decisions you make. The big ones and the small ones. Always take time to think before you act. Decide to be good and to do good. That goodness will protect you from the hurts of the world.





It is so important to do good and be good. When you do that, you are the best you can be. Wise decisions build on each other to create a way of life that gets better each day. This joyous life that you live in the NOW builds a magical future that will be rewarding beyond your highest expectations. Your future is created by one important person, little mouse. You!

These flowers are for you Grandma Mouse. I picked them in the garden just for you. You have been so kind to me and I don't think I ever said thank you. So that's what I am saying now, "Thank you!" for everything. If you are wondering why all this appreciation, I am trying to do good and be good, something the Lion Sage taught me. He says an attitude of gratitude makes everyone happy. When we are thankful, it is impossible to be angry or jealous or bored or unfriendly.

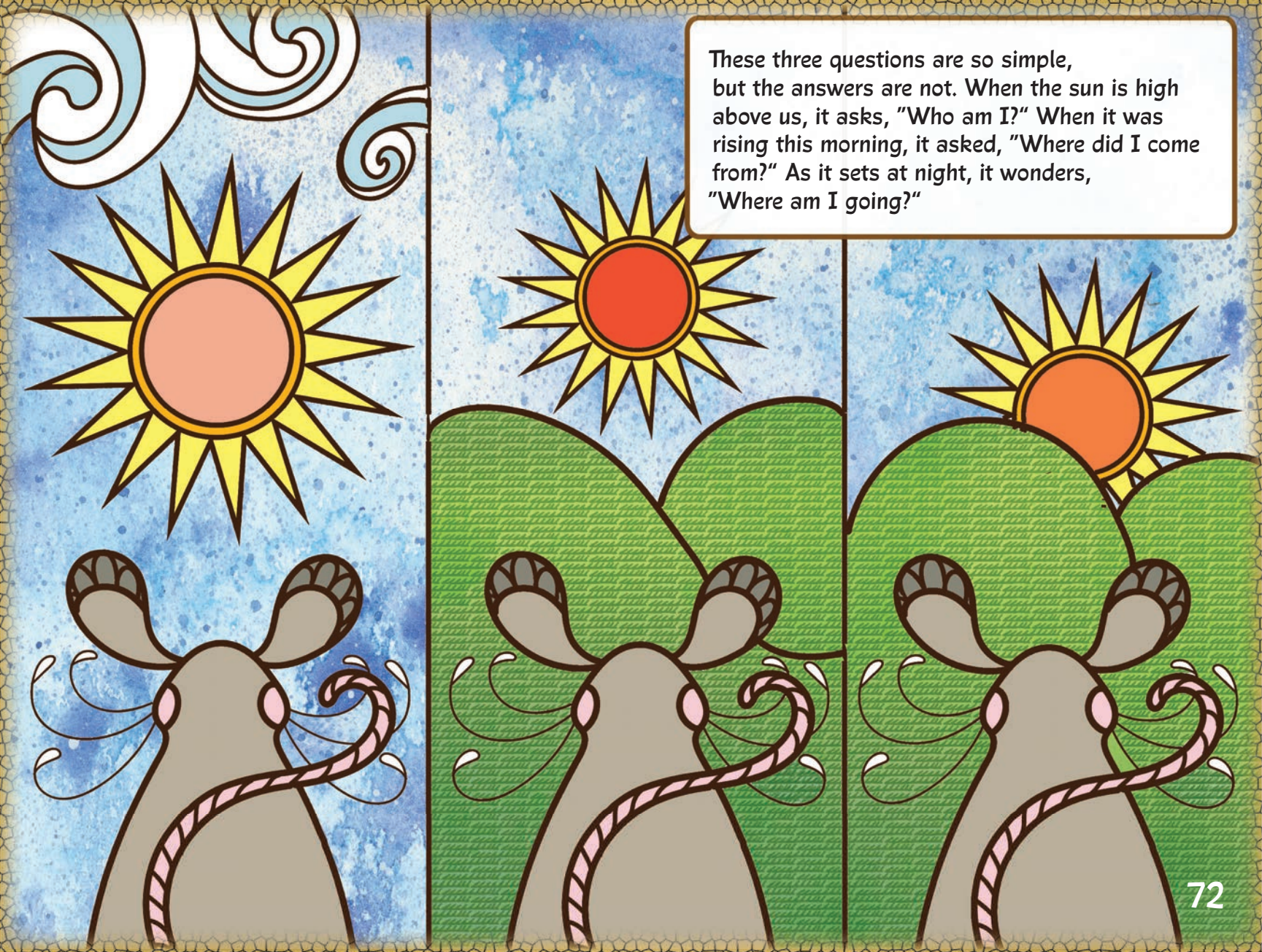




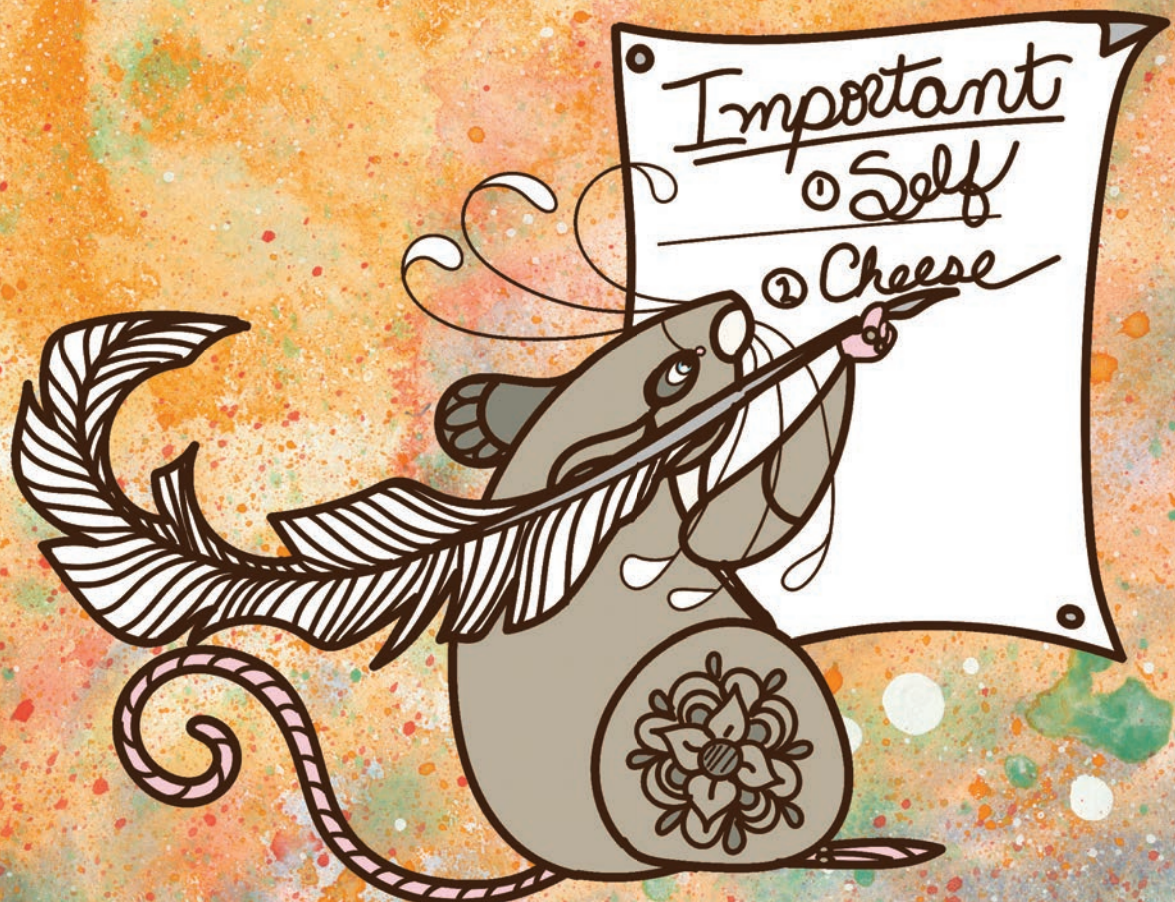
Look back over your life, little mouse. Remember the big experiences. And think of all the smaller experiences in between. So many experiences! And this is only one life. How about all of the other lives you have lived before this one?

All of these experiences have led you to the spiritual quest. And now you ask: Who am I? Where did I come from? Where am I going?

These three questions are so simple, but the answers are not. When the sun is high above us, it asks, "Who am I?" When it was rising this morning, it asked, "Where did I come from?" As it sets at night, it wonders, "Where am I going?"



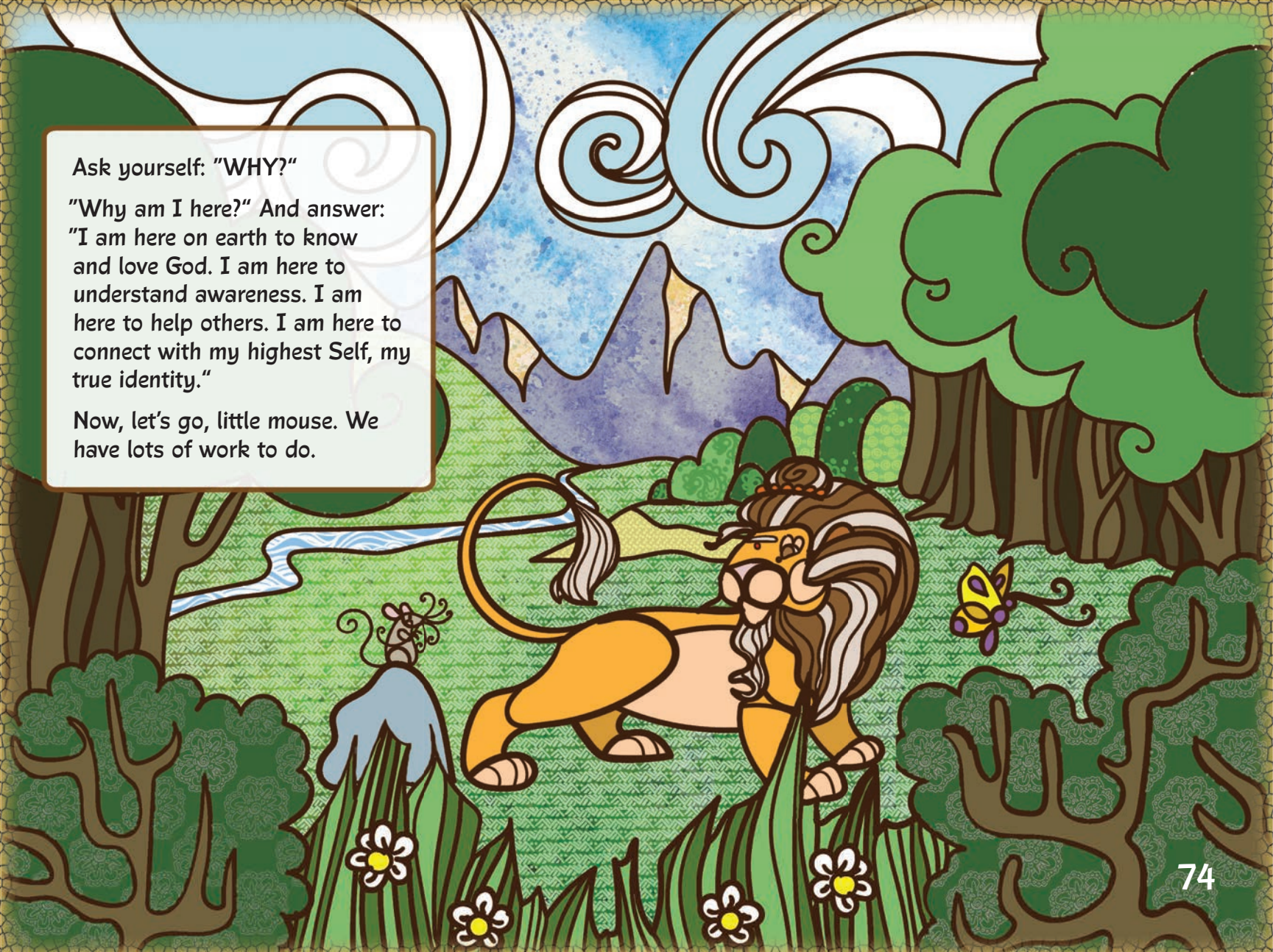
To find the answers you must learn more about yourself, your past, your present and your future. Make a list of things that are important to you and put knowing your true Self at the top. Adjust everything else you do around your spiritual goal. This will change your life.

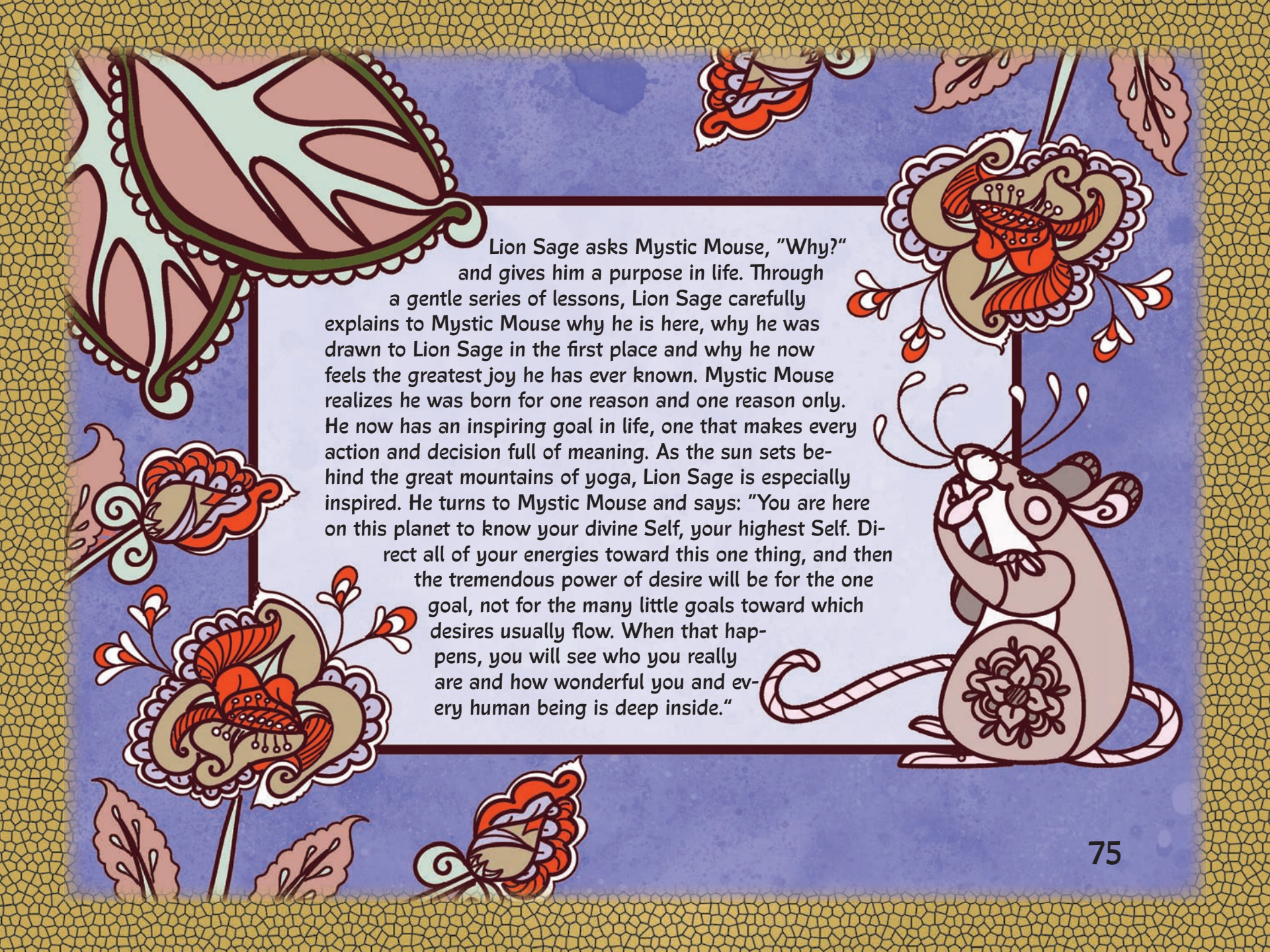


Ask yourself: "WHY?"

"Why am I here?" And answer:
"I am here on earth to know
and love God. I am here to
understand awareness. I am
here to help others. I am here to
connect with my highest Self, my
true identity."

Now, let's go, little mouse. We
have lots of work to do.





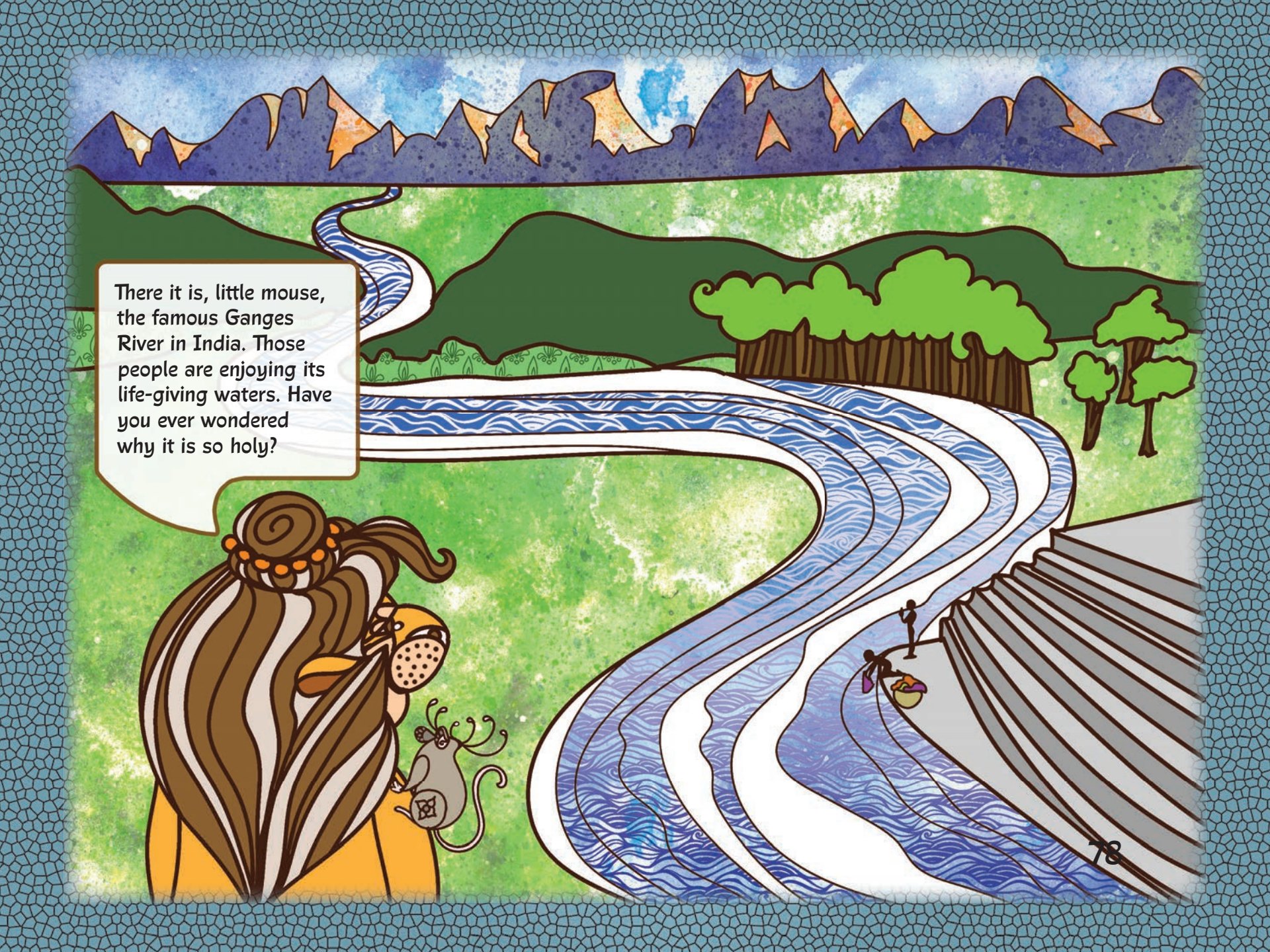
Lion Sage asks Mystic Mouse, "Why?" and gives him a purpose in life. Through a gentle series of lessons, Lion Sage carefully explains to Mystic Mouse why he is here, why he was drawn to Lion Sage in the first place and why he now feels the greatest joy he has ever known. Mystic Mouse realizes he was born for one reason and one reason only. He now has an inspiring goal in life, one that makes every action and decision full of meaning. As the sun sets behind the great mountains of yoga, Lion Sage is especially inspired. He turns to Mystic Mouse and says: "You are here on this planet to know your divine Self, your highest Self. Direct all of your energies toward this one thing, and then the tremendous power of desire will be for the one goal, not for the many little goals toward which desires usually flow. When that happens, you will see who you really are and how wonderful you and every human being is deep inside."




The River of Life

Chapter 4, in which Mystic Mouse learns to let go of the banks of the river and flow freely without attachments





There it is, little mouse,
the famous Ganges
River in India. Those
people are enjoying its
life-giving waters. Have
you ever wondered
why it is so holy?



Because it comes
from Lord Siva?

Very good! They
say the Ganges
flows from Siva's
hair. But there's
more to the story.




This river is like your life. As it flows from the high mountains toward the sea, it gets more peaceful. In the same way, you should become wiser and more serene as you get older.



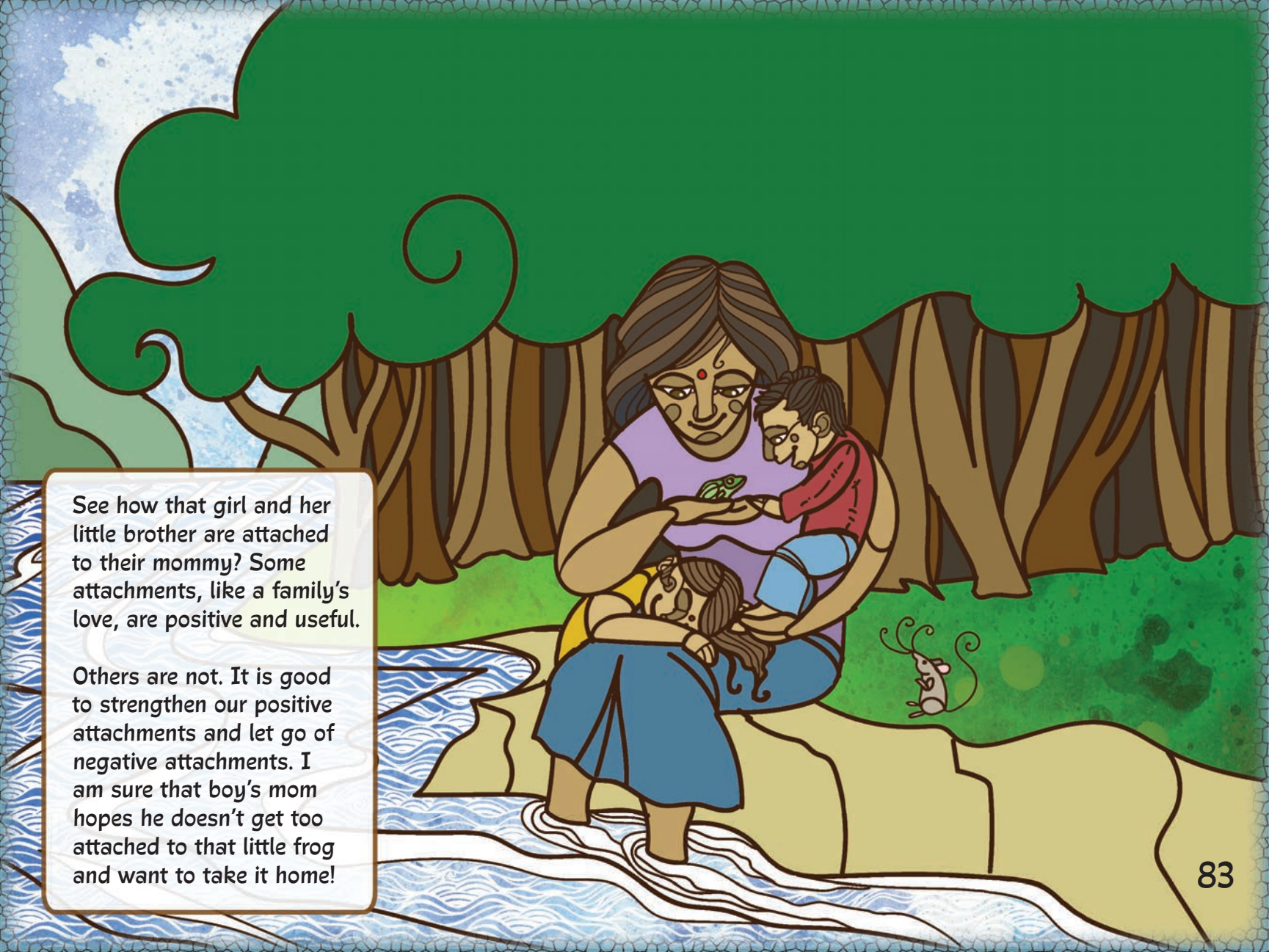
The river is not flowing freely here, O Lion. Why is that?

Just look at that big tree log, little mouse. See how it is holding back the water? Think of that log like an attachment in your life. Attachment means holding on to people and things.



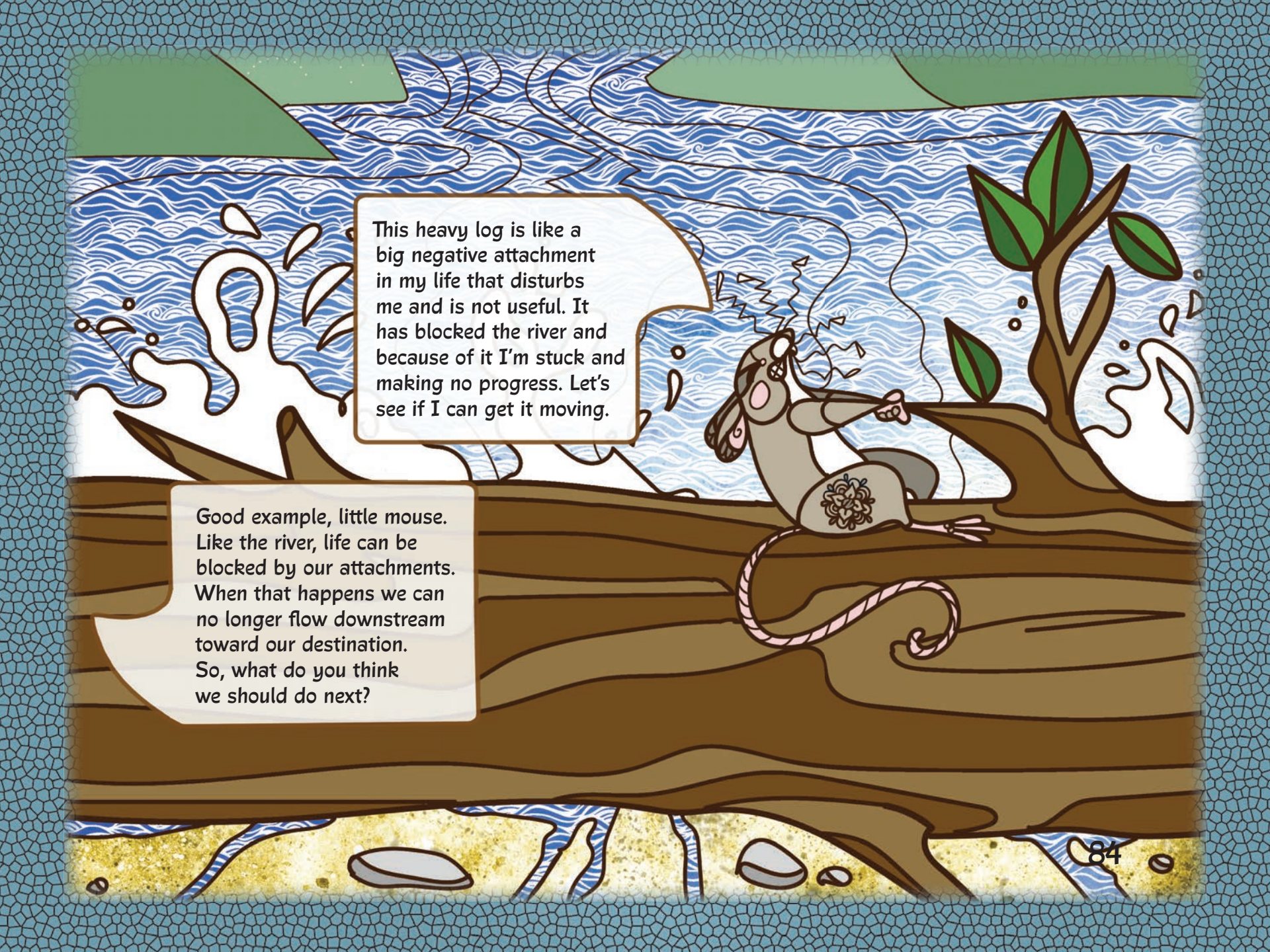
Fear is one. When we are afraid, we hold on to the banks of life's river. We fight the river of life when we hold on to fears. We fight the river when we worry about the future and regret what happened in the past. Negative attachments block our path, just like that log blocks the water.

I think I understand. If I am holding on to something, I am attached to it. What are our attachments, Lion Sage?




See how that girl and her little brother are attached to their mommy? Some attachments, like a family's love, are positive and useful.

Others are not. It is good to strengthen our positive attachments and let go of negative attachments. I am sure that boy's mom hopes he doesn't get too attached to that little frog and want to take it home!



This heavy log is like a big negative attachment in my life that disturbs me and is not useful. It has blocked the river and because of it I'm stuck and making no progress. Let's see if I can get it moving.

Good example, little mouse. Like the river, life can be blocked by our attachments. When that happens we can no longer flow downstream toward our destination. So, what do you think we should do next?



You can remove life's obstacles, too, with the power of letting go. We call that power "detachment." Being detached means you are free, you don't hold on to things too tightly.

O Lion Sage, you are my hero. Now that you have pulled the log out of the river I am free to flow with the river of life.

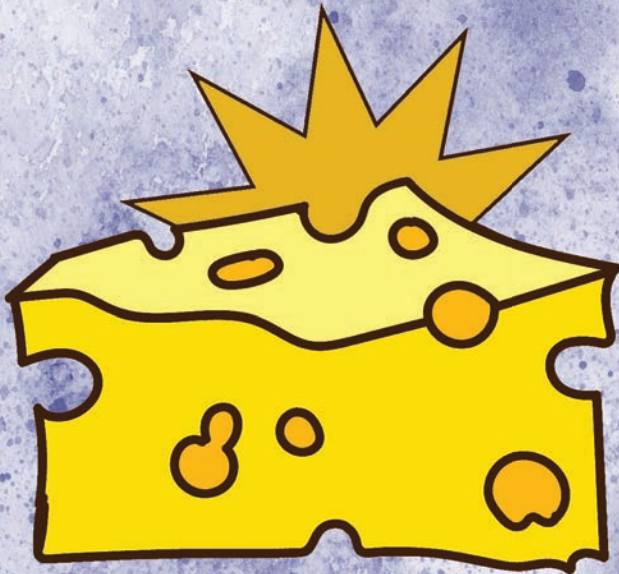
Think about the things you really like, little mouse. Are you attached to anything you that don't really need?




I really love cheese....
and chocolate.



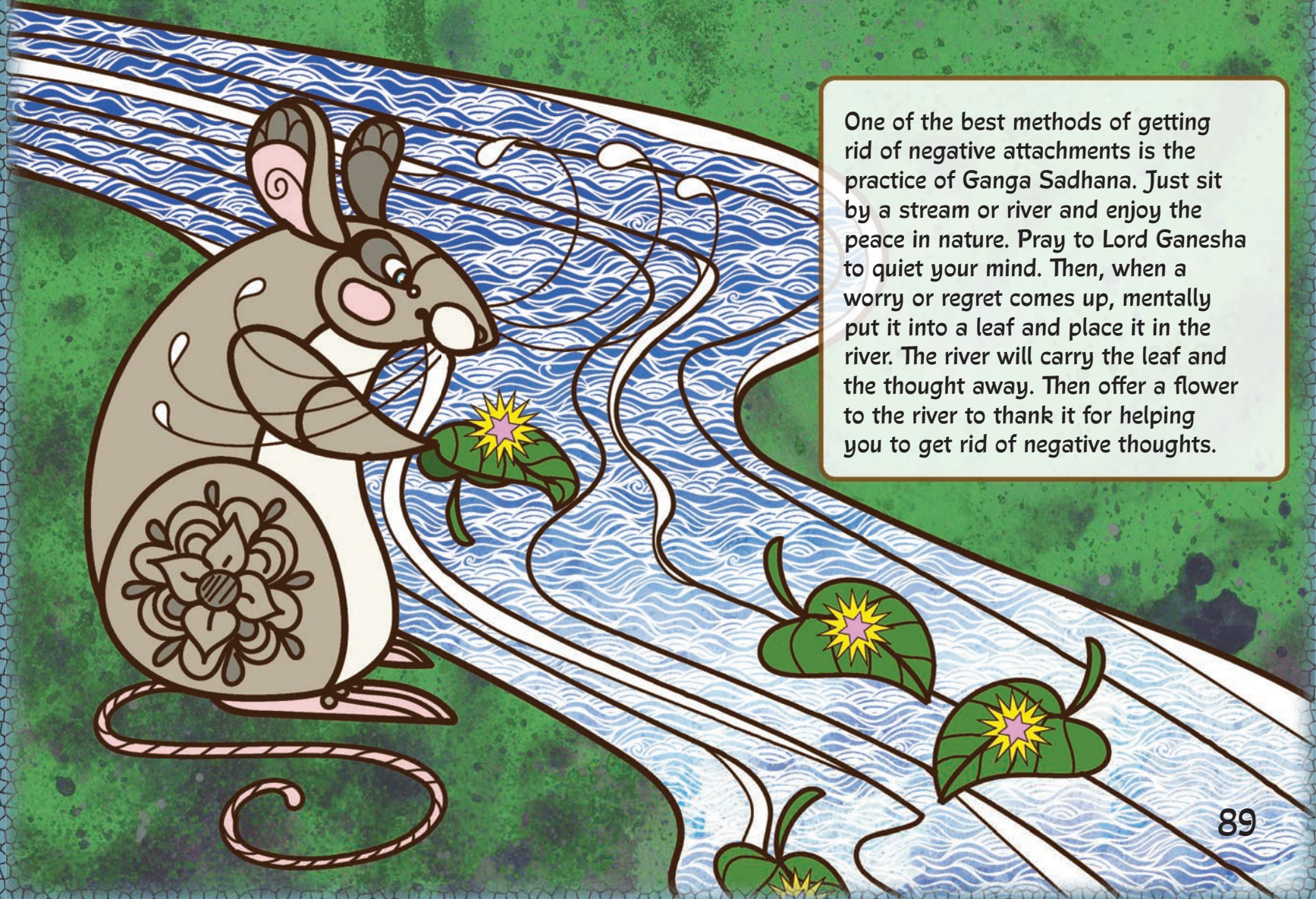
O Lion Sage, should I become detached from everything???



No, no, no. Only the negative attachments. They are not useful in life. To know the difference, just ask yourself: Is it true? Is it kind? Is it helpful? Is it needed? If the answer to each question is yes, you can go ahead and be attached to that thing. And don't worry, Mystic Mouse, cheese and candy are OK, if you don't get carried away!



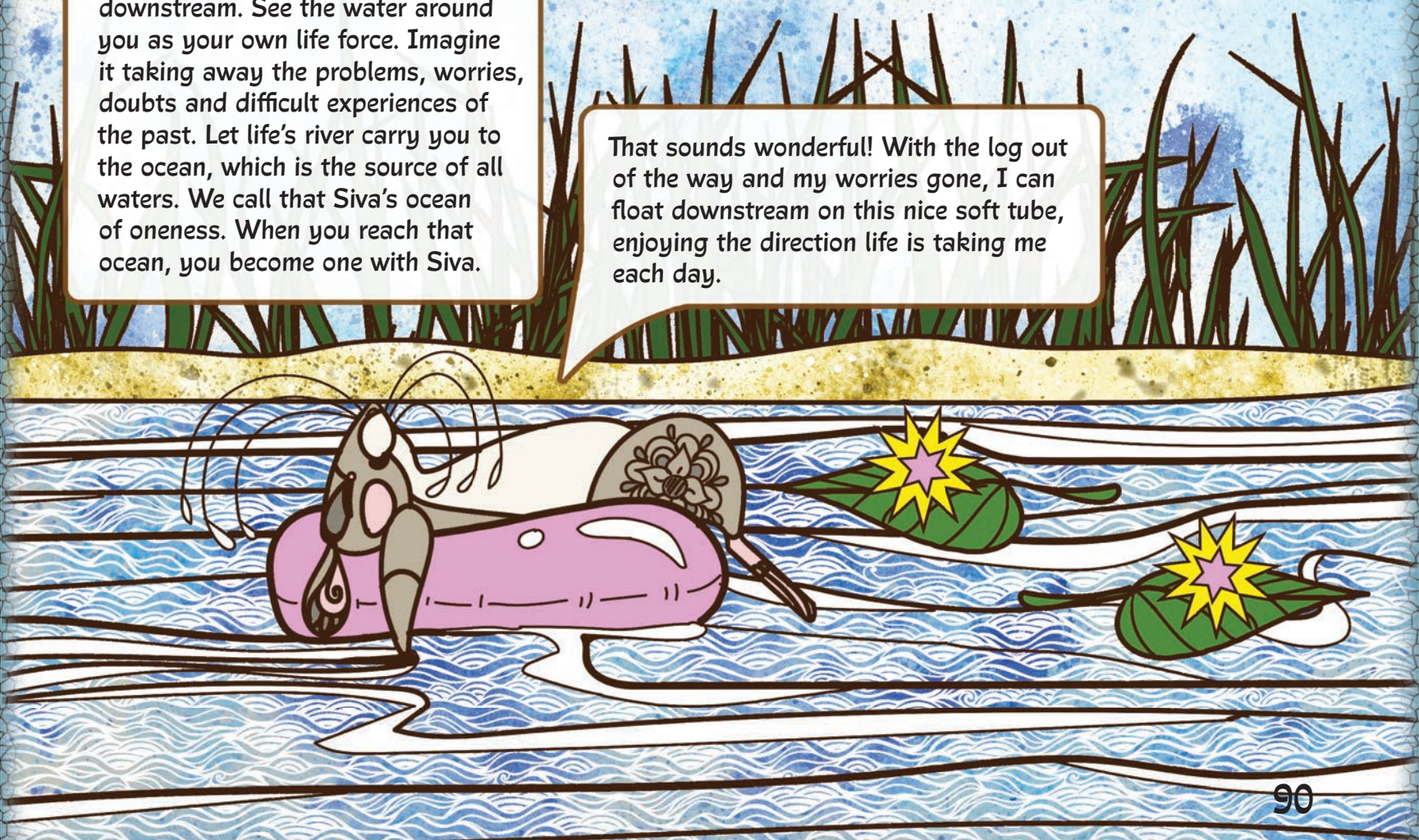
Our attachments are stored in a part of our mind called the subconscious. Look at that basement down there. We live on the main floor, but we store old things in our basement. To be free of old attachments, memories and experiences, we have to go into our subconscious basement and straighten it out. Just like our house, our mind is more enjoyable when it is nicely organized.

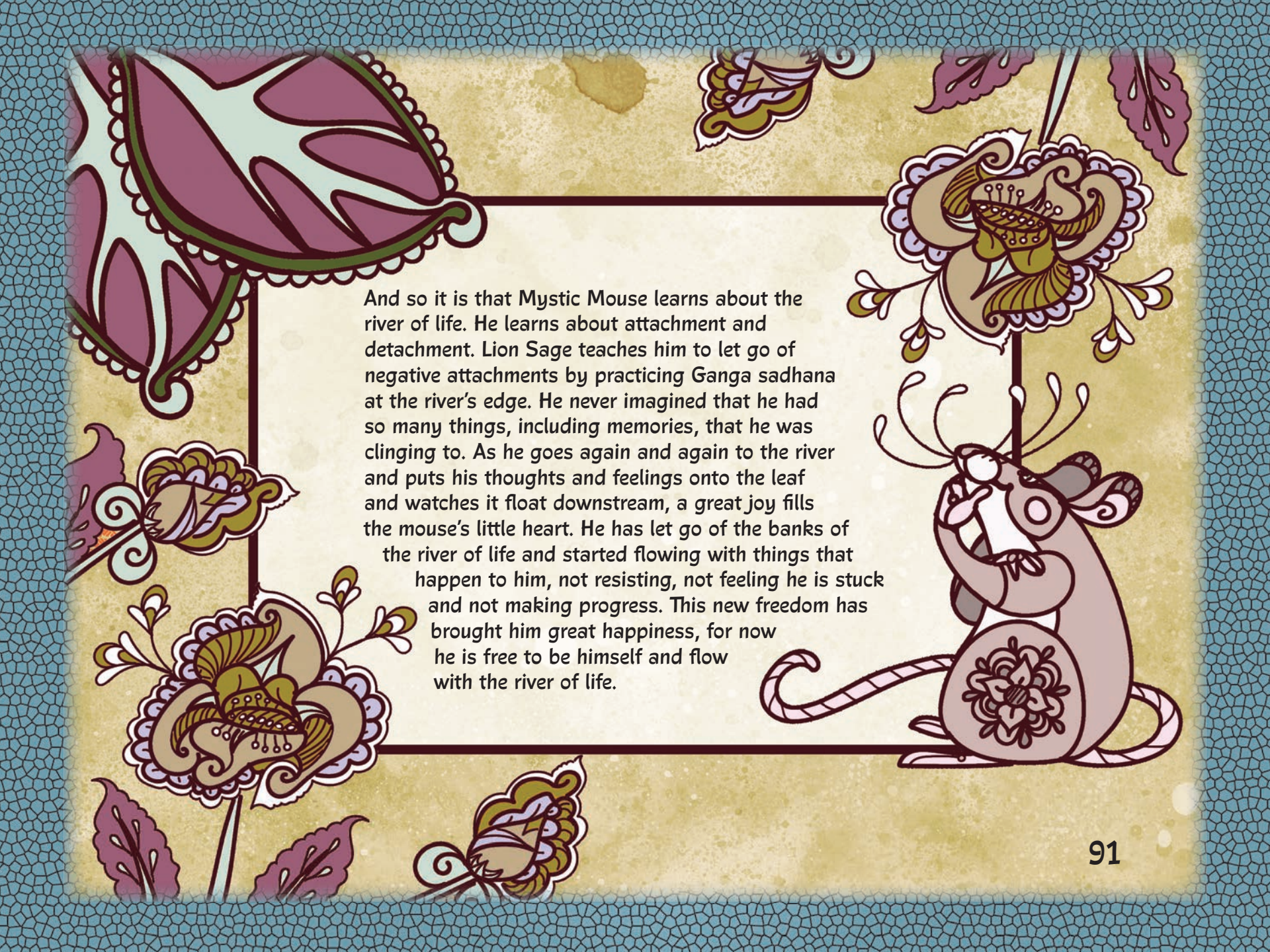


One of the best methods of getting rid of negative attachments is the practice of Ganga Sadhana. Just sit by a stream or river and enjoy the peace in nature. Pray to Lord Ganesha to quiet your mind. Then, when a worry or regret comes up, mentally put it into a leaf and place it in the river. The river will carry the leaf and the thought away. Then offer a flower to the river to thank it for helping you to get rid of negative thoughts.

Feel yourself, right at this instant, living in the here and now, floating downstream. See the water around you as your own life force. Imagine it taking away the problems, worries, doubts and difficult experiences of the past. Let life's river carry you to the ocean, which is the source of all waters. We call that Siva's ocean of oneness. When you reach that ocean, you become one with Siva.

That sounds wonderful! With the log out of the way and my worries gone, I can float downstream on this nice soft tube, enjoying the direction life is taking me each day.





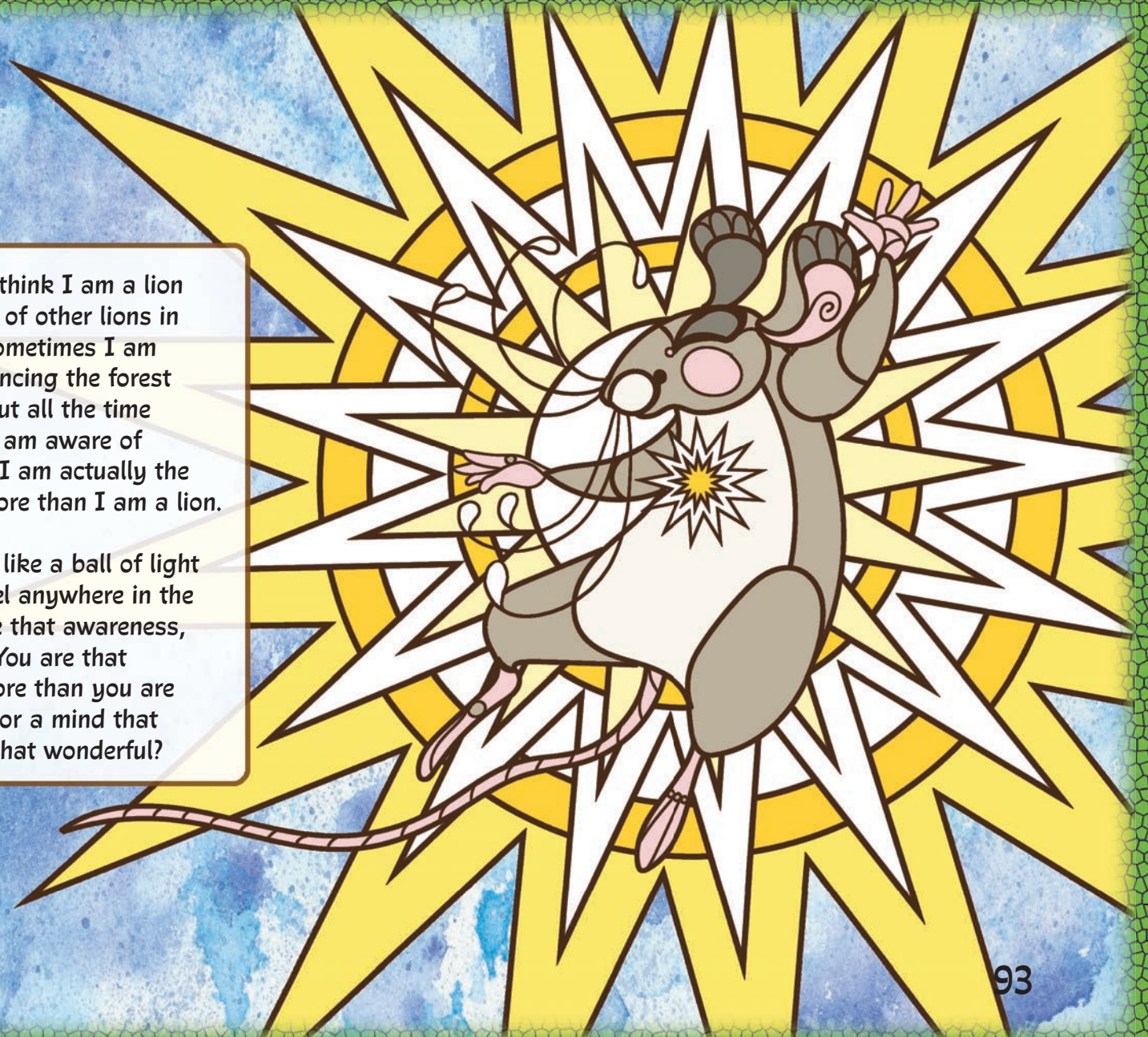
And so it is that Mystic Mouse learns about the river of life. He learns about attachment and detachment. Lion Sage teaches him to let go of negative attachments by practicing Ganga sadhana at the river's edge. He never imagined that he had so many things, including memories, that he was clinging to. As he goes again and again to the river and puts his thoughts and feelings onto the leaf and watches it float downstream, a great joy fills the mouse's little heart. He has let go of the banks of the river of life and started flowing with things that happen to him, not resisting, not feeling he is stuck and not making progress. This new freedom has brought him great happiness, for now he is free to be himself and flow with the river of life.

The Story of Awareness

Chapter 5, in which Mystic Mouse learns that awareness is his true identity, and is inspired to practice yoga and meditation

Sometimes I think I am a lion who is aware of other lions in my family. Sometimes I am a lion experiencing the forest or the rain. But all the time I remember I am aware of these things. I am actually the awareness more than I am a lion.

Awareness is like a ball of light that can travel anywhere in the mind. You are that awareness, little mouse. You are that light, even more than you are a furry body or a mind that thinks. Isn't that wonderful?



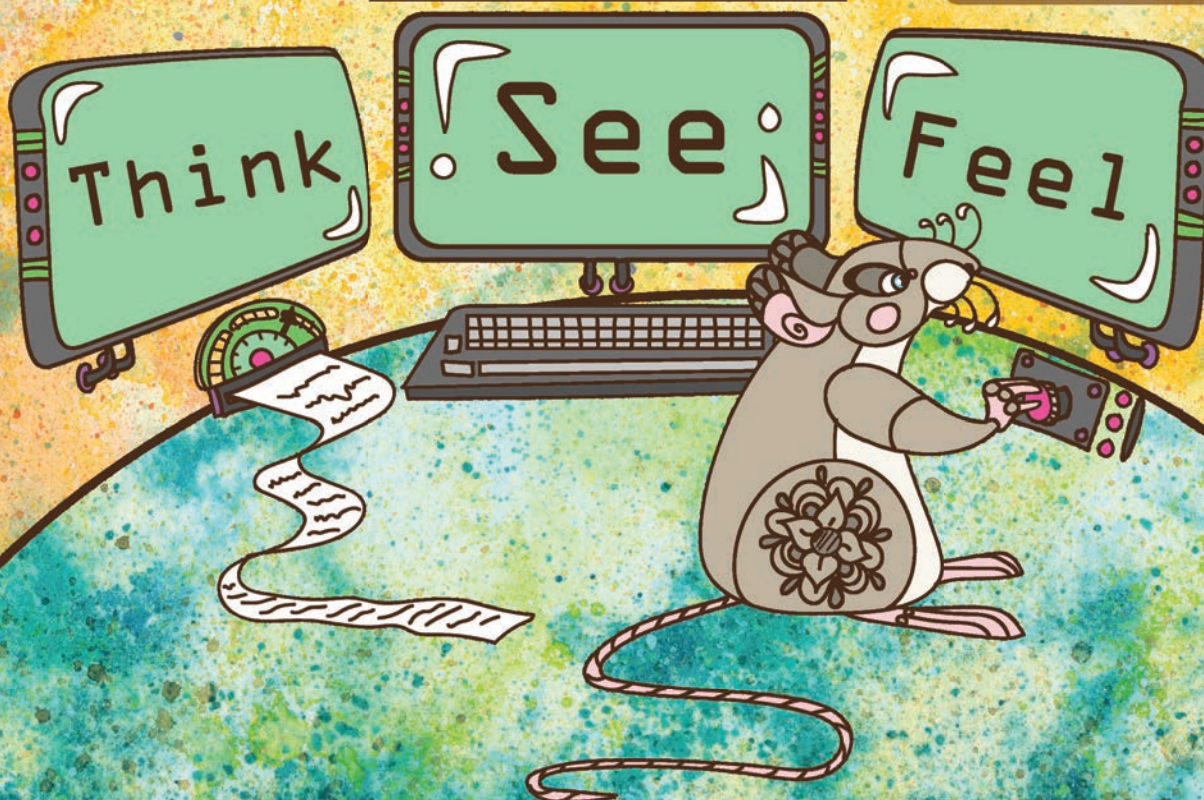


Awareness is very subtle and hard to understand. To experience awareness, we must watch where it goes. Study your awareness. Watch it jump from one thought to the next, one feeling to the next. We need to live more inside ourself than in the outside world. And here's a secret: the inside of us is the best part.

When we live mostly inside
ourselves, we see that we are
not what we are aware of. This
means we are not our thoughts.
We are not our feelings.

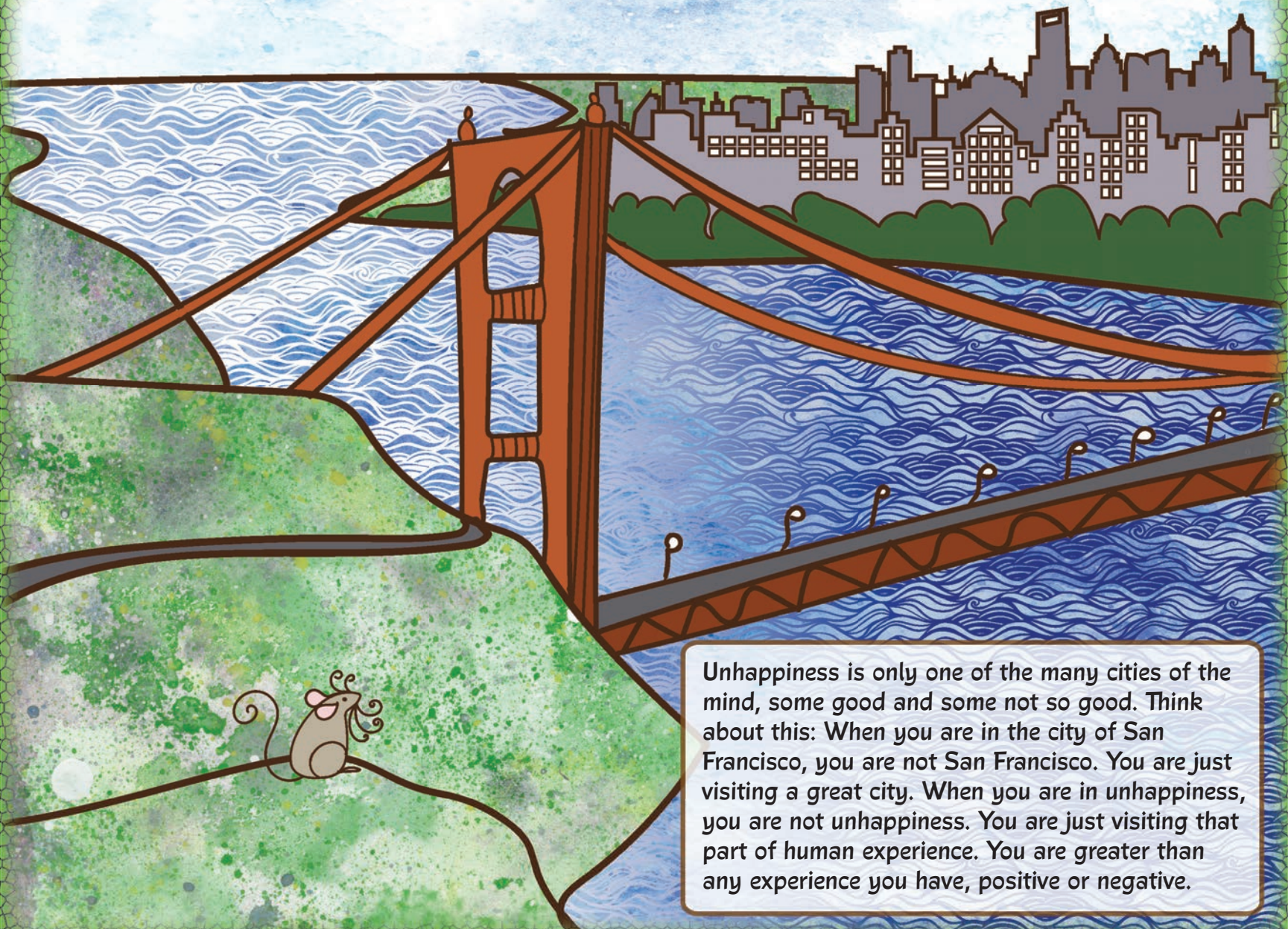
Control Panel

In fact, we can change what we
think and feel. I am teaching you
how to control your thoughts and
feelings using your intelligence and
some simple tools. We can even
choose to accept everything and
be content in all circumstances.
Acceptance is a great power.




Life is full of happy things and also sad, little mouse. When we do not live within, we get stuck in the outer part of the mind. This means that when we experience unhappiness, we think we **ARE** unhappiness. But that's a wrong idea. There is a better way to look at life. It is what my guru taught me and what I want to share with you.



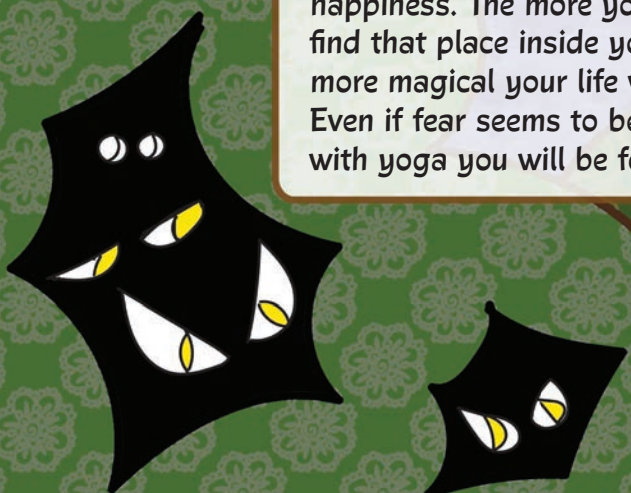


Unhappiness is only one of the many cities of the mind, some good and some not so good. Think about this: When you are in the city of San Francisco, you are not San Francisco. You are just visiting a great city. When you are in unhappiness, you are not unhappiness. You are just visiting that part of human experience. You are greater than any experience you have, positive or negative.



When we find ourselves in unhappiness, we don't have to just wait until we feel better. That could take a long time. There are two things we can do to move awareness toward happiness. First, we can control our breath. When we control our breath, we control our mind. Second, we can make our spine straight. It is impossible to be unhappy when the spine is straight. Learn these two little secrets and you can always be positive.

The greatest barrier to happiness is fear. But we can be the master of fear. How? Practice yoga. Pray to Lord Murugan. He can help you with this. Learn to control awareness and find the center of yourself, where fear does not exist. In that place, there is only quiet. In that place, there is only happiness. The more you learn to find that place inside yourself, the more magical your life will become. Even if fear seems to be watching, with yoga you will be fearless.



Emotional Body



Pranic Body



The study of awareness is the study of yourself. You are awareness and you live in five bodies. The most important is the soul body. In four other bodies you experience thought, emotion, energy and physical life. Say to yourself, "I am awareness. I am a soul being of light. I am not the body. I am not the emotions. I am not the thinking mind."

Mental Body



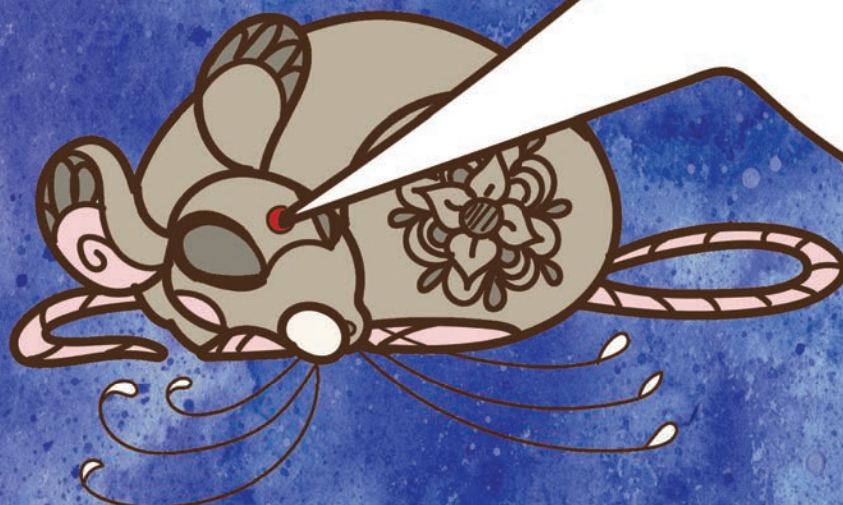
Soul Body




Physical Body



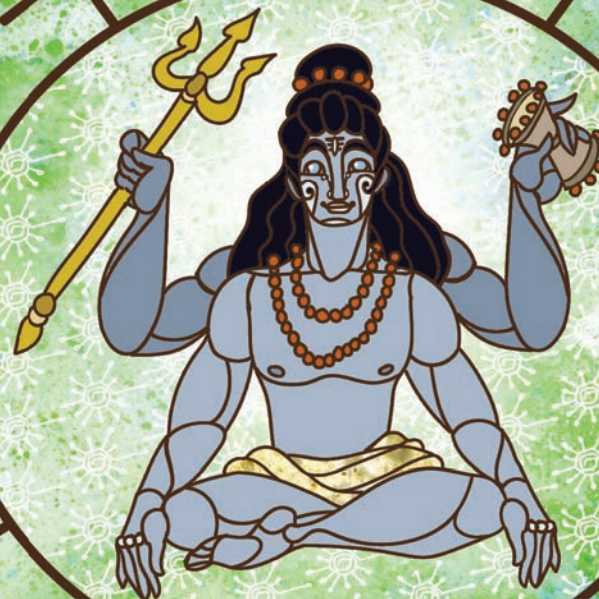
How do we know these things, you may ask? The answer is that sages have seen them with their third eye. That's right, we have three eyes. We see the world with our two physical eyes. In meditation, we see our thoughts with our third eye. When you see yourself exercising in a dream, you are using your third eye, too.






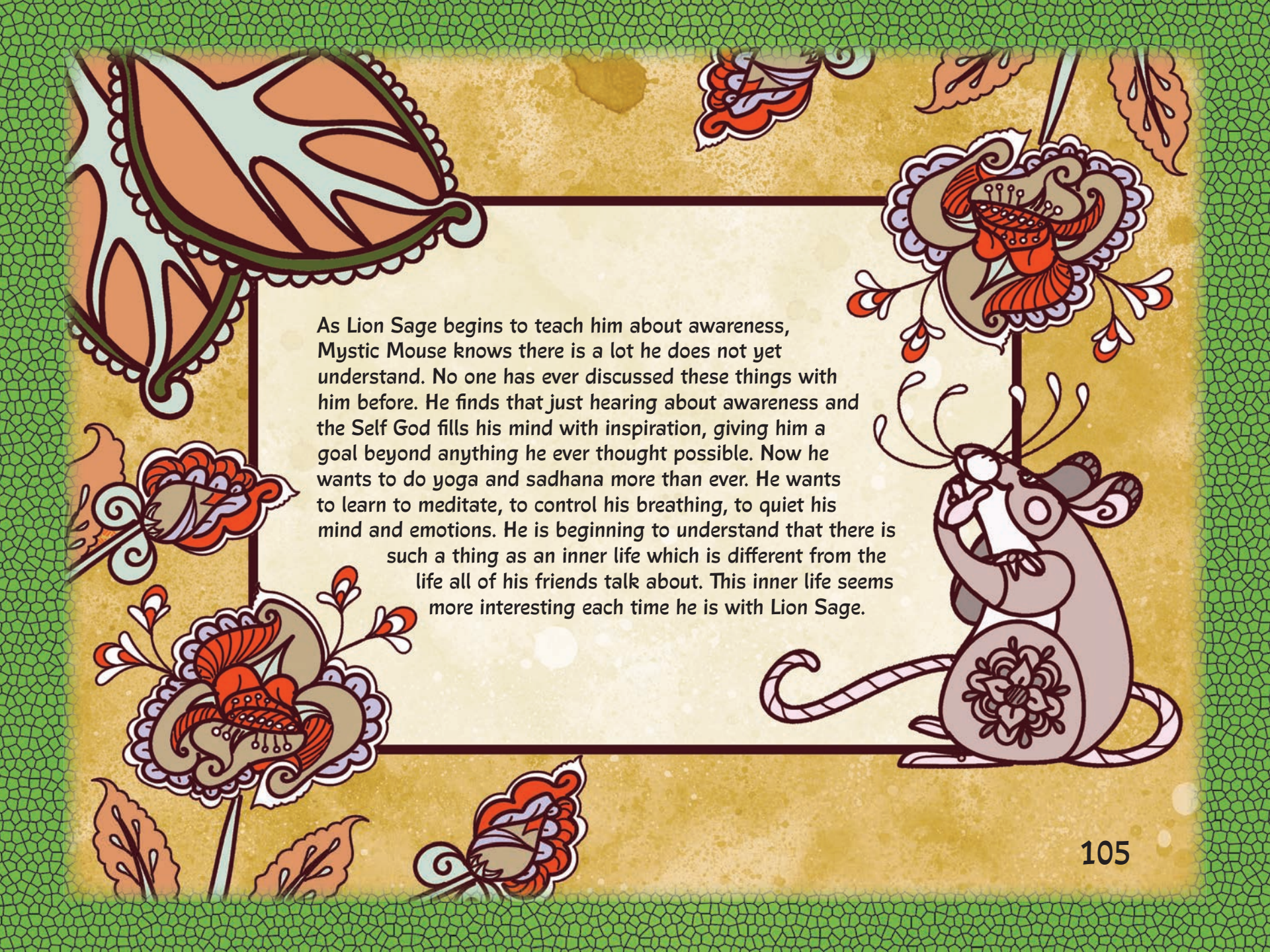
In meditation, have you noticed that awareness tends to bounce from one thought to another like a ping pong ball? To keep awareness still, we control our breath and we use our willpower. If we are successful, the thoughts go away and we are not aware of the outside world at all. We don't even hear noises. We are peaceful and detached. I will tell you how do to this a little later.

The quest is to gain control of awareness and keep traveling positively through the mind to life's most important goal. The mind is like a maze. We must find our way back through this amazing maze to the source. This is my goal and your goal. This is everyone's goal, to know Siva, your true Self. Siva is there at the center of everything.





Realizing the Self is not simply knowing your personality, your small self. It is the experience of Siva within you. Your mission is to just be quiet, just be aware, just be. It's so simple! But simple can also be hard.




As Lion Sage begins to teach him about awareness, Mystic Mouse knows there is a lot he does not yet understand. No one has ever discussed these things with him before. He finds that just hearing about awareness and the Self God fills his mind with inspiration, giving him a goal beyond anything he ever thought possible. Now he wants to do yoga and sadhana more than ever. He wants to learn to meditate, to control his breathing, to quiet his mind and emotions. He is beginning to understand that there is such a thing as an inner life which is different from the life all of his friends talk about. This inner life seems more interesting each time he is with Lion Sage.



Wisdom's Path

A white lion with a thick, light-colored mane is lying on a patch of green grass. The lion is looking towards the right of the frame. In the background, there is a blue wall and a tree trunk with some green foliage.

Chapter 6, in which
Lion Sage teaches
little mouse about
intuition and the
oneness of all things



There is no "your mind"
and "my mind." There
is only one mind. We
are all part of the one
cosmic consciousness that
pervades everything. I call
it Siva consciousness.

Wow, Lion Sage,
that makes
me feel like
I'm a part of
everything! It's
a good feeling.

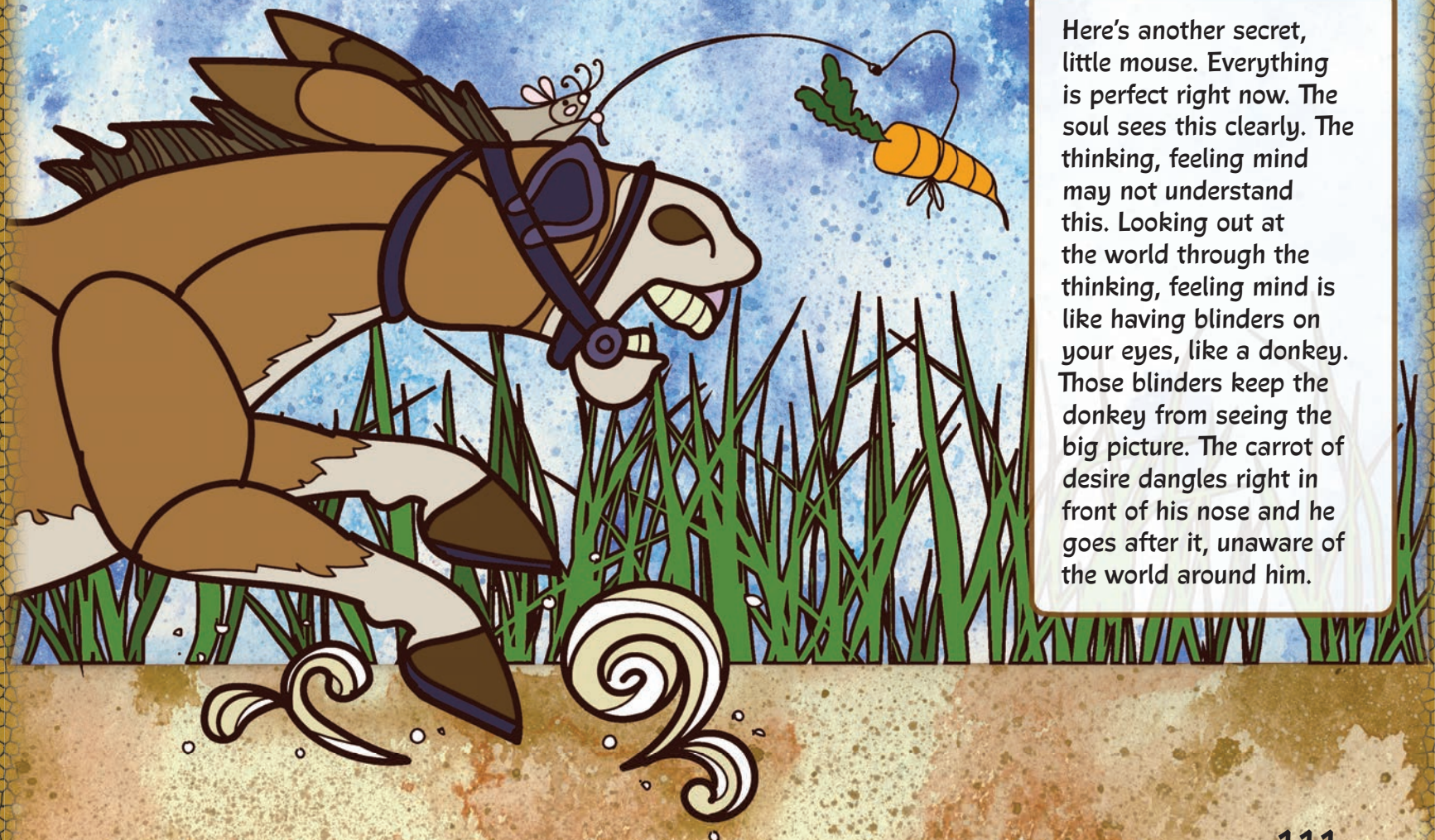


Yes, you and I and all beings share one mind. This is a wonderful yoga teaching.

As an individual awareness, we each move through this one mind in the same way a person travels through San Francisco, or around the Earth. Just like there is a one Earth with many cities and places, there is a one mind with many ideas, feelings and things to experience.

When we grow older and look back on our childhood, we think we have changed. But it is only the body that changes. When we begin to meditate, we see that awareness is our real identity. This awareness was the same when you were two years old as it is today. Awareness is perfect and does not change. It is the same in happiness as it is in sadness. It is simply aware. You are that awareness, which is perfect right now.





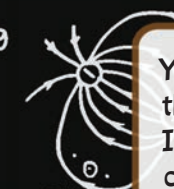
Here's another secret, little mouse. Everything is perfect right now. The soul sees this clearly. The thinking, feeling mind may not understand this. Looking out at the world through the thinking, feeling mind is like having blinders on your eyes, like a donkey. Those blinders keep the donkey from seeing the big picture. The carrot of desire dangles right in front of his nose and he goes after it, unaware of the world around him.

$$E=mc^2$$

After much research, I've concluded that LOVE is the solution!



$$\pm 3,14159$$




I knew it all along!

$$V=ST$$




Your soul nature understands that everything is perfect. Intuition is sometimes called the voice of the soul. Intuition works rapidly. It is reasonable but does not use the process of reason. When you reason something out, it takes a lot of time. Intuition is immediate, like lightning striking unexpectedly. Reason is slow, but eventually it will come to the same conclusion.

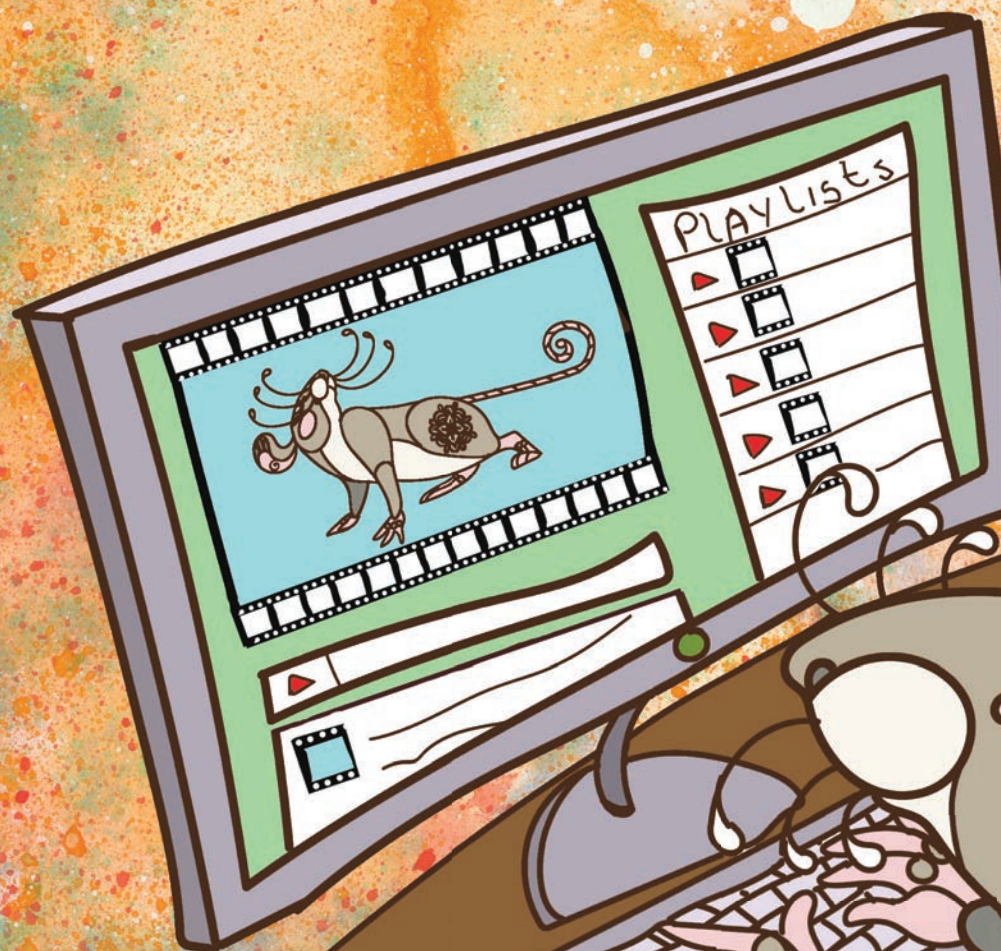




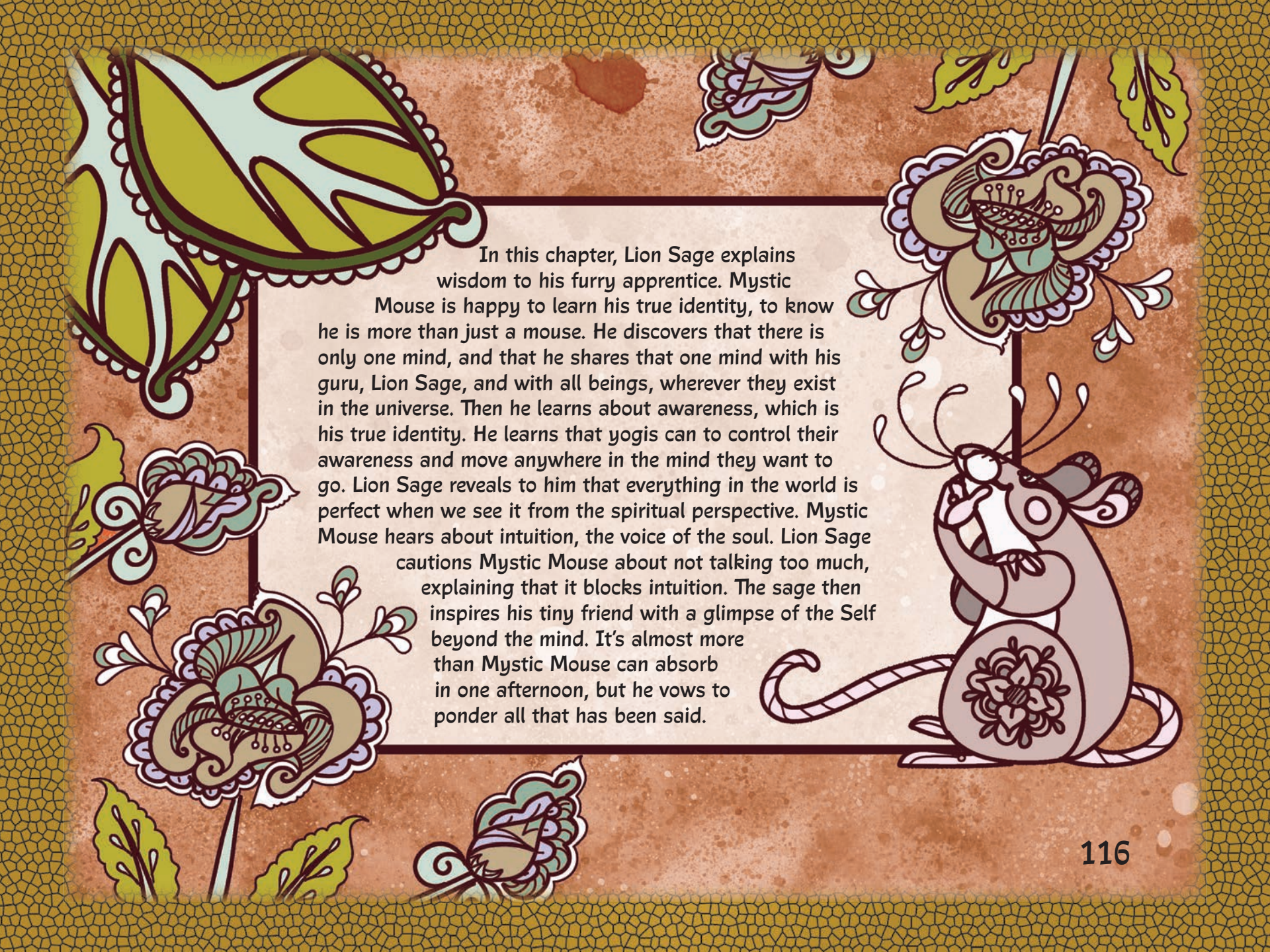
Our spiritual nature is wiser than our thinking mind or feeling nature. Your thinking is conscious, but your spiritual nature is **SUPER** conscious. As your soul awakens, you observe more, you see and understand more. One way to observe more is to talk less. Talking takes a lot of energy. Not talking all the time allows you to watch things more attentively. By making this a strong habit, you will come to know the superconscious.



When you are **SUPER** consciousness, beyond thinking and feeling, you are pure life. You are the same life force that flows through people, through animals, through trees, through plants, through water, through air. When you experience this, you feel at one with all things.



As we soar within through meditation, we experience superconsciousness. And in one lifetime or another, we each have the ultimate inner experience. What is it? It is awareness dissolving into itself, beyond even the superconscious mind. After this Self Realization, you see life like a film, a movie of actors and actresses, and you are part of the cast. You have become the watcher of all that happens. And you know without a doubt that you are the writer, director, editor and leading actor in your own film, called life.



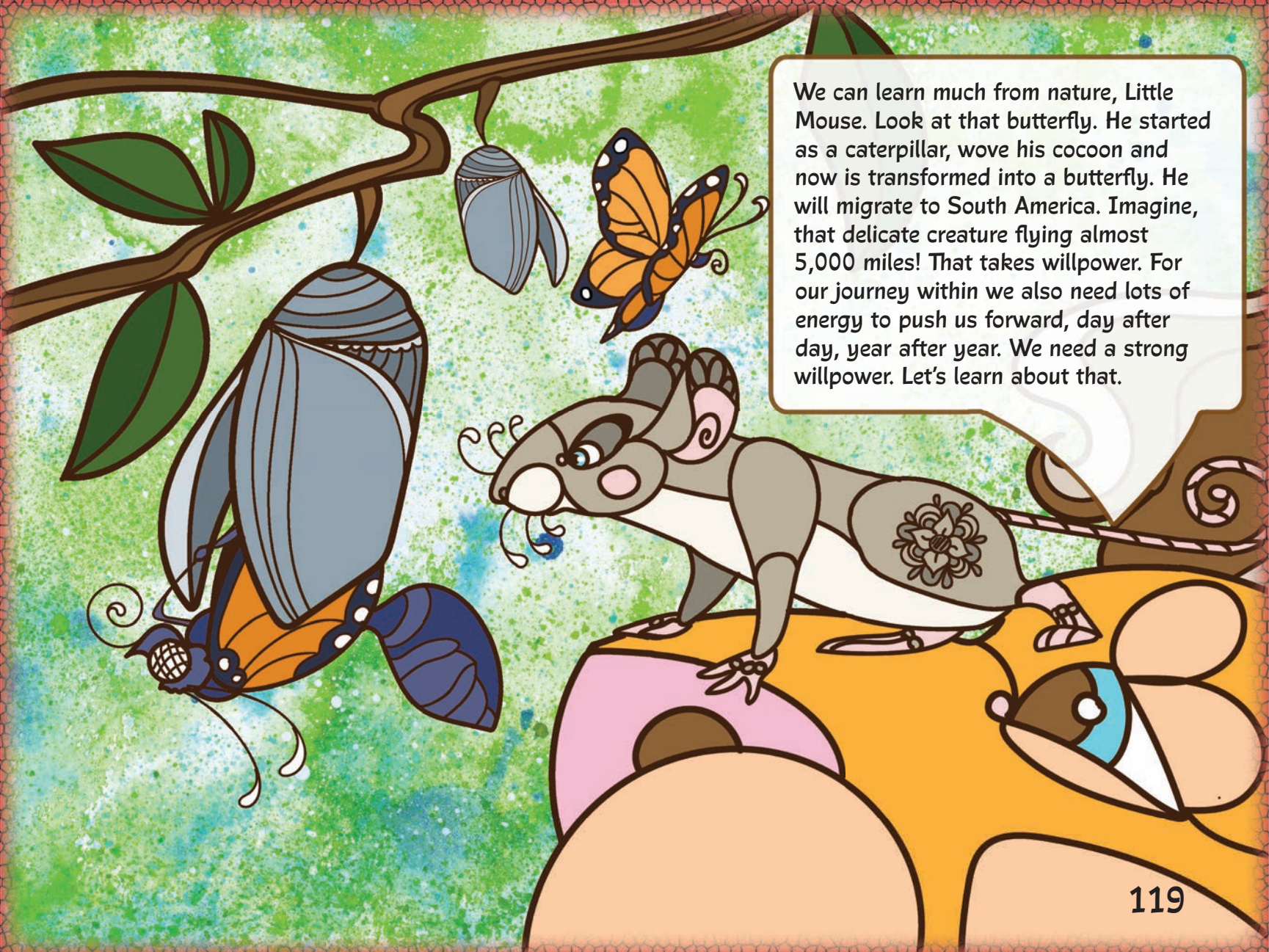
In this chapter, Lion Sage explains wisdom to his furry apprentice. Mystic Mouse is happy to learn his true identity, to know he is more than just a mouse. He discovers that there is only one mind, and that he shares that one mind with his guru, Lion Sage, and with all beings, wherever they exist in the universe. Then he learns about awareness, which is his true identity. He learns that yogis can to control their awareness and move anywhere in the mind they want to go. Lion Sage reveals to him that everything in the world is perfect when we see it from the spiritual perspective. Mystic Mouse hears about intuition, the voice of the soul. Lion Sage cautions Mystic Mouse about not talking too much, explaining that it blocks intuition. The sage then inspires his tiny friend with a glimpse of the Self beyond the mind. It's almost more than Mystic Mouse can absorb in one afternoon, but he vows to ponder all that has been said.



Willpower

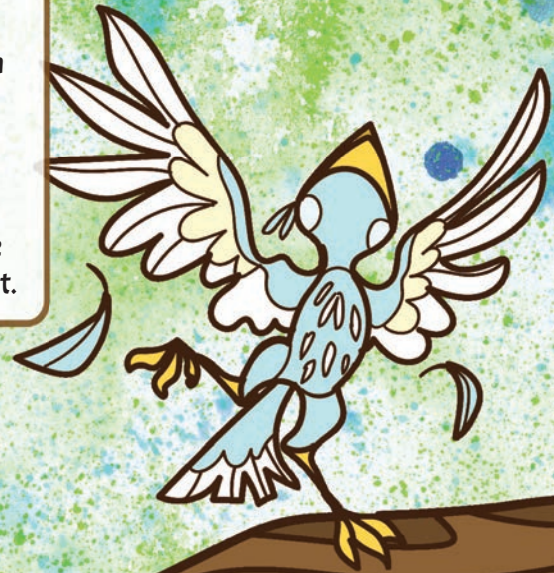
Chapter 7, in which
Mystic Mouse learns
how to use his will,
how to breathe
properly and how
to quiet his mind



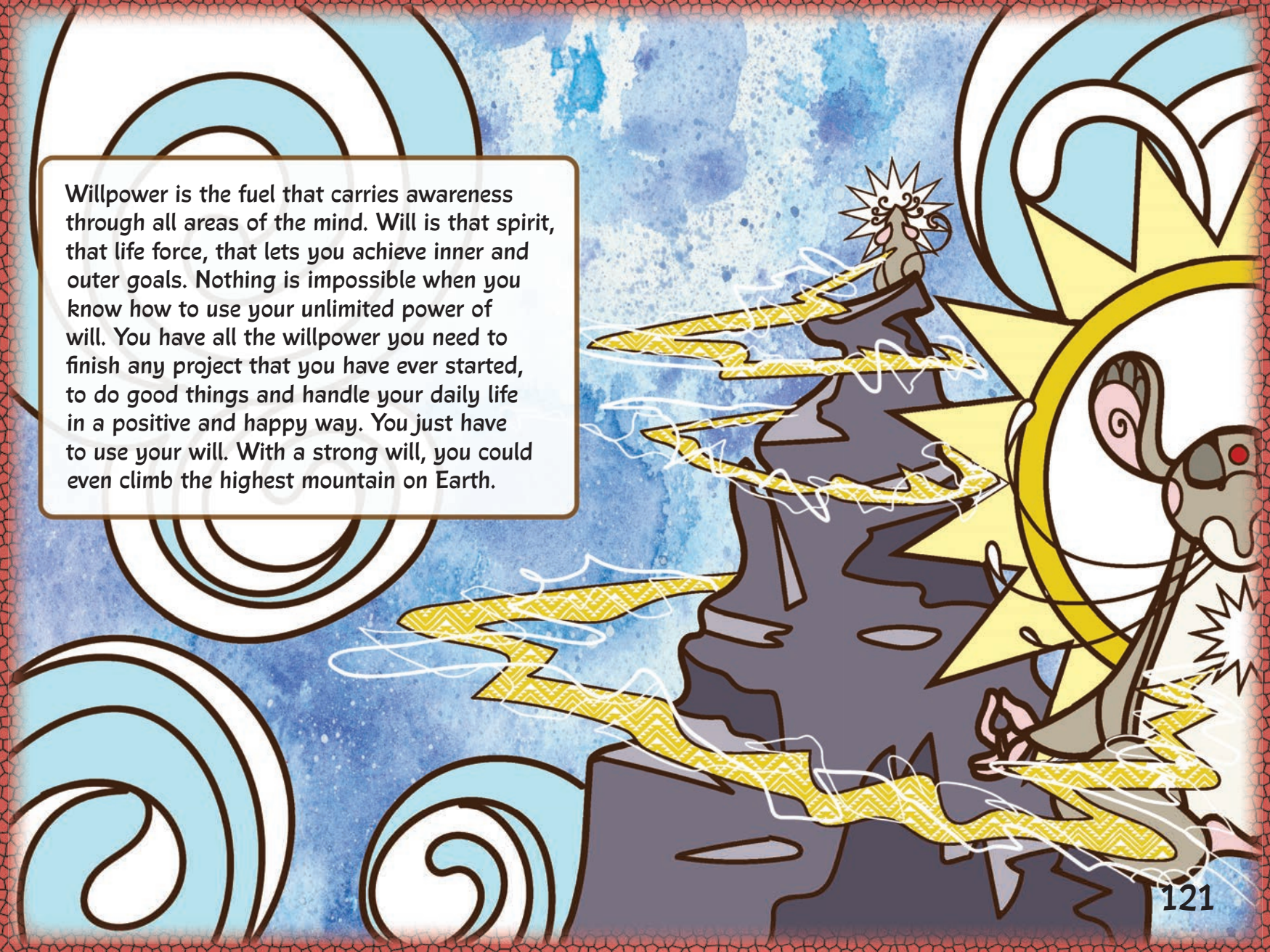



We can learn much from nature, Little Mouse. Look at that butterfly. He started as a caterpillar, wove his cocoon and now is transformed into a butterfly. He will migrate to South America. Imagine, that delicate creature flying almost 5,000 miles! That takes willpower. For our journey within we also need lots of energy to push us forward, day after day, year after year. We need a strong willpower. Let's learn about that.

Look at that mother bird in the tree. Day and night she looks after the needs of her chick. That's not an easy job, but she has the determination to do it. That is called willpower. It's is what allows us in meditation to concentrate, to focus our energies and not be distracted. This means that if you decide to do something, you do it. You finish everything you begin. Always do a little more than you think you can. If you face a challenge, find a way to overcome it. This strengthens your will. Discover the will within you. It is very important.



Willpower is the fuel that carries awareness through all areas of the mind. Will is that spirit, that life force, that lets you achieve inner and outer goals. Nothing is impossible when you know how to use your unlimited power of will. You have all the willpower you need to finish any project that you have ever started, to do good things and handle your daily life in a positive and happy way. You just have to use your will. With a strong will, you could even climb the highest mountain on Earth.



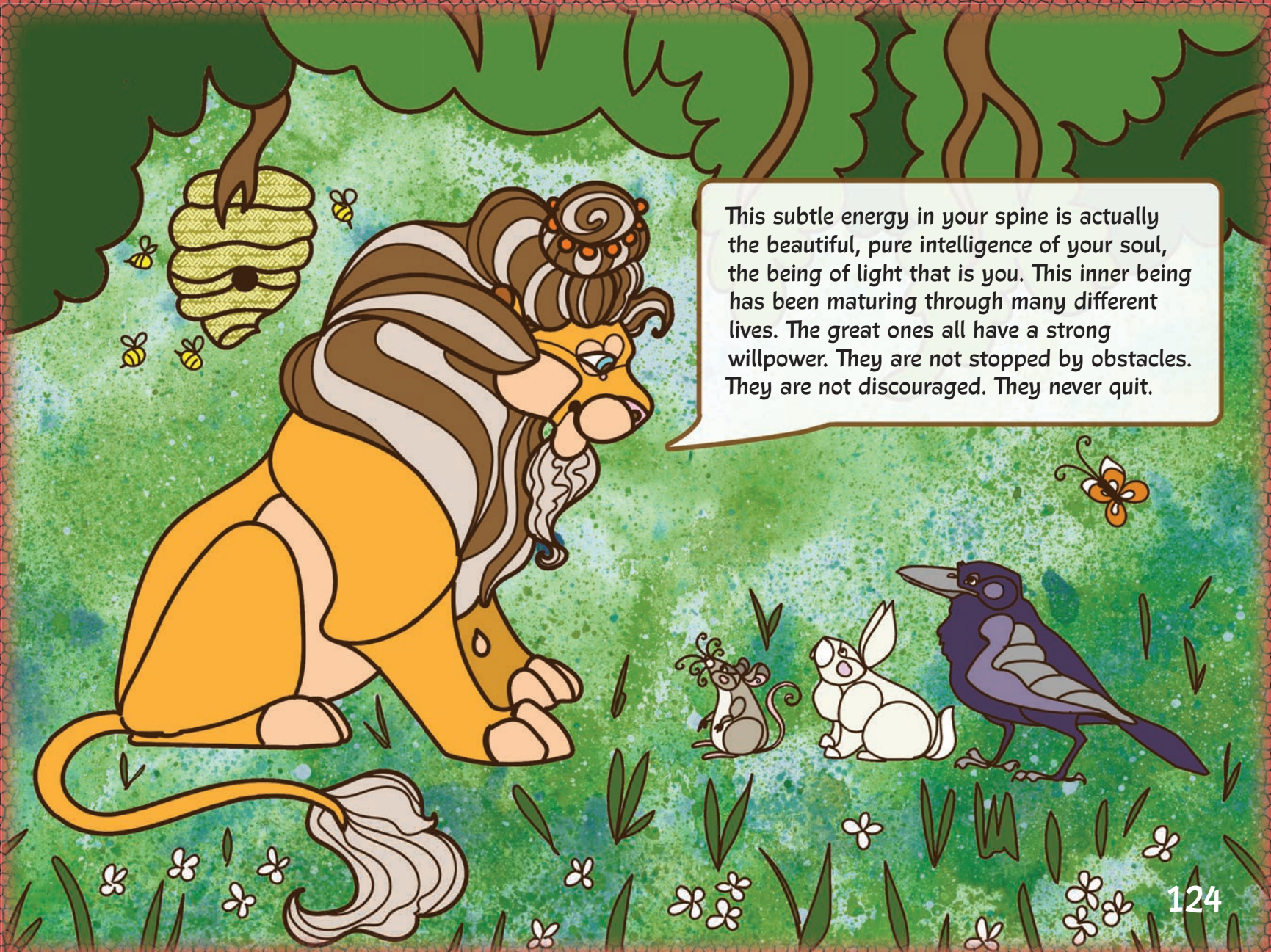


Willpower is like a muscle. The more you use it, the stronger it gets. If you are collecting sunflower seeds all day, the body gets tired. You want to quit and go home. But if you quit, you and your friends will go hungry, so you keep working until you have enough for dinner.

That mouse has a strong will to get things done.

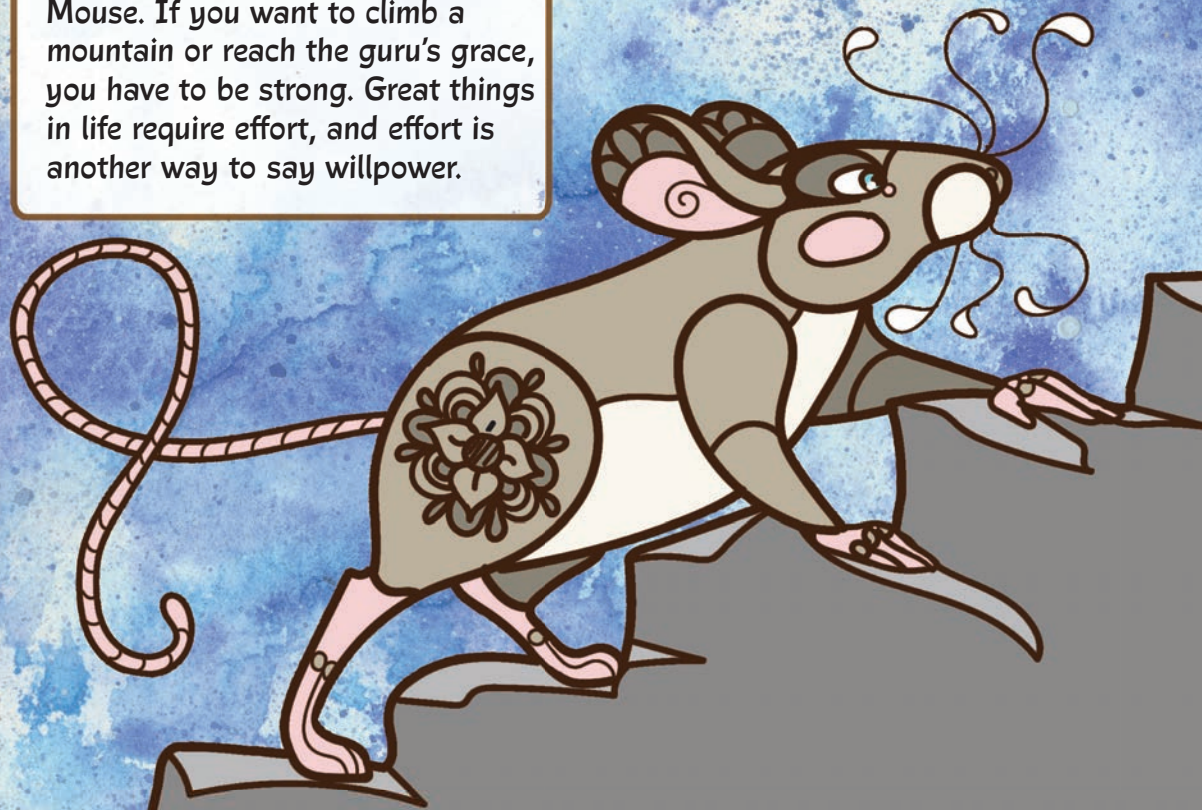
One way to discover your willpower is to feel the energy in your spine. It is coming from the source of life itself. When you want to feel invincible, go into your spine. Feel the power flowing out from the spine to all parts of the body. Use that power, and you can achieve anything.





This subtle energy in your spine is actually the beautiful, pure intelligence of your soul, the being of light that is you. This inner being has been maturing through many different lives. The great ones all have a strong willpower. They are not stopped by obstacles. They are not discouraged. They never quit.

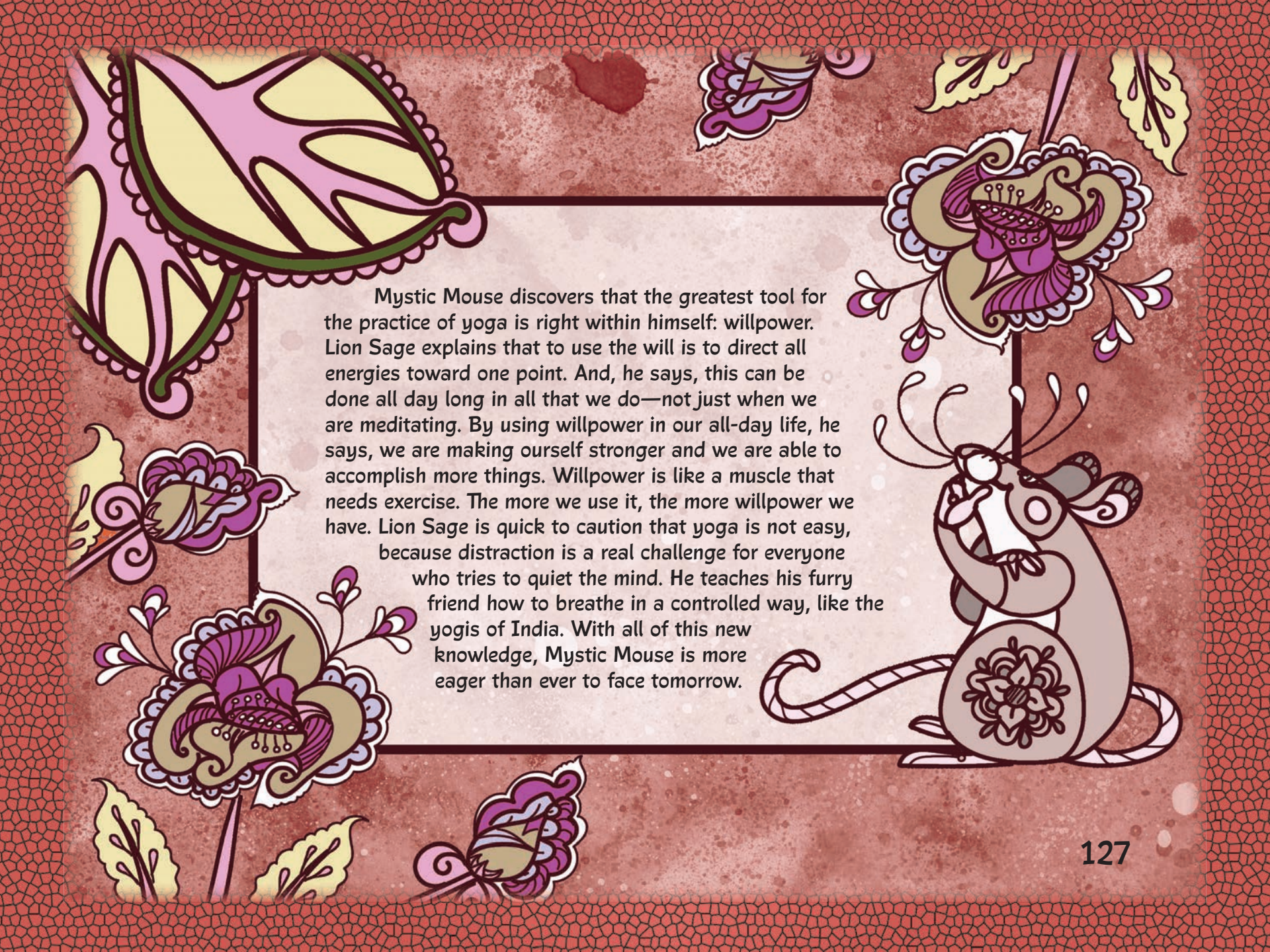
I can see you understand the importance of willpower, Little Mouse. If you want to climb a mountain or reach the guru's grace, you have to be strong. Great things in life require effort, and effort is another way to say willpower.



The first challenge when we begin to meditate is controlling our breathing. Proper breathing is very important in yoga. It helps control awareness. Until you learn that, your mind will run here and there. A bug might fly by. Or you could feel hungry. Or your iPhone could ring. And you will forget your meditation. All of this is natural. But if you keep breathing properly, and using your willpower to bring awareness back to your meditation, you will succeed. You will overcome all distractions and find peace within.

Now, Little Mouse, do like the yogis do. Hold the right nostril closed with your right thumb and breathe in on the left. Then hold the left nostril closed with your ring finger and breathe out through the right nostril. Continue this for two minutes to gain control of your breath.





Mystic Mouse discovers that the greatest tool for the practice of yoga is right within himself: willpower. Lion Sage explains that to use the will is to direct all energies toward one point. And, he says, this can be done all day long in all that we do—not just when we are meditating. By using willpower in our all-day life, he says, we are making ourselves stronger and we are able to accomplish more things. Willpower is like a muscle that needs exercise. The more we use it, the more willpower we have. Lion Sage is quick to caution that yoga is not easy, because distraction is a real challenge for everyone who tries to quiet the mind. He teaches his furry friend how to breathe in a controlled way, like the yogis of India. With all of this new knowledge, Mystic Mouse is more eager than ever to face tomorrow.



The Clear White Light

Chapter 8, in which Mystic
Mouse is introduced to
the divine light within that
takes him closer to God
Siva and brings great bliss



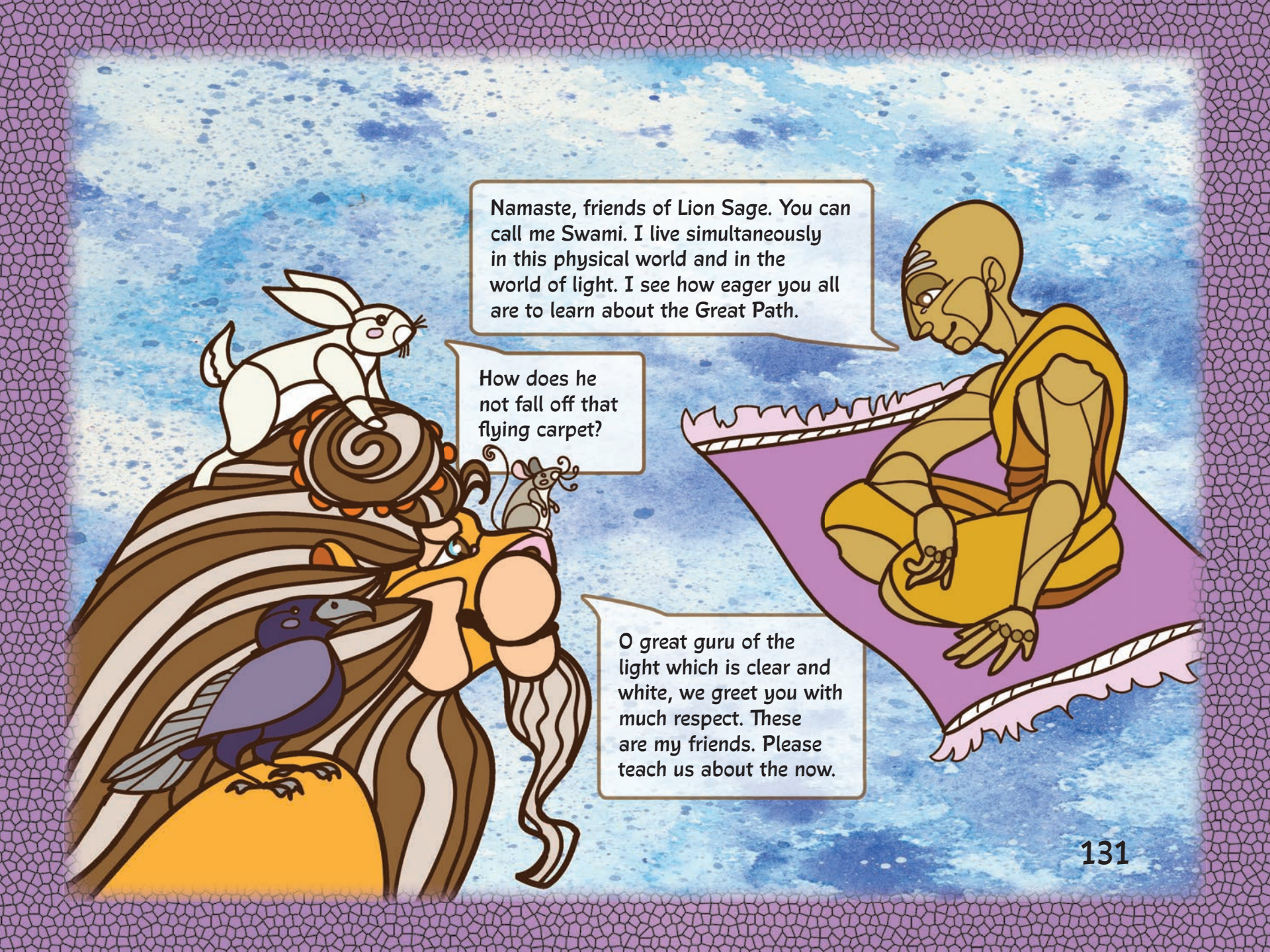


Just like you look at me as your spiritual teacher, I also have a guru who guides my life. There he is, deep in meditation. That magic carpet he is riding moves at the speed of thought. I have told him all about you and he is eager to meet you.



He looks so peaceful. I am trying to be as quiet as a mouse so we don't disturb his meditation. My friends and I are honored to meet such a great soul.





Namaste, friends of Lion Sage. You can call me Swami. I live simultaneously in this physical world and in the world of light. I see how eager you all are to learn about the Great Path.

How does he not fall off that flying carpet?

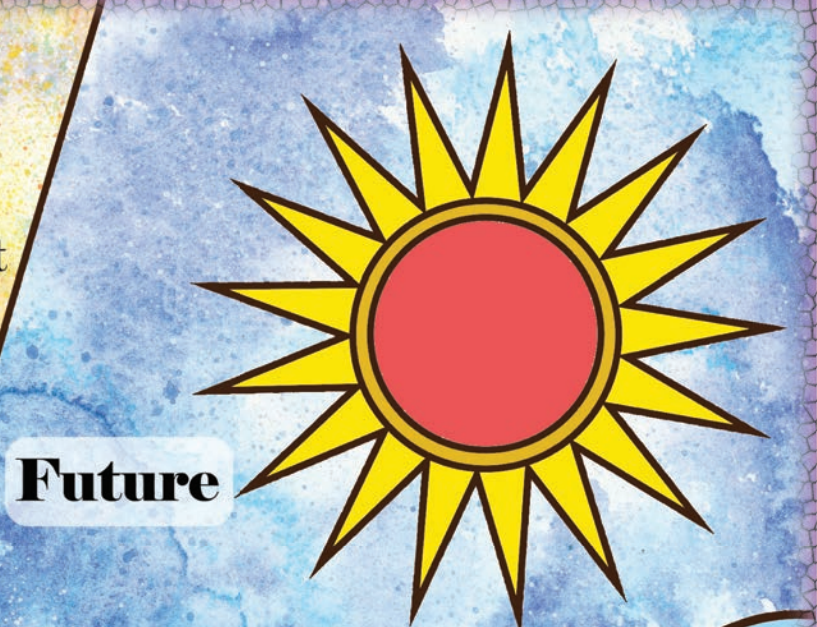
O great guru of the light which is clear and white, we greet you with much respect. These are my friends. Please teach us about the now.



Past




Present



Future

Swami shows Mystic Mouse the secret of the NOW. It is a secret that anyone can know, but not many people do. Swami says NOW is the only real time. The past is just memory and regret. The future is just hope and what-ifs. The past and the future can never give us peace. Because Swami lives in the now, he can move effortlessly into the light anytime he wants.






When the now becomes interesting to us, we work daily on the yoga practices I have been talking about, Mystic Mouse. This strengthens your nerve system. As you live more and more in the now, you are free of past sorrows and future fears.

Lion Sage is right, Little Mouse. When you are now, you are more focused, more able to do things.

See, everyone, the guru knows so many things that we are just learning about.

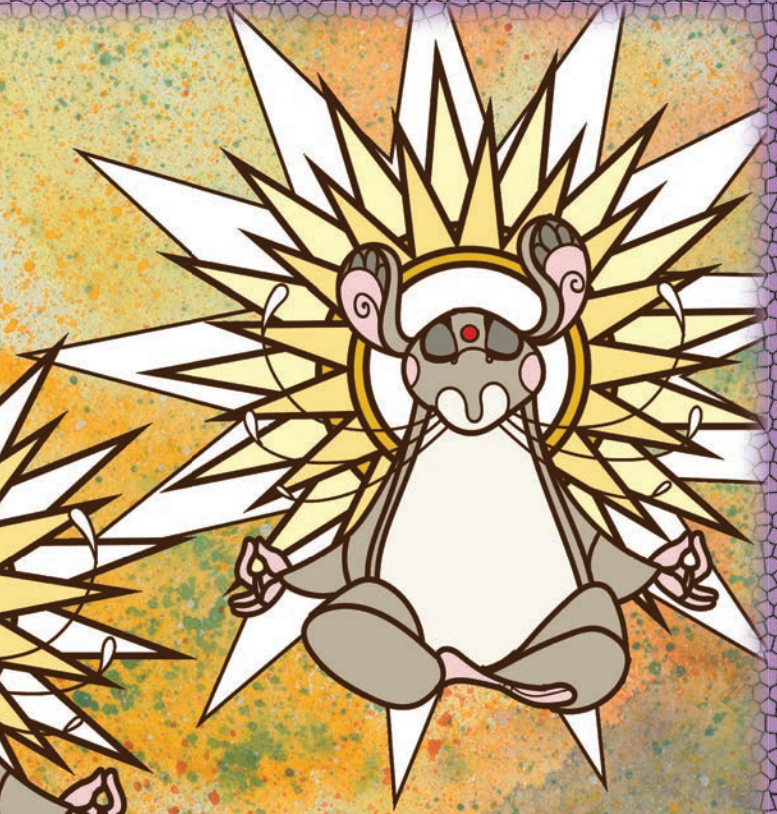
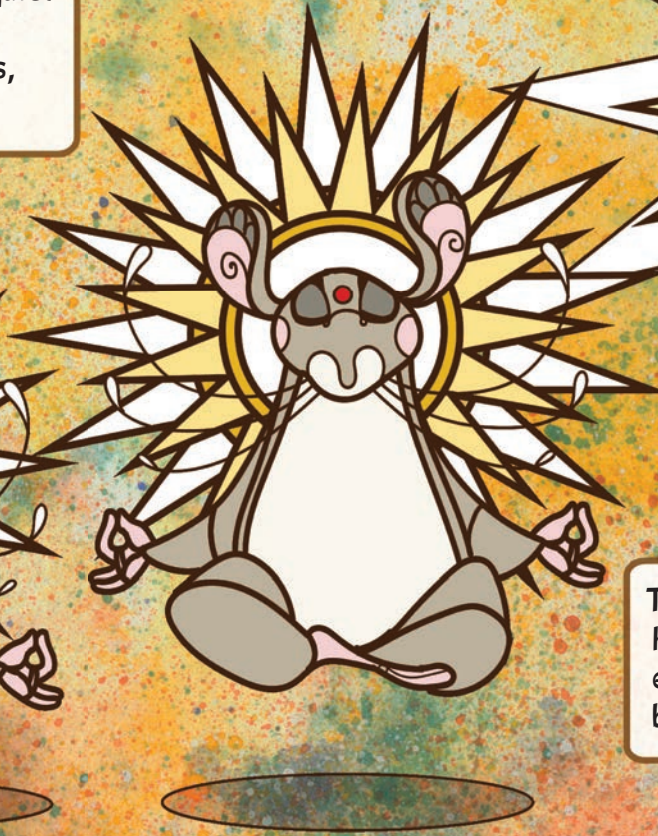
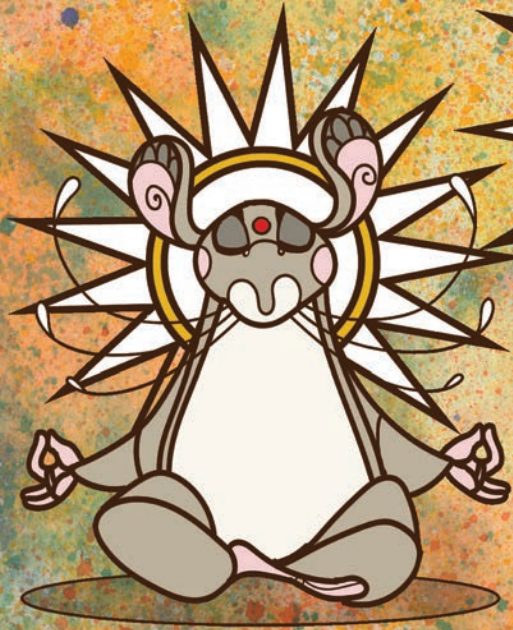


Here we are, Little Mouse, following the guru through the forest of life. As long as we are with him, we are safe and sure we are in the right place, just where we should be. Always listen to the guru and follow his instructions. He will lead you to God.

Gurus are great!

Aum Namasivaya!
Aum Namasivaya!
Aum Namasivaya!

Mystic Mouse works hard to quiet his mind each day, to seek the light within. The harder he tries, the brighter the light becomes.

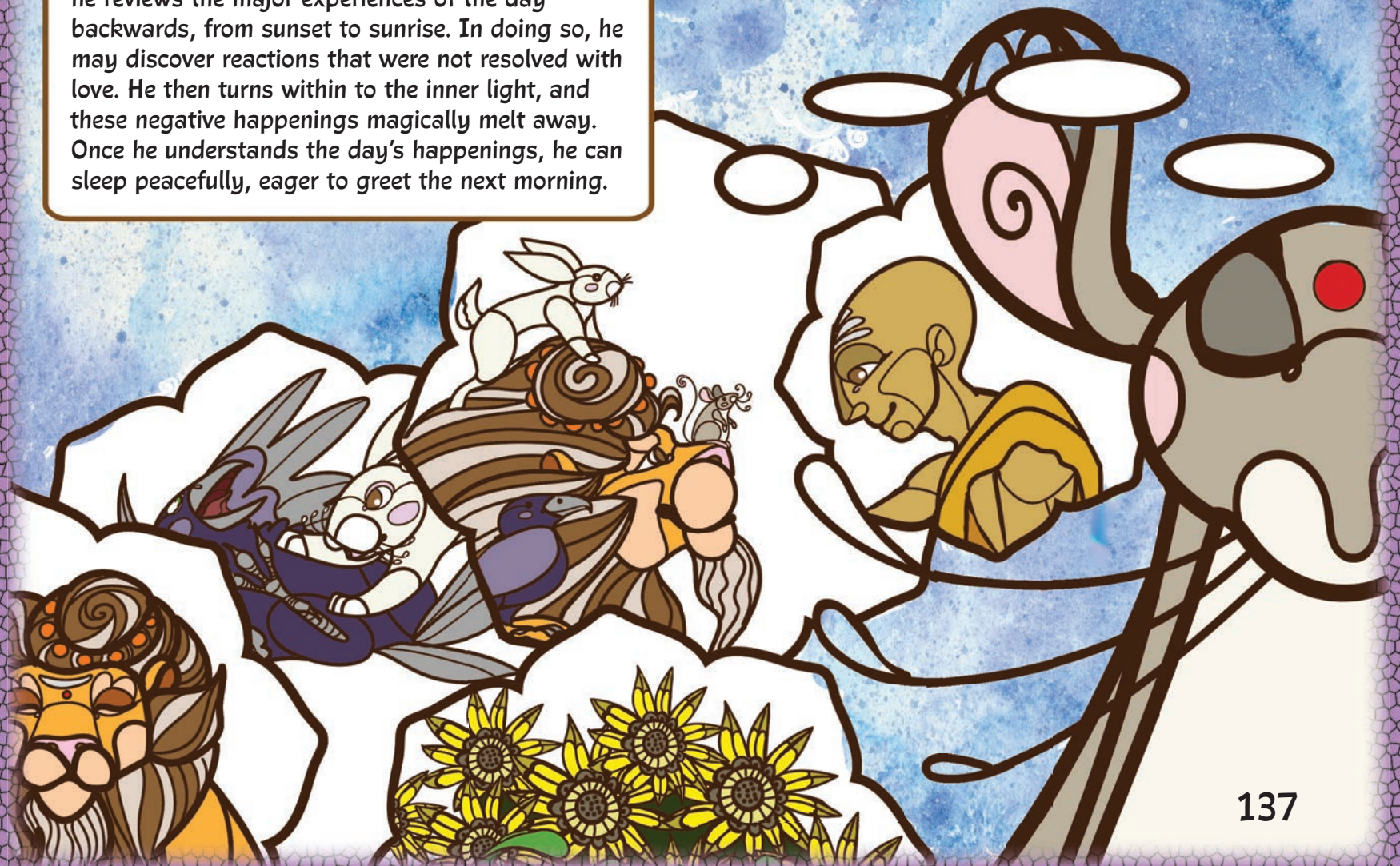


The light of understanding changes his life, changes the way he sees everything. It's not the Absolute Truth, but it is a big step along the way.



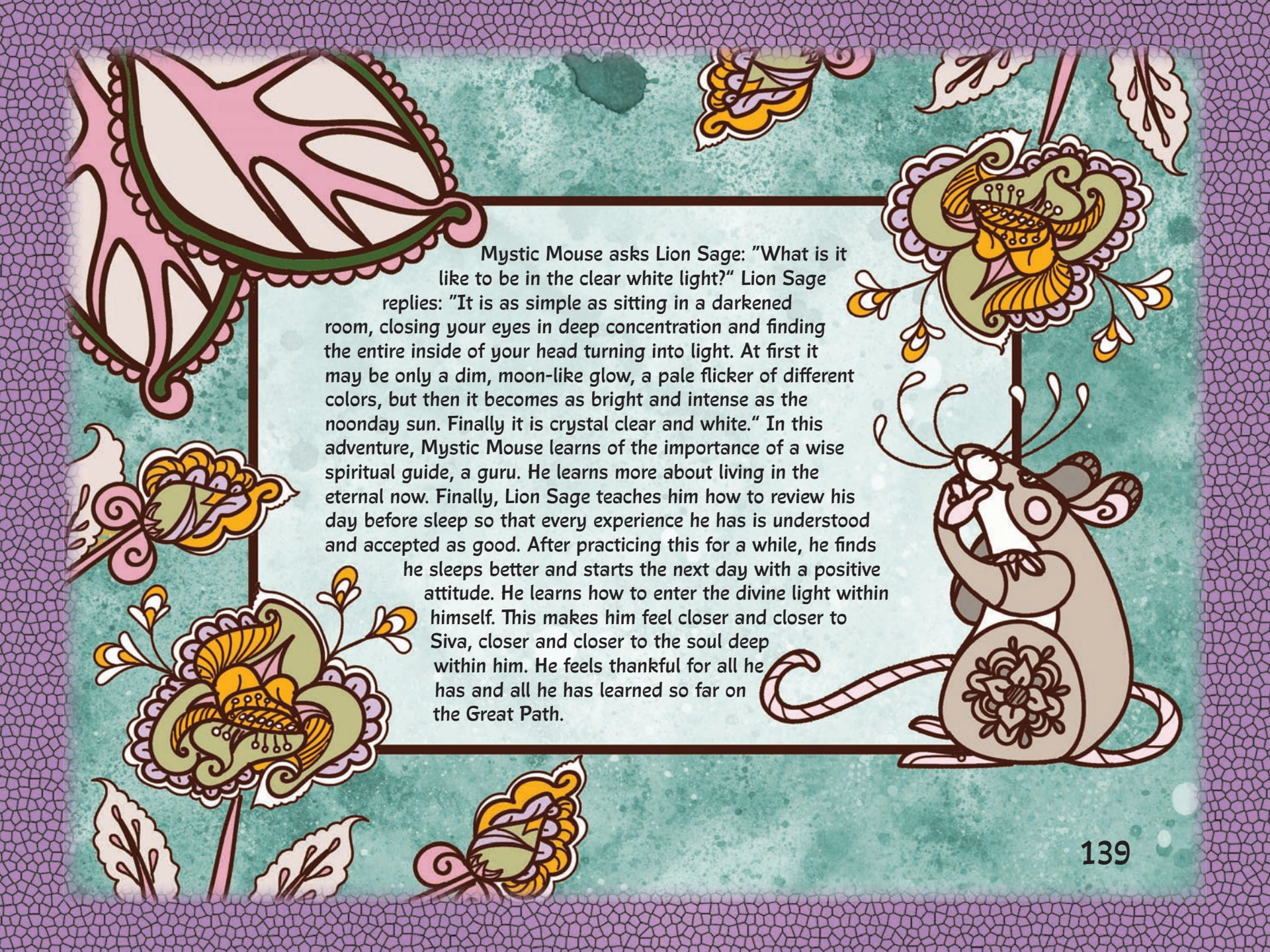
Lion Sage teaches his furry friend to use the light in a special way. The light can remove fears and anger, jealousy and confusion, even bad memories. So Mystic Mouse learns to go into meditation when problems come up and to enter the inner light. He floods the problems with love and light and sees them go away. At first he was amazed by this, but now it has become normal.

Before going to bed at night, Mystic Mouse learns to sit in a yoga pose. With his eyes closed, he reviews the major experiences of the day backwards, from sunset to sunrise. In doing so, he may discover reactions that were not resolved with love. He then turns within to the inner light, and these negative happenings magically melt away. Once he understands the day's happenings, he can sleep peacefully, eager to greet the next morning.



Lion Sage gives our mouse a little mission which he calls "spreading the light." When Mystic Mouse is full of light and love and happiness, this also makes those around him happy. He is discovering his most wonderful self, drawing closer and closer to Siva, who is the source of that light. Light brings forth a golden future, not just for Mystic Mouse but also for his family and friends.

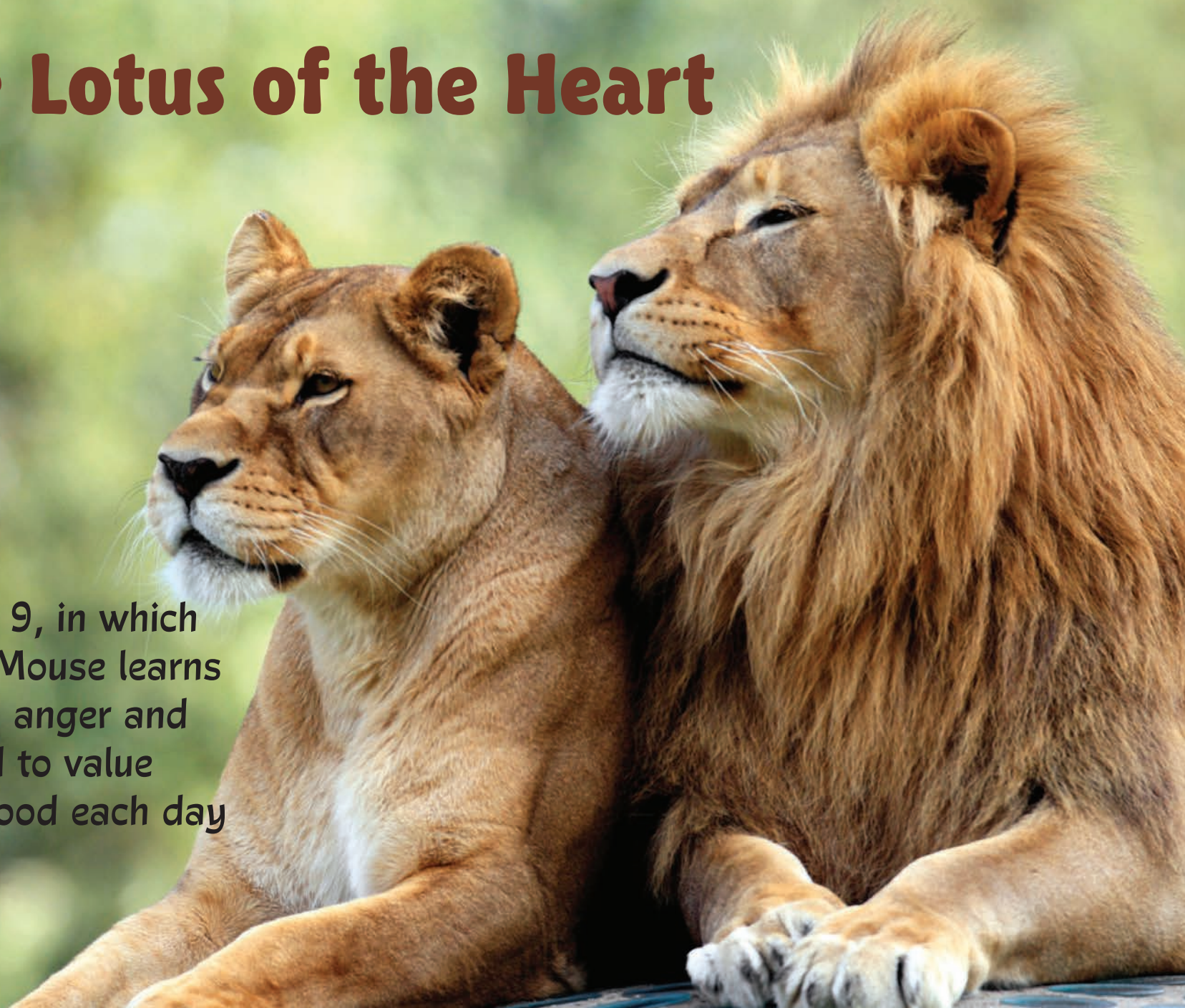




Mystic Mouse asks Lion Sage: "What is it like to be in the clear white light?" Lion Sage replies: "It is as simple as sitting in a darkened room, closing your eyes in deep concentration and finding the entire inside of your head turning into light. At first it may be only a dim, moon-like glow, a pale flicker of different colors, but then it becomes as bright and intense as the noonday sun. Finally it is crystal clear and white." In this adventure, Mystic Mouse learns of the importance of a wise spiritual guide, a guru. He learns more about living in the eternal now. Finally, Lion Sage teaches him how to review his day before sleep so that every experience he has is understood and accepted as good. After practicing this for a while, he finds he sleeps better and starts the next day with a positive attitude. He learns how to enter the divine light within himself. This makes him feel closer and closer to Siva, closer and closer to the soul deep within him. He feels thankful for all he has and all he has learned so far on the Great Path.

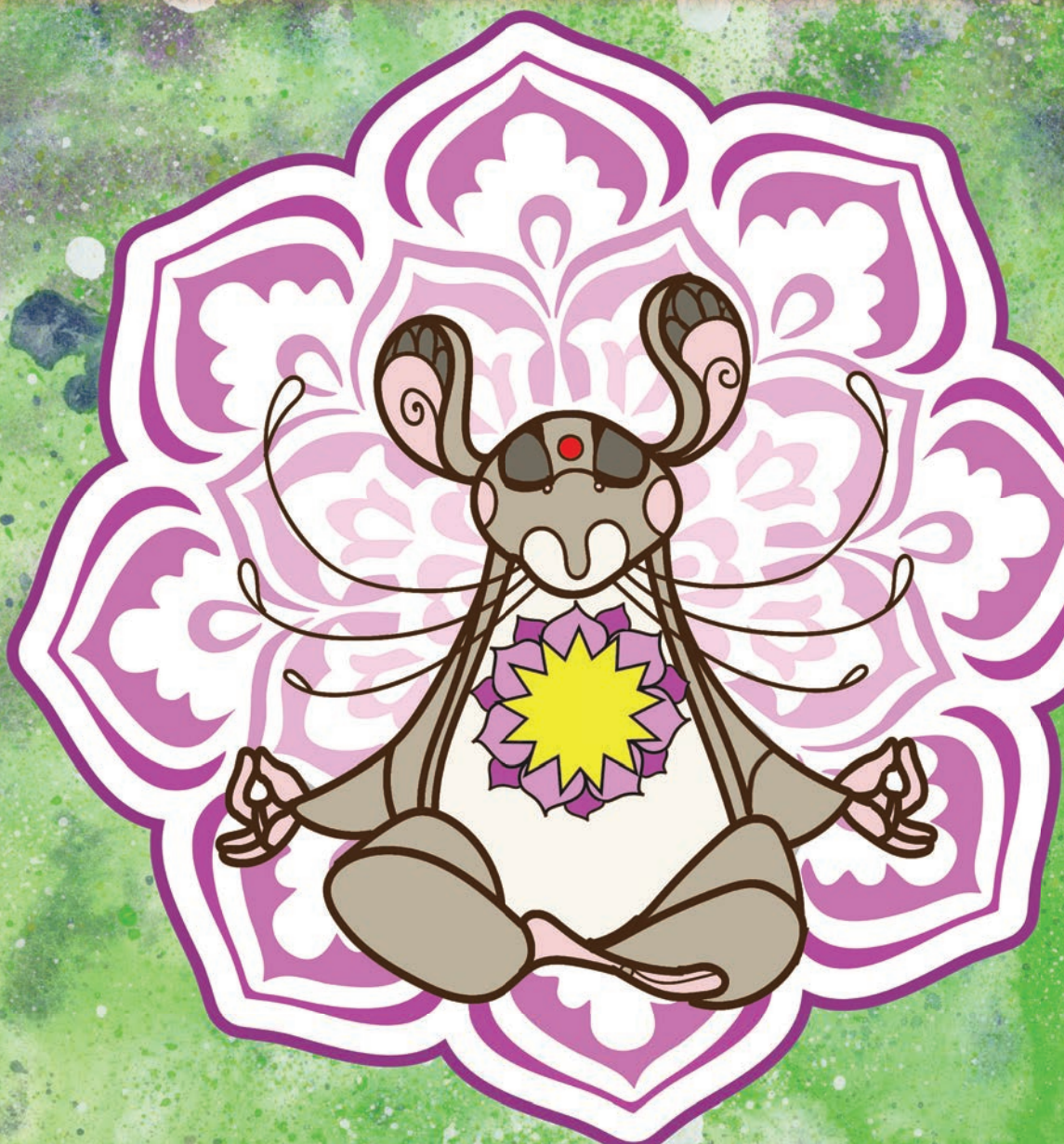
The Lotus of the Heart

Chapter 9, in which
Mystic Mouse learns
to avoid anger and
fear and to value
doing good each day





You have done well, Little Mouse, with all of these big ideas. Here is a new one. Visualize within yourself a lotus flower like this one I am holding. See the flower in the center of your chest—right within your heart. Use your willpower to find the lotus of the heart.




Lotus flowers are so special. In India they are grown in large ponds near temples as an offering to God Siva. Did you know you can even eat the lotus roots? It's true. They are quite popular in Asia. But now we are interested in another kind of lotus.

Sit quietly just as you do for meditation. Breathe in through one nostril and out through the other to balance the energies. Now visualize the lotus flower and inside of it see a small light about the size of your thumb. Siva, the Self God, is deep within that light within your heart.

When you turn inward, it is possible to feel and see that light within you. Sometimes it may be soft like the moon's light and sometimes it may be super brilliant like the white light of a lightning bolt.

Once you find it, ask yourself, "Where does this light within me come from?" It comes from someplace, right? Go deep within. Try to find its source. Each time we control our breathing, we bring ourselves a little closer to that source of life and light within us.



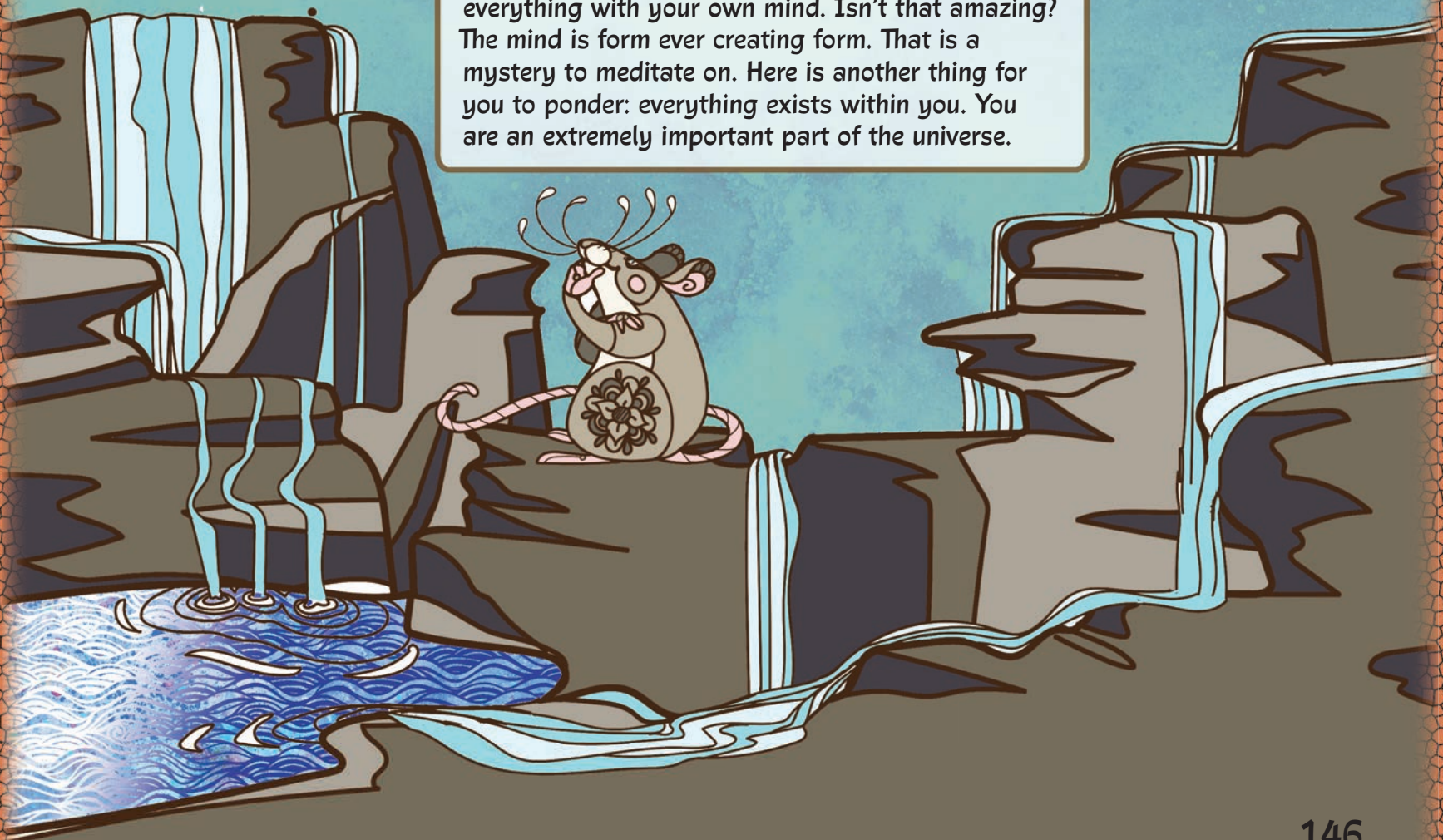



Remember when we talked about detachment? Did you know that the lotus leaf is a symbol of detachment in India? It's true. Watch as I put drops of water on the surface of the leaf. As I move the leaf the water turns to little balls and the leaf does not get wet. Isn't that amazing? When you are detached, you are like water on the lotus leaf, which does not get attached but moves freely, not getting stuck anywhere.



We control our individual awareness more than we realize when we practice the control of breath. Here is the simple method I use. Try it yourself. Breathe in for nine counts, hold one count; breathe out for nine counts, hold one count. This time, when you breathe in, use the diaphragm and not the chest. And when you breathe out, see the tummy go in. This is a better way to breathe for meditation. If you never heard of the diaphragm, it is a big muscle just below your rib cage. Do this for two minutes and see how you become more alert and alive.

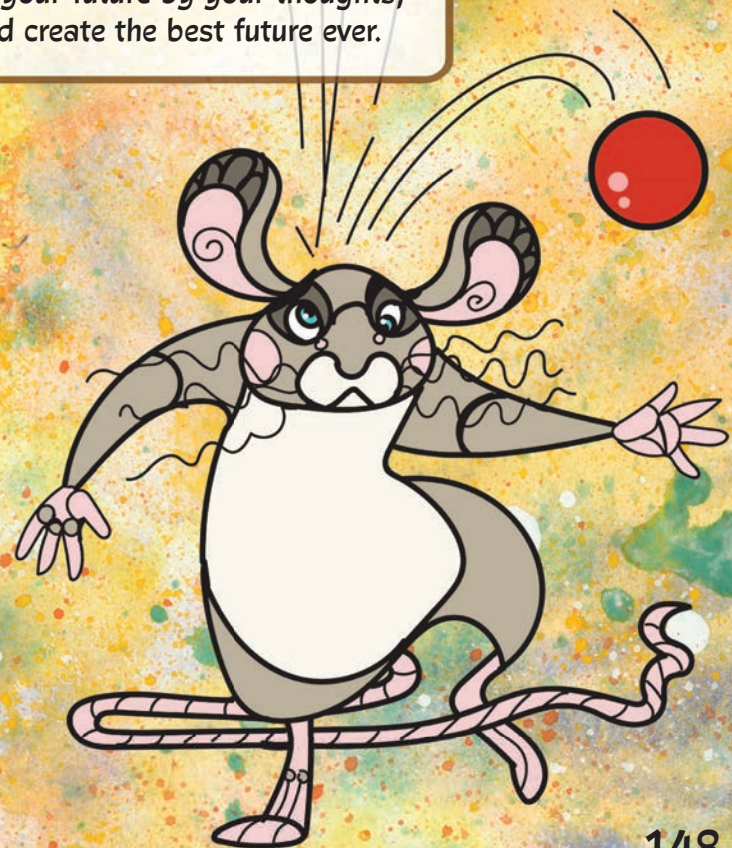
Here is an amazing fact, Little Mouse. You create everything with your own mind. Isn't that amazing? The mind is form ever creating form. That is a mystery to meditate on. Here is another thing for you to ponder: everything exists within you. You are an extremely important part of the universe.






Both gross and refined experiences help us grow strong, Little Mouse, something I know you want to do. Here you can see the desert and dangers behind you and the happy forest in front of you. You always have a choice to turn your back on the negative and move forward into the positive. When you feel unhappy, sit down and breathe deeply. Be thankful for all you have. If you work hard, you can stay out of the unhappy parts of the mind almost all of the time.

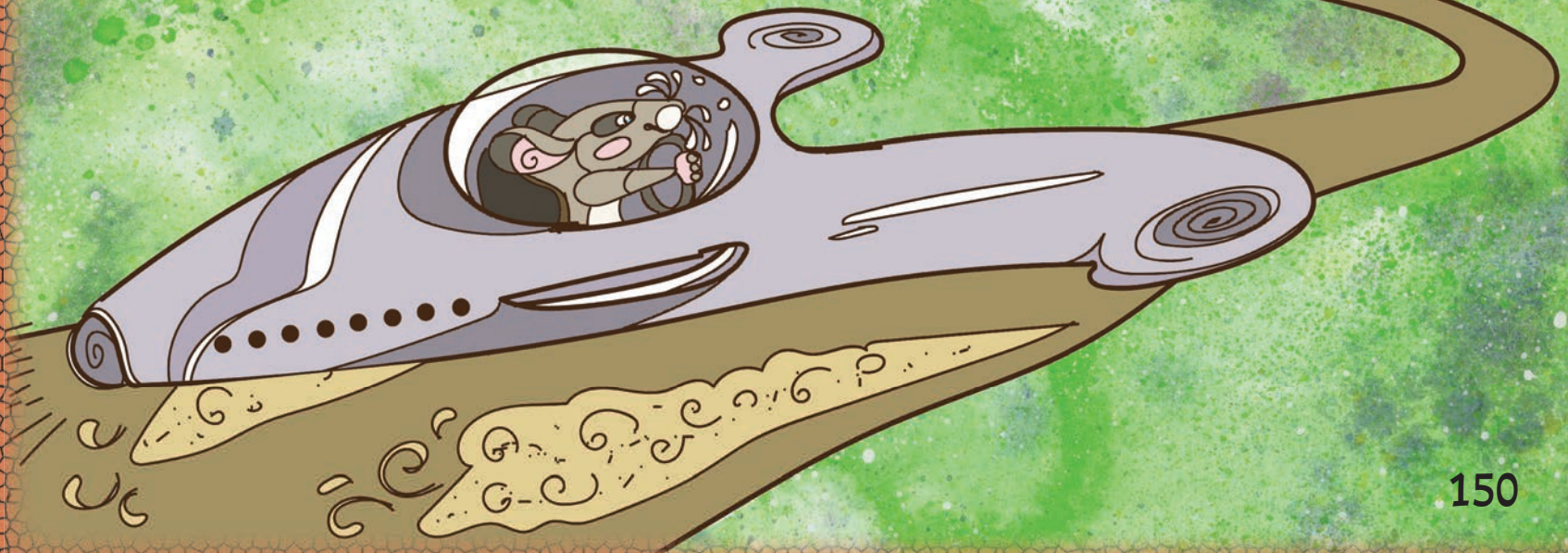
It is important for you to learn from the cycles of life that repeat themselves. You have heard the saying, What goes up must come down, like a ball thrown up into the air. Your actions create experiences. The same actions create the same experiences. By adjusting your actions, you can shape your future. When your actions are not controlled, they will create a different future than you may want, like this ball you threw coming back to hit you on the head. Remember, you create your future by your thoughts, words and actions. So, be smart and create the best future ever.

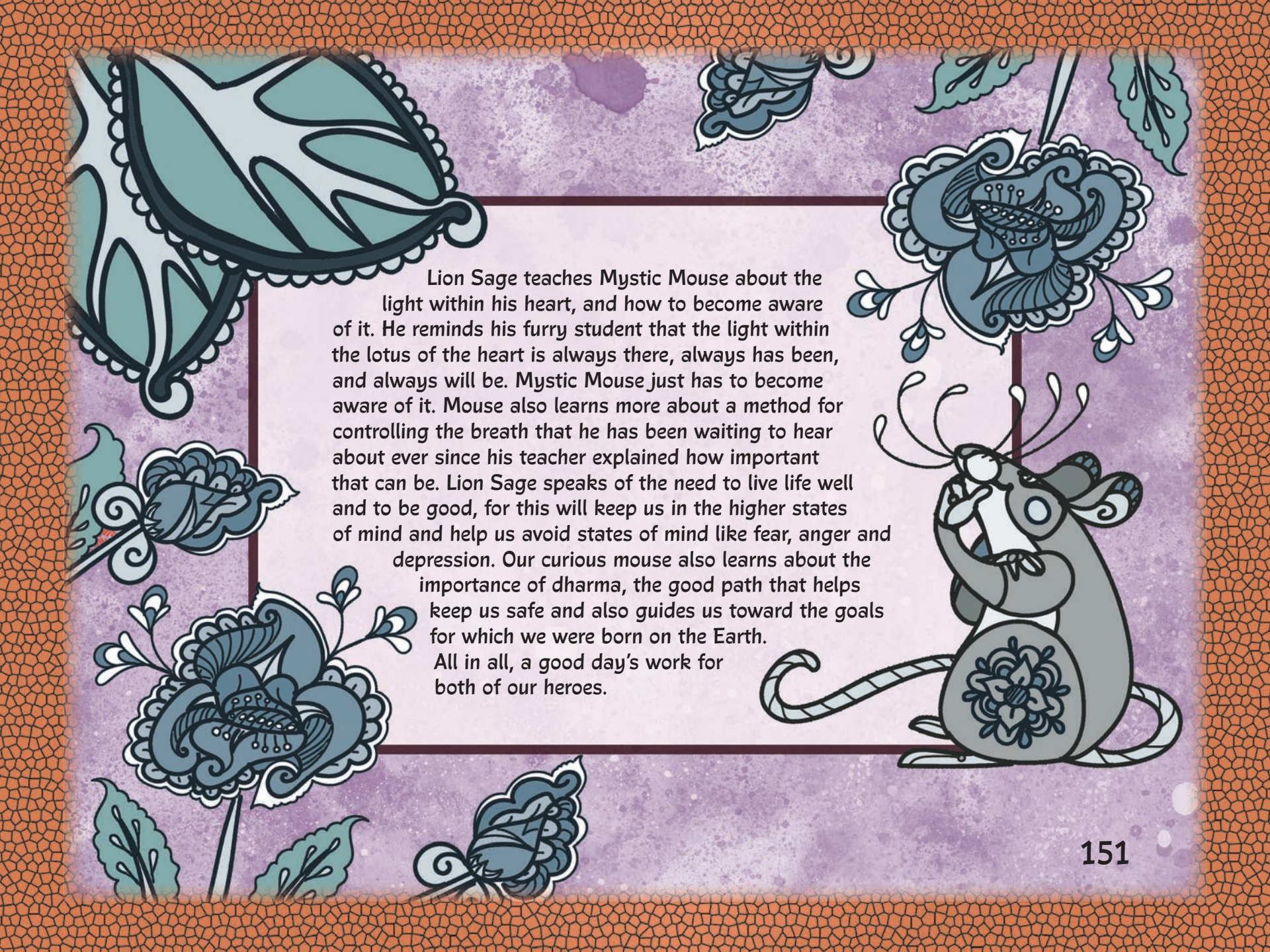




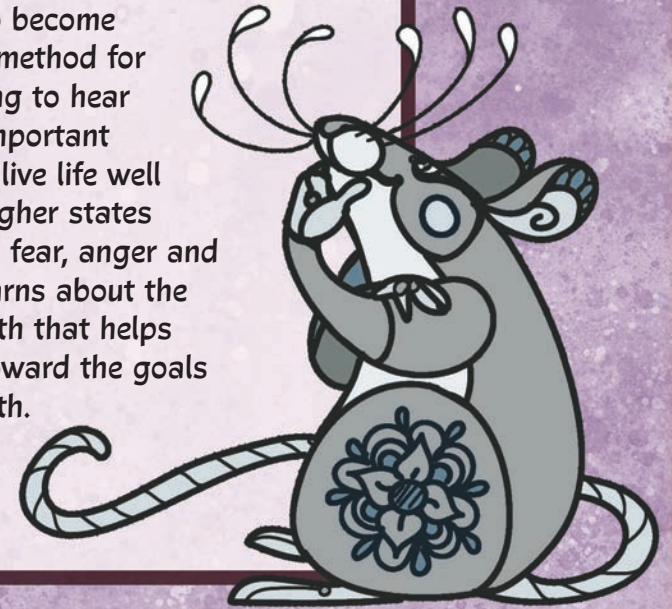
To experience the light in the lotus of the heart, we must do what our conscience knows is right. We must follow dharma and cultivate the beautiful lotus within, just like we would care for a lovely flower in the physical world. We water the lotus with our good thoughts. We protect it from predators with our love of life. We fertilize it with our efforts to quiet the mind and meditate.

If you follow dharma and do all of the things that you know you should be doing, your future will be bright. Imagine you are flying along a mountain road, heading toward the sunset on the horizon. The road is like dharma, which leads us along the good path toward God. As long as we follow dharma's road, we will be safe and reach our destination.





Lion Sage teaches Mystic Mouse about the light within his heart, and how to become aware of it. He reminds his furry student that the light within the lotus of the heart is always there, always has been, and always will be. Mystic Mouse just has to become aware of it. Mouse also learns more about a method for controlling the breath that he has been waiting to hear about ever since his teacher explained how important that can be. Lion Sage speaks of the need to live life well and to be good, for this will keep us in the higher states of mind and help us avoid states of mind like fear, anger and depression. Our curious mouse also learns about the importance of dharma, the good path that helps keep us safe and also guides us toward the goals for which we were born on the Earth. All in all, a good day's work for both of our heroes.





From Darkness to Light

Chapter 10, in which
Mystic Mouse learns
ways to move from
sorrow to happiness and
to awaken his intuition





There is light and darkness in the world, Little Mouse. Many people live in dark and unhappy states. It is not their fault. They just have never been taught what I am teaching you. I want you to always be happy, always live in the light. *Light* is another word for love. *Light* is another word for awareness. The deep truth is you are more the light you see in your mind than you are the body that you live in each day.



In school you are learning about so many things: history, math, languages and more. These are important in the realm of memory and reason. But there is another, more important part of you. That is intuition and insight. If you only rely on memory and reason, darkness can come and you may feel sad or full of doubt. What is the solution? Learn to follow your intuition. Learn to listen to the still, quiet voice inside that can guide you when thinking just doesn't work.






The next time you feel worried and discouraged, or things are going wrong, sit down and look for the light inside yourself. Here is a tool I learned from my guru. If you cannot find the light, visualize a flashlight shining down into the top of your head and filling your body with light. Just sit in the light for a minute or two. All the dark difficulties will be washed away. Try it.



Sad feelings are natural because so many things can happen in our life. But know this: we can send sadness away if we follow some simple rules. First, never stay discouraged. No matter what crazy things happen to you. It's really not helpful. And second, always trust that things will turn out well. If you do, they will. You are special, mouse, and you can get through anything life throws at you!

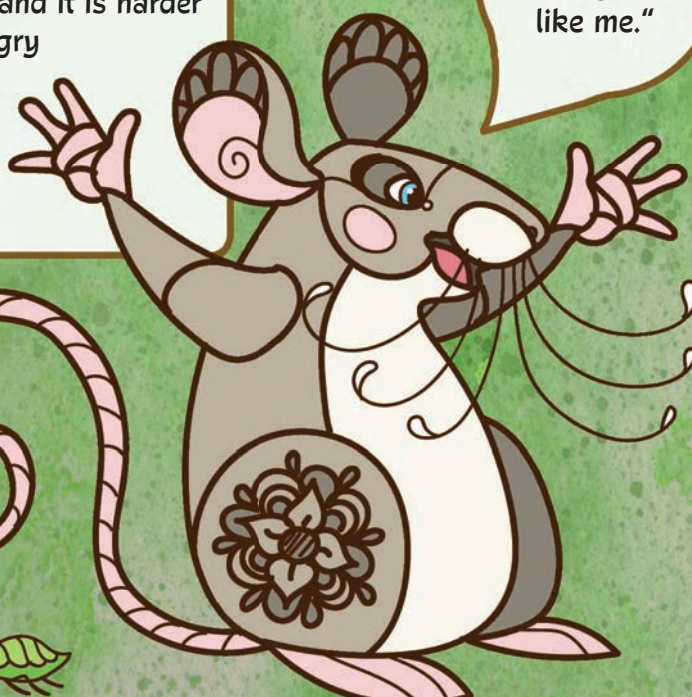


You are so fortunate, Little Mouse. Most people go through life reacting to the good and the bad. They don't have these tools to apply to keep them steady and happy. And they don't have the understanding that they are not sadness or disappointment, they are the awareness that experiences these things. Shall we learn another tool?

Here is another exercise that will help you. Enjoy the company of everyone you meet, and feel love going out to them. Say to yourself, "I like you and you like me"—and really feel it. When you like people, it is easier to understand them and it is harder criticize or get angry with them. And if you like everyone you meet, the whole world is your friend.



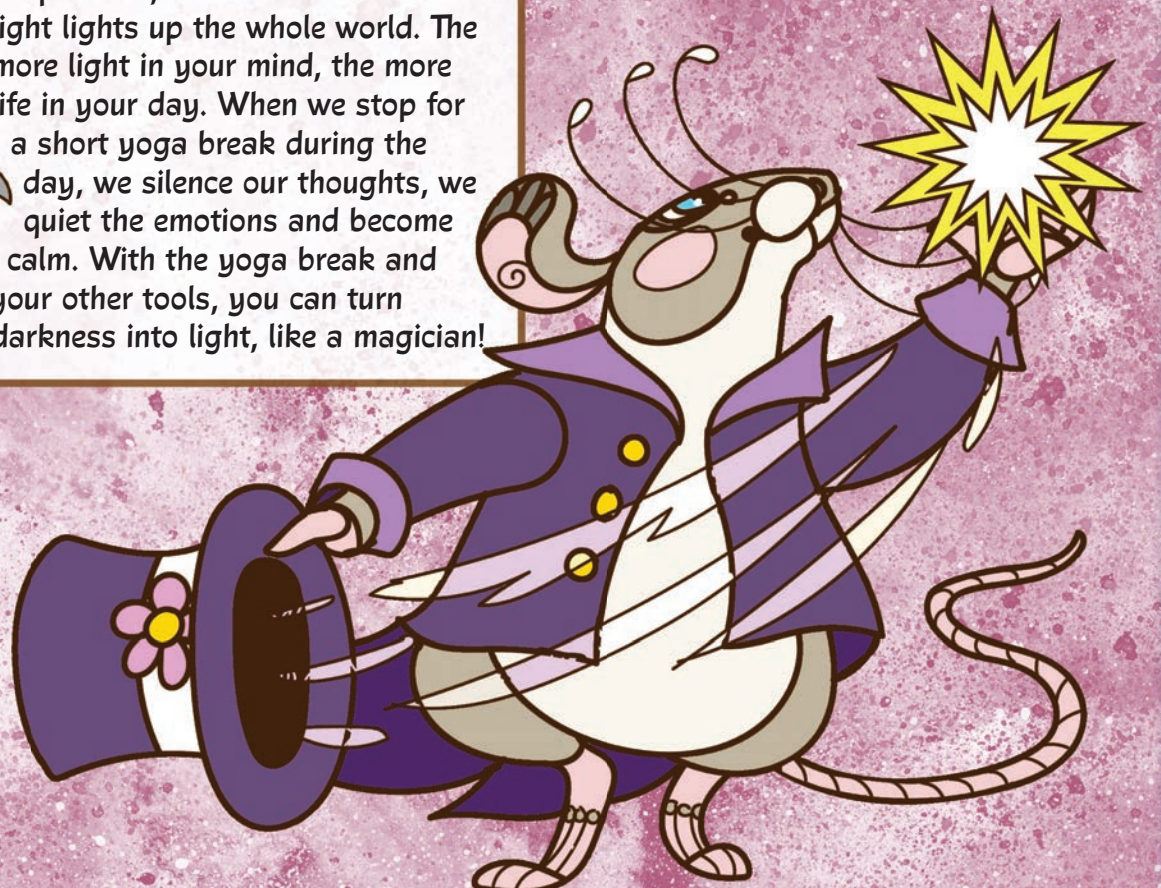
"I like you and you like me."

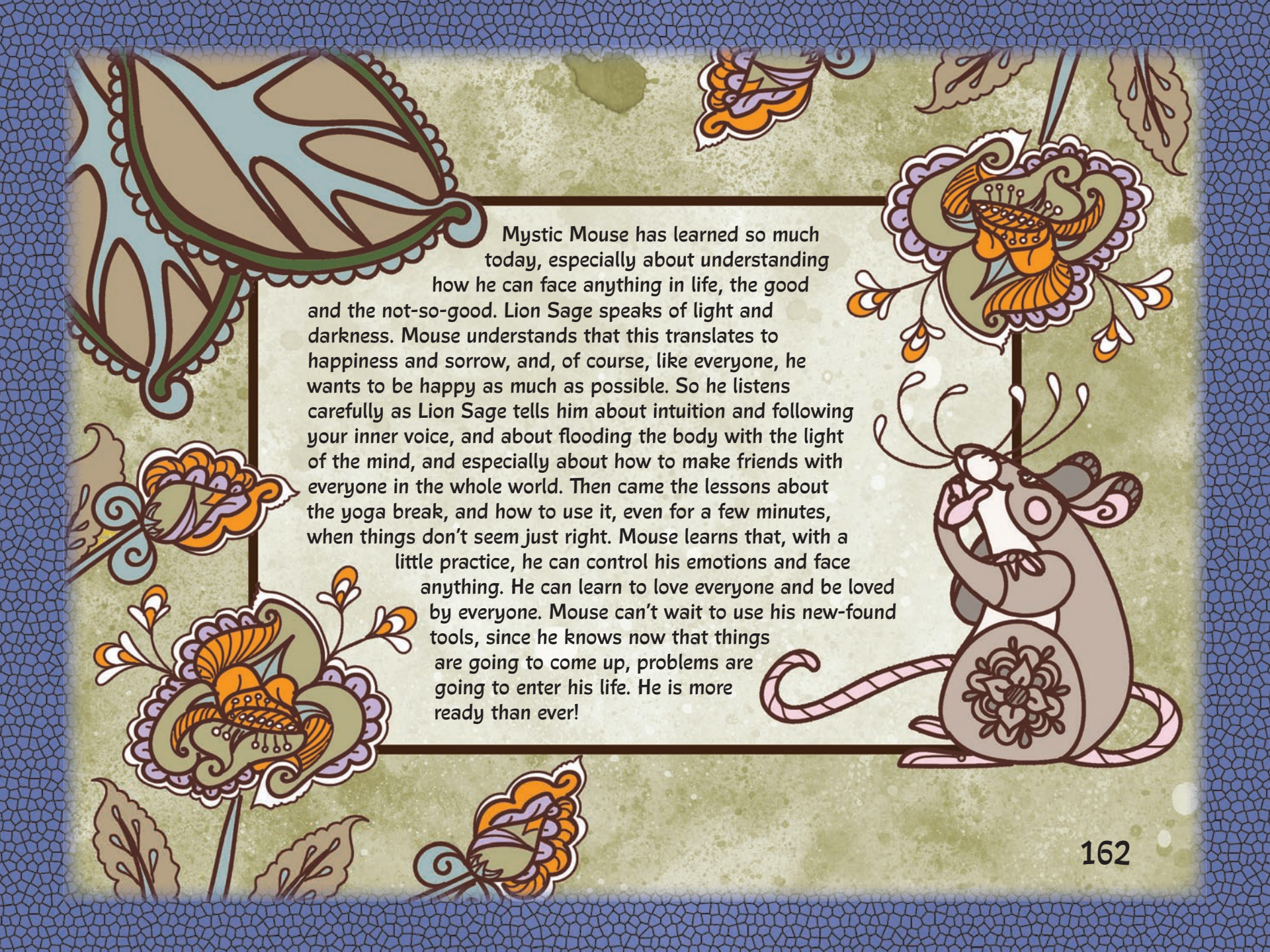




That brings us to a third exercise—the yoga break. Even a few minutes of yoga during the day can cheer us up and give us fresh energy. Try it. Find a quiet place and lie on your back and stretch out. Take a deep breath and command your body and your mind to relax and let go of all thoughts. As you breathe in, visualize a powerful light flooding into your tummy. As you breathe out, allow this light to fill your whole body. This will make you content and peaceful no matter what is happening in your life.

Where does the power of our life come from? It comes from the light deep within, from God Siva. That light lights up the whole world. The more light in your mind, the more life in your day. When we stop for a short yoga break during the day, we silence our thoughts, we quiet the emotions and become calm. With the yoga break and your other tools, you can turn darkness into light, like a magician!





Mystic Mouse has learned so much today, especially about understanding how he can face anything in life, the good and the not-so-good. Lion Sage speaks of light and darkness. Mouse understands that this translates to happiness and sorrow, and, of course, like everyone, he wants to be happy as much as possible. So he listens carefully as Lion Sage tells him about intuition and following your inner voice, and about flooding the body with the light of the mind, and especially about how to make friends with everyone in the whole world. Then came the lessons about the yoga break, and how to use it, even for a few minutes, when things don't seem just right. Mouse learns that, with a little practice, he can control his emotions and face anything. He can learn to love everyone and be loved by everyone. Mouse can't wait to use his new-found tools, since he knows now that things are going to come up, problems are going to enter his life. He is more ready than ever!



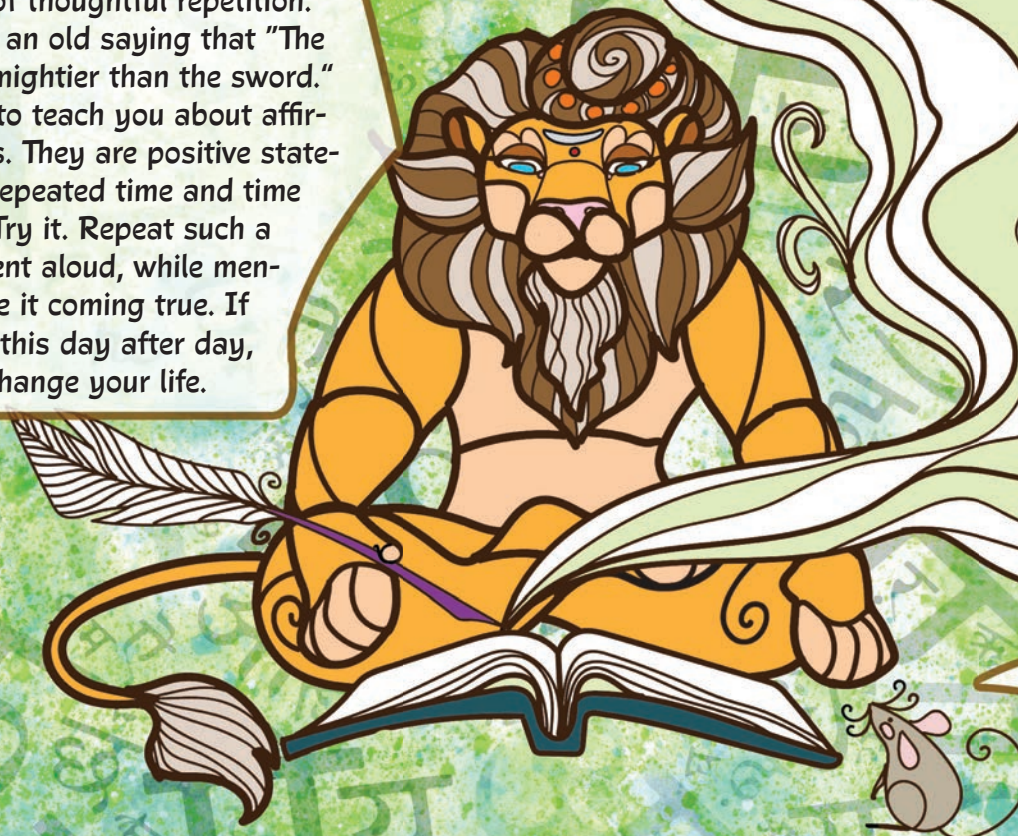


The Power Of Affirmation

Chapter 11, in which
our humble mouse
learns how affirmations
can take away fear
and give him the
confidence to succeed




Words are powerful things, Mystic Mouse. Even though you know thousands of them, you don't know about the power of thoughtful repetition. There is an old saying that "The pen is mightier than the sword." I want to teach you about affirmations. They are positive statements repeated time and time again. Try it. Repeat such a statement aloud, while mentally see it coming true. If you do this day after day, it can change your life.



Affirmation

O Lion Sage, I'm inspired and ready to learn more about positive affirmations. My life could use some changing.



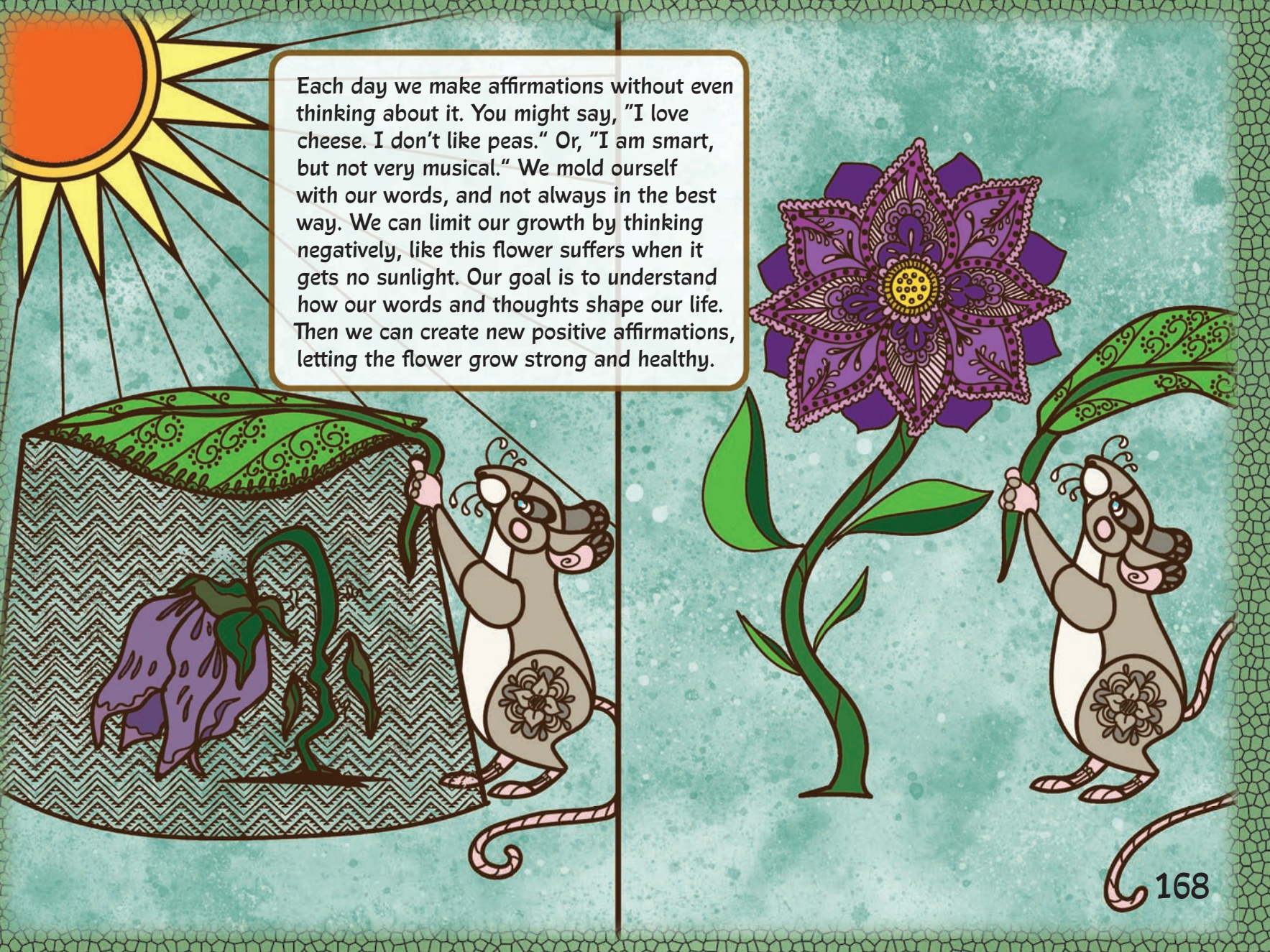
Remember our talk about the subconscious basement? That's the part of your mind that stores your past memories and feelings. Your habits, your fears and your strengths all come from the subconscious. The good thing is that it can be remolded, like we can mold clay pots with our hands. You can use affirmations to mold your subconscious. With affirmations, you can change habits and build confidence.

My favorite affirmation is "I can. I will. I am able." If you practice this one, it will make you confident about everything you do. It will help you to solve any problem. But I have to warn you that when you begin repeating the affirmation, your subconscious may resist. You may still have feelings of "I can't. I won't. I am not able."

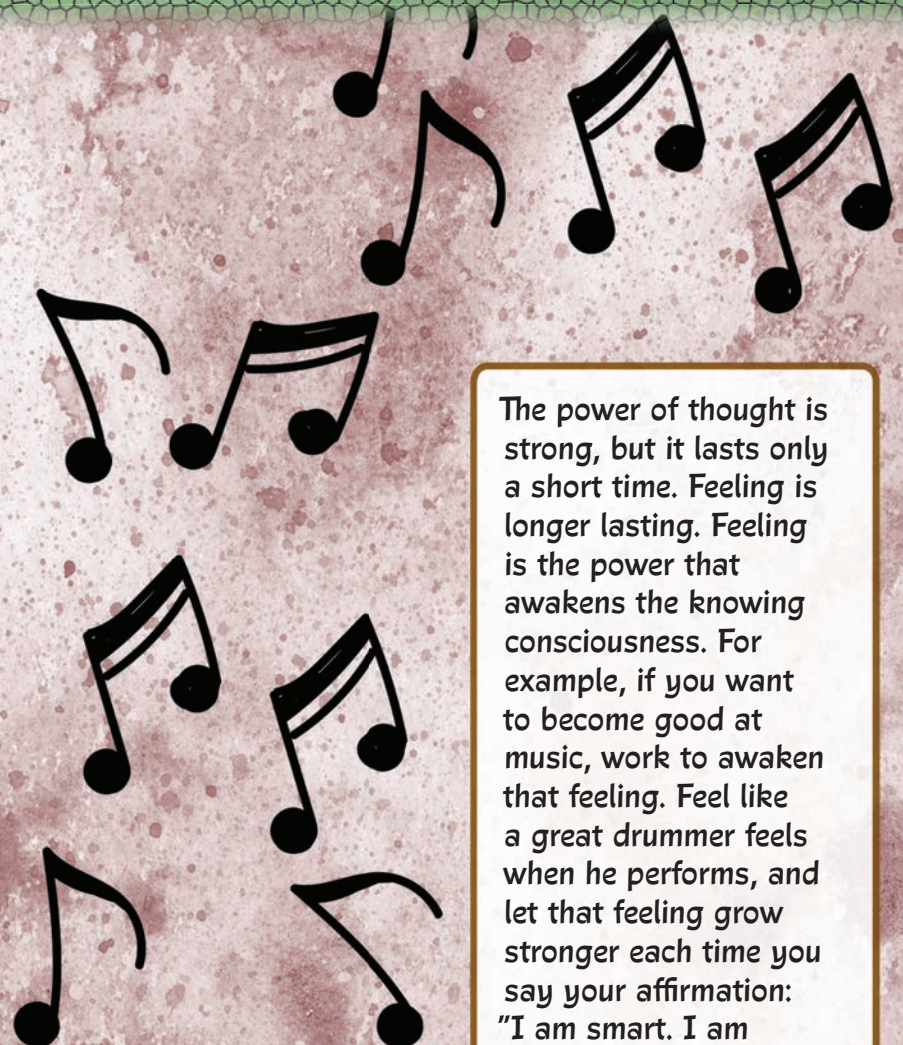


Just ignore these doubts and keep repeating your affirmation. You must not give up saying to yourself, "I can. I will. I am able." Don't just say it. Also feel that "I can. I will. I am able to accomplish what I plan."



A cartoon mouse with a floral pattern on its belly is holding a large, ornate purple flower. The scene is set against a bright sun with rays. The mouse is standing on a patterned mat. The background is a light green, textured surface.

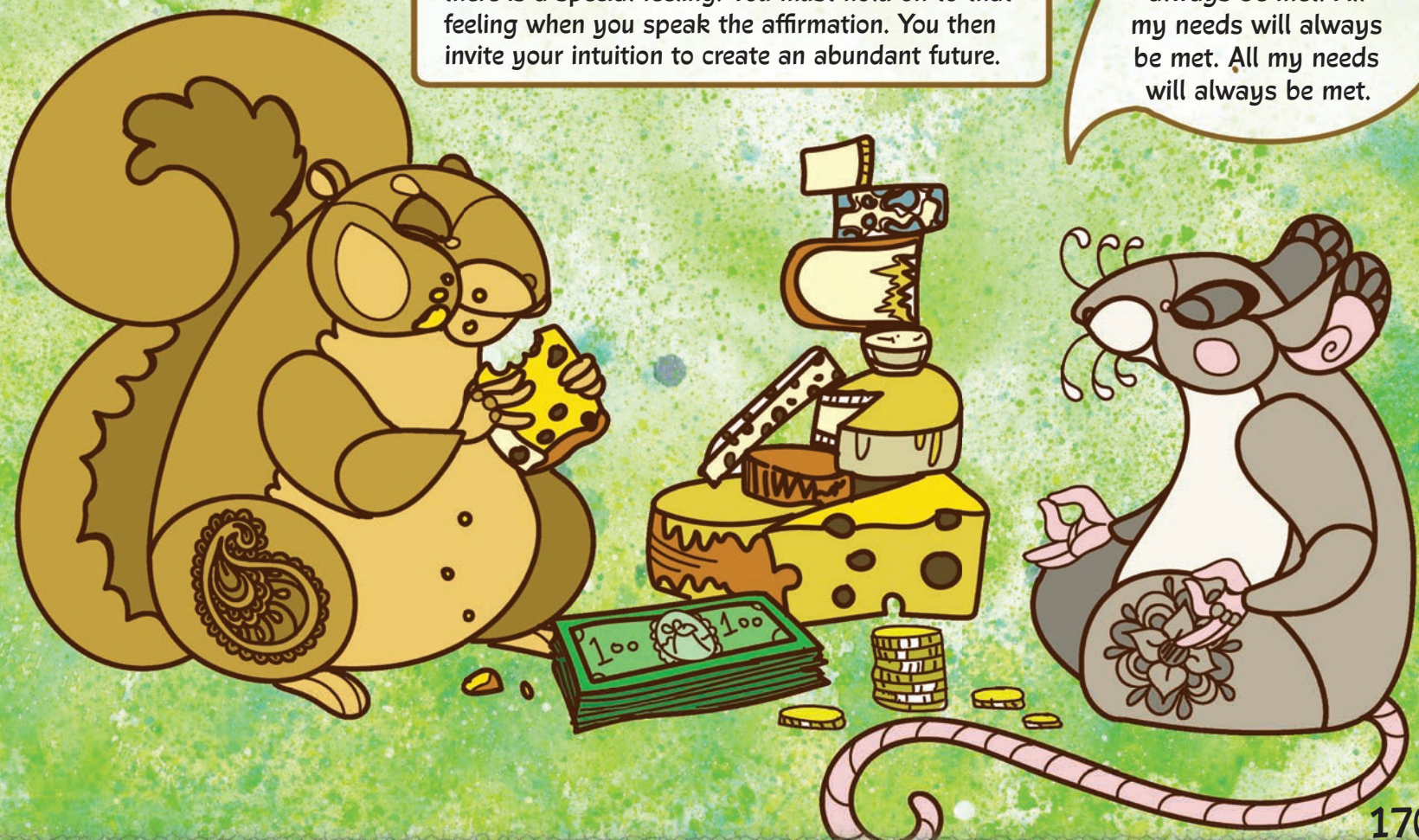
Each day we make affirmations without even thinking about it. You might say, "I love cheese. I don't like peas." Or, "I am smart, but not very musical." We mold ourself with our words, and not always in the best way. We can limit our growth by thinking negatively, like this flower suffers when it gets no sunlight. Our goal is to understand how our words and thoughts shape our life. Then we can create new positive affirmations, letting the flower grow strong and healthy.



The power of thought is strong, but it lasts only a short time. Feeling is longer lasting. Feeling is the power that awakens the knowing consciousness. For example, if you want to become good at music, work to awaken that feeling. Feel like a great drummer feels when he performs, and let that feeling grow stronger each time you say your affirmation: "I am smart. I am beautiful. I am talented."

Here is another great affirmation: "All my needs will always be met." Say these words. At the same time, imagine how it feels after all of your needs have been met. Do you feel that? Until you find this feeling, the affirmation will not work so well. Every time you have a need and that need is met, there is a special feeling. You must hold on to that feeling when you speak the affirmation. You then invite your intuition to create an abundant future.

All my needs will always be met. All my needs will always be met. All my needs will always be met.



"I am the master of my body, my mind and my emotions. I am the master of my body, my mind and my emotions." This is another great affirmation, Little Mouse. Now, here's the key: quietly, without thinking, feel and visualize that you are the master of your body, mind and emotions.

I am the greatest archer in all the world.



You can write your own affirmations for different purposes. But remember, they are powerful. Word them carefully and use them only in ways that help your spiritual life. Isn't this fun? Try two or three and let me know how they work. Go ahead, make a new affirmation.

Hmmm.
How to
write a new
one. Let me
try this.

Tomorrow I will not
be tired.... No, let's
see. Tomorrow I will be
sort of happy. Uh....
Let's see.
I've almost
got it...

"Tomorrow
I will wake
up filled
with creative
energy."



The affirmation "I'm all right, right now" quiets fear and worry, and makes you feel safe. Use this affirmation anytime things seem difficult or are not going the way you had hoped. Or anytime you feel uncertain about what might happen in the future. You can repeat it morning, noon and at night.



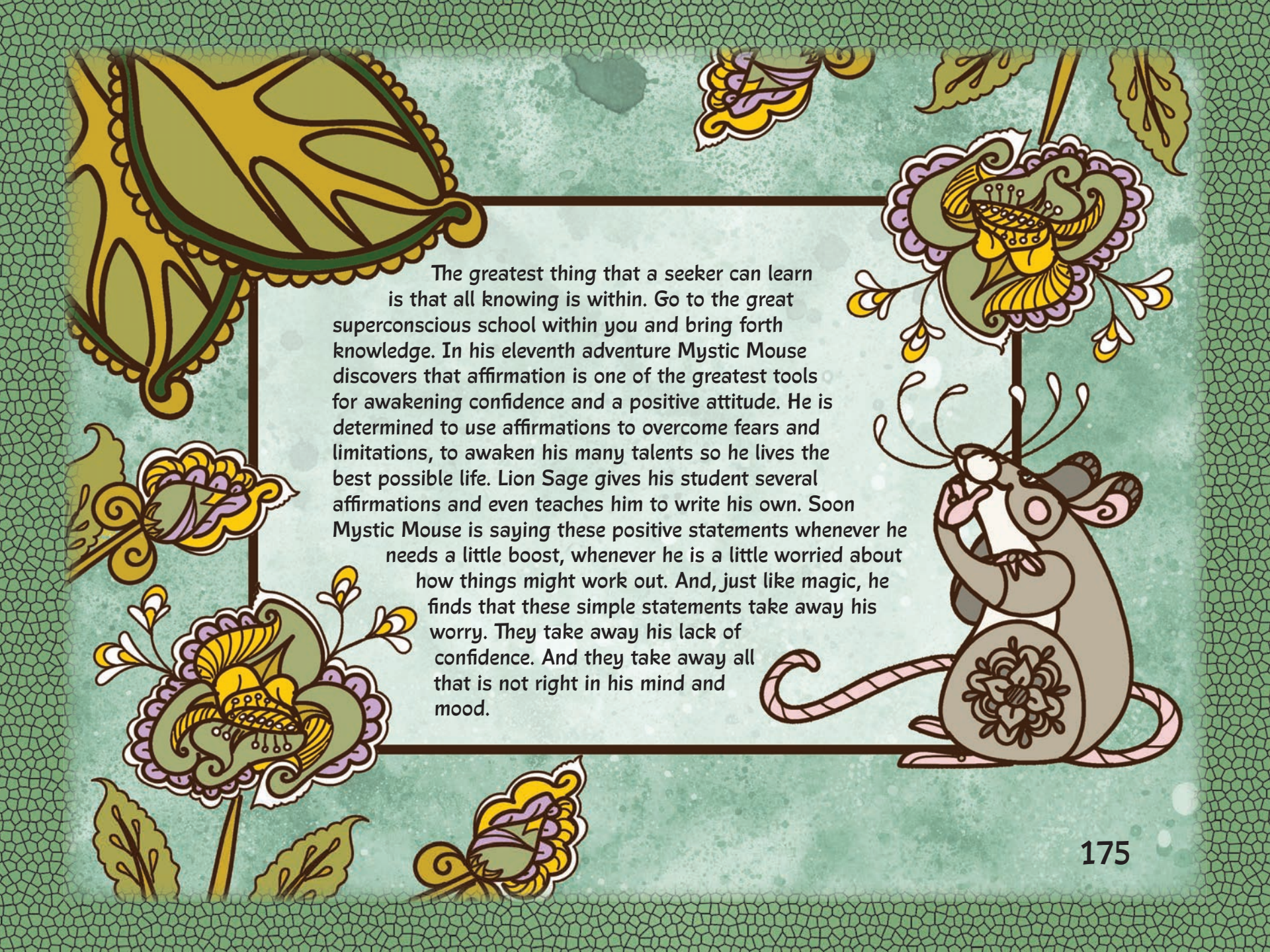
I'm all right, right now.

I'm all right, right now.

I'm all right, right now.



"I will be what I will to be. I will do what I will to do. I will be what I will to be. I will do what I will to do. I will be what I will to be. I will do what I will to do." If I want to be a doctor, I can do it. Or an astronaut. Or an athlete.



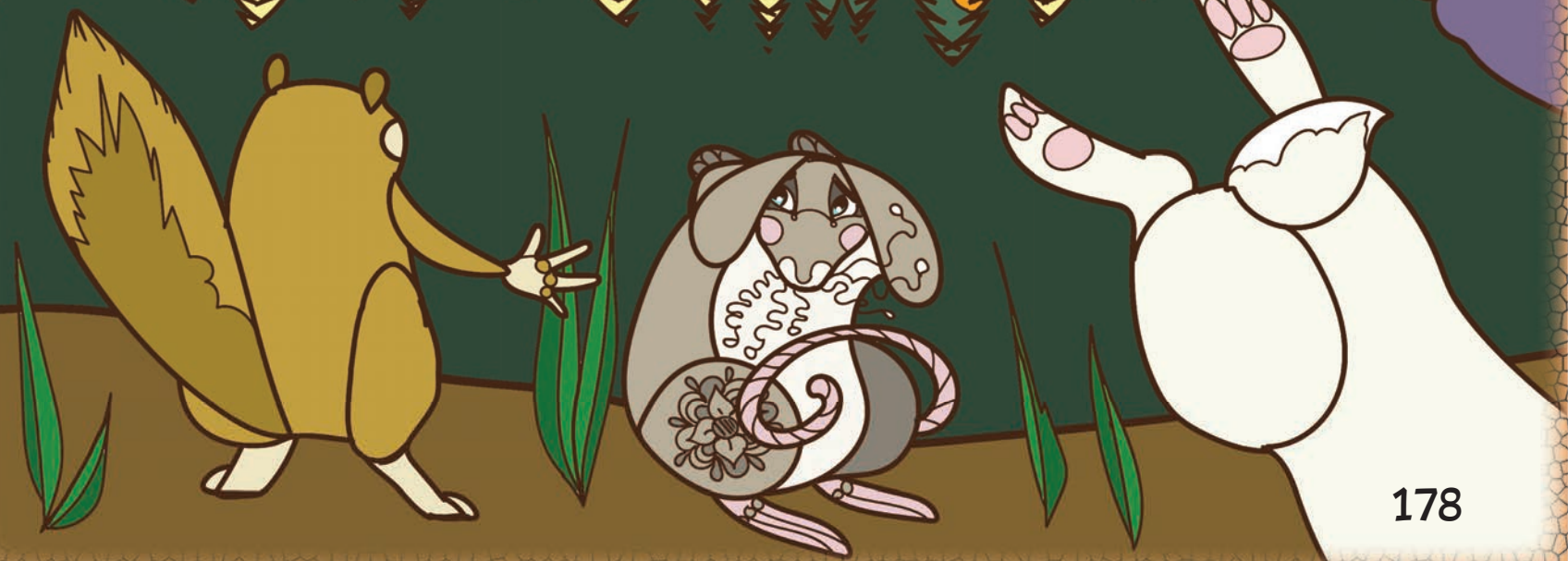
The greatest thing that a seeker can learn is that all knowing is within. Go to the great superconscious school within you and bring forth knowledge. In his eleventh adventure Mystic Mouse discovers that affirmation is one of the greatest tools for awakening confidence and a positive attitude. He is determined to use affirmations to overcome fears and limitations, to awaken his many talents so he lives the best possible life. Lion Sage gives his student several affirmations and even teaches him to write his own. Soon Mystic Mouse is saying these positive statements whenever he needs a little boost, whenever he is a little worried about how things might work out. And, just like magic, he finds that these simple statements take away his worry. They take away his lack of confidence. And they take away all that is not right in his mind and mood.




Beginning to Meditate

Chapter 12, in which Lion Sage teaches our mouse all about meditation, breathing and how to concentrate the mind

Mystic Mouse and his friends look down from a hill as a forest fire burns the trees they love so much. It is a sad day for them. Naturally, they are afraid, and rabbit even runs away. They are caught in a swirl of negative emotion and don't know how to get out of it.





But there is a way to calmly face every difficulty, even forest fires. Just a few minutes of meditation in the morning and evening can change your life. This practice will allow you to stay peaceful while others suffer fear and panic.

Lion Sage, this sounds so helpful, just what we need today. Tell me more.

One small warning, Little Mouse. Meditation arouses the subconscious mind, which contains memories, emotions and embarrassing secrets, things that happened that we regret and might want to forget about.



Oooooo...
This is painful. I remember the day a bully stole my rag doll.



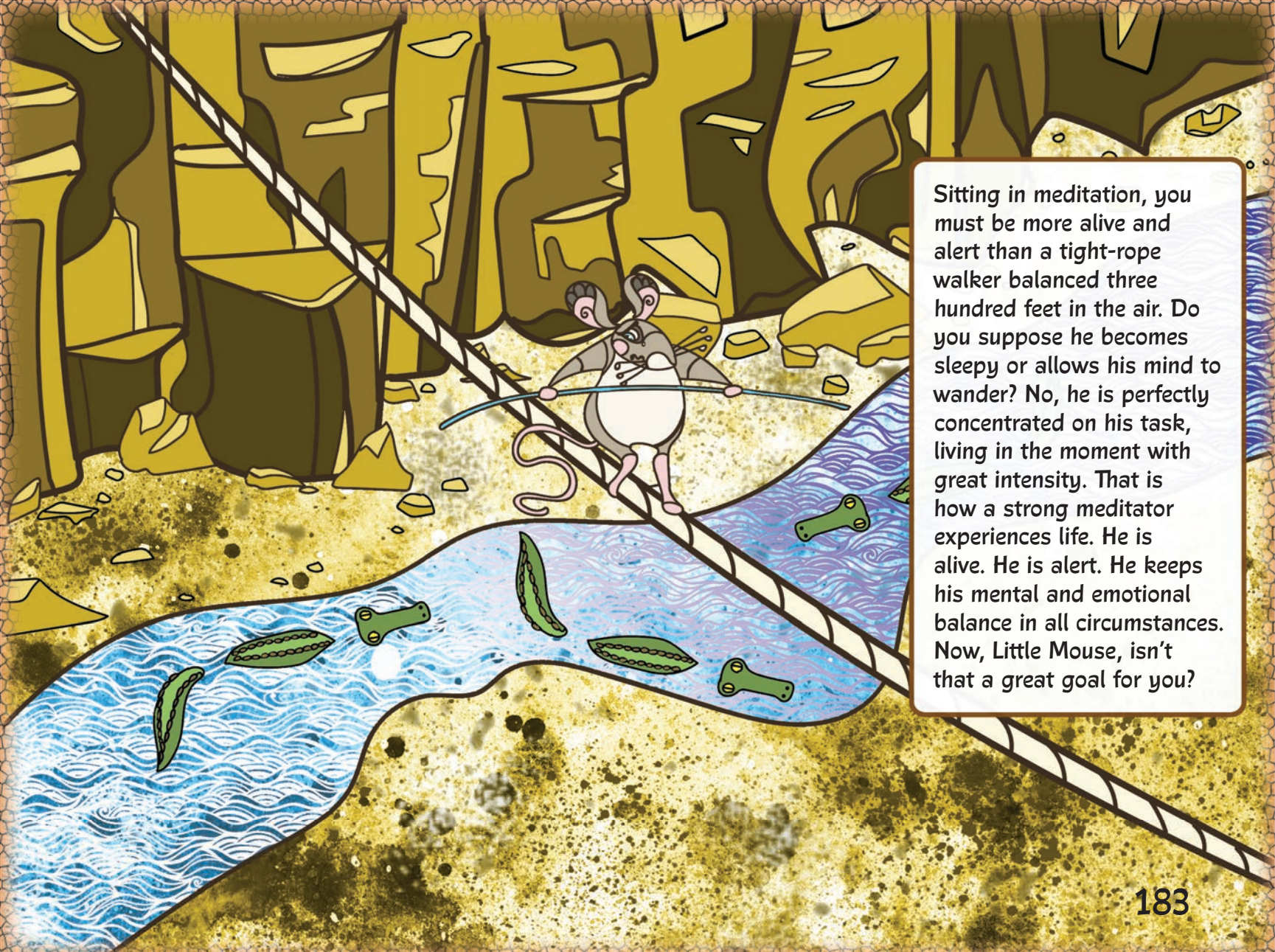
Whenever your negative past arises, patiently write it all down on paper and burn it in an open fireplace. As the memory you have written burns, see it disappearing from your life. Just seeing the fire burn makes you feel better. This is your special tool for removing the pain from bad memories. It is a practice you can use for the rest of your life.

Bye bye past memory. The fire is taking you away. No need to ever return.



Many meditators stop practicing when unhappy thoughts fill their mind. Remember this, Little Mouse: everything we face is part of God's divine dance. Armed with this knowledge, we approach our meditation with a spirit of acceptance and devotion. Our meditations give us strength and knowledge to face anything. We meditate each day, no matter how we feel. In fact, meditating when we don't want to is sometimes the best meditation of all!





Sitting in meditation, you must be more alive and alert than a tight-rope walker balanced three hundred feet in the air. Do you suppose he becomes sleepy or allows his mind to wander? No, he is perfectly concentrated on his task, living in the moment with great intensity. That is how a strong meditator experiences life. He is alive. He is alert. He keeps his mental and emotional balance in all circumstances. Now, Little Mouse, isn't that a great goal for you?

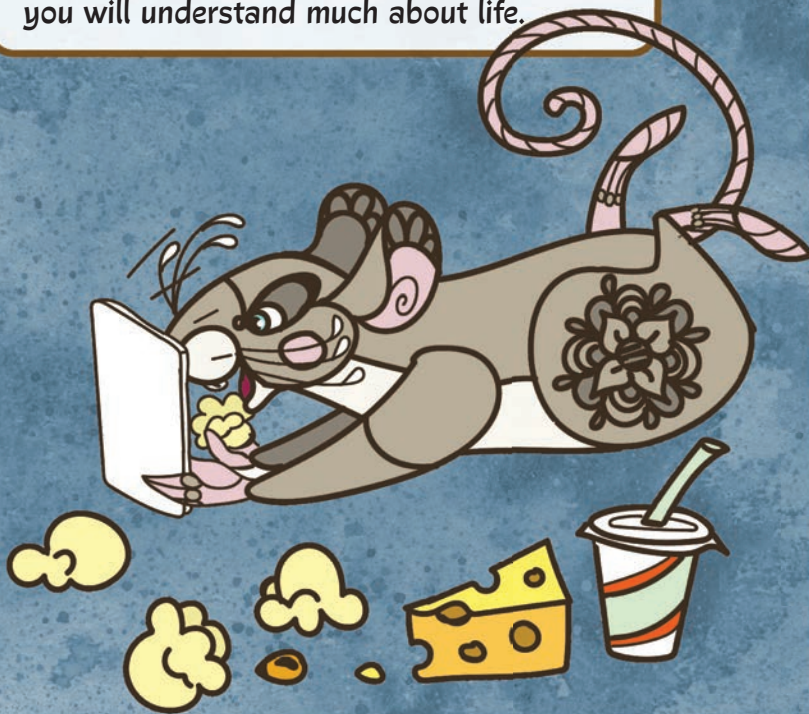
The skilled meditator learns that he is the watcher. He is pure awareness. He sees many things that most people do not. When he looks at an oak tree, he sees the acorn, the young seedling and the mature tree, all at once, in an instant. He understands the entire life of the tree in that brief moment. He understands the cycles of life and the meaning of life. Those who meditate see how magical and mysterious life is. They see beyond the obvious, and so their inner life is rich.



Meditation is similar to watching the play of light and pictures on a digital screen. When you identify with the pictures, you experience emotion. But if you identify with the light that produces the story, you are just a witness and you experience peace. The pictures and the light both have their source in God. Here is something you can practice. This evening, while watching a movie or video, keep your awareness focused more on the light than on the pictures. It might be a powerful action film that disturbs your emotions. If that happens, write the experience down and burn it up. See if the writing helps you to let go of the reaction and become centered again.



My guru told me the world is made of two forces, two kinds of energy. It's a simple and useful way to understand things around us. The first energy makes up the world around us, and includes our physical body and desires. It is called odic. The second is pure life, an energy that floods out from deep within your spine, from the source of life itself. This spiritual energy is called actinic. If you study these two, you will understand much about life.



Meditation happens within the actinic forces of mind. The word actinic means "made of light." We can move from odic to actinic energy through breath control. Do this as I taught you before: breathe out the same number of counts as you breathe in. This quickly brings you into an area of the mind that does not think but is intensely alive and peaceful. Then we are ready to meditate. Think of yourself as a glowing ball of light, flowing through all areas of the mind. Be like a traveler moving freely through various parts of a city.



To meditate even for ten minutes takes as much energy as running a mile. At the same time, it fills and thrills us with energy to use in the external world. After meditation, don't just sit around. Work to improve every part of your life. Learn to give and to give freely without looking for reward. Learn to work for work's sake and not for a reward. Learn to observe the world around you in its many details. Learn to share and help others. If you do this, your life will improve every time you meditate.

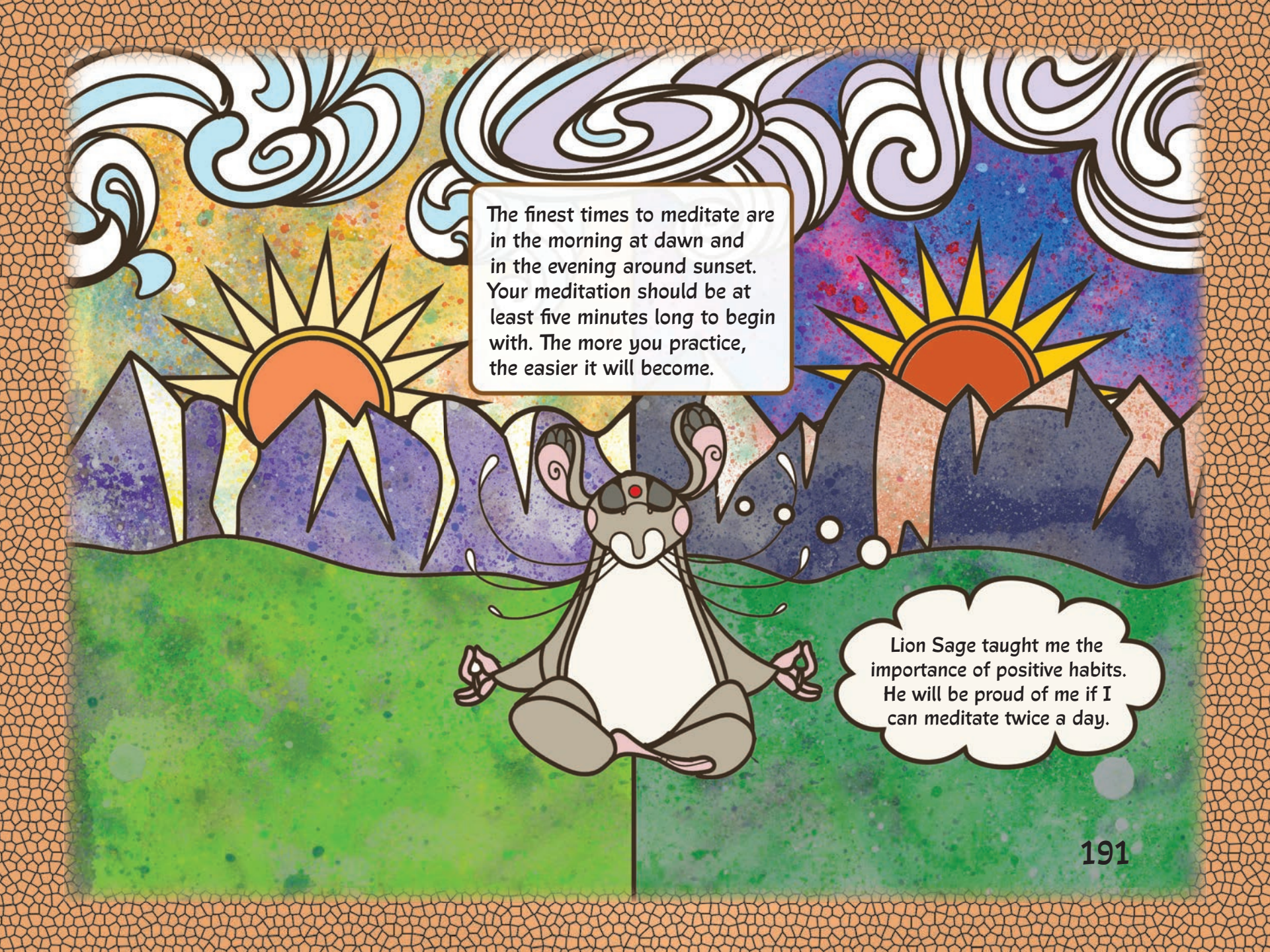


When you meditate, Little Mouse, approach it with full energy, for you are becoming more alive. You are diving into the very source of life itself. That life is more you than your hands or feet. It is more permanent than any memory. It is pure and divine. The more you meditate, the more you get to know your real self.



As you sit in meditation, be like the spaceman high above the surface of the Earth looking down at the odic forces of the world. From this high place you can understand many things about life on Earth. From space, both inner and outer, you see the oneness of all life on our little blue planet. You see that all humans share this special home and you understand deeply how important it is to protect the planet.



A cartoon rabbit with grey fur and a white belly is sitting in a meditative lotus position on a green grassy field. The rabbit has its eyes closed and its hands resting on its knees in a mudra. In the background, there are stylized purple mountains and a bright yellow sun with rays. The sky is filled with swirling white and blue clouds. The entire scene is framed by a mosaic-like border.

The finest times to meditate are in the morning at dawn and in the evening around sunset. Your meditation should be at least five minutes long to begin with. The more you practice, the easier it will become.

Lion Sage taught me the importance of positive habits. He will be proud of me if I can meditate twice a day.

Meditation Plan

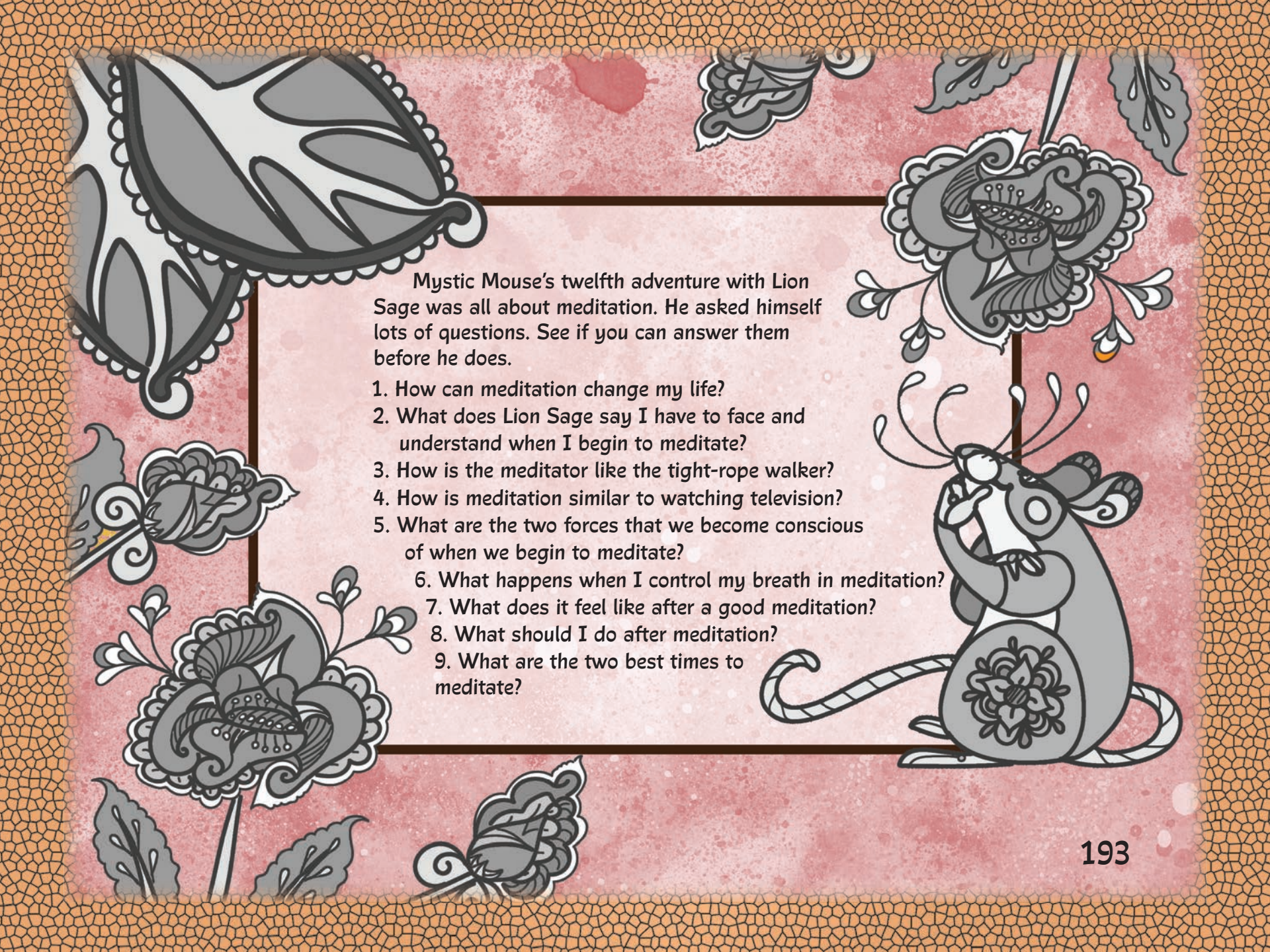
- 10 minutes**
breath control
- 5 minutes**
feel the spine
- 10 minutes**
be awareness

Meditation Calendar

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Decide on a daily time for your meditations and do your best to stick to it each day. Choose what you are going to meditate on before beginning. Then stay with that subject. Try not to wander off in a new direction. Discipline is the key.





Mystic Mouse's twelfth adventure with Lion Sage was all about meditation. He asked himself lots of questions. See if you can answer them before he does.

1. How can meditation change my life?
2. What does Lion Sage say I have to face and understand when I begin to meditate?
3. How is the meditator like the tight-rope walker?
4. How is meditation similar to watching television?
5. What are the two forces that we become conscious of when we begin to meditate?
6. What happens when I control my breath in meditation?
7. What does it feel like after a good meditation?
8. What should I do after meditation?
9. What are the two best times to meditate?

Five Steps to Enlightenment

Chapter 13, in which Lion Sage teaches Mystic Mouse about the stages of progress on the path to Self-Realization

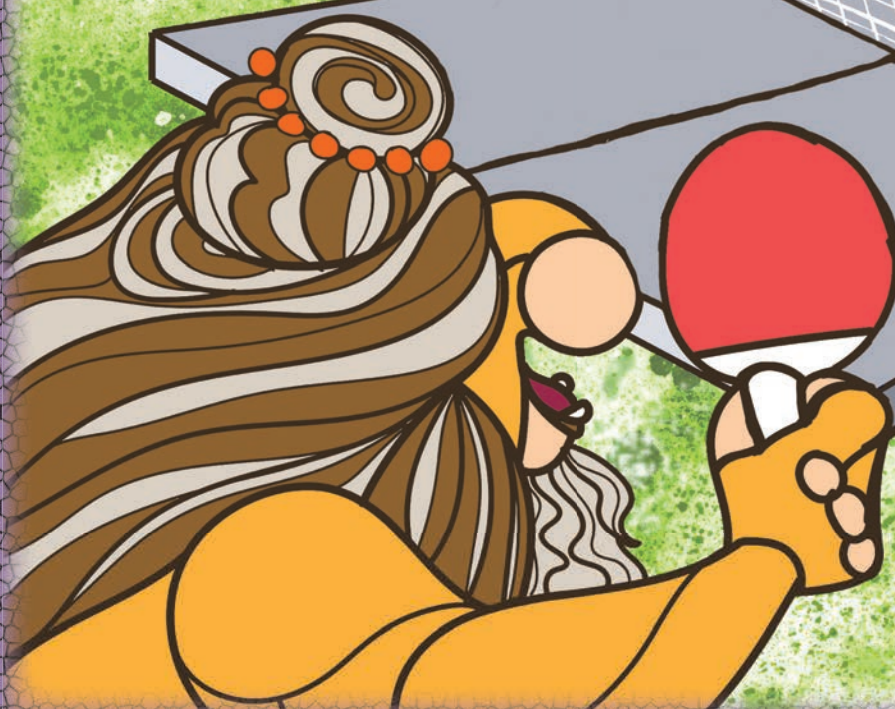


Very good. As we discussed earlier, there are five steps to enlightenment. They are called attention, concentration, meditation, contemplation, and Self Realization. Each step is a preparation for the next, and each one must be understood. When we seek to meditate, we often start with some half ideas, some wrong ideas and a few really silly ideas. Getting the right ideas is like having a good map for getting somewhere. If you understand these five steps, your map will be accurate.

Ok, Lion Sage, I am serious. I really want to learn to meditate. Let's get started. What do I do first?



When we first start meditating, our awareness is bouncing through many areas of the mind. It's like this ping pong ball, always bouncing. To control it, we call upon our willpower. It's like learning to control the ping pong ball. It takes practice and attention. What is attention? Attention is the first of the five steps on the path. We keep awareness focused upon only one thing. The more attention you have, the better you can play, or meditate, or do just about anything. So, pay attention Little Mouse!



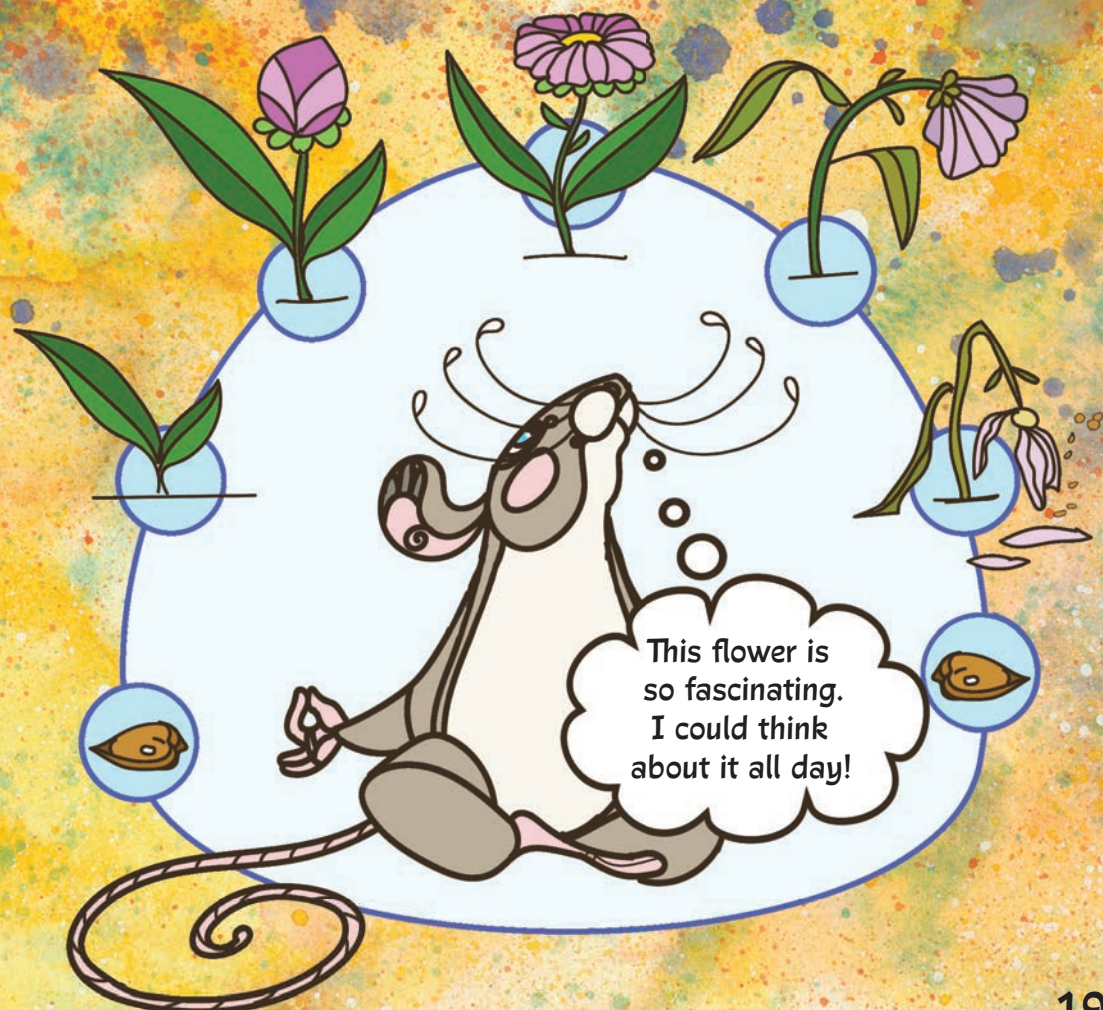
I do love ping pong. And I do see your point, Lion Sage. When I keep my attention on the ball, I can return it so much better. If I start thinking about dinner, I usually miss it. So, attention is the thing I will practice next.



Awareness must be like a hummingbird hovering over a flower. The hummingbird doesn't move. The flower doesn't move. Similarly, your awareness doesn't move. The physical body and the breath have to be in a certain rhythm for awareness to remain still, like a hummingbird over a flower. Once we are really good at attention, we automatically discover the next step, which is called concentration. Think about the flower. Each time your awareness moves, bring it back to the flower. This is what we call concentration—not allowing the mind to wander.



Meditation and concentration are similar. Meditation, the third step, is simply a more intense state of concentration. Meditation is careful, close study of the flower's elements and energies. In meditation you are observing it with so much interest that you forget that you have a physical body. You see the flower in all phases of life, all at the same time, from its beginning to its end. This is meditation! When you are in meditation, you see the world more fully, more deeply than in everyday consciousness. When you are in meditation, you are learning new things from within yourself that no one ever taught you.






When meditation is perfected, we come into contemplation. This is the fourth step. In contemplation, we discover the wholeness of the flower. Then we go deeper, deeper, deeper within, into the energy and the life within the cells of the flower, and we find that the energy and the life in the flower is the same as the energy within us. The flower is in us, and we are in the flower. We are so very alive that we can't even move. We're not even thinking! Yogaswami once said, "I went in and in and in, and so deep within, that a bird was sitting on my head." Why is that amazing? Because the bird did not even know he was a person and felt no fear. In that moment, Yogaswami was sitting in deep contemplation!

From contemplation we move into the fifth and final step—Self Realization. In this deepest state, it is almost like we go within one atom of that vast energy and move into the source of all. There's really nothing that you can say about it. You cannot put the experience of the Self into words. There are no areas of the mind in which the Self exists. Yet, if it were not for the Self, the mind and all things would not exist. You have to realize It to know It; and after you realize It, you know It. It is Parasiva, the highest of all things in the Universe, and beyond the universe, too! It is the goal of life on earth, Little Mouse. Your goal and your highest Self, well worth striving for.



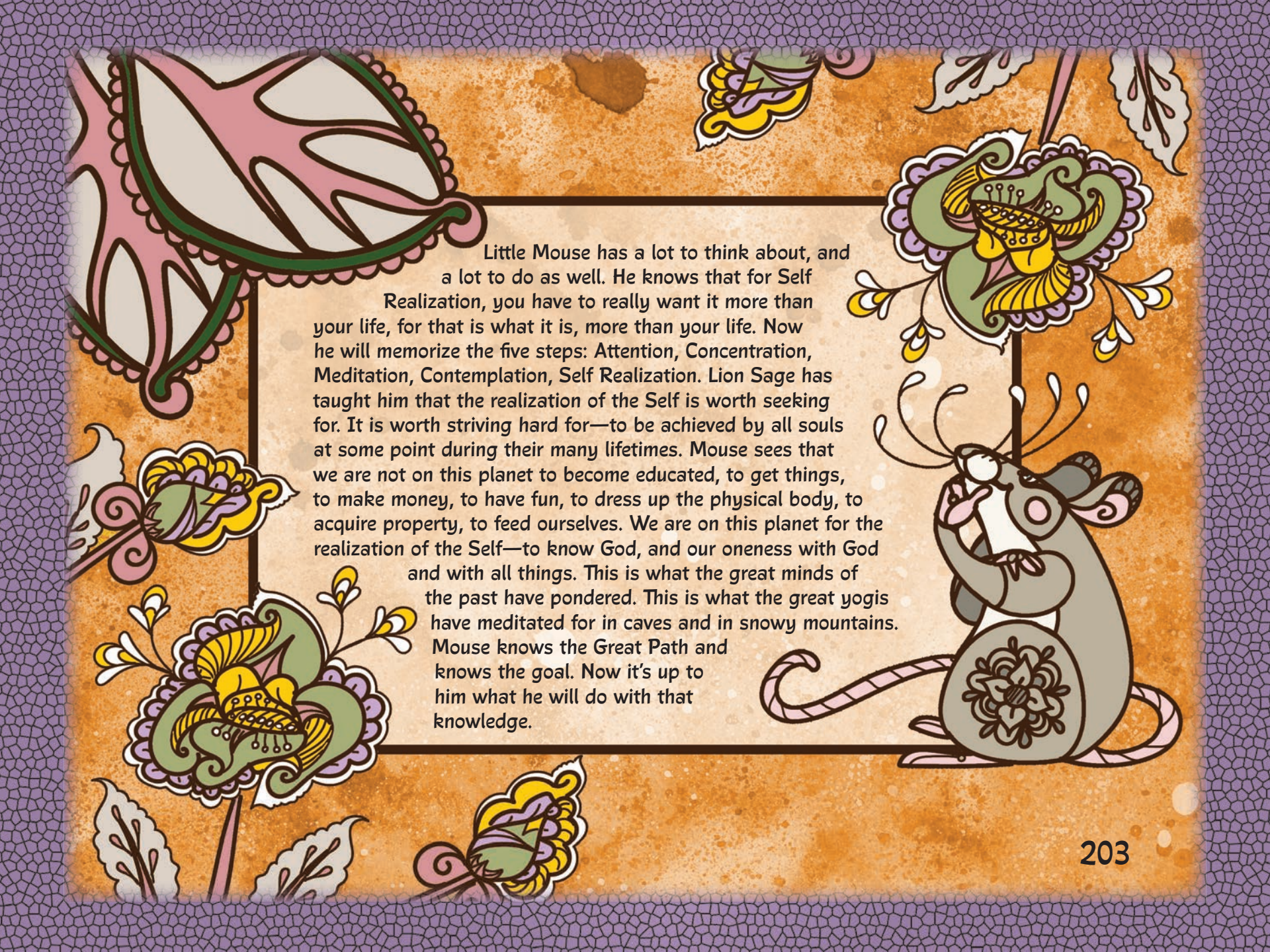
To understand Self Realization, visualize a lake. Beneath the surface of the water is the unknowable Self. The surface of the water, just the surface, is contemplation. We are going to dive through pure consciousness into the Self. We will call the physical body awareness. First, we prepare. Attention! We walk around the pool and get ready for this great dive. Concentration! We focus on our objective. Meditation! We examine the lake, studying out what and how and where we are going to dive. Contemplation! We stand on the edge of the water, on the brink of the Absolute. And then we jump into the source of all. The body disappears. The emotions disappear. The mind disappears into the Self that is the real us! After this Self Realization, we have a new way of looking at everything. We will never be the same.





After the deep samadhi of Self Realization, we see things the way they are. We see things from the inside out. We look at a tree. We see the life energies of the tree. Then we see the leaves and the bark. And we see ourselves in everyone and everything in the universe.

I remember when I first heard of the mysterious Self within.



Little Mouse has a lot to think about, and a lot to do as well. He knows that for Self Realization, you have to really want it more than your life, for that is what it is, more than your life. Now he will memorize the five steps: Attention, Concentration, Meditation, Contemplation, Self Realization. Lion Sage has taught him that the realization of the Self is worth seeking for. It is worth striving hard for—to be achieved by all souls at some point during their many lifetimes. Mouse sees that we are not on this planet to become educated, to get things, to make money, to have fun, to dress up the physical body, to acquire property, to feed ourselves. We are on this planet for the realization of the Self—to know God, and our oneness with God and with all things. This is what the great minds of the past have pondered. This is what the great yogis have meditated for in caves and in snowy mountains. Mouse knows the Great Path and knows the goal. Now it's up to him what he will do with that knowledge.



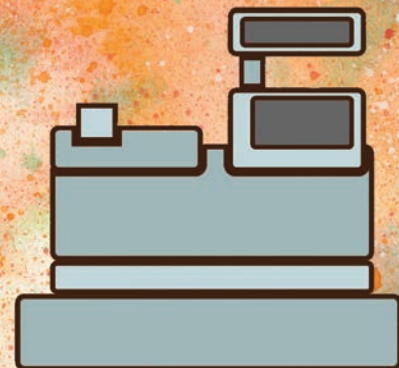
Life, the Great Experience

Chapter 14, in which Mystic Mouse
learns to balance his karmas and
get along with everyone





At one time or another in life, each of us has had similar experiences of temptation. There were times when we did things we knew we would be sorry for later. The knowing of the law of karma is within us. The yoga student must establish good basic principles in his life. He must try very hard to do this always, harder than the average person who is not trying to understand life and God. If you take that cheese, Little Mouse, know this: something will be taken away from you one day.



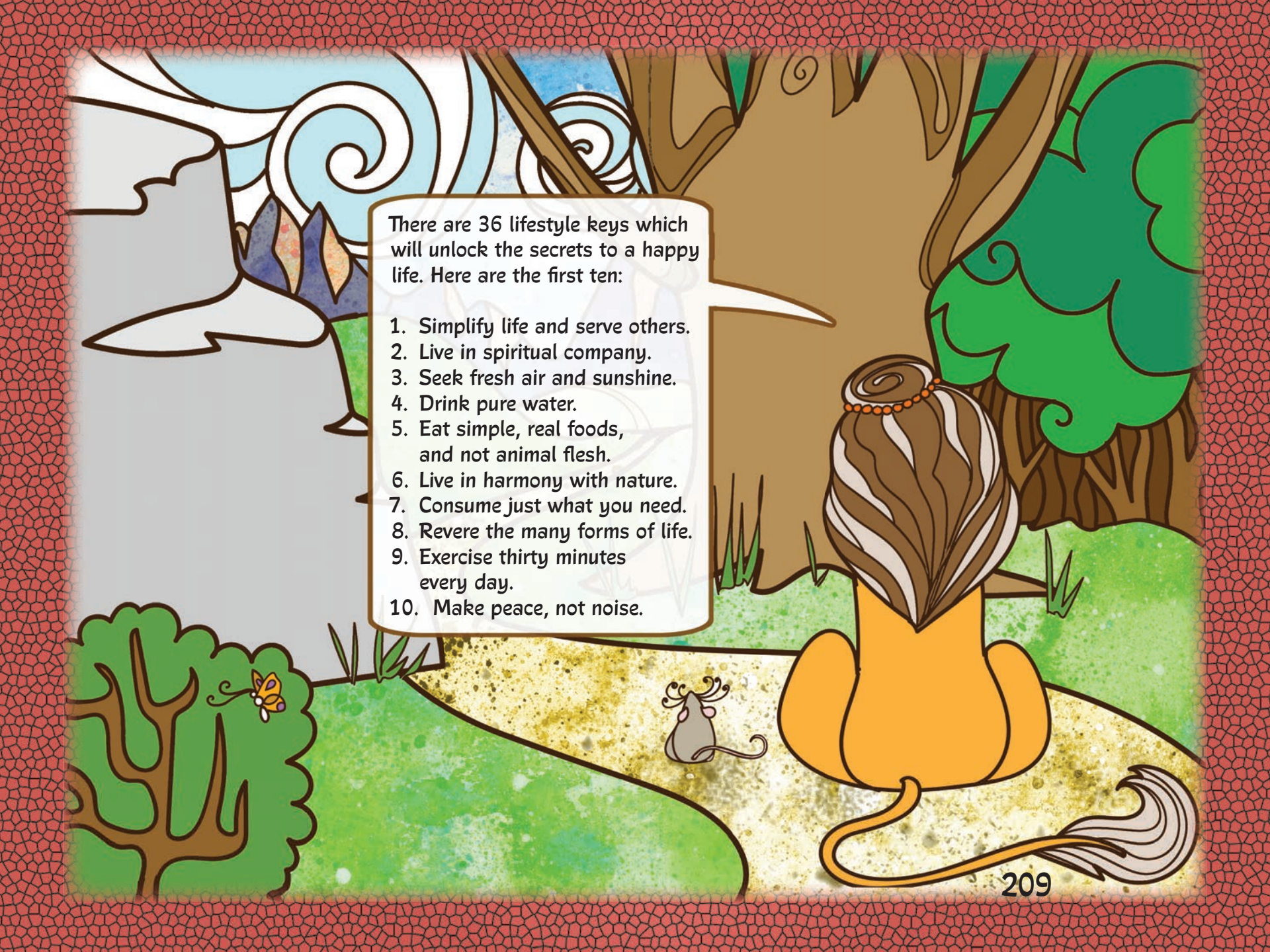


To understand the experiences of life, we must ask ourselves, "What does this experience mean? What lesson have I learned from it? Why did it happen?" We can only find answers to these questions when we have established a foundation of dharmic principles. That means being good, and doing good. Dharmic principles are the laws that govern action and reaction, known as karma.

Let me see here. Why did all of these things happen to me? How did I create these experiences, some good and some not so good? What do they mean?

Mouse realizes that he sometimes feels that experiences of the past are a heavy weight on his shoulders, a burden that is difficult to carry. He sees that this happens when the subconscious is confused. Too many experiences have gone into the subconscious that have not been resolved through understanding. Everyone experiences this sooner or later. Mouse wants to ask Lion Sage how to face his burdens of the past which can make him sad.






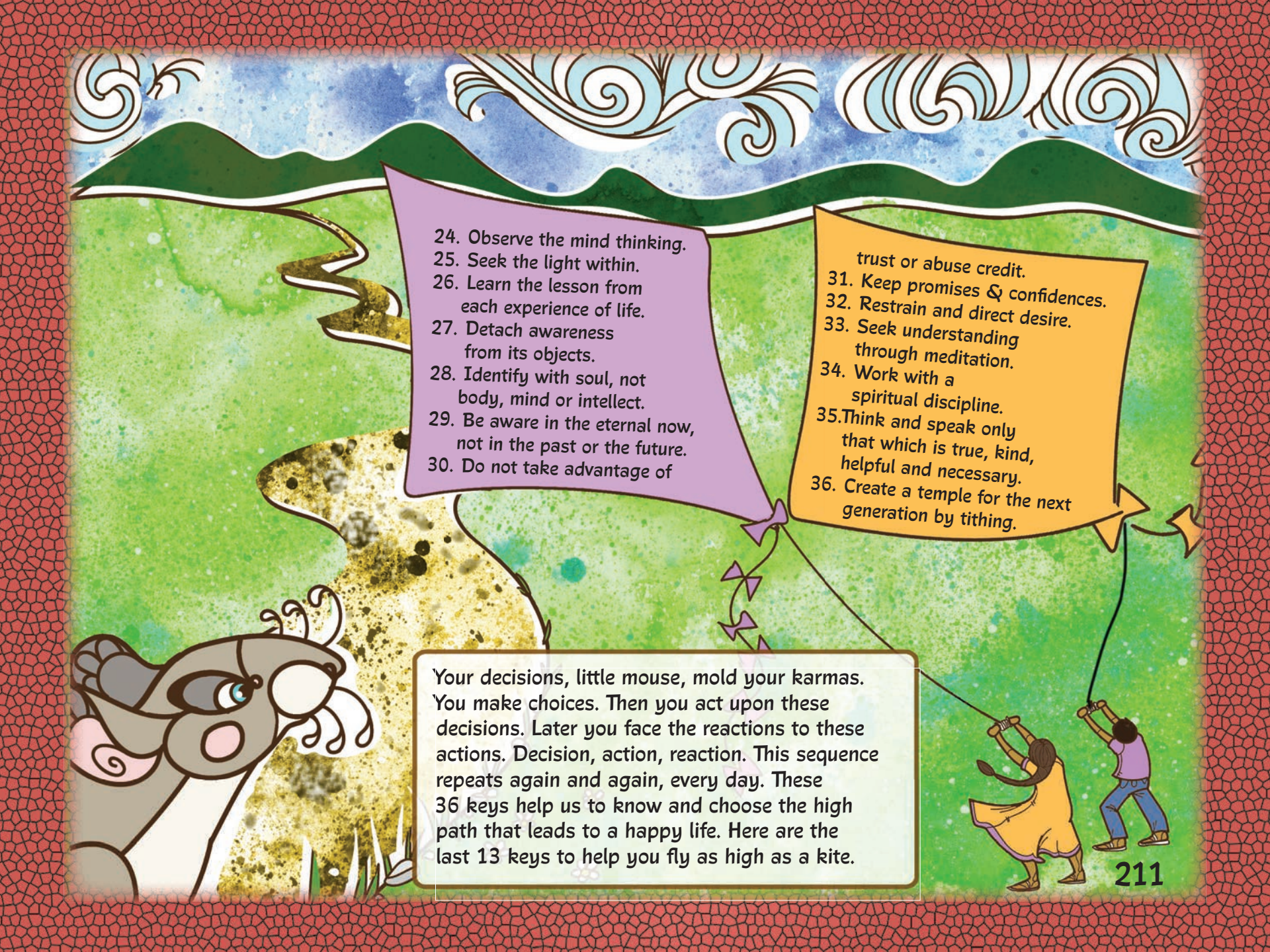
There are 36 lifestyle keys which will unlock the secrets to a happy life. Here are the first ten:

1. Simplify life and serve others.
2. Live in spiritual company.
3. Seek fresh air and sunshine.
4. Drink pure water.
5. Eat simple, real foods, and not animal flesh.
6. Live in harmony with nature.
7. Consume just what you need.
8. Revere the many forms of life.
9. Exercise thirty minutes every day.
10. Make peace, not noise.

- 
11. Make your home a temple.
 12. Develop an art form or craft.
 13. Make your own clothing and furniture.
 14. Express joy through song and dance.
 15. Grow your own food organically.
 16. Plant twelve trees a year.

- 
17. Purify your environment.
 18. Leave beauty where you pass.
 19. Realize God in this life.
 20. Be one with your guru.
 21. Be nonviolent in thought and action.
 22. Love your fellow man.
 23. Rely on the energy in the spine.

O Mouse, if we practice these key concepts all of the time, our karmas will be balanced. We will be able to understand the experiences of life and not be sad. Those are the next 13 keys on that clothesline. Think about each one and how you can live up to these ideals.


- 
24. Observe the mind thinking.
 25. Seek the light within.
 26. Learn the lesson from each experience of life.
 27. Detach awareness from its objects.
 28. Identify with soul, not body, mind or intellect.
 29. Be aware in the eternal now, not in the past or the future.
 30. Do not take advantage of


- trust or abuse credit.
31. Keep promises & confidences.
32. Restrain and direct desire.
33. Seek understanding through meditation.
34. Work with a spiritual discipline.
35. Think and speak only that which is true, kind, helpful and necessary.
36. Create a temple for the next generation by tithing.

Your decisions, little mouse, mold your karmas. You make choices. Then you act upon these decisions. Later you face the reactions to these actions. Decision, action, reaction. This sequence repeats again and again, every day. These 36 keys help us to know and choose the high path that leads to a happy life. Here are the last 13 keys to help you fly as high as a kite.

Balancing the subconscious mind is like solving an arithmetic problem. Suppose you have made a mistake, added something incorrectly or forgotten a step. You may spend hours reviewing the numbers, but they just won't work. It takes someone else to gently point them out to you. The equation is your subconscious mind, the figures are your experiences. Until you understand them, you will remain in a state of misunderstanding.

$$a^2 + b^2 = c^4$$
$$X = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$

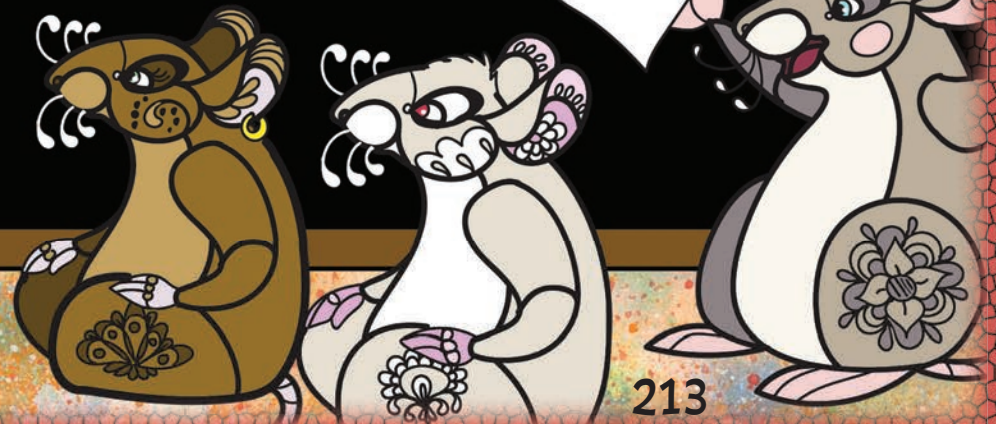
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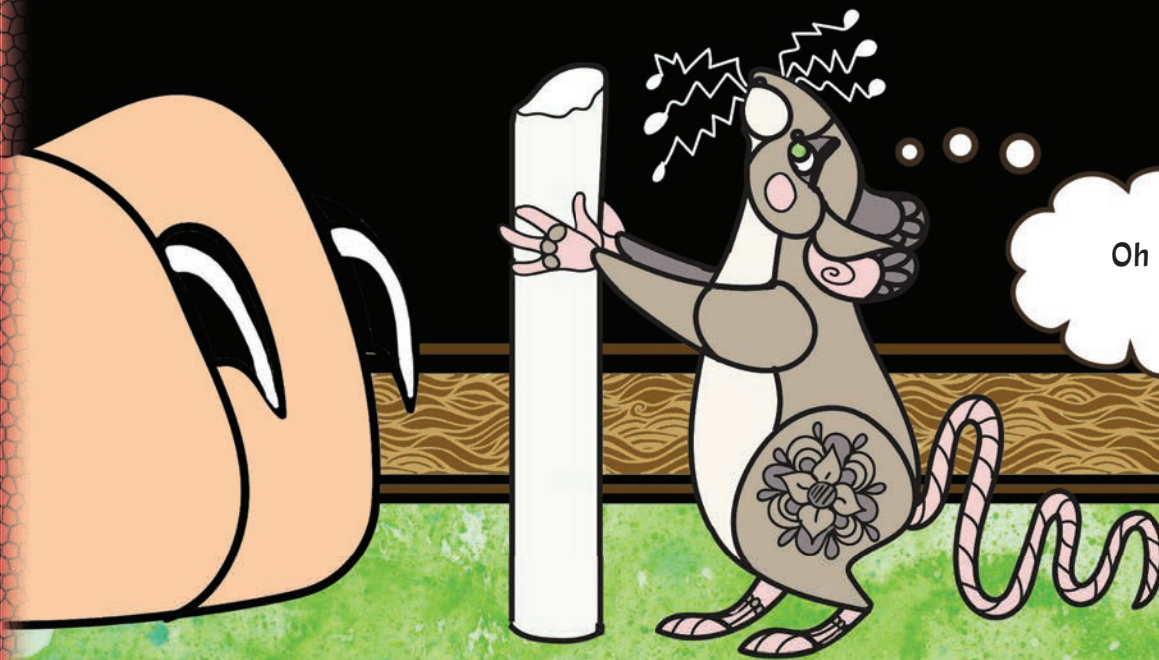
I don't understand.

Ah ha! There's your mistake. Now everything makes perfect sense. Suddenly it's easy.

Life teaches us so many lessons, little mouse. Each experience is a classroom. One of your goals on the Great Path is to study your experiences and understand what lessons they have to teach you. When you fully understand everything that has happened, and you realize that everything you have gone through is only an experience, you will receive a report card from your own Innerversity. It will contain the highest grades, telling you that you have achieved excellent understanding.



Today's lesson is about LOVE, little mouse. I have been watching how you and the cats don't get along very well. They want to chase you, and that makes you scared. So we need to work on healing that relationship, so you and Simha can live together without conflict. You could meditate on what to do. But today I want you to take this chalk and write 25 times: "I love Simha the cat, even when he chases me."



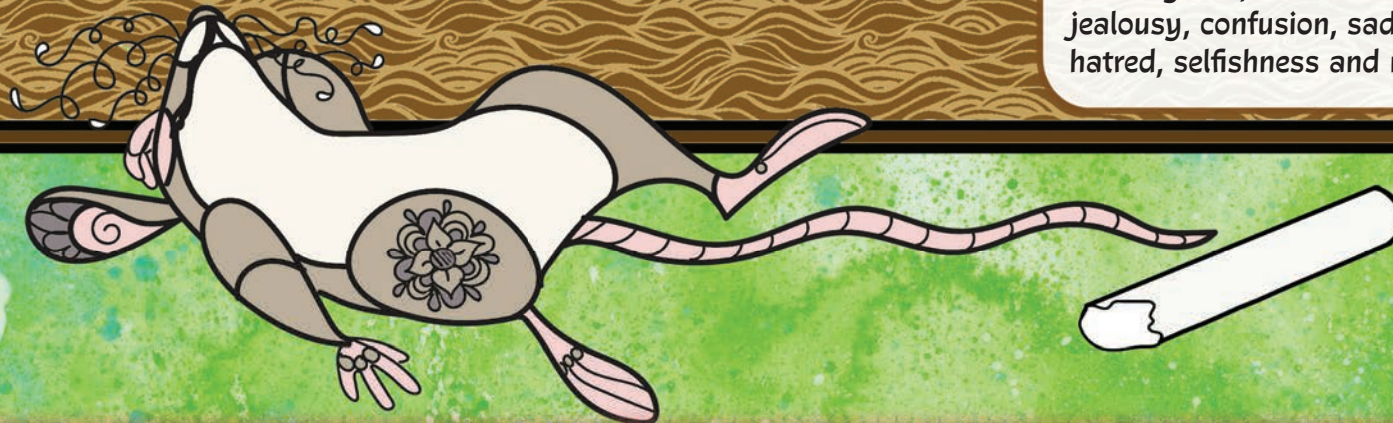
I Love Simha the cat,
even when he chases me.

I Love Simha the cat,
even when he chases me.

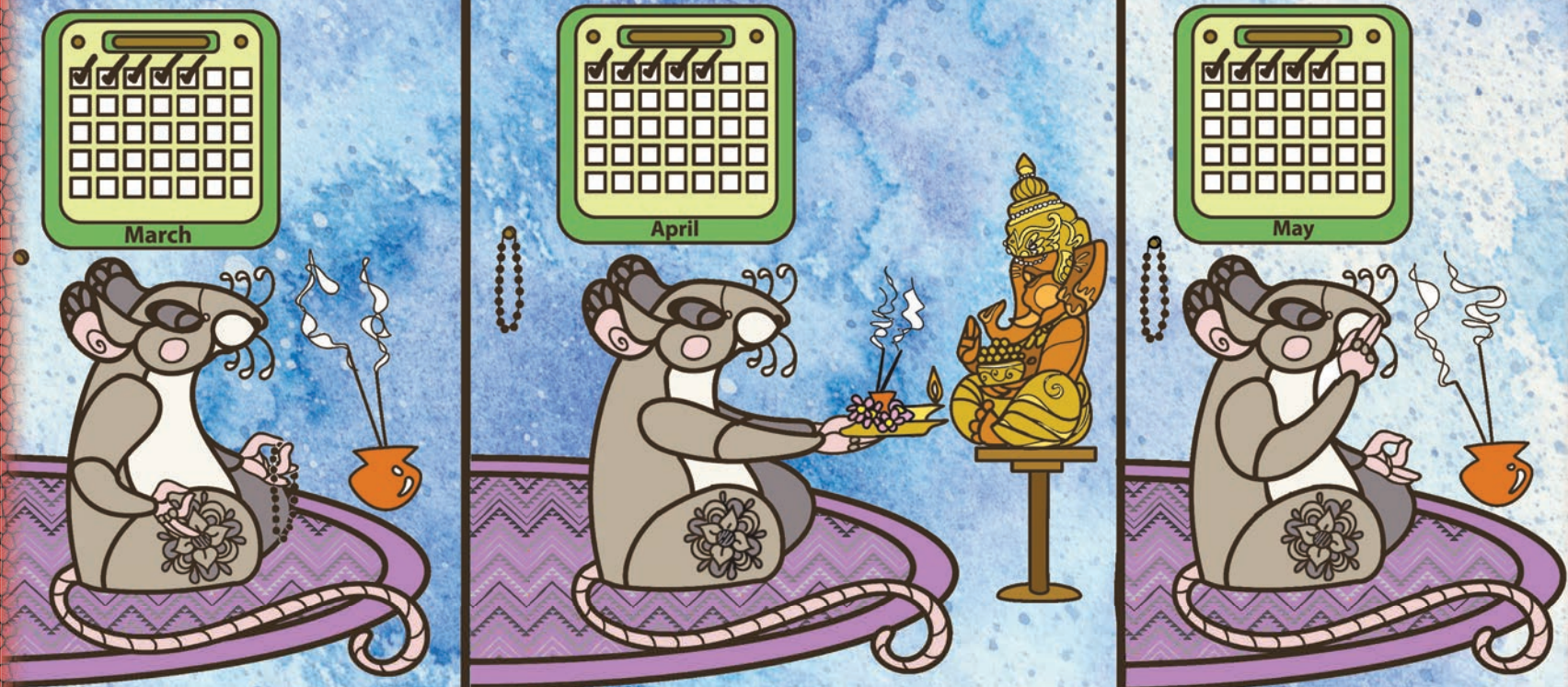
I Love Simha the cat,
even when he chases me.

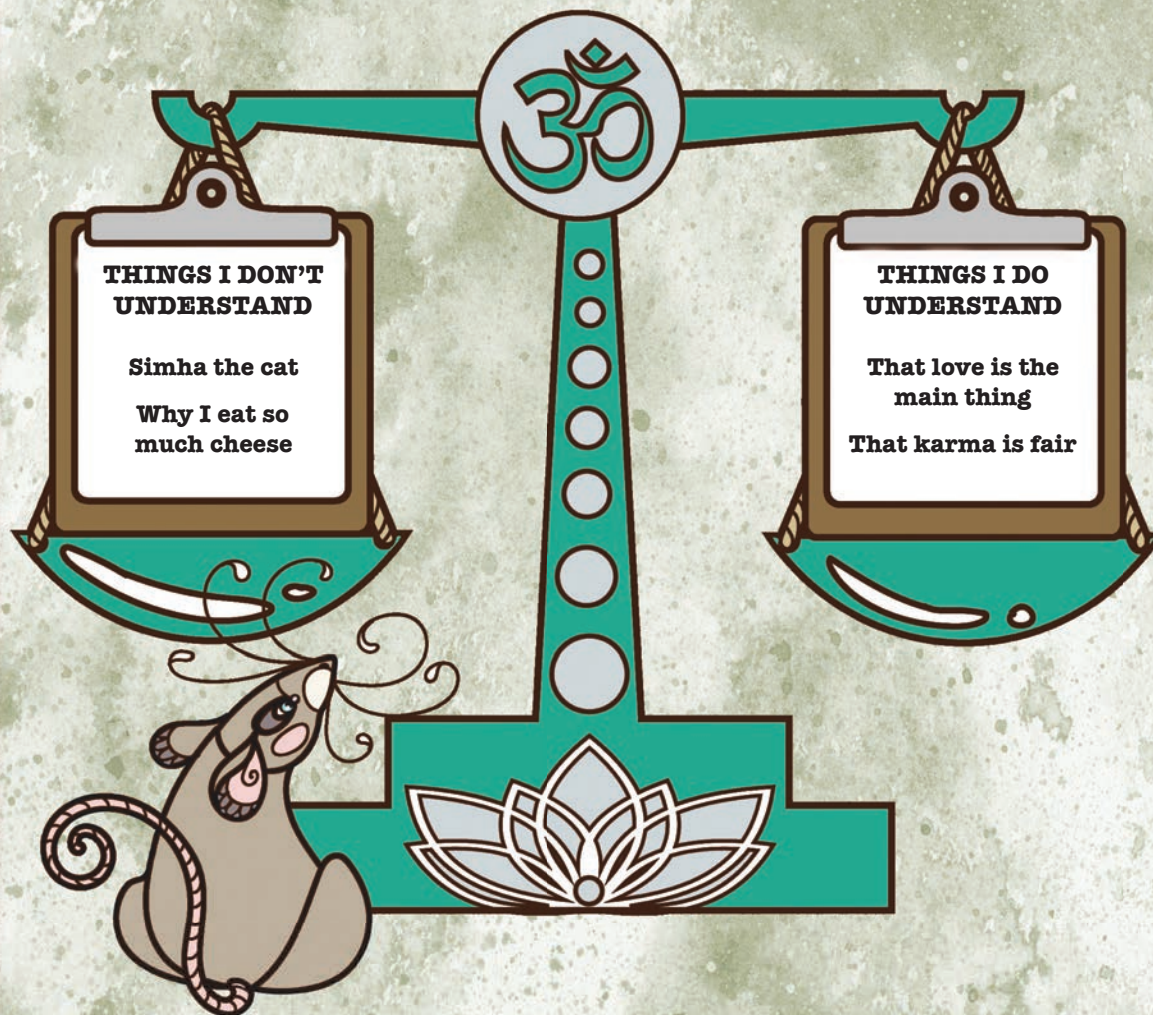
I Love Simha the cat,
even when he chases me.

Understanding is important because if you fail a class, you will feel bad, and it will take you longer to graduate. If you haven't taken the lesson from an experience, you remain in the classroom, reacting to the event, even though it may have occurred years ago. When you change your fear of Simha to love, you learn a great lesson. You learn that love has the power to overcome all other emotions. With love in your heart, you can conquer not only fear, but also anger, jealousy, confusion, sadness, hatred, selfishness and more.



Consistency is one of the most important qualities on the Great Path. It is through consistency in our daily life that we gain enough awareness to understand our experiences and learn their lessons. Through consistency we can avoid many of the boulders that lie in our way on the yoga path to enlightenment. If we practice the art of being constant, we will unfold our destiny. If you do your meditation each day, and your puja each morning, and practice your pranayama breathing, your life will be serene and productive. My guru used to say, "Consistency is the key to the conquest of karma." See how wise he was?





Study your approach to life today. Visualize a scale before you. Put the experiences understood and the lessons derived from them on one side. On the other side of the scale put the scale the experiences that you do not understand. See how they balance. If they balance evenly, you are well on your way.

If the scale tips to the right side, you may consider dedicating your life to serving others.

If the scale tips to the left side, you have got work to do, but you know how.

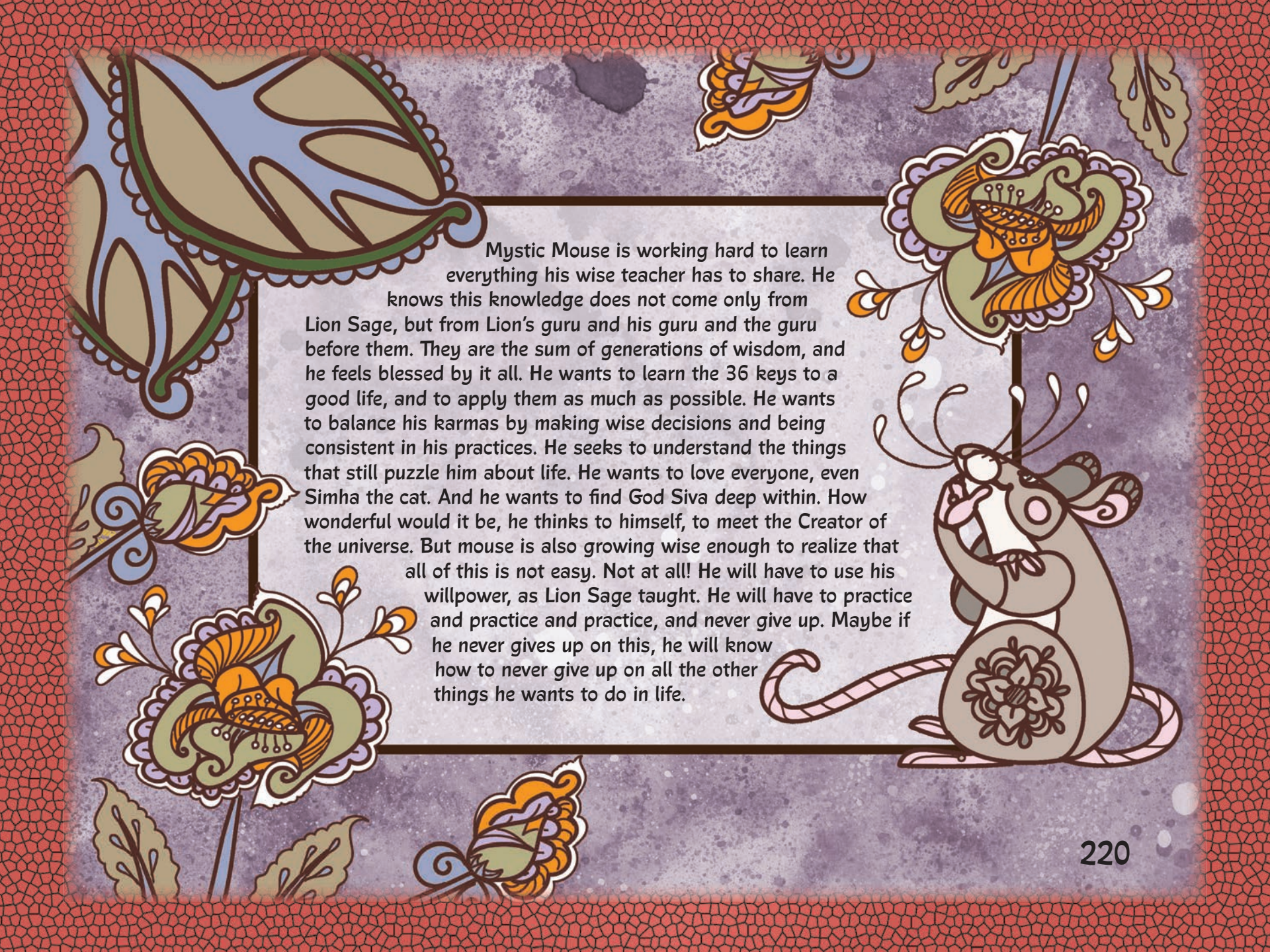
When you began on the path, you were rightly interested in meditation and thought that was the way to peace and inner light. Now you know the path is also about living well, loving everyone and following wise rules. Unless your mind is pure, you cannot really meditate for long.





When you meditate deeply, you go in and in and in, so far in that you find God Siva. He is the creator of the cosmos, and the preserver and the dissolver. He does it all. One of his forms is Nataraja, King of the Dance. He dances in a circle of consciousness in the center of all things, and since you are also consciousness He dances within you. This is one of the discoveries you will make.





Mystic Mouse is working hard to learn everything his wise teacher has to share. He knows this knowledge does not come only from Lion Sage, but from Lion's guru and his guru and the guru before them. They are the sum of generations of wisdom, and he feels blessed by it all. He wants to learn the 36 keys to a good life, and to apply them as much as possible. He wants to balance his karmas by making wise decisions and being consistent in his practices. He seeks to understand the things that still puzzle him about life. He wants to love everyone, even Simha the cat. And he wants to find God Siva deep within. How wonderful would it be, he thinks to himself, to meet the Creator of the universe. But mouse is also growing wise enough to realize that all of this is not easy. Not at all! He will have to use his willpower, as Lion Sage taught. He will have to practice and practice and practice, and never give up. Maybe if he never gives up on this, he will know how to never give up on all the other things he wants to do in life.





Facing Life's Tests

Chapter 15, in which our mouse
learns about acceptance of all
things and people, and trust
in Siva's love and purpose

My dear little mouse, when we are children, we run freely, because we have no great subconscious burdens to carry. Very little has happened to us. Of course, our parents try to prepare us for life's tests. But mostly we just want to play and have fun at this early stage of life.





As we grow older, we learn to control ourselves, like we restrain a strong horse with reins. The ancient yoga system provides guidelines for religious life. They are called the yamas and niyamas. The yamas, or restraints, give us a basic system of discipline for the instinctive mind.

The ten yamas are:

1. Noninjury
2. Truthfulness
3. Nonstealing
4. Celibacy
5. Patience
6. Steadfastness
7. Compassion
8. Honesty
9. Vegetarianism
10. Purity

The niyamas, or observances, give us things to do which create a good life with good karma. If we do not follow the yamas and niyamas, negative experiences will happen, and we will be unhappy.

The ten niyamas are:

1. Remorse
2. Contentment
3. Giving
4. Faith
5. Worship
6. Study
7. Cognition
8. Obeying Vows
9. Japa
10. Austerity

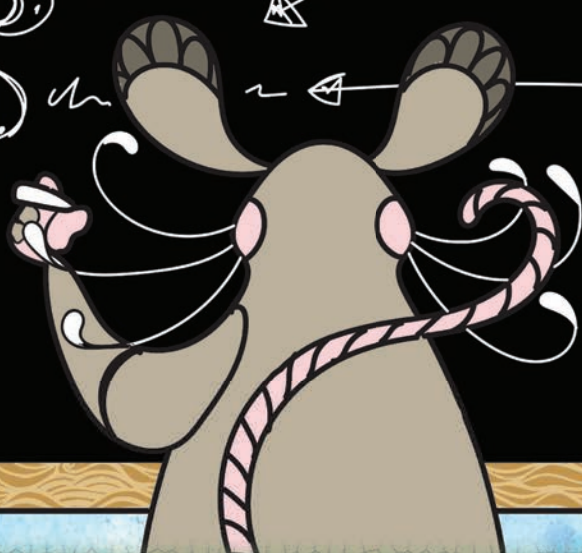
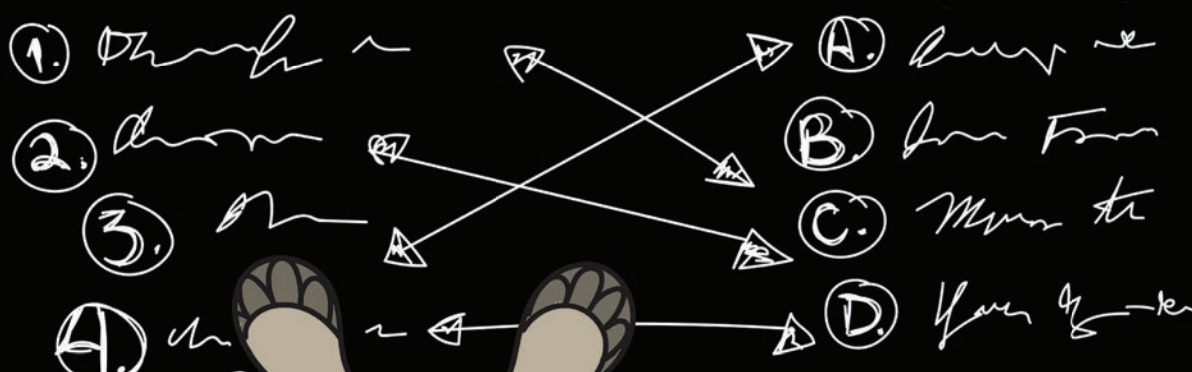


The basic laws of life, like the yamas and niyamas, are simple, but many people don't obey them. Why? Because following them takes effort! It is easy to not follow them and find reasons for doing something else instead. It is normal to fail some of these tests. It is like getting a failing grade on a report card in school and having to take a class over. We must learn from our experiences or repeat our classes again and again.



yamas + niyamas

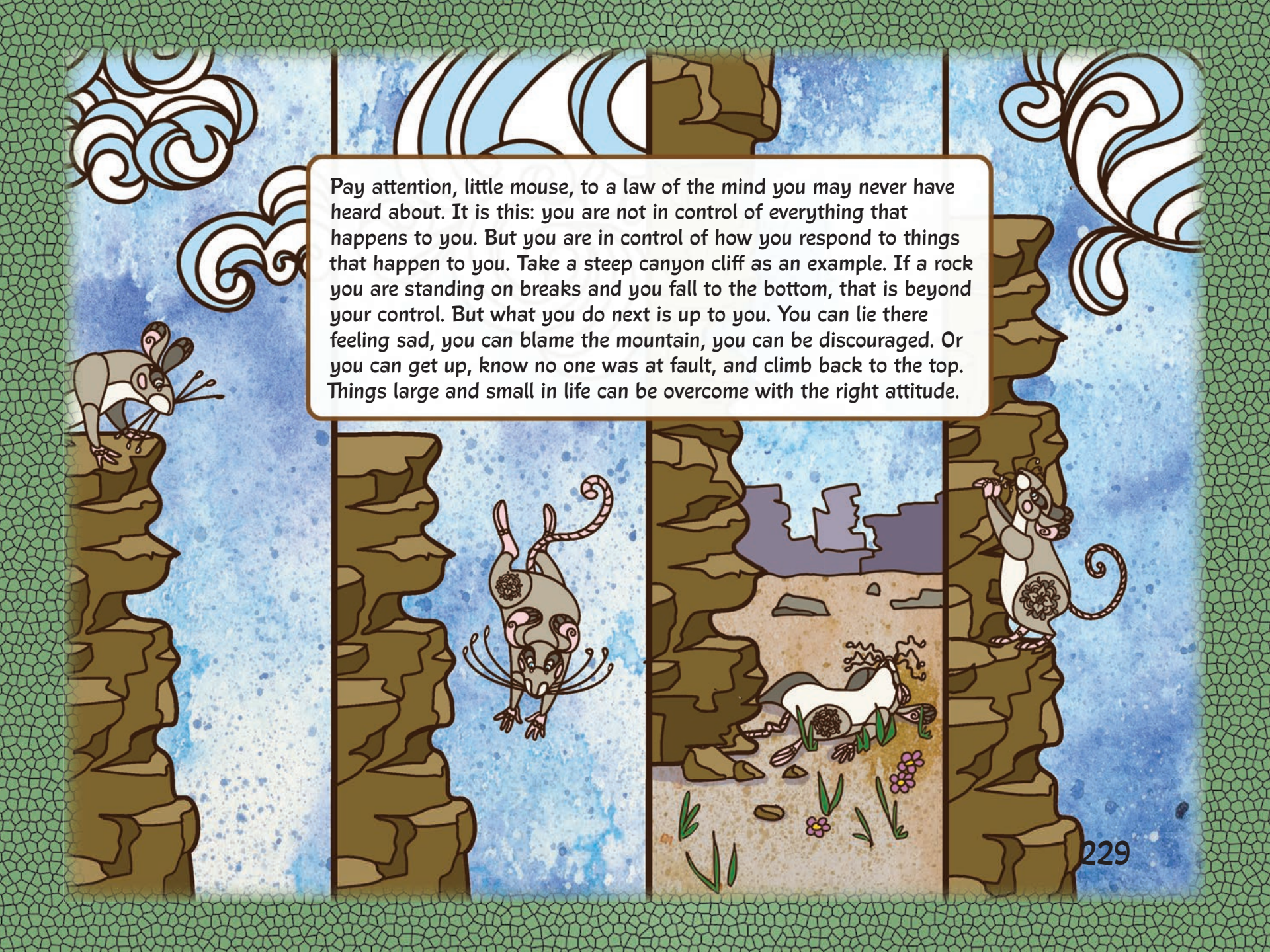
my Experiences



The yamas and niyamas can give you another tool to get a passing grade in the schoolroom of life. Do this: take the list of yamas and niyamas and put it side by side with your recent experiences. See how well you are doing. Are you living up to the ideals or are you still needing to improve? You can try this with one or two experiences to begin. If you learn something helpful, you can examine more of them.

Did you know, little mouse, that you have an aura? It's a field of energy within your body that also extends outside of you. An aura can be dark if the thoughts and feelings are dark. And it can be full of light if you have joy in your heart. As you meditate, the aura grows bigger. Some people can see this aura of colors, but most cannot. That's OK, it's still there. You can feel it in yourself and in others you meet. People with kind thoughts have blue auras and people with mean thoughts have a lot of black and red in their aura. Your aura is nice and clear. Partly that's because you know a great truth—that you are one with Siva's perfect universe.





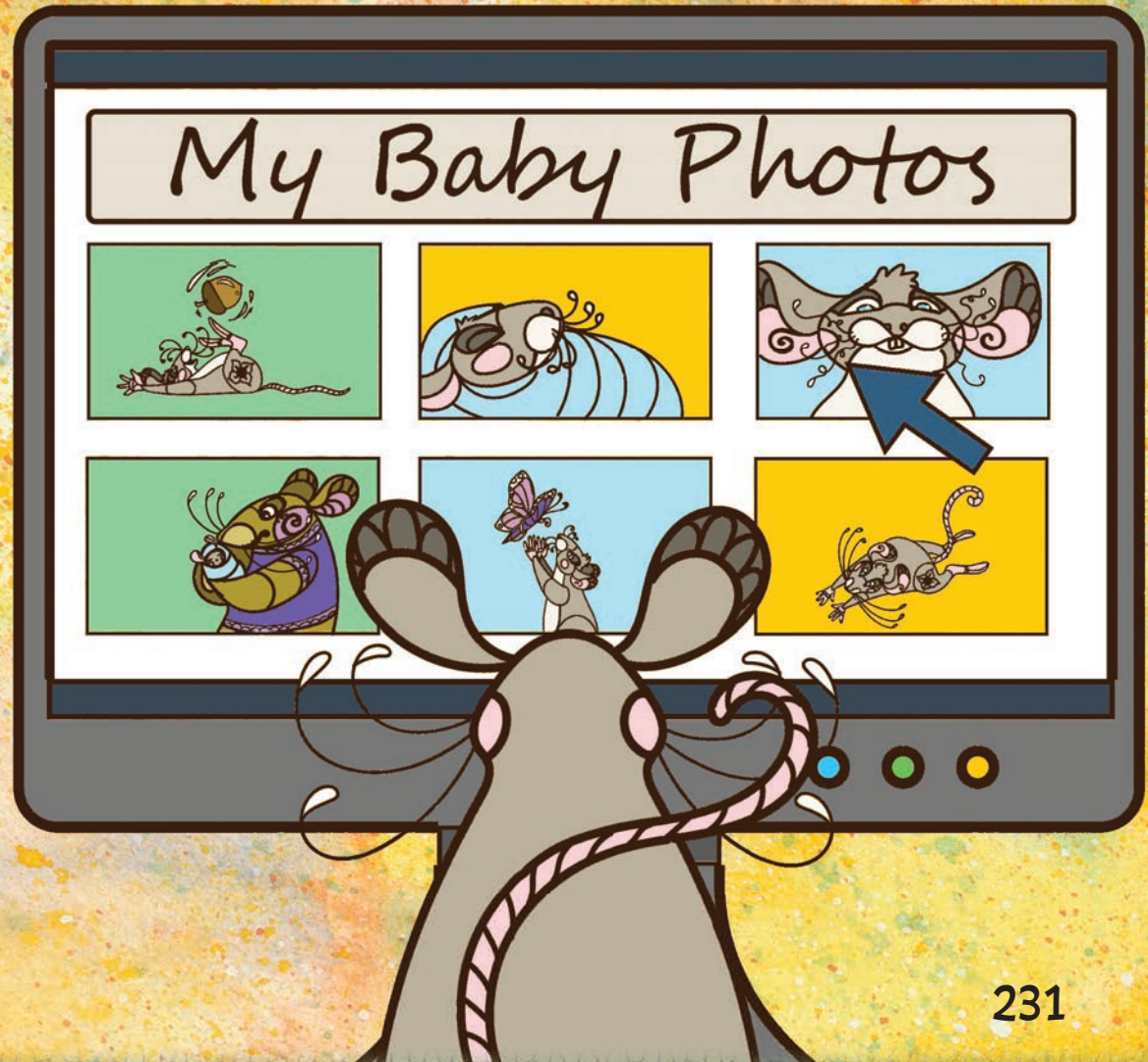
Pay attention, little mouse, to a law of the mind you may never have heard about. It is this: you are not in control of everything that happens to you. But you are in control of how you respond to things that happen to you. Take a steep canyon cliff as an example. If a rock you are standing on breaks and you fall to the bottom, that is beyond your control. But what you do next is up to you. You can lie there feeling sad, you can blame the mountain, you can be discouraged. Or you can get up, know no one was at fault, and climb back to the top. Things large and small in life can be overcome with the right attitude.



There are two ways you can face life's little temptations, little mouse. Imagine you have the best tasting cheese in the world in front of you, and that Amazon is offering you a new computer game. You can control those desires, or you can eat all the cheese and spend all your money on the game. Happiness in life is not achieved by indulging. We grow stronger when we learn how to control our desires.



If we look back at our baby pictures, we can see that we naturally left behind the form that was ours at that time, and this will continue. You will keep changing. Every year will be different from the year before. Here is an exercise that will help you create the best of all futures. Visualize the way you want to be. See yourself succeeding, achieving your goals. The truth is we all make our future with our thoughts, but some of us do this better than others. You make your own future, little mouse. How? By what you think. By what you feel. By what you plan for and work toward. No one but you can make your future. Only you can do this, so learn to do it well. That is my advice to you today.



If you direct your thoughts and feelings toward goodness, you will be surprised to discover how quickly your life will change for the better. This is a key practice on the Great Path. Try it. Try helping those who are weak. Try giving warm clothes to the poor. And try making little love offerings to those you don't really understand all that well. Remember, little mouse, what goes around comes around. If you want to be loved, you must love others.

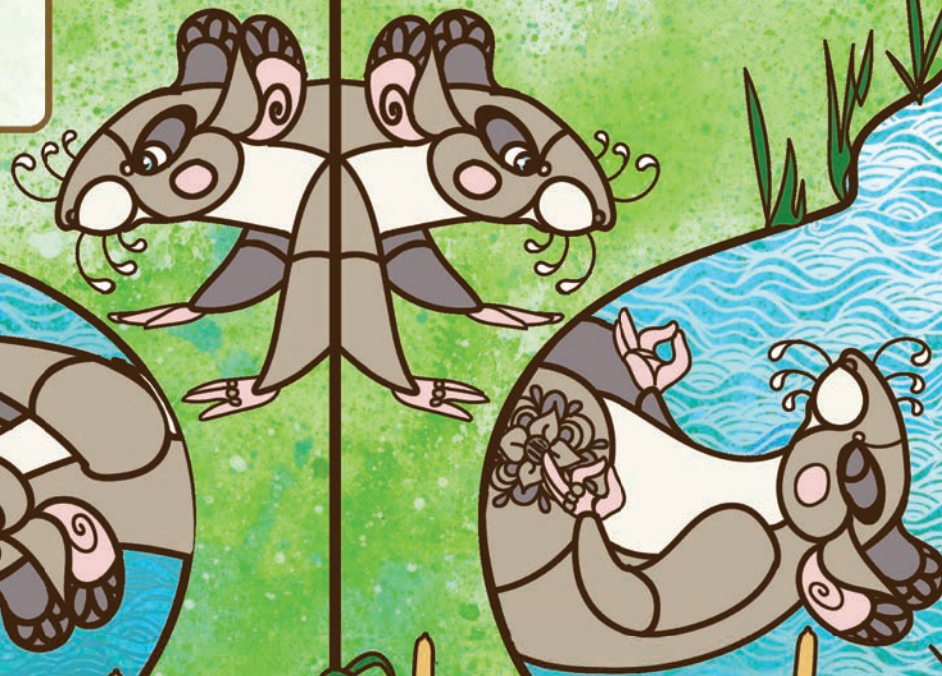




Be equal to whatever comes your way! That is the best way to react to life. This is done simply by meeting everything with understanding. If we can hold the feeling that everything happening to us is Siva's divine dance of universal love, then we are beyond the events of the world. Then we can scale even the steepest cliff knowing that Siva is protecting us, like a safety harness.

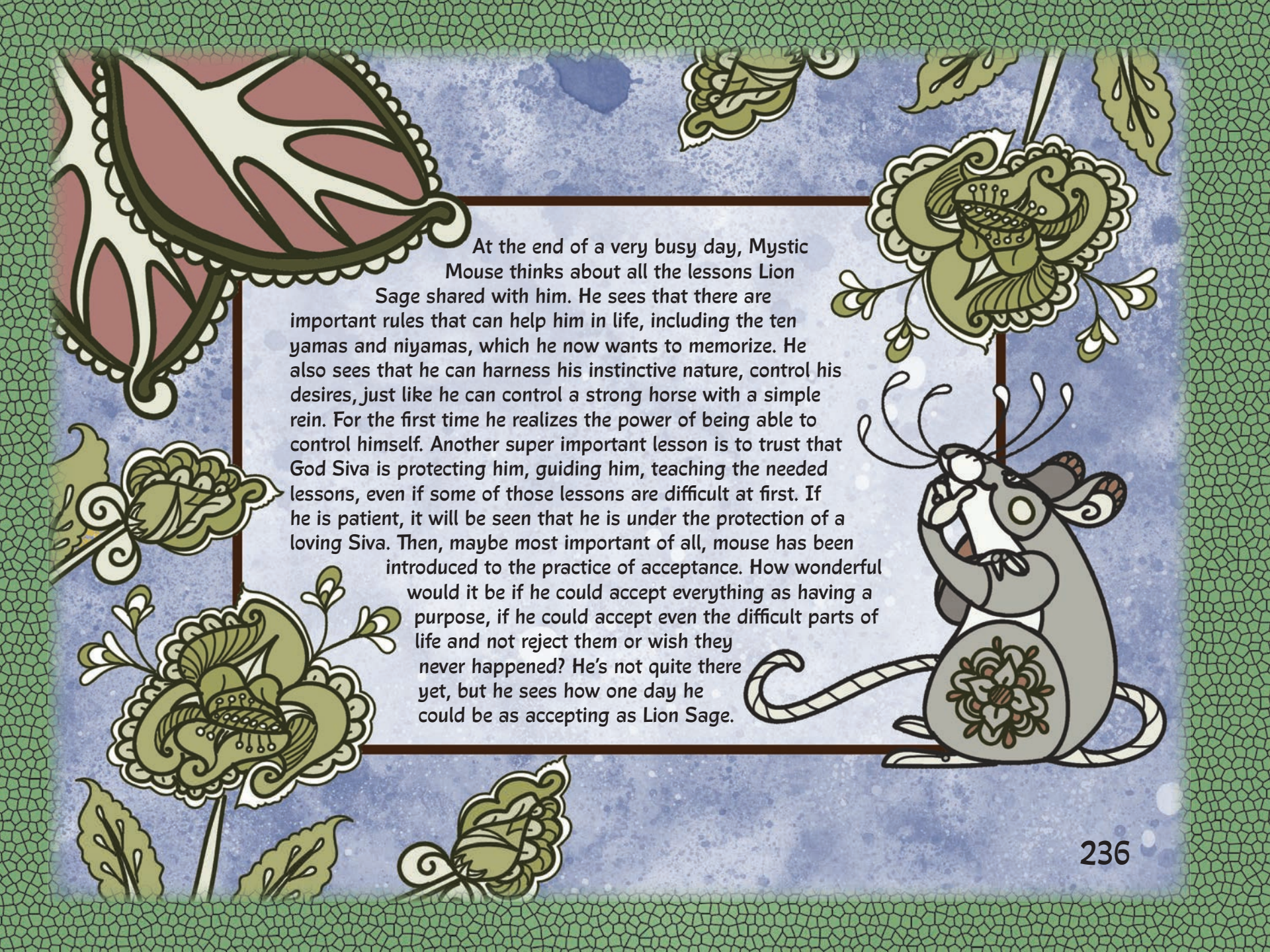


If you made a list of things on your mobile device that confuse you or bother you, you would see that they are small worries, small confusions. Still, they can bother you if you let them. Here is my advice, little mouse: when these things come up during the day, practice your deep breathing. Let go of the outside and find peace on the inside. Peace is within you, night and day.



You know from our talks that life is full of everything, some happy things, some not so happy. The important thing is to accept whatever life brings, to welcome it as a special blessing or challenge or opportunity to learn and grow, a gift from God Siva. Acceptance is full of magic. It makes it possible to be happy under all circumstances. Keep practicing acceptance, little mouse. Accept the good. Accept the not so good. Sometimes the not so good is our best teacher. If you learn this one little secret, your life will never be miserable.



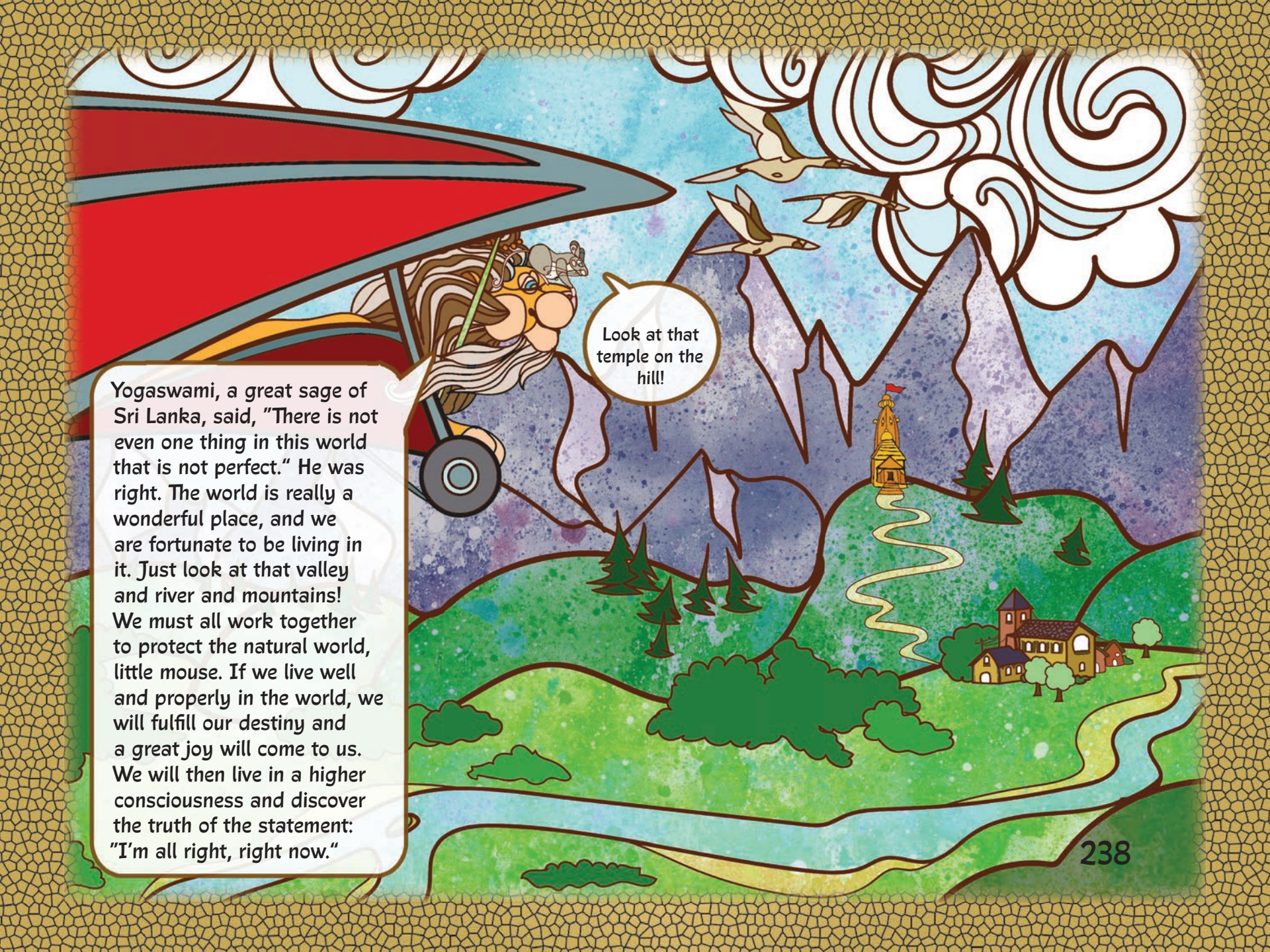


At the end of a very busy day, Mystic Mouse thinks about all the lessons Lion Sage shared with him. He sees that there are important rules that can help him in life, including the ten yamas and niyamas, which he now wants to memorize. He also sees that he can harness his instinctive nature, control his desires, just like he can control a strong horse with a simple rein. For the first time he realizes the power of being able to control himself. Another super important lesson is to trust that God Siva is protecting him, guiding him, teaching the needed lessons, even if some of those lessons are difficult at first. If he is patient, it will be seen that he is under the protection of a loving Siva. Then, maybe most important of all, mouse has been introduced to the practice of acceptance. How wonderful would it be if he could accept everything as having a purpose, if he could accept even the difficult parts of life and not reject them or wish they never happened? He's not quite there yet, but he sees how one day he could be as accepting as Lion Sage.

I'm All Right, Right Now

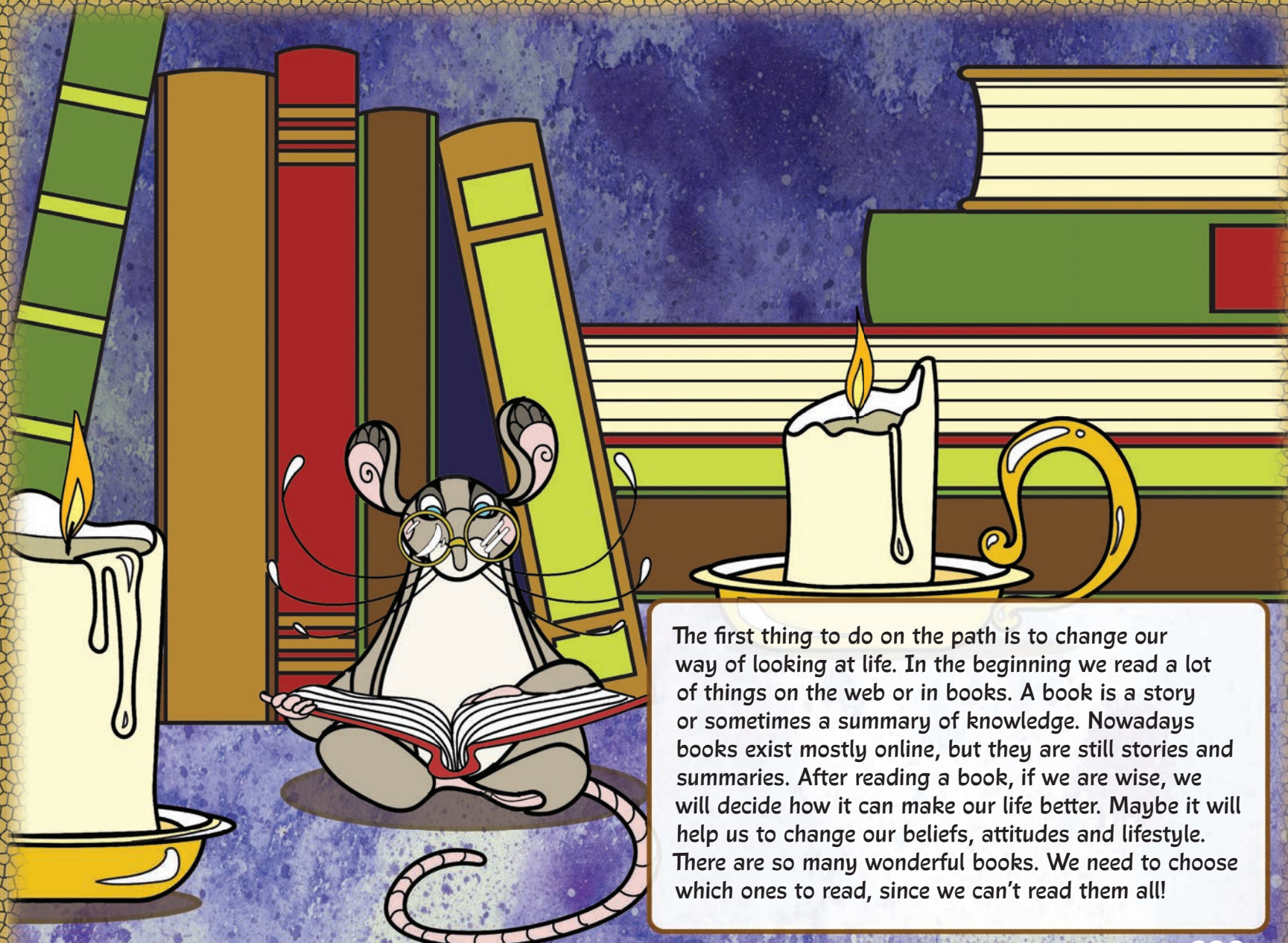
Chapter 16, in which Lion Sage teaches our mouse how to be peaceful and unafraid no matter what challenges life may bring



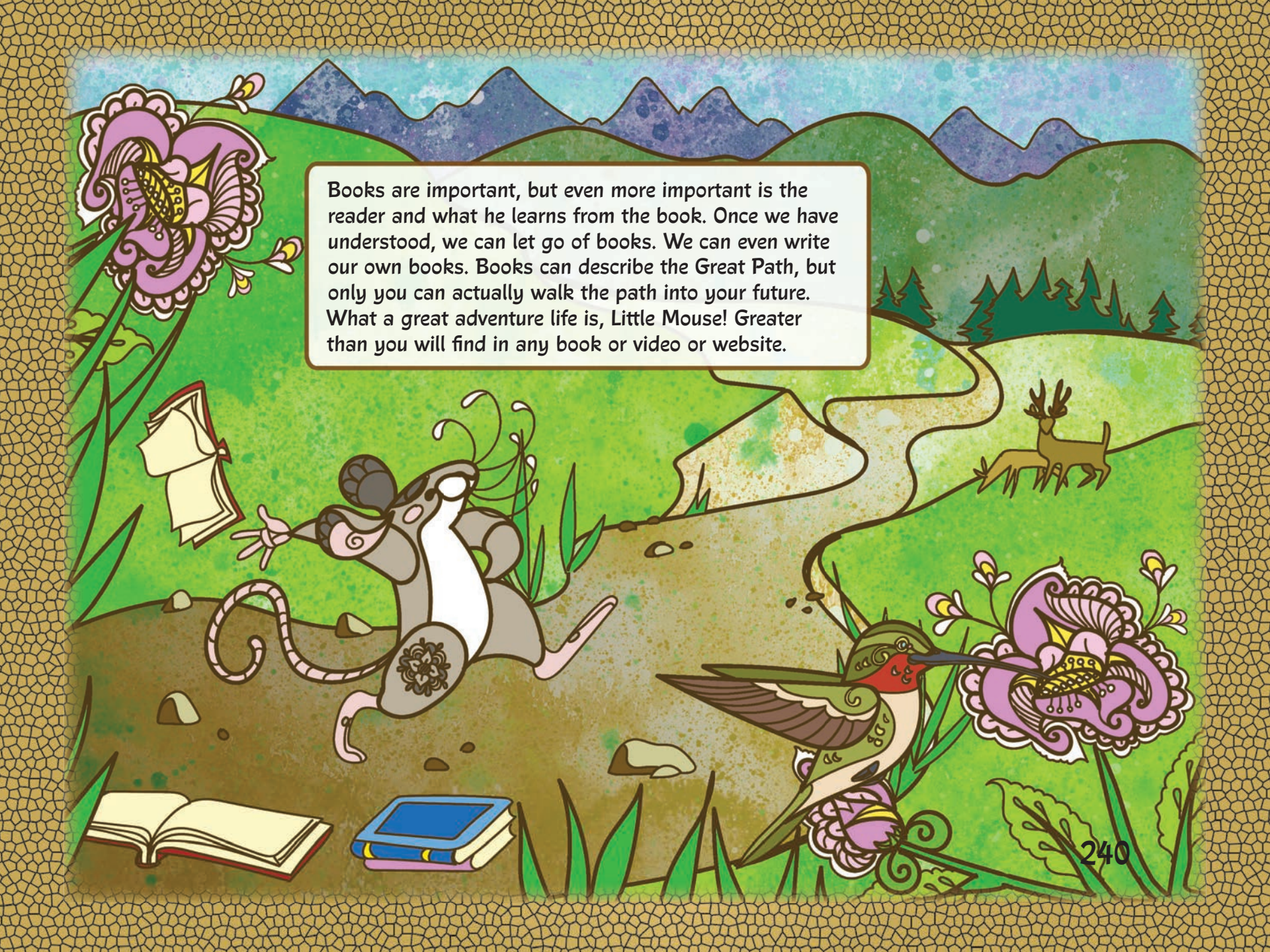


Yogaswami, a great sage of Sri Lanka, said, "There is not even one thing in this world that is not perfect." He was right. The world is really a wonderful place, and we are fortunate to be living in it. Just look at that valley and river and mountains! We must all work together to protect the natural world, little mouse. If we live well and properly in the world, we will fulfill our destiny and a great joy will come to us. We will then live in a higher consciousness and discover the truth of the statement: "I'm all right, right now."

Look at that temple on the hill!

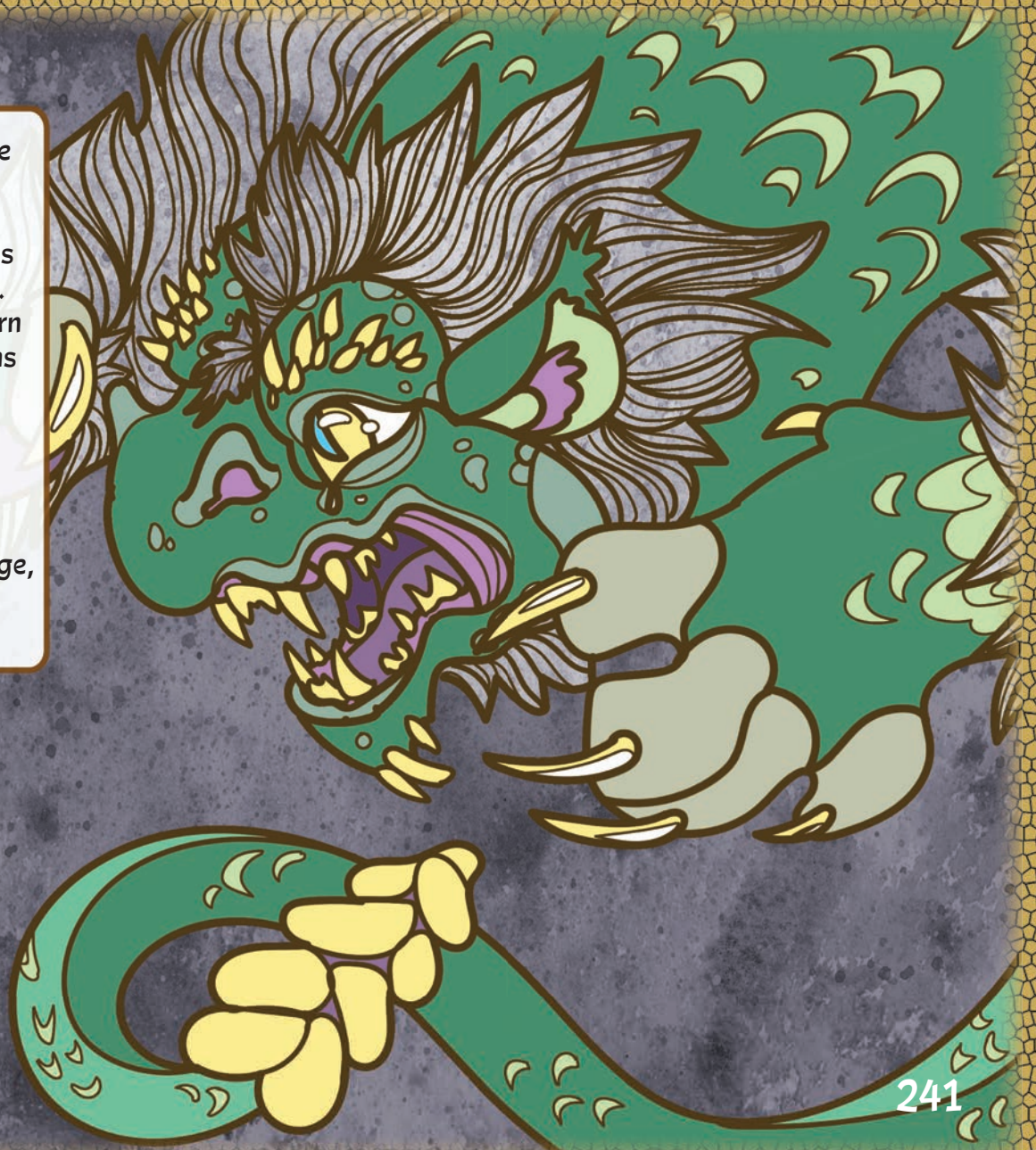


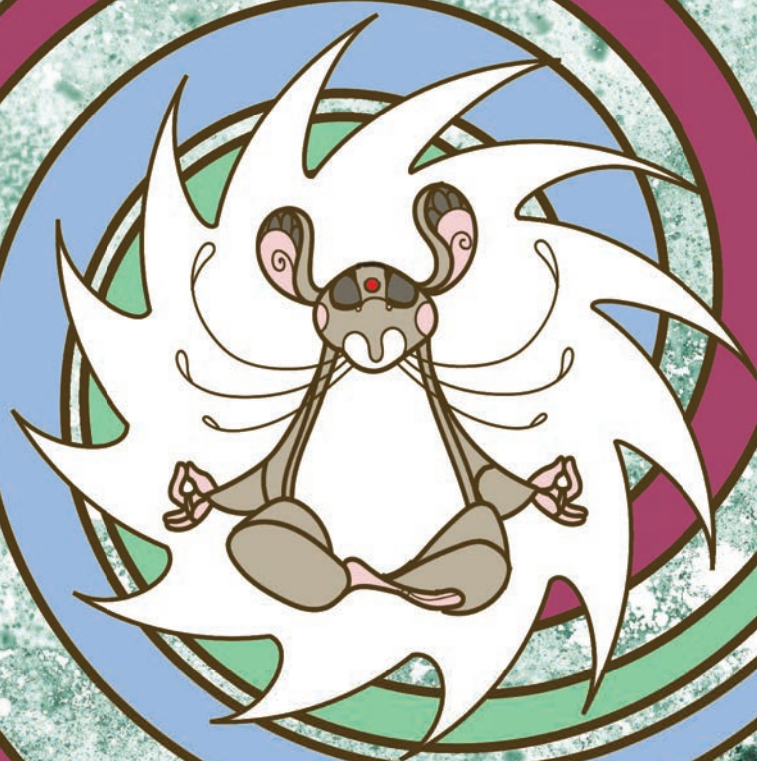
The first thing to do on the path is to change our way of looking at life. In the beginning we read a lot of things on the web or in books. A book is a story or sometimes a summary of knowledge. Nowadays books exist mostly online, but they are still stories and summaries. After reading a book, if we are wise, we will decide how it can make our life better. Maybe it will help us to change our beliefs, attitudes and lifestyle. There are so many wonderful books. We need to choose which ones to read, since we can't read them all!

A vibrant, cartoon-style illustration of a landscape. In the foreground, a grey mouse with a white belly and a decorative pattern on its side is running towards the left, holding a yellow book. A green hummingbird with a red throat is perched on a purple flower, drinking nectar. In the background, a brown deer stands on a grassy hill. The landscape features rolling green hills, a winding path, and blue mountains under a light blue sky. In the bottom left corner, there are two books: one open and one closed. The entire scene is framed by a mosaic-like border.

Books are important, but even more important is the reader and what he learns from the book. Once we have understood, we can let go of books. We can even write our own books. Books can describe the Great Path, but only you can actually walk the path into your future. What a great adventure life is, Little Mouse! Greater than you will find in any book or video or website.

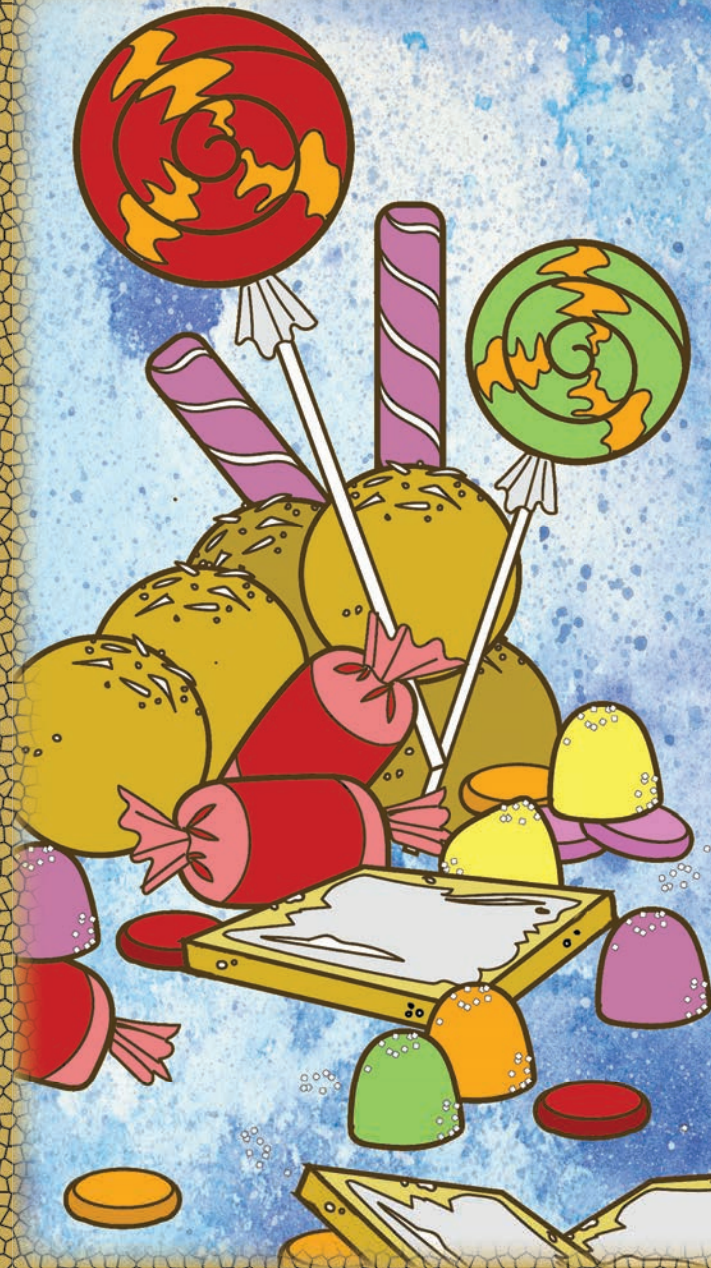
Learn to lean on your own spine, little mouse, to be the source of your own strength. Everyone wants to lean on someone else. We lean on our families and teachers. We lean on our friends. For true peace of mind, you must learn to lean on your own spine. This means depending on your own strengths and intelligence to get through experiences. You can start doing this by feeling: "I'm all right, right now," especially in difficult or challenging times. No matter how big the challenge, even this fierce dragon, you are not afraid. You can face anything.





Let's look closer at the practice of leaning on our own spine. As we learned earlier, it means depending on yourself. You are strong when you depend on yourself for support. You are wise if you depend on yourself to solve problems and face challenges. You are peaceful if you depend on the life force, or energy, in the spine for security. So you can see it is a valuable thing to learn. Sit for a moment, little mouse. Meditate on the spine and the life force flowing through it to reach every cell of your body. That energy is who you really are!

Most people on the path say they want to get rid of their desires. It's an impossible battle. Have you ever tried to get rid of a desire? It's better to adopt new and better desires. The old ones will then go away on their own. So, if you love to eat sugary candy but know that is not healthy, you can desire instead to eat dark chocolate, which is good for you. After a while, your love of pure chocolate replaces the desire for sugary goodies. Learning to use desire positively is an advanced lesson on the path.





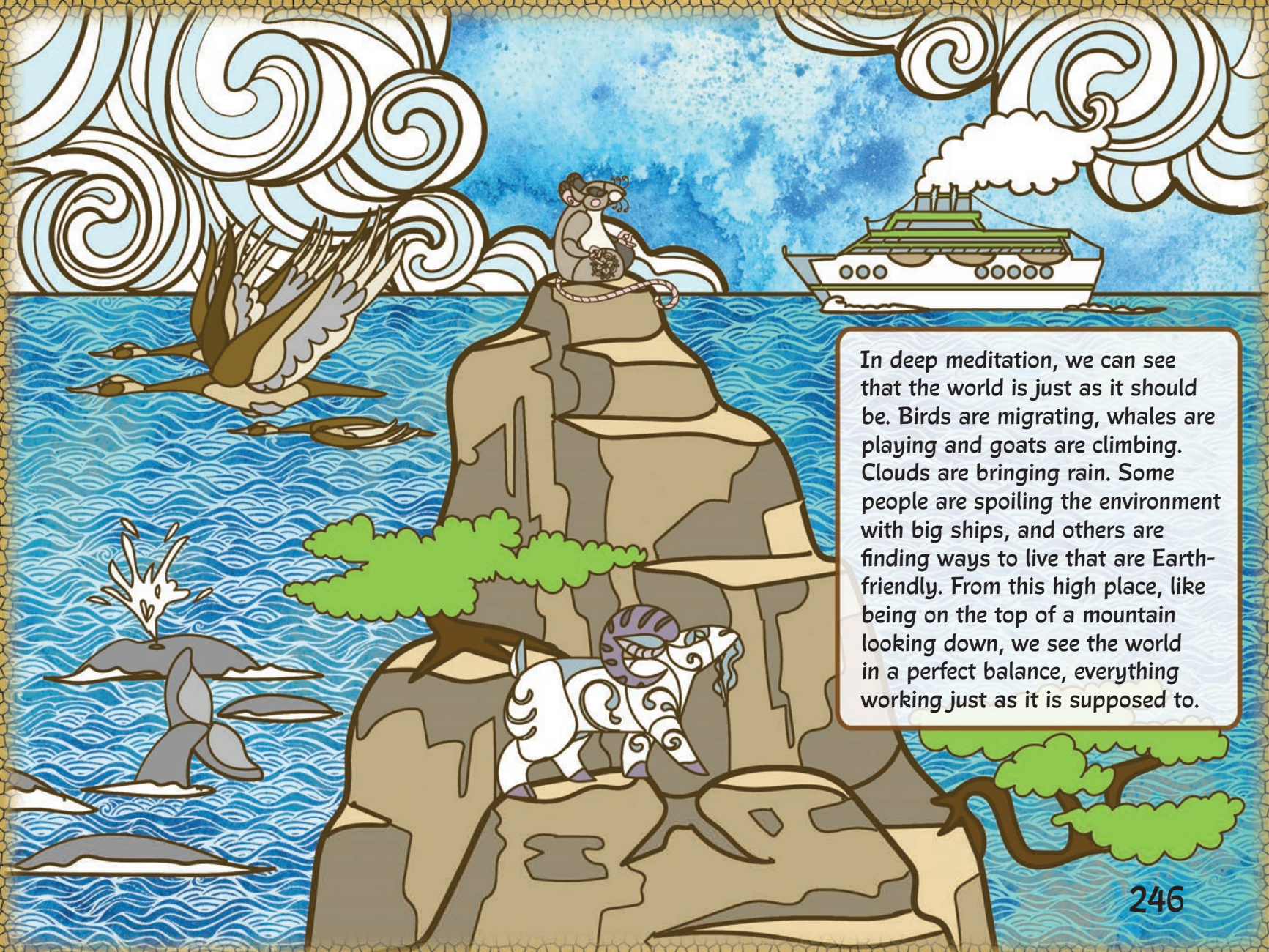
Feeling all right inside ourself and adopting positive desires leads naturally to meditation. When we begin meditation, we must find a happy place and be among good people. Meditation takes us to that quiet and safe place inside. When we meditate, there is no worry, no fear, no confusion. It is helpful to practice the yoga postures for a few minutes before we meditate. This quiets the mind and relaxes us, gets us ready to sit without moving. When we meditate, the body should be oh-so-still. The room should be clean and undisturbed.





Meditation Station

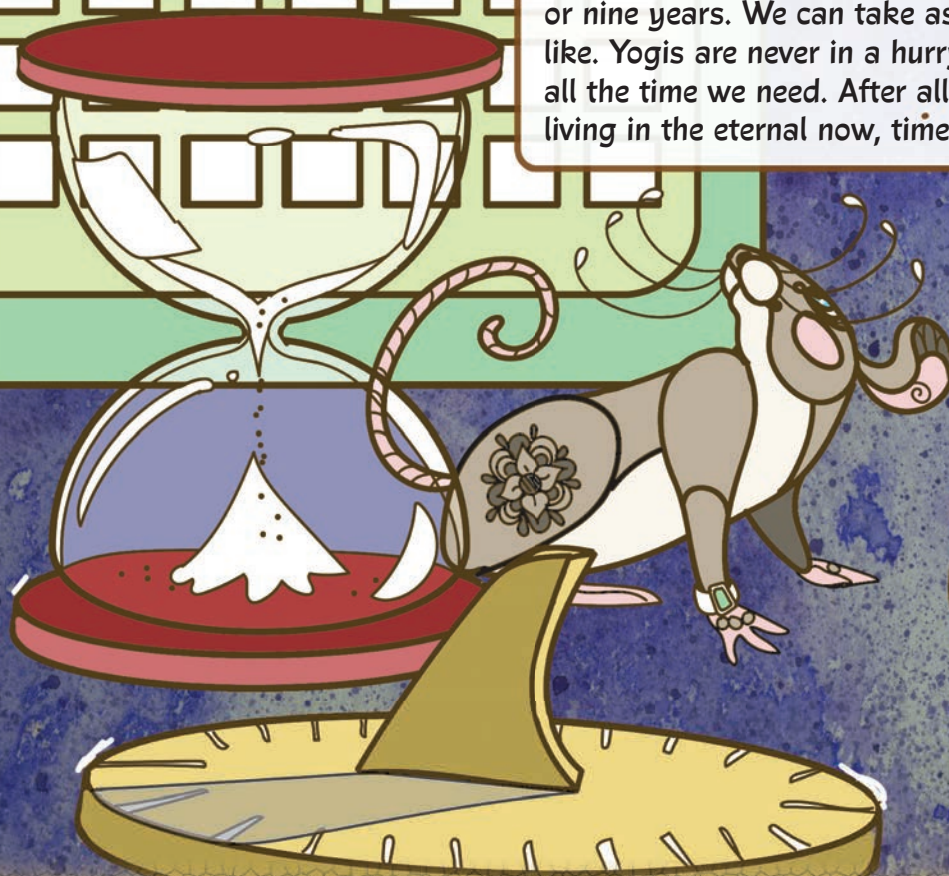
The magical thing is, little mouse, when we meditate, the outside part of our life also becomes better and better and better. The happier we feel inside, the more we experience good things around us. When you come out of your Meditation Station you will see things with new eyes, see things you never saw before. That is one of the powers of meditation, to let us appreciate Siva's perfect world. It turns out that if we find the perfection inside our self, we realize that same perfection is all around us.



In deep meditation, we can see that the world is just as it should be. Birds are migrating, whales are playing and goats are climbing. Clouds are bringing rain. Some people are spoiling the environment with big ships, and others are finding ways to live that are Earth-friendly. From this high place, like being on the top of a mountain looking down, we see the world in a perfect balance, everything working just as it is supposed to.

Calendar

Awareness of Siva's perfect world is found by sitting down and arriving at a state of yoga consciousness within. We can do this in nine minutes, nine hours, nine days or nine years. We can take as long as we like. Yogis are never in a hurry. We have all the time we need. After all, if we are living in the eternal now, time is infinite.

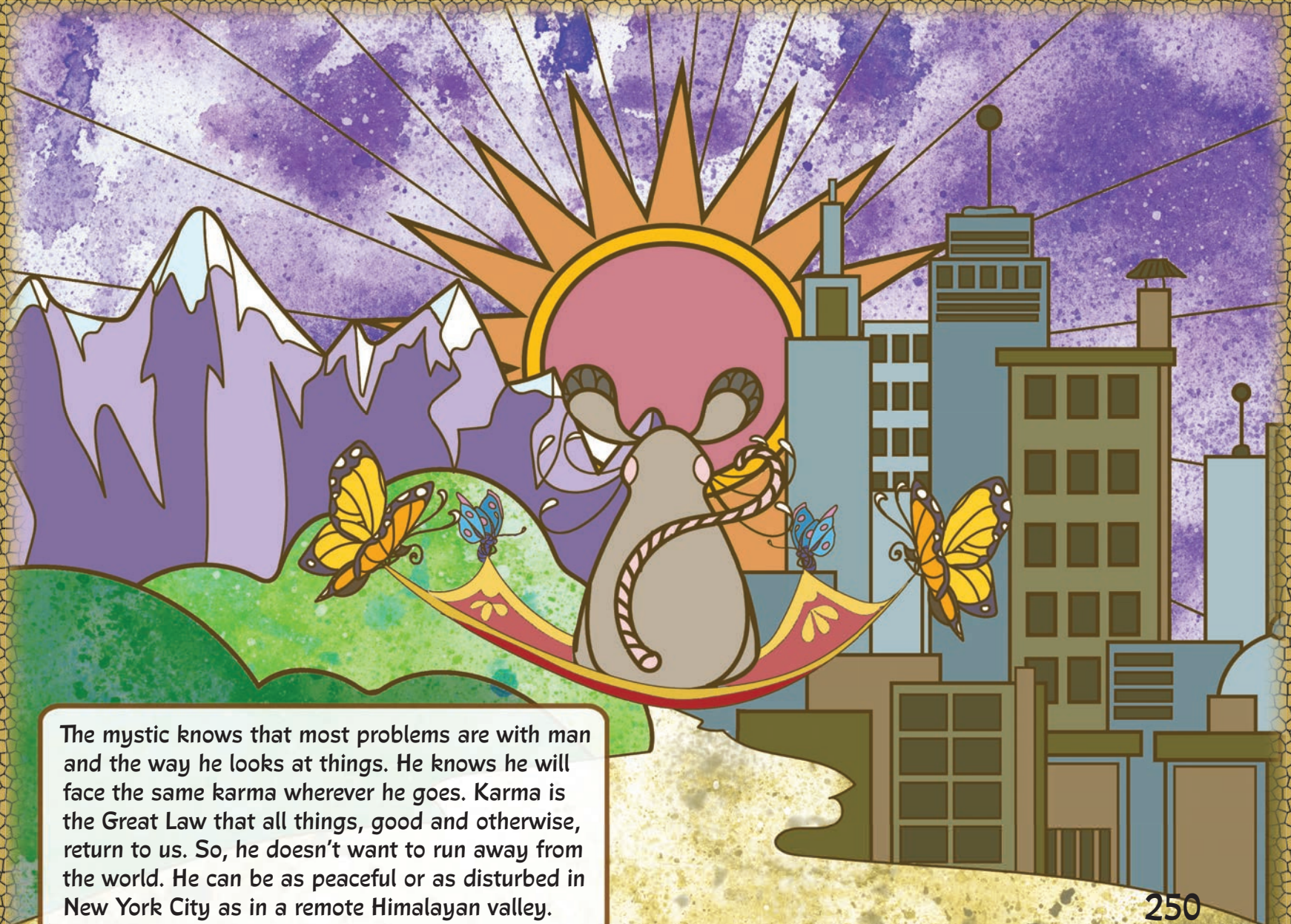




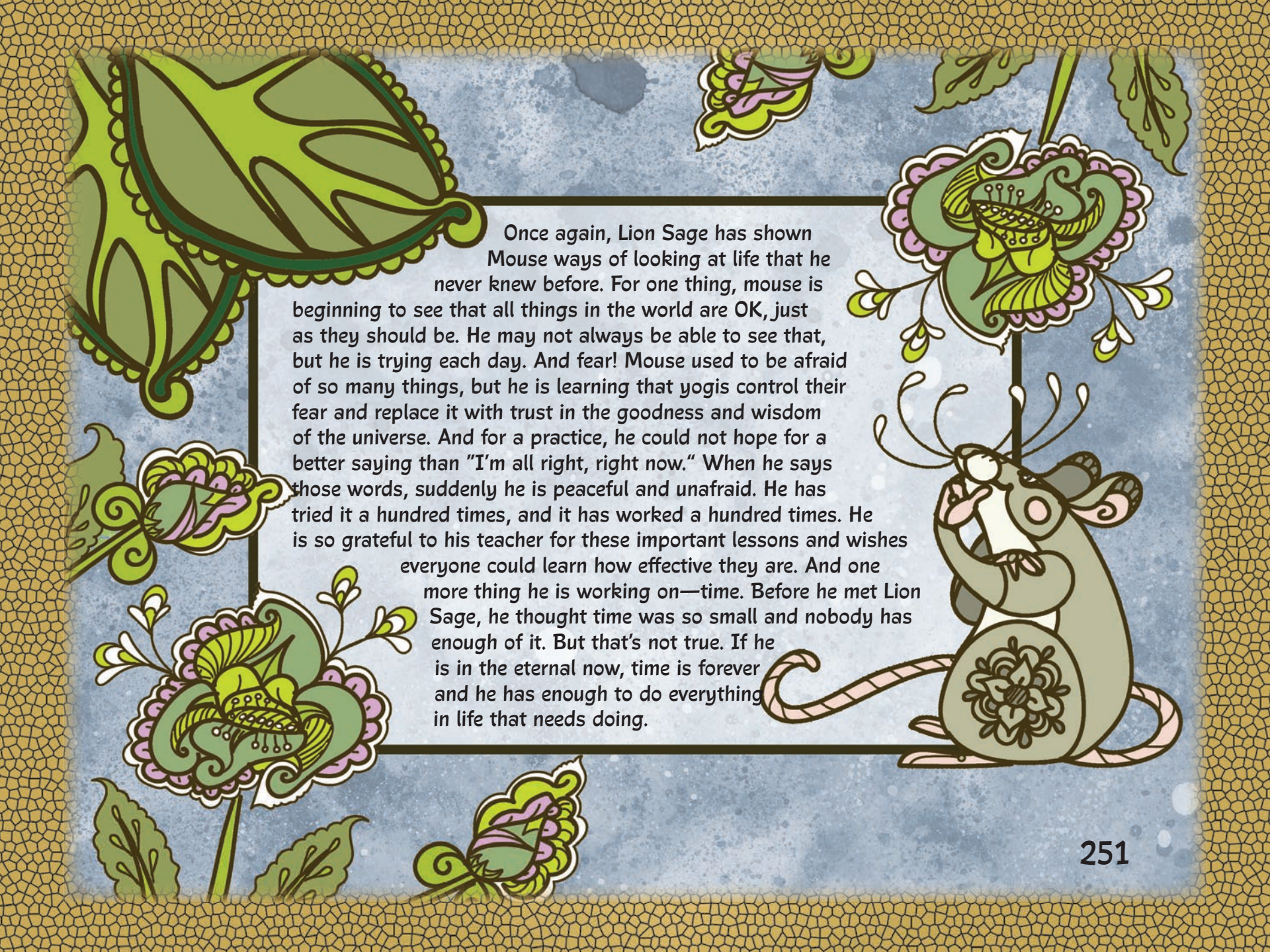
A lot of mice live in fear each day. Fear of storms. Fear of failure. Fear of bullies. Fear of the unknown. But yogis know how to control their mind, and they are not afraid of life. In fact, they welcome everything that happens. They know that Siva will protect them, day and night.



Or we can climb the nearby mountain and see from the top how perfect it is from that point of view. The mystic welcomes the challenges of the world. He doesn't run away. He knows that difficulties bring forth strength. He is always all right, right now.



The mystic knows that most problems are with man and the way he looks at things. He knows he will face the same karma wherever he goes. Karma is the Great Law that all things, good and otherwise, return to us. So, he doesn't want to run away from the world. He can be as peaceful or as disturbed in New York City as in a remote Himalayan valley.

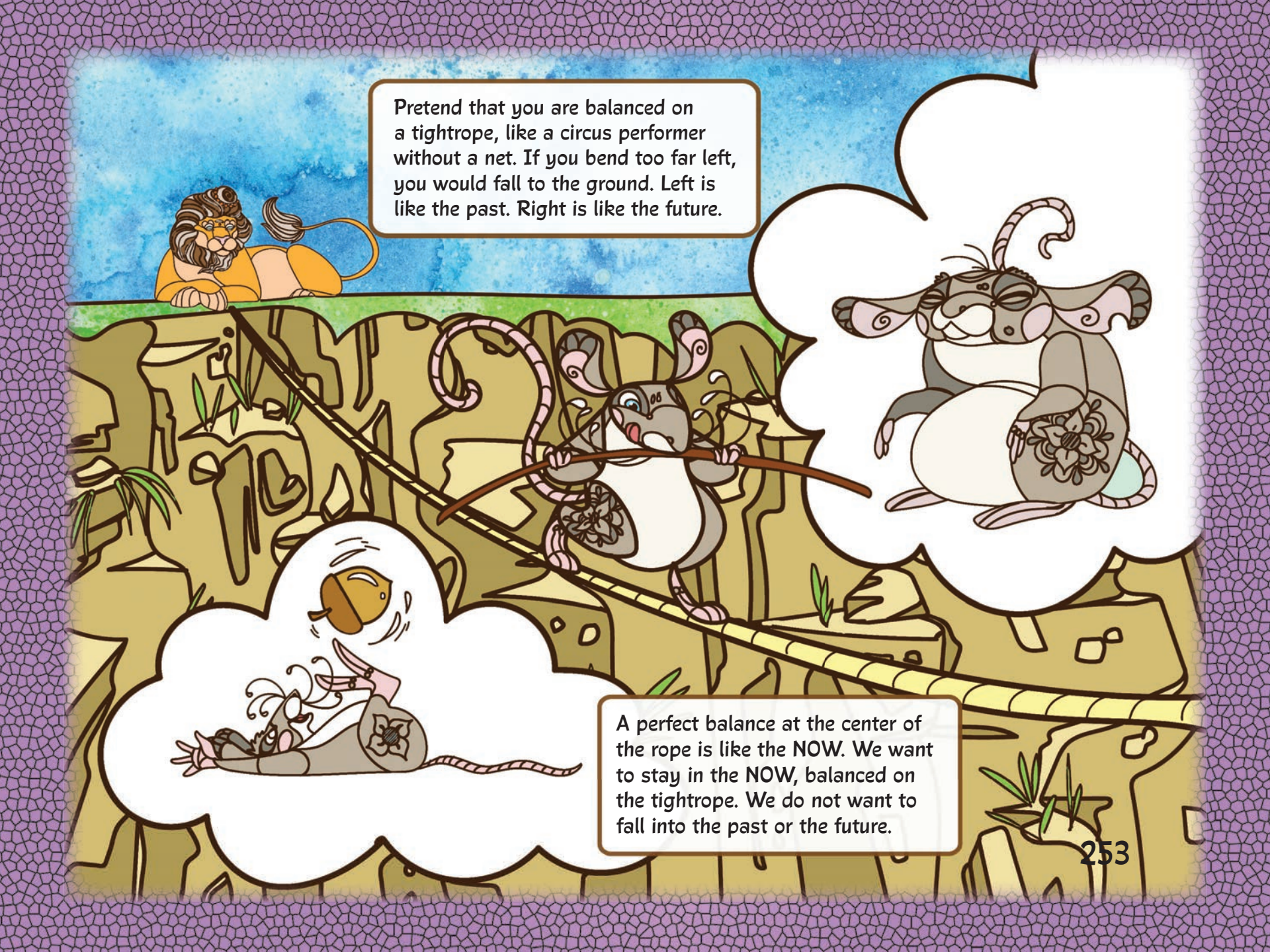


Once again, Lion Sage has shown Mouse ways of looking at life that he never knew before. For one thing, mouse is beginning to see that all things in the world are OK, just as they should be. He may not always be able to see that, but he is trying each day. And fear! Mouse used to be afraid of so many things, but he is learning that yogis control their fear and replace it with trust in the goodness and wisdom of the universe. And for a practice, he could not hope for a better saying than "I'm all right, right now." When he says those words, suddenly he is peaceful and unafraid. He has tried it a hundred times, and it has worked a hundred times. He is so grateful to his teacher for these important lessons and wishes everyone could learn how effective they are. And one more thing he is working on—time. Before he met Lion Sage, he thought time was so small and nobody has enough of it. But that's not true. If he is in the eternal now, time is forever and he has enough to do everything in life that needs doing.

The Eternal Now

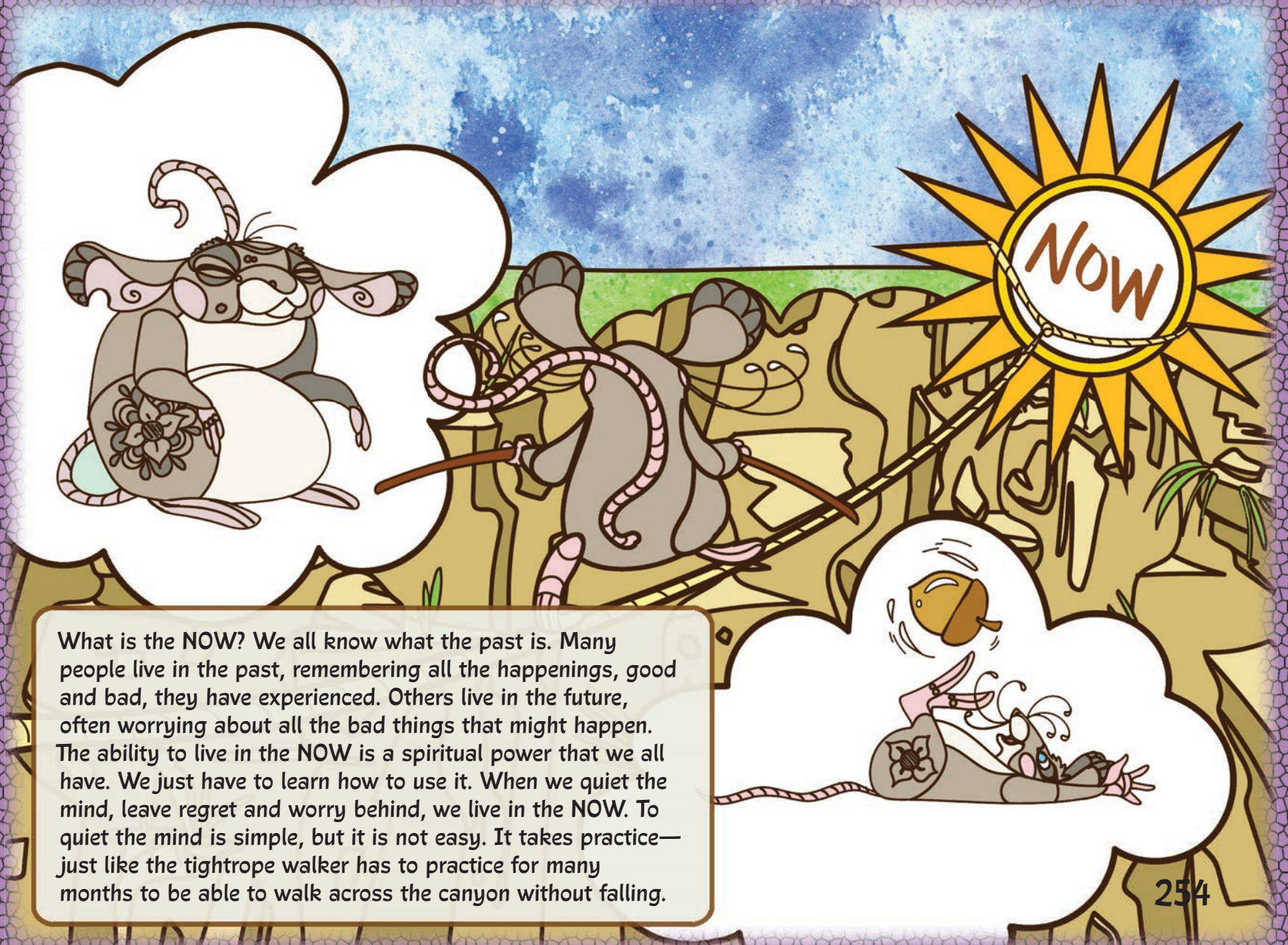
A close-up, profile view of a lion resting in tall, golden-brown grass. The lion's eyes are closed, and its mane is thick and golden. The background is a soft, out-of-focus landscape of similar grasses under warm, golden light.

Chapter 17, in which Mystic Mouse learns not to dwell in the past or future, but to live fully and creatively in the present moment



Pretend that you are balanced on a tightrope, like a circus performer without a net. If you bend too far left, you would fall to the ground. Left is like the past. Right is like the future.

A perfect balance at the center of the rope is like the NOW. We want to stay in the NOW, balanced on the tightrope. We do not want to fall into the past or the future.



What is the NOW? We all know what the past is. Many people live in the past, remembering all the happenings, good and bad, they have experienced. Others live in the future, often worrying about all the bad things that might happen. The ability to live in the NOW is a spiritual power that we all have. We just have to learn how to use it. When we quiet the mind, leave regret and worry behind, we live in the NOW. To quiet the mind is simple, but it is not easy. It takes practice—just like the tightrope walker has to practice for many months to be able to walk across the canyon without falling.



I'm all right,
right now!

To find the eternal NOW, just
balance things like the tightrope
walker. If you are worried, say to
yourself, "I am all right, right now.
This very instant, I am all right."

NOW



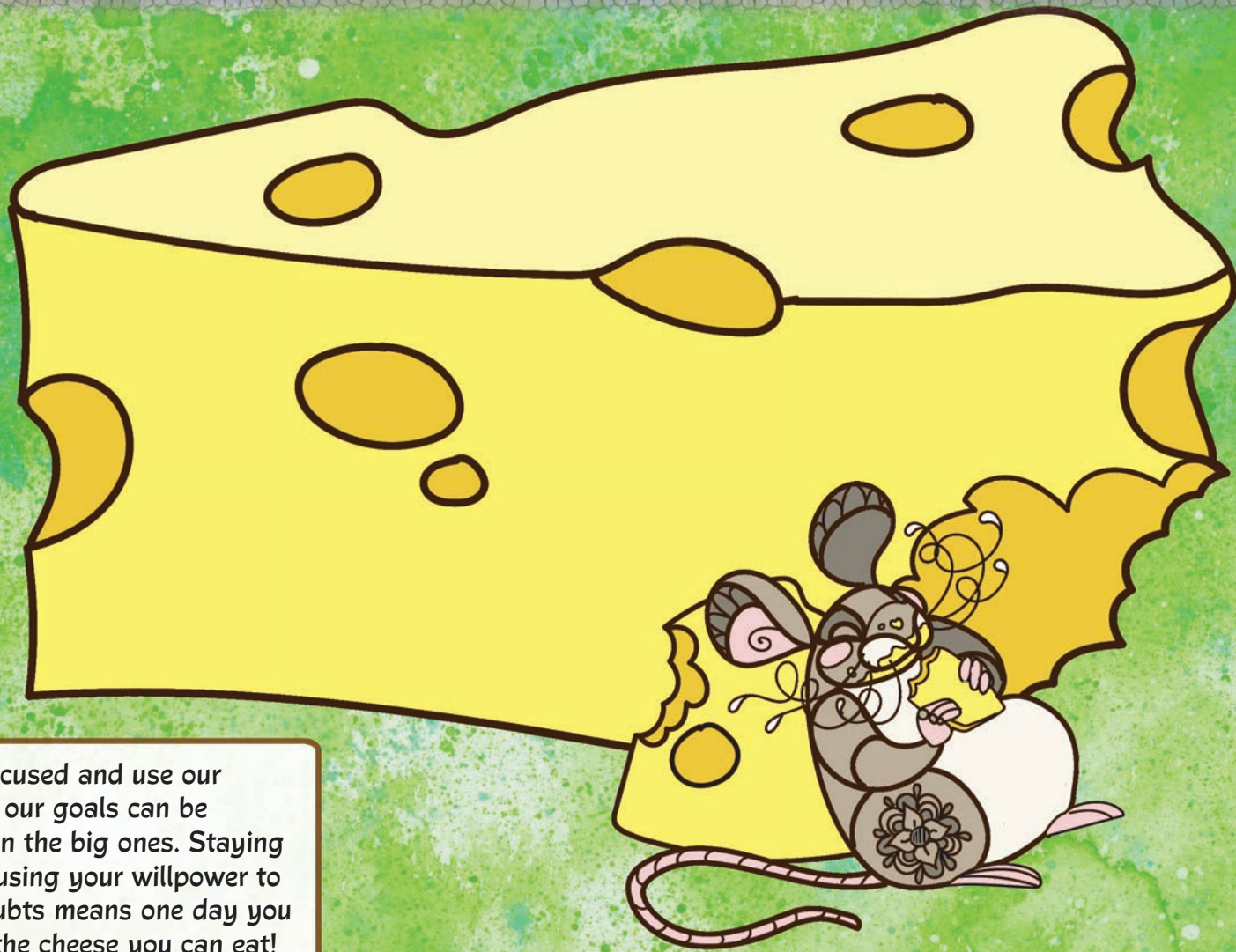
FAST

FULLIFE

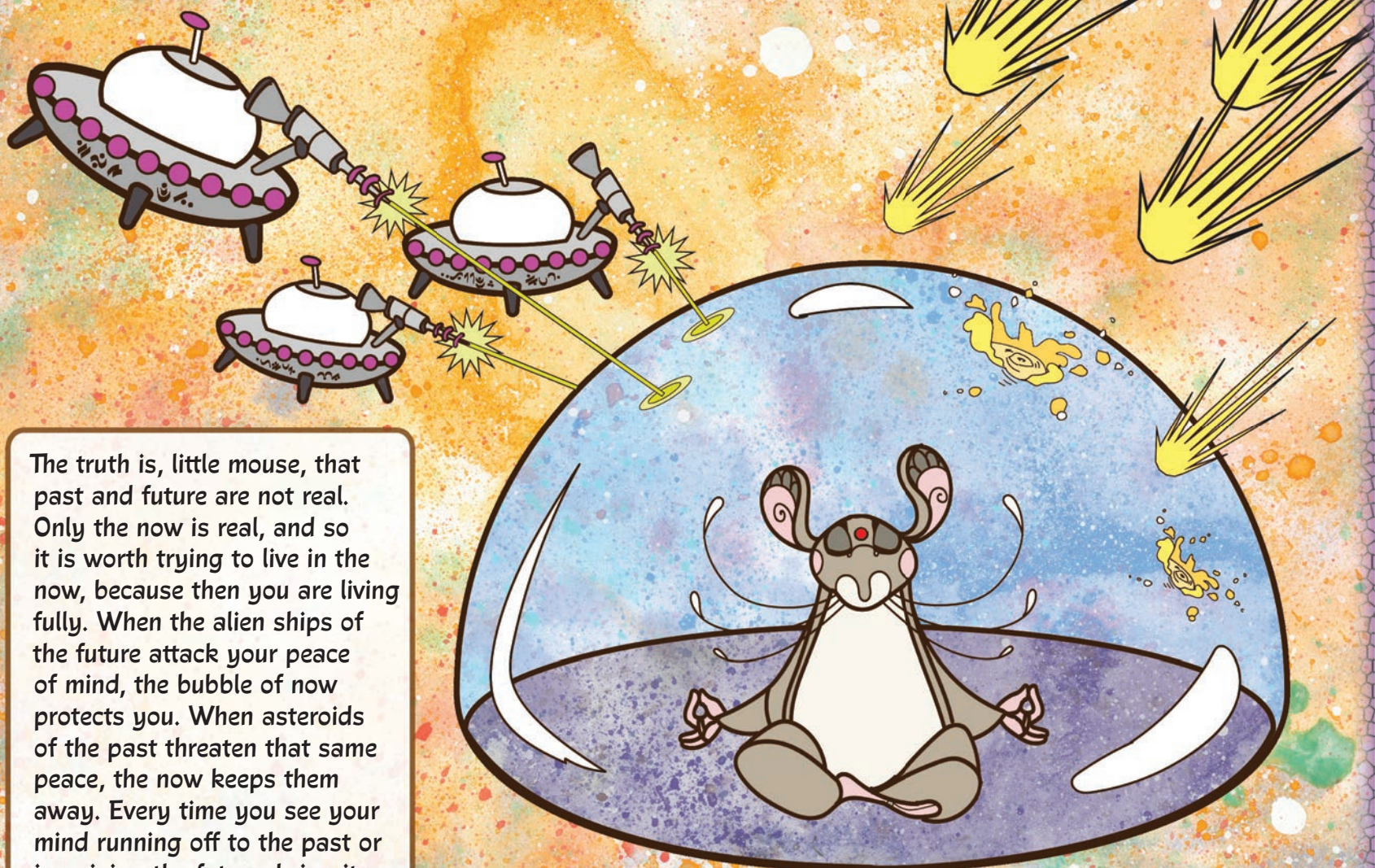
The past and the future both seem real when we experience them. But NOW is the only real time. And NOW, little mouse, is where great things happen, great ideas take flight and creations happen. Artists live in the NOW, inventors invent in the NOW, athletes do their best in the NOW, poets write in, you guessed it, the NOW. You can get there anytime. Just say, "I'm all right, right now," and let the feeling of these words vibrate within you.

Once in a while, in the now, we plan for our future, set goals we want to achieve. Then, because we have a strong reaction of some sort, our enthusiasm dies. We may even forget our goals. Or we may not feel we are able to reach our goals. This is our instinctive nature. If we cannot control these instincts, we get distracted and find ourself wandering off the Great Path. Imagine you have a goal to find some Swiss cheese, but then you saw a talking butterfly and forgot about the cheese. Get it?

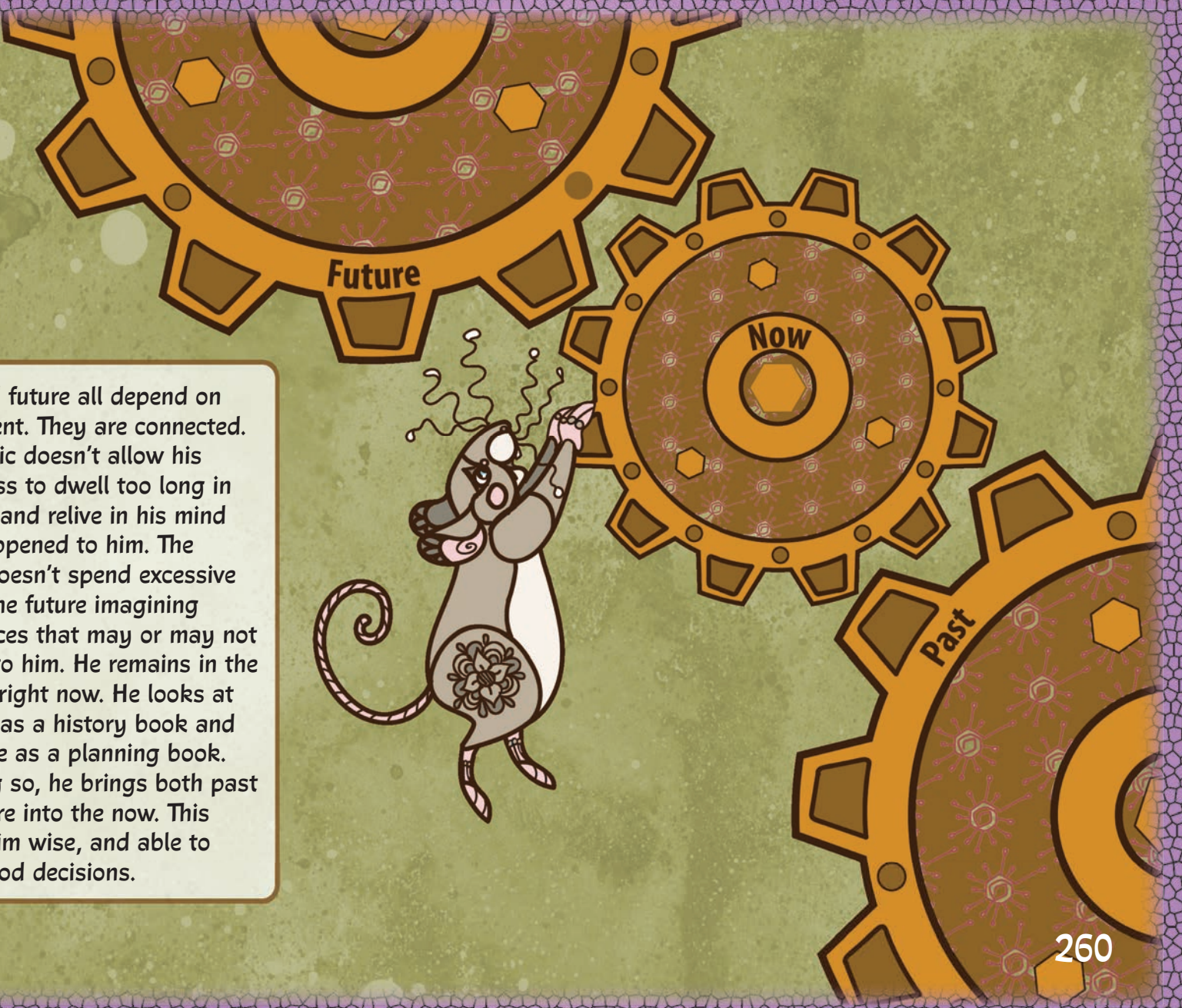




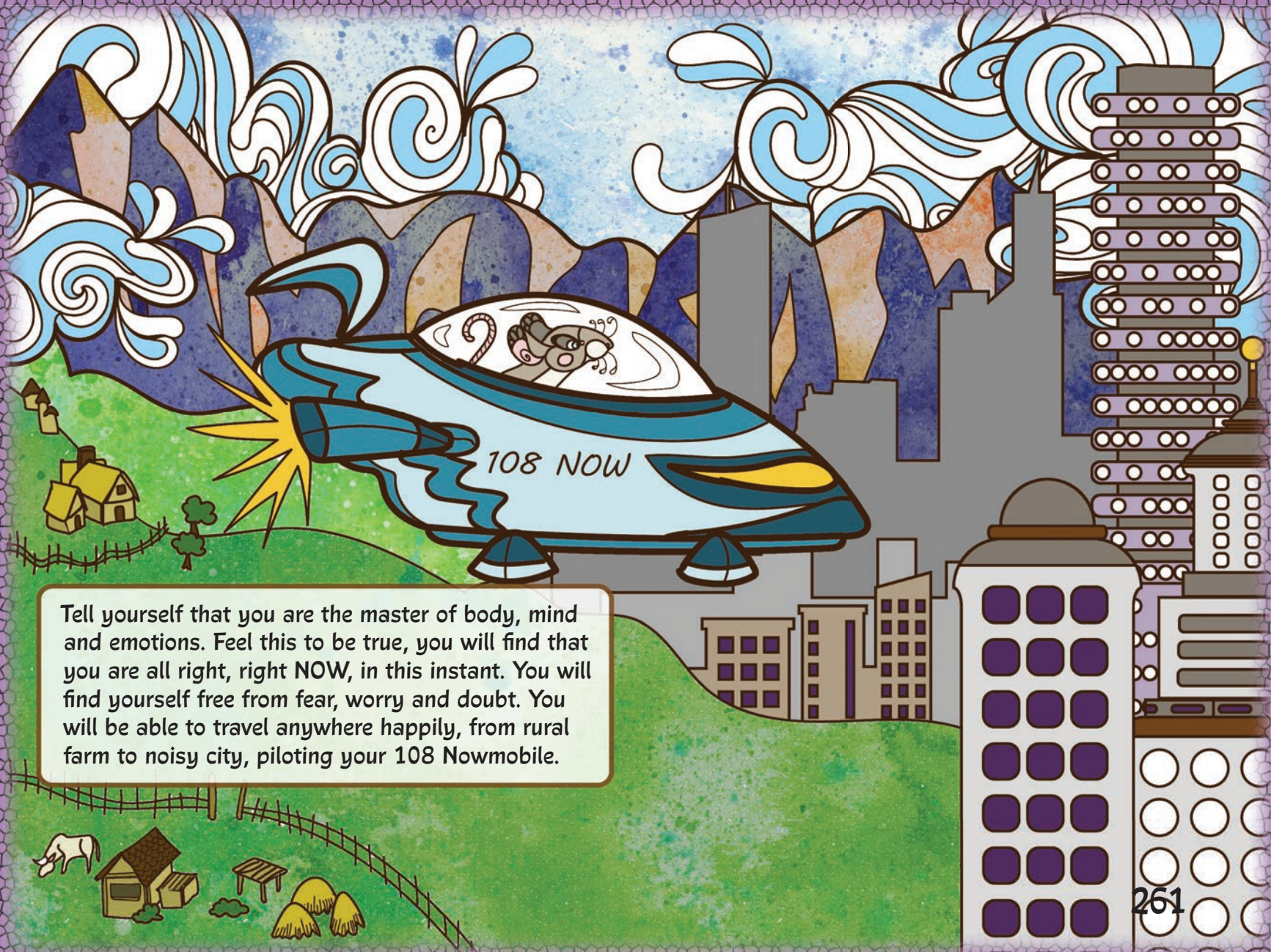
If we keep focused and use our willpower, all our goals can be achieved. Even the big ones. Staying focused and using your willpower to overcome doubts means one day you can have all the cheese you can eat!



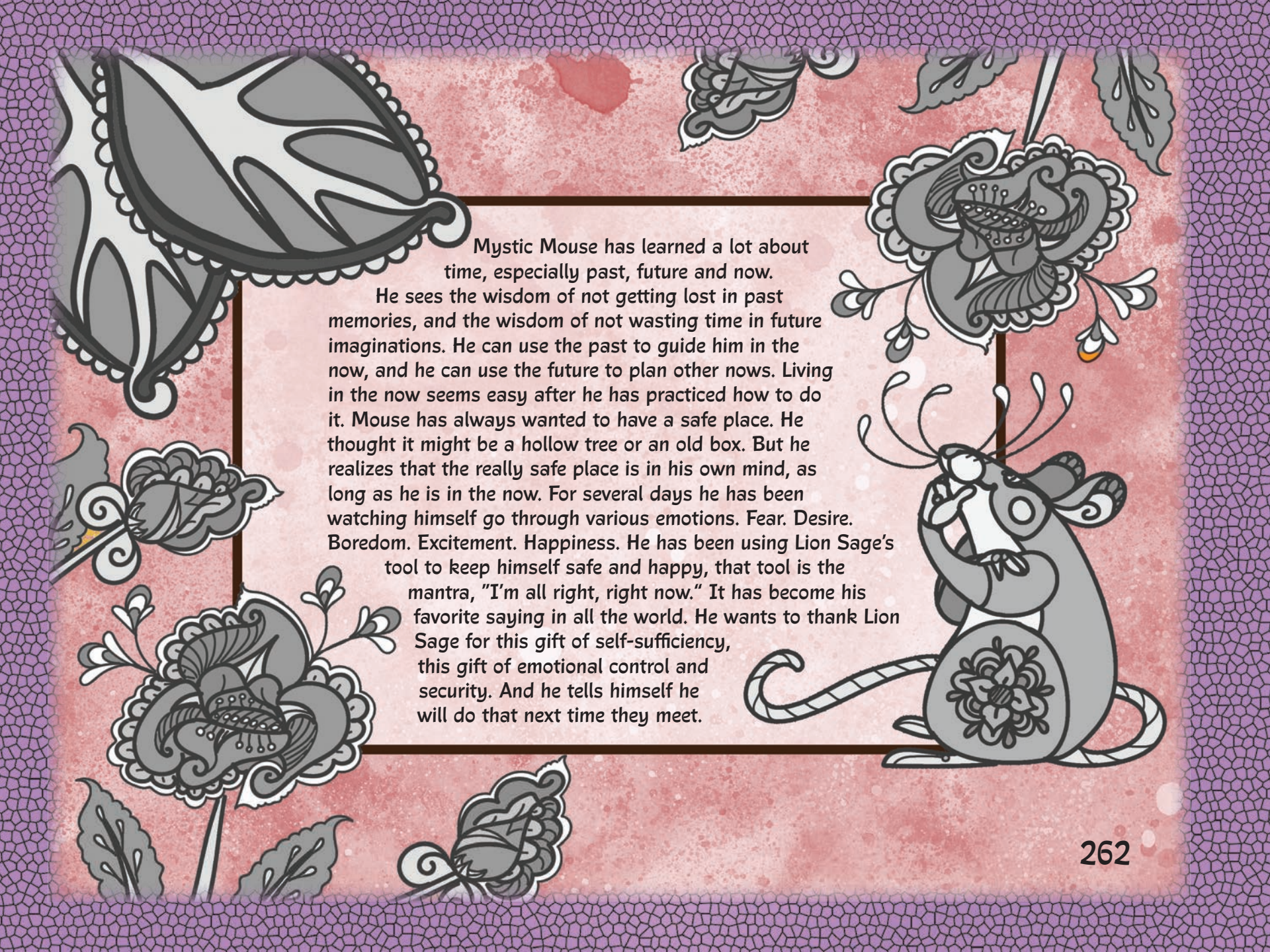
The truth is, little mouse, that past and future are not real. Only the now is real, and so it is worth trying to live in the now, because then you are living fully. When the alien ships of the future attack your peace of mind, the bubble of now protects you. When asteroids of the past threaten that same peace, the now keeps them away. Every time you see your mind running off to the past or imagining the future, bring it back to now. Keep practicing.



Past and future all depend on the present. They are connected. The mystic doesn't allow his awareness to dwell too long in the past and relive in his mind what happened to him. The mystic doesn't spend excessive time in the future imagining experiences that may or may not happen to him. He remains in the present, right now. He looks at the past as a history book and the future as a planning book. By doing so, he brings both past and future into the now. This makes him wise, and able to make good decisions.



Tell yourself that you are the master of body, mind and emotions. Feel this to be true, you will find that you are all right, right NOW, in this instant. You will find yourself free from fear, worry and doubt. You will be able to travel anywhere happily, from rural farm to noisy city, piloting your 108 Nowmobile.



Mystic Mouse has learned a lot about time, especially past, future and now.

He sees the wisdom of not getting lost in past memories, and the wisdom of not wasting time in future imaginations. He can use the past to guide him in the now, and he can use the future to plan other nows. Living in the now seems easy after he has practiced how to do it. Mouse has always wanted to have a safe place. He thought it might be a hollow tree or an old box. But he realizes that the really safe place is in his own mind, as long as he is in the now. For several days he has been watching himself go through various emotions. Fear. Desire. Boredom. Excitement. Happiness. He has been using Lion Sage's tool to keep himself safe and happy, that tool is the mantra, "I'm all right, right now." It has become his favorite saying in all the world. He wants to thank Lion Sage for this gift of self-sufficiency, this gift of emotional control and security. And he tells himself he will do that next time they meet.

A photograph of two lion cubs in a savanna setting. One cub is sitting in the foreground, looking towards the camera. The second cub is leaning against its back, looking slightly to the side. The background is a soft-focus landscape of dry grass and bushes under warm, golden light.

Love Is the Sum of the Law


Chapter 18, in which Mystic Mouse learns about the powers of giving, understanding and selflessness

Look at that little mouse, helping a hungry and homeless stranger. He is showing the value of love. Pure love is the most important thing of all. Pure love has nothing to do with emotion or likes and dislikes. It flows freely through the person who does not live in resentment, malice, greed and anger. Pure love can be found in giving, like the sharing of mouse's favorite cheese. When a person begins to think more about others than he does of himself, he will find that there will be others who think more of him than they do of themselves. The love that he sends out will come back to him by the law of karma. I'm so proud of mouse today.



Mouse is almost floating on air, so happy that he could share a little cheese with that stranger. He never knew he would find such joy and happiness just by making others happy. When we live in the instinctive mind, we are constantly going back and forth between giving and taking. And we think too much about ourselves. Helping others awakens a deep love for everyone and everything.





Aum Ganesha! Here I am at the end of the day. My kitchen is empty but my heart is full. I may not have my favorite cheese for dinner, but I feel so content. This must be what it is like to not be selfish. I should try it more often.

Lion Sage's words about love have gone deeply into Mystic Mouse's soul. He now sees that his little sacrifice to the hungry stranger has filled him with compassion for others who suffer more than he does.



See, little mouse, how your gifts have filled your own heart with love? The more you love, the more you give. And the more you give, the more you are filled with love. Giving brings new life. Giving is important on the Great Path. When we learn to give often and freely, we realize that we are not the giver. We can only give to others what we have been given, so we are just a channel for giving. This is your next practice, little mouse, to give more and give more often. Even a gift of kind words is still a gift. Even good thoughts sent out to the world is a gift from your mind. Giving comes in many forms. See how many you can find.

We hear about yoga powers, such as the power of floating above the ground, the power to know other animals' thoughts, the power to ride on rainbows, the power to see beyond time on a clock and into the far future. It's true that such powers are possible, but on the Great Path there are more important powers that we have to develop.



The truly great powers are the power of giving, the power of understanding, the power of selflessness, the power of the control over your mind, body and emotions and the power of universal love. These are practical powers you can use every day. Helping others, especially when they reach out to you for help, is an important way of sharing these powers.




As we go forward together on the Great Path, little mouse, don't forget your powers. The more you use them, the stronger they become. The more you help others, the more you learn the art of making others strong. The more you love others, the more others will naturally love you. The more you control your mind and emotions, the more you can accomplish. And all the time you are doing this, keep your distant goal in mind, like that mountain on the horizon.





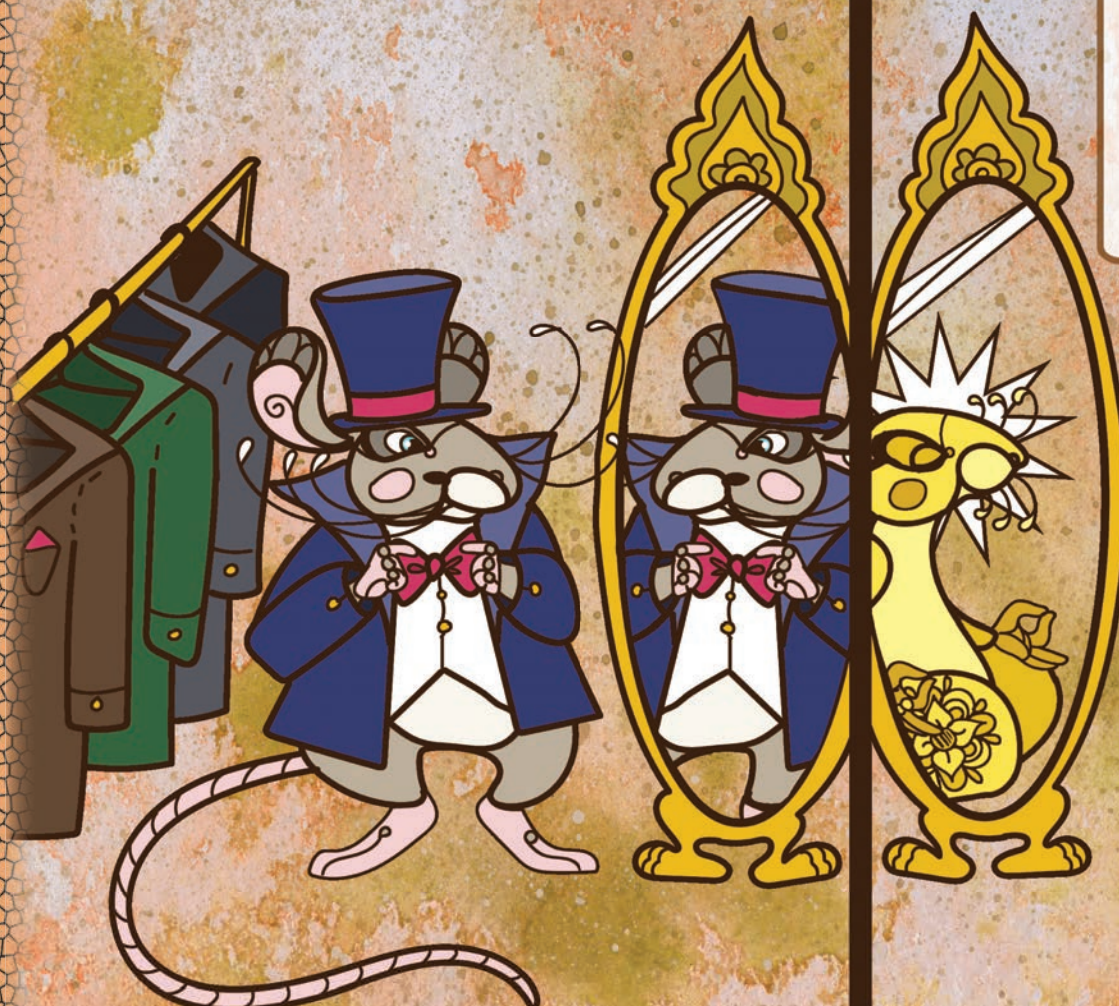
Remember that mountain that was so far away yesterday, little mouse? Well, here we are climbing it. Why? Because we kept our goal in mind and did not get side-tracked. True, the last climb is hard, but we have grown strong after all these months of walking. Our willpower has increased and we are able to make the final climb to the top.



Anything we want to do in life, little mouse, requires the qualities we have been learning about. And the determination to put them into action in daily life. But not all of our qualities are useful. Some need to be softened. I will teach you a way to make your good qualities stronger and your other qualities softer. Write down on a piece of paper the things that help you and the things that hinder you. Then choose the ones that you want to keep, and toss away the ones that you really don't need any more. We can choose our qualities like we choose our clothes.

Let's see now. I am afraid of cats, but that is good. Otherwise, they might catch me. I hide cheese and don't share it. Maybe I should not do that any more. I could learn to share my cheese more often with others.





Remember, little mouse, it is you and you alone who chooses your good qualities. Just like you can choose a great outfit to wear. You would not choose an ugly outfit, right? And you also don't want to choose anything but good qualities. Your attitudes are so much more important than the clothes you wear.



Take a piece of paper. List all of your duties and your best qualities which are many. We must understand the importance of duty on the Great Path. We do not find the path in books. We find the path in the way we handle our individual lives and the way we perform our duties and interact with people and the world around us. Use your imagination to paint a positive mental picture of yourself as you would look performing your duties perfectly.

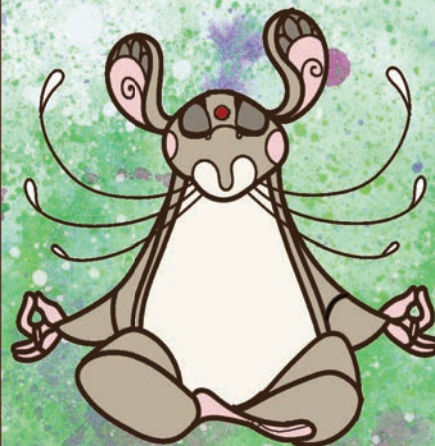
It is my duty to be kind, helpful, strong and friendly.



Now sit quietly and breathe deeply like I taught you. Close your eyes and review your mental picture and all of your good qualities. Feel the tendencies of greatness within you. You might feel thankful to God Siva for all the good things in your life. Other spiritual feelings may come also, like a softening of love which brings bliss and inner peace. These are the feelings that many mice hope for, but never achieve. You can experience them all.



Devotion



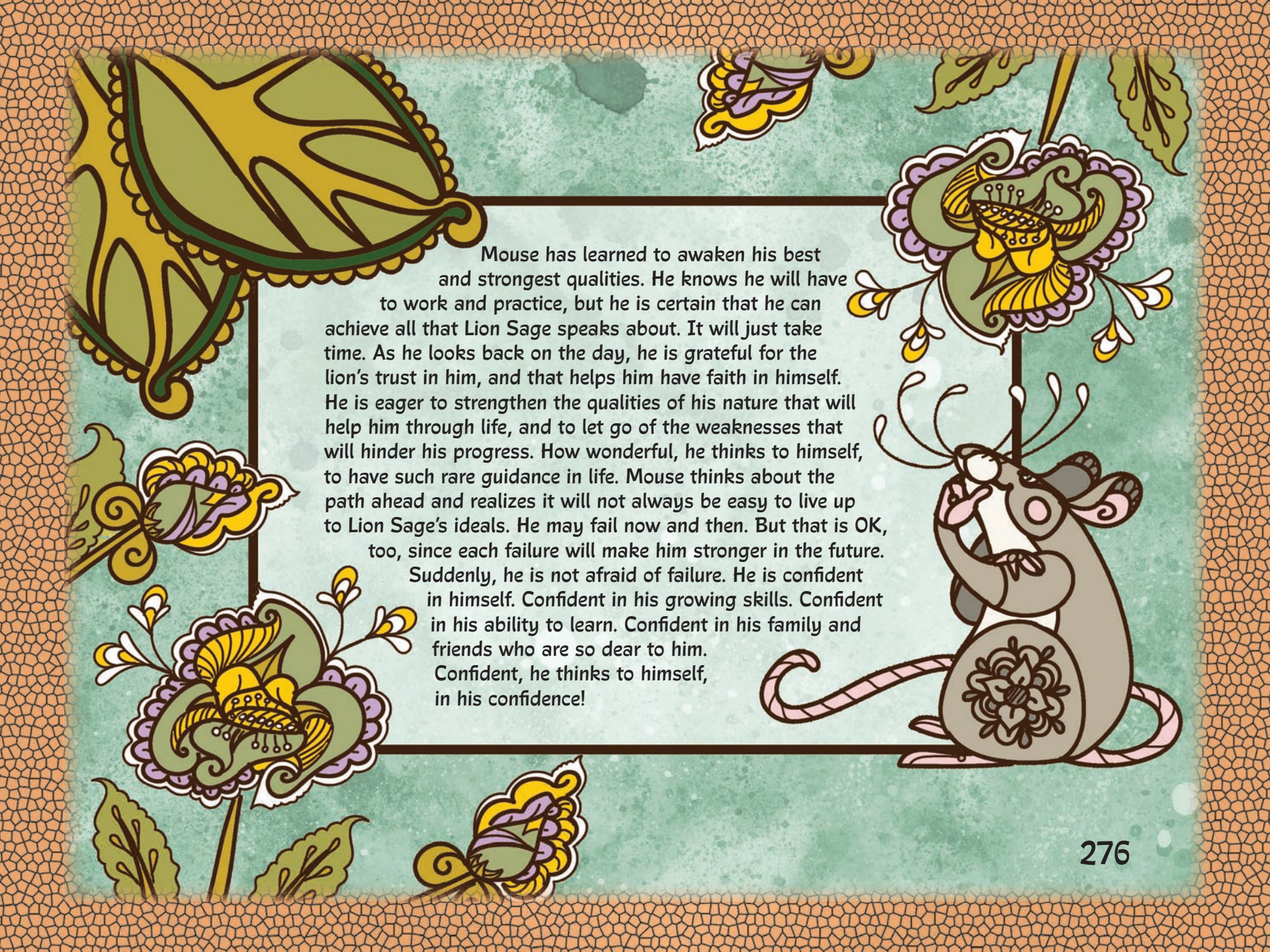
Bliss



Peace



Love



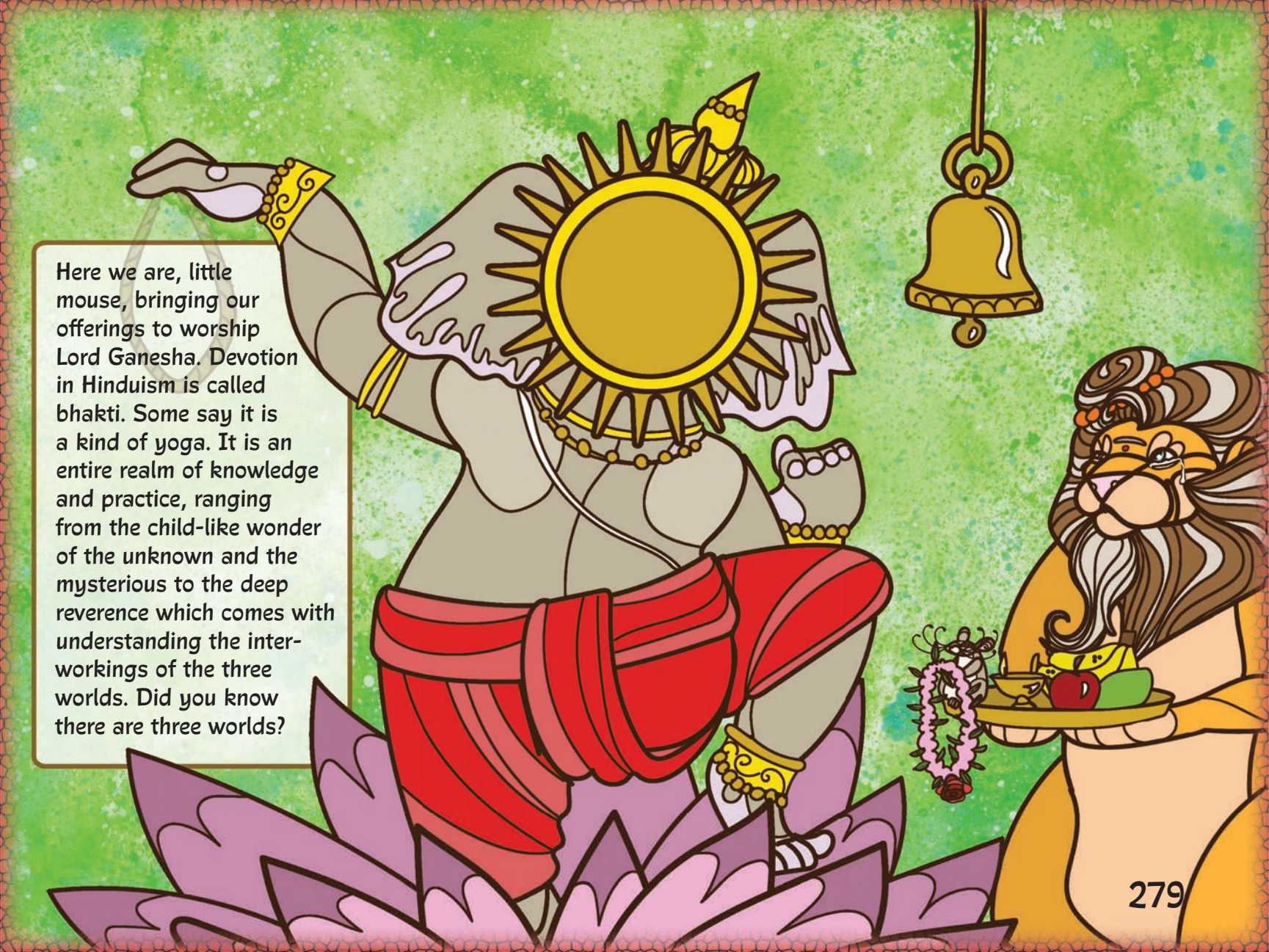
Mouse has learned to awaken his best and strongest qualities. He knows he will have to work and practice, but he is certain that he can achieve all that Lion Sage speaks about. It will just take time. As he looks back on the day, he is grateful for the lion's trust in him, and that helps him have faith in himself. He is eager to strengthen the qualities of his nature that will help him through life, and to let go of the weaknesses that will hinder his progress. How wonderful, he thinks to himself, to have such rare guidance in life. Mouse thinks about the path ahead and realizes it will not always be easy to live up to Lion Sage's ideals. He may fail now and then. But that is OK, too, since each failure will make him stronger in the future. Suddenly, he is not afraid of failure. He is confident in himself. Confident in his growing skills. Confident in his ability to learn. Confident in his family and friends who are so dear to him. Confident, he thinks to himself, in his confidence!



Love of the Gods

Chapter 19, in which Lion Sage teaches our little mouse about God and the Gods, and the importance of worship in a temple



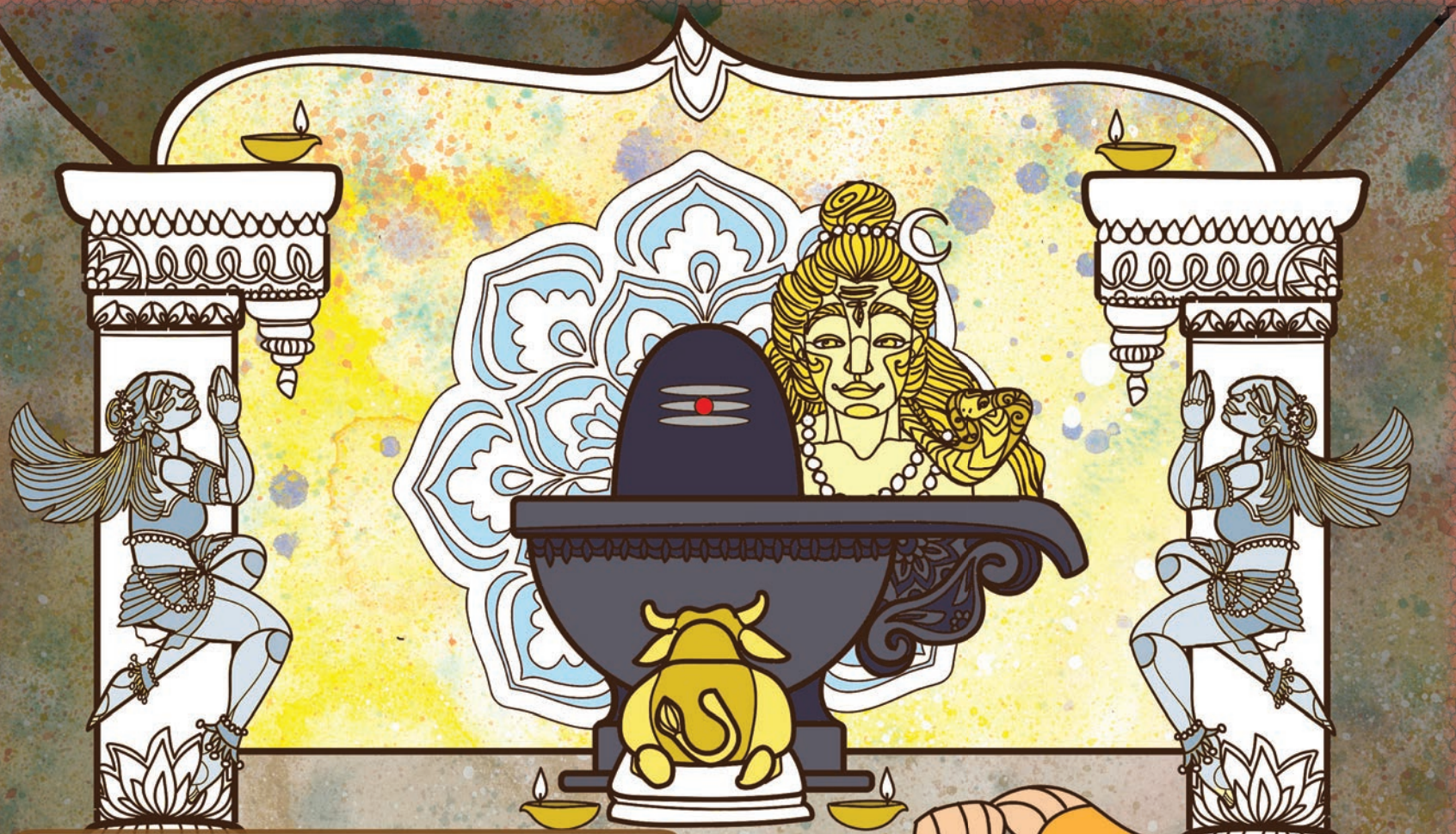


Here we are, little mouse, bringing our offerings to worship Lord Ganesha. Devotion in Hinduism is called bhakti. Some say it is a kind of yoga. It is an entire realm of knowledge and practice, ranging from the child-like wonder of the unknown and the mysterious to the deep reverence which comes with understanding the inter-workings of the three worlds. Did you know there are three worlds?

The First World is the physical universe that we see with our eyes and touch with our hands. There you are under a tree with friends singing. You are in the First World. The devas dancing on clouds are in the Second World, or astral plane. Devas are the invisible inner world helpers, the guardians and guides who help us through life. You experience that subtle world and the devas communicate with you in your thoughts and dreams.

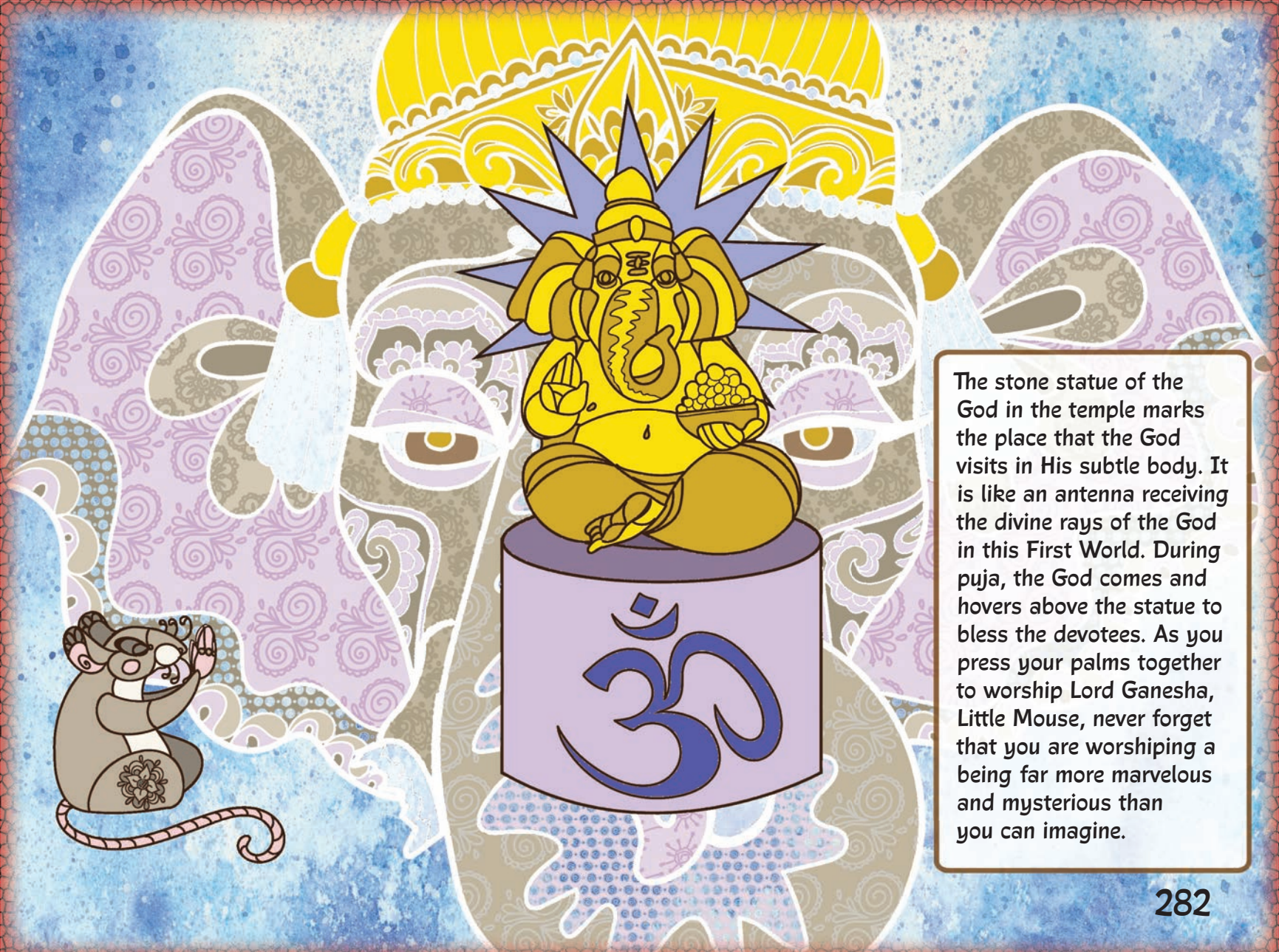


The Third World is the realm of light and blessedness. This highest plane is the home of God Siva and the Gods. It is also the home of your deepest self. You experience the Sivaloka when you see the inner light or have a superconscious flash of intuition.



O Mouse, the three worlds meet in the Hindu temple. The temple is built as a palace where the Gods can live and bless us. We must approach these great Lords in a very sensitive way. Let's prostrate to this giant Sivalingam and in our heart feel we are connecting with God Siva.



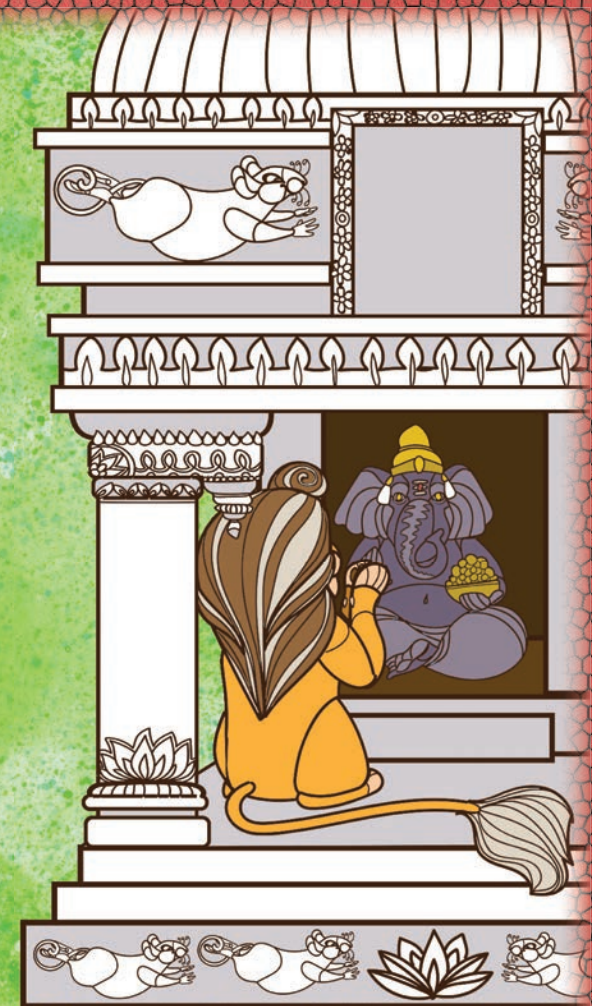


The stone statue of the God in the temple marks the place that the God visits in His subtle body. It is like an antenna receiving the divine rays of the God in this First World. During puja, the God comes and hovers above the statue to bless the devotees. As you press your palms together to worship Lord Ganesha, Little Mouse, never forget that you are worshipping a being far more marvelous and mysterious than you can imagine.

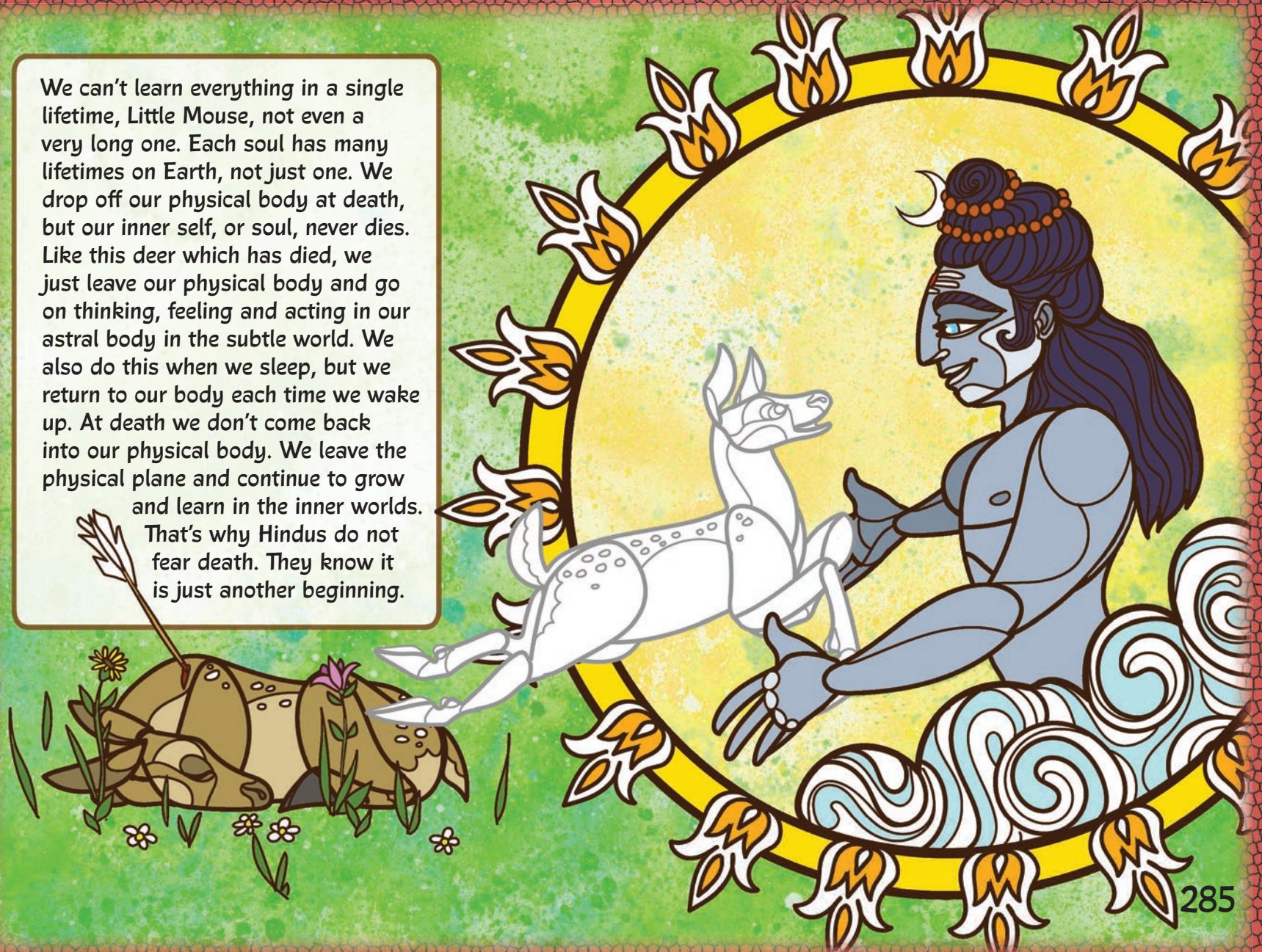
When we perform the religious ceremony of puja, we ring bells, offer flames and recite special Sanskrit chants to attract the attention of the devas and Gods of the inner worlds. That is the purpose of puja. It is a form of communication. When you feel blessings coming from these divine beings, you are experiencing darshan. Some devotees may experience this darshan through the third eye and actually see the God in a mystical vision. Connecting with the God is like communicating on WiFi, with an unlimited data plan. Your devotion is your password.



O Mouse, you can worship God and the Gods anywhere. But the temple is the best place, because it is built as a special, sacred space for the three worlds to meet as one. As we go about our day, we normally don't see or sense the inner worlds. The temple enables us to feel the presence of God, Gods and devas, just as a cell phone connects us to friends who are far away and not physically present. Staying close to God is one of the important goals on the Great Path. That way, God can know about our life and karmas, guide us, protect us and bless us in a thousand ways. The Hindu form of worship, called puja, was designed by gurus long ago to bring us close to God and the great beings of our faith.



We can't learn everything in a single lifetime, Little Mouse, not even a very long one. Each soul has many lifetimes on Earth, not just one. We drop off our physical body at death, but our inner self, or soul, never dies. Like this deer which has died, we just leave our physical body and go on thinking, feeling and acting in our astral body in the subtle world. We also do this when we sleep, but we return to our body each time we wake up. At death we don't come back into our physical body. We leave the physical plane and continue to grow and learn in the inner worlds. That's why Hindus do not fear death. They know it is just another beginning.





After some time, we are born again as a baby in a new physical body, with a new mother and father, a new name and a new future. This return to the physical plane in a new body is called reincarnation. Imagine a phone with a SIM card. Just as you can move all your games and apps to a new phone when your old one is worn out, by moving the SIM card, you can move your experiences to a new body after you die, and continue your evolution. Isn't that a wonderful thing?

We are born, we grow up, we mature and learn life's lessons. We eventually leave our body, because of illness, old age or an accident. Then we are born again. This happens again and again and again. Sometimes we are born as a girl, sometimes as a boy. The way we live in this present life determines what our next life will be like. Here is your reincarnation cycle, Little Mouse, guided by God Siva. You started as a small baby, then grew into a child and an adult and will grow to be an elder. After your Great Departure, which is the sweet word Hindus use to describe death, you will continue the cycle until one day you merge with Siva.





There are young souls and old souls, just as there are children and adults. Each lifetime is but one stride on the great journey of your soul. Remember the squirrel you met yesterday? He was so confused about everything and could not understand what you were saying. He is a young soul, with only a few lives. You are an old soul, and that's why you can understand all of the things I tell you. That's why you love everyone and think about helping others.



A richly illustrated story book of Saiva Siddhanta mysticism for children, drawn from *Merging with Siva*, a masterful text on how to face life's problems and challenges, know the Divine, go within and see God everywhere, in everyone.

In nineteen illustrated lessons, this book conveys the basics of a 1,000-page book created by Satguru Sivaya Subramuniyaswami (Gurudeva, 1927-2001). He was called “The Lion of Dharma,” and in a sense he lives in these pages as the wise and approachable Lion Sage. This book is meant to inspire youth to know and follow that venerable way of wisdom embodied in the Saiva Siddhanta traditions of South India and Sri Lanka. Though the story is simple, the ideas they teach are profound, preparing young boys and girls to understand life in a mystical way and to learn tools to help them navigate their path in a complex world.



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