

DO YOU LOVE LIFE?

DO YOU LOVE FREEDOM?

AND PASSION?

WELCOME TO A NEW JOURNEY

into your real self with

The Quest

Vol 7, Issue 1

for mind, body and spirit

Path to Love

Self-love grows when you don't follow the impulses of anger and fear, form your desires from the heart, believe that you are enough in and of yourself, heed the tenderness of your love for others, put your attention of positive energies in every situation, honour your own needs without having to seek outside approval, and cultivate the peace of inner silence.



I once received a letter from a man who asked how he could achieve unconditional love, especially when people might not give it in return. I had to laugh at this question, because "unconditional" means that you don't have to receive anything in return for what you give. As Elisabeth Kübler-Ross said, "It's giving with no expectations," That is probably the simplest definition of unconditional love.

If you are giving love and are not expecting anything in return, then you truly have something. When you do something special for someone else, you don't need everybody in the neighbourhood applauding you. You are rewarded by the act itself.

continued on page 5

Programs & Events

@Mind Body Library, Babarmahal

1 Jan Friday **Living with the right values**
9 Jan Saturday **Teachings of Paramhansa Yogananda**
14 Jan Thursday **Yoga Techniques Meditation**
18 Jan Monday **Satsang on Shivapuri Baba's teachings**

29 Jan Friday @ 3pm
Full Moon Healing & Meditation
Language: Nepali | Registration Rs 50

6 Feb Saturday @ 1pm Lecture Program
Overcoming the feeling of being unsuccessful
Language: English | Registration Rs 90

14 Feb Sunday Love Celebration Day
Lectures @ 12pm
«On love» «How love frees you» «The art of loving»
Vegetarian Buffet Lunch @ 2pm
Movie @ 3pm «Ghost» Loving beyond time and space
Meditation session @ 5pm *Healing with love*
Exhibition & Sales @ 10am - 4pm *Books on love*
Registration: whole day Rs 250, single program Rs 50

17 Feb Wednesday @ 1pm K Death Anniversary
Lecture & Video «J Krishnamurti & his teachings»
Language: Nepali / English | Registration Rs 90

19 Feb Friday @ 1pm Talk Program
Where do we humans come from?
Language: Nepali / English | Registration Rs 50

27 Feb Saturday @ 1pm Talk Program
Life & teachings of Prophet Muhammad
Language: Nepali / English

14 March Sunday @ 11am - 5pm
Z-Day Celebrations Lectures, Movies, Food & Meditation

Pre-registration is obligatory. Send an sms to 9841-896-000 with program date + participants' full names + contact number. Otherwise we cannot guarantee you a place.

For details and updates call **1618-01-4279712** or check

www.thequest.org.np/news



Is sex a basic need?

U G Krishnamurti

The natural needs of a human being are basically food, clothing and shelter. You must either work for them or be given them by somebody. If these are your only needs, they are not very difficult to fulfill. To deny yourself the basic needs is not a sign of spirituality; but to require more than food, clothing and shelter is a neurotic state of mind.

Is not sex a basic human requirement? Sex is dependent upon thought; the body itself has no sex. Only the genitals and perhaps the hormone balances differ between male and female. It is thought that says "I am a man, and that is a woman, an attractive woman." It is thought that translates sex feelings in the body and says "These are sexual feelings." And it is thought that provides the build-up without which no sex is possible: "It would be more pleasurable to hold that woman's hand than just to look at her. It would be more pleasurable to kiss her than just to embrace her," and so on. In the natural state there is no build-up of thought. Without that build-up, sex is impossible. And sex is tremendously violent to the body. The body normally is a very peaceful organism, and then you subject it to this tremendous tension and release, which feels pleasurable to you.

But through suppression or attempts at sublimation of sex you will never come into this state. As long as you [force yourself to] think of God, you will have thoughts of sex. Ask any religious seeker you may know who practices celibacy, whether he doesn't dream of women at night. The peak of the sex experience is the one thing in life you have that comes close to being a first-hand experience; all of the rest of your experiences are second-hand, somebody else's. ☺

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The **Quest**

phone: **4279712** sms: **9841-896-000**
email: **vajratara@yahoo.com**
website: **www.thequest.org.np**

USEFUL
INFORMATION

MIND BODY LIBRARY
www.thequest.org.np/mindbody



Revive your body
Expand your mind
Let your Spirit uplift you

New book arrivals

- | | |
|-----------------------------------|----------------------|
| 1 The Holy Science | Sri Yukteswar Giri |
| 2 The Art of Living | S. N. Goenka |
| 3 Man's Eternal Quest | Paramhansa Yoganand |
| 4 The Life of Milarepa | Lobsang P. Lhalungpa |
| 5 Open Secrets | Rumi |
| 6 Srimad Bhagavatam | D. K. Mathure |
| 7 Tagore - A Life | Krishna Kripalani |
| 8. Muhammad - A Biography | K. Armstrong |
| 9. Work as a Spiritual Practice | L. Richmond |
| 10 Liberation from Life's Shadows | J. Maurus |

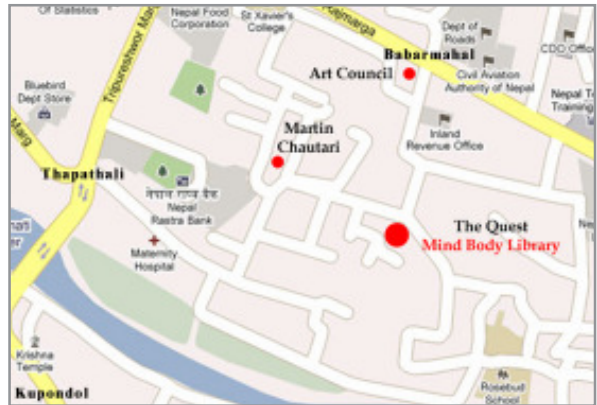
Library Hours

Monday – Saturday (1 – 3 pm)
Closed on Sunday

for updates check the website.

Library membership fee (annual):

Rs 600 (normal) Rs 450 (student) Deposit Rs 900



Z DAY
14 MARCH

THE ZEITGEIST MOVEMENT
www.z.thequest.org.np

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Join in the Z Day Celebrations on March 14 !

K DEATH
ANNIVERSARY

KRISHNAMURTI WORLD
www.k.thequest.org.np

Lecture Program 17 February 2010 @ 1pm
Video Show J Krishnamurti and his teachings

MEDITATION



Meditation is one-pointed concentration – deep contemplation. It means concentration of the mind on something in particular, objective or subjective.

The human mind is the most complex thing. It is in a chaotic state, with desires running in all

directions, seeking their fulfillment. Till a person enlightened and freed from all limitations and weaknesses, the cycle of life and death, pain and pleasure, knowledge and ignorance continues to haunt him or her.

As the mind is withdrawn from the world outside, we experience a deeper and deeper state of inner peace, bliss and harmony in all aspects of life.

The power of the mind to concentrate develops through steady practice. Judicious practice is the secret. In practicing it on something particular, both powers of attachment and detachment are needed. For this, the first and foremost prerequisite is self-control, which is possible when one can shed anger, jealousy, hatred, ego and pride. The next step is to progressively lessen the thought of the body. For, it is the body that drags us down and makes our life miserable.

Whether we call it Meditation, Yoga, Religious Pursuit or Prayer or Spirituality, the purpose of, one or the other, or of a combination of them, is for us to withdraw the mind from mundane things and direct it to a unified direction of the Self within. ☺

You can join meditation classes every Thursday at 3 pm.

REGULAR PROGRAMS

Art of Loving class every Sunday @ 3 pm

Yogic Healing with Meditation every Thursday @ 3 pm

Study - Career Counselling Saturdays @ 12 - 1 pm

Spiritual Satsang every Saturday @ 3 pm

Pre-registration obligatory.

See page 1 for pre-registration details, page 2 for map.

Improve your study results!

Studying with effectiveness means that when one studies a book or listens to the teacher, one understands what is read or what is said. Then that new information is stored somewhere in the brain and one is able to remember it when one has to use that information, for eg., in an examination.

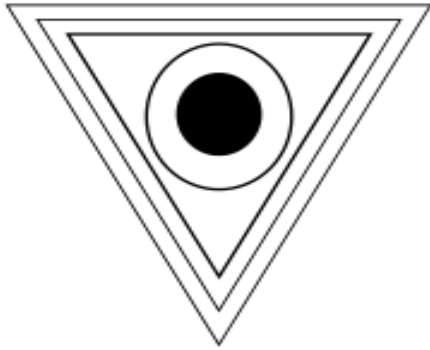
A lot of people think that good study results are solely related to intelligence. This is only partly true. As a school psychologist, I test hundreds of young children, adolescents and student from the age of 4 to 25. The medium IQ is 100. One needs an IQ of 110-120 in order to be able to follow the program of a high school, but I have tested many children with an IQ of 110 or even 120, who had the greatest difficulty in studying and understand what teachers said or what they read in a book. There are many factors that have influence on memory. One important factor is having enough energy. When one feels fit, it is easier to listen to what a teacher or another person tells you or to study a book, otherwise one feels tired easily. Many students rise up early and study. To feel fit requires that one has enough sleep.

Next, to read and understand what one reads needs a lot of concentration power. The mind should be one-pointed and the atmosphere should not be very noisy or distracting.

Third, the brain needs a lot oxygen which the body receives by inhaling air. The more air we inhale, the more oxygen goes to the brain. It is the same as a computer, which needs 220 volts. When the voltage is less, for instance less than 200 or 180, the computer cannot work. And the brain is a living computer, some call it a bio-computer. During the day 20% of all the oxygen we inhale goes to the brain; but when one is mentally active, like while listening to a lecture, or studying a book, then 30 % of the oxygen goes to the brain. This explains how important a correct form of respiration is. ☺

by Pieter Langedijk, Dutch psychologist

THE ART OF YOGA



Yoga is art, science and philosophy – all combined in one. Yoga means yoking the mind to God. When one becomes God-centered, one gains supreme delight.

To elaborate, Yoga is the union of body, mind and soul (spirit) with God. In other words, it is the union of the individual with the universal. Yoga touches the life of a person at every level – physical, mental and spiritual. It enables the practitioner to perceive and experience the world within and around him, bringing purity, integrity and divinity. In the process, he is divested of pain and suffering to live fully and take delight in life, the body remaining active and vibrant and mind harmonious.

Combine your food well!

The Western notion of a 'balanced diet' is simplistic and superficial. Western physicians advise everyone to take 'a little of everything at every meal,' jumbling together such disparate ingredients as meat, milk, starch, fat and sugar. Such indiscriminate consumption of food is no different than pouring a combination of gas, oil, alcohol and sugar into the gas tank of a car. These blends will not burn efficiently, will provide little power and will quickly clog up the engine so badly that the entire system grinds to a halt.

The ancient Chinese were well aware of the importance of the science of food combining. This wisdom was once known to the West as well, as evidenced by Moses' strict regulation that meat and milk must never be consumed at the same meal.

to be continued

In the words of Lord Krishna himself, "the Yogic situation is that of detachment from all sensual engagements. Closing all the doors of senses and fixing the mind on heart, and vital breath in the head, one establishes himself in Yoga."

When body, mind and emotions are clean, quiet and controlled, one feels good. Thus, Yoga is a practical science which provides a methodology to refine, sensitize, discipline and quieten one's total personality.

In sum, Yoga helps discipline the body, mind and spirit. The whole body, devoid of tensions, gets relaxed and reinvigorated. Many ailments can be cured as well as removed with the practice of Yoga. ☺

*From Curative Properties of Bhagavata Gita
available at Mind Body Library*

The Master's Voice

"You should go deep in meditation," the Master said to a group of disciples. "As soon as you allow yourself to become restless, the old troubles start again: desires for sex, wine and money."

"Man seems to have little free will," a student observed. "My life is 'set' in so many ways."

"Turn towards God and you will find yourself shaking off the chains of habits and environment," the Master replied. "Though the drama of life is governed by a cosmic plan, man may change his part by changing the centre of consciousness. The Self identified with the ego is bound; the Self identified with the soul is free."

Tao - the Way

Once when Confucius, upon arriving at Tai Mounain, asked Rong Qiqi why he was so happy, the reply was: I have many reasons to be happy. Of all the myriad things in the world, the most noble is the human, and I was fortunate to be born a human. 道

Secondly, in my culture, men are considered noble and I was fortunate enough to be born a man. Thirdly, of lives, some are long and some are short., but I am fortunate enough to have lived to be ninety years old.

As for the hardships in life, I see them as just the normal state of affairs because I live a simple and carefree life. And death is nothing but the arrival at life's final destination. What is there in it to worry about?

From Liezi Speaks - Thoughts to Ride the Wind

SPIRIT

Have you ever rescued a bird and had it fly off again? With all of our children and our interest in animals, many a veterinarian has used our home as a place for animals to recover. Our children have always brought home wounded creatures, particularly birds. I can remember one that had flown into a store window. Bobbie and I brought it home. Bobbie revived it, and two days later it flew off. Our daughter Carolyn once brought home a pigeon named Louis (don't ask how she knew that was its name), and he was with us for several weeks. He lived in the front yard, coming down for breakfast each day, and finally flew off. You feel that you have accomplished something. The bird and its family do not have to thank you or send a gift every year. You are rewarded by saving a life. The reward is contained in what you did, an act of love.

When we are giving love, we are beautiful. I know a school counsellor who tells the students that there are no ugly children, and they think he is crazy. But they begin to understand that he means when they are giving love they are beautiful. I know many stories about patients who are beautiful no matter how distressing it may be to look at them in a physical sense. There was a lady in the hospital who was paralyzed. She still managed to have a birthday card for every nurse who took care of her. Nobody figured to provide cards for everybody, but she did. She was beautiful.

If you are going to judge and weigh other people's responses, you are setting yourself up for conditional love. If you give two hours of your time to someone who gives you back only an hour, you may resent them. I see people dying who say, "I don't think they really loved; they were measuring everything. So don't measure, just give, and watch what happens. Because that's the greatest gift of love. It is reflected back to you by all the people around you.

In his book *The Direction of Human Development*, Ashley Montagu says: *Love implies the possession of a feeling of deep involvement in another, and to love means to communicate that feeling of involvement to him. Love is unconditional, it makes no bargains and it trades with no one for anything. Love is supportive. Love is firm. Love is most needed by the human organism from the moment of birth. Love is reciprocal in its effect and is as beneficial to the giver as it is to the recipient. Love is creative. Love enlarges the capacities of those who are loved...*

Love is tender.
Love is joyful.
Love is fearless.

Love enables the person to treat life as an art. Love as an attitude of mind, as a form of behaviour is adaptively the best and most efficient of all adjustive processes in enabling the human being to adapt himself to his environment.

Know your death !



The food-body is the essence of beingness, that gone, beingness goes – you are not the beingness. For the one who is convinced, there is no need or necessity for meditation. So long as beingness is there meditation will go on.

Hold on to the knowingness, not words. Whatever you are, be there effortlessly, absolutely, without effort. Affirm what you have heard, the listener and the listened matter is ultimately useless. The five elemental essence, activated by three gunas, is beingness. When you know you are not the beingness, let be the beingness, you are not concerned. All talk is because of beingness, the beingness is doing all the talking, not you.

Take the example of the banana plant. It is planted, it grows, bears fruits and then weakens and dies, although some sprouts of the plant will still be there. After the age of forty to forty-five, strength diminishes, finally there is death. Like the plant, we have birth, strength and then diminishing. But what is now doing the talking? That birth-principle – 'I am', the beingness (the child root). Finally, the child-consciousness principle also disappears; eat what you like, still that child-consciousness principle weakens, body weakens. A dead body is heavy, that little touch (consciousness) has gone out, with that touch it moved. The root is then reborn, but whose birth [is it]?

There are so many births and so many forms, all is the play of beingness, the primary illusion, the mool-maya. All talk pertains to my death, which I am experiencing. A dead person is cremated, why think of him? After listening to my talk, why think of it again, because we are all ultimately disposed off. ☹

Sri Nisargadattji in *I Am Unborn*

For the person and the species, love is the form of behaving with the highest survival value.

Ashley Montagu also helped me when he said that when you are having difficulty with a person, "act as if you love them." By making that choice – this does not imply a deception, but a choice to love – I have helped myself and my relationships. This is what I try to share with people over and over again – that love heals. It may not cure every problem, but it can heal every life. ☹

by Bernie Siegel

To be brave is to love someone unconditionally, without expecting anything in return. To just give. That takes courage, because we don't want to fall on our faces or leave ourselves open to hurt.

Madonna in *O magazine*



Long Pilgrimage written by John G. Bennett in collaboration with Thakur Lal Manandhar is the first book to be published in any language on the life and teaching of Shivapuri Baba, a remarkable saint of modern India who spent over 40 years of his life in Nepal, and died in his forest retreat in the Himalayan foothills at the great age of 137.

The book starts with a visit to the saint by Dr S. Radhakrishnan,

India's beloved President, and gives his amazing life story which included a 35-year-old world pilgrimage. He spoke with many monarchs, heads of state, and spiritual and cultural leaders, and the book describes interesting personal anecdotes of people he met from Queen Victoria to T. Roosevelt and Bernard Shaw.

The fundamental principle of Right Living taught by the Shivapuri Baba is wonderful in its simplicity, yet it can be adapted for any age or culture. It can be summed up as a discipline which takes into account the needs of the body, the taming and purification of the mind and enfoldment of the spirit, in harmony. The Right Life or Swadharma, stands for a minimum of life, yet a life that is lived in fullness, lived upon all levels and all departments, lived to perfection right up to the stage of realization of the Supreme Spirit or God. His teaching of the Three Disciplines is of practical value to the modern world.

Long Pilgrimage 188 pages price Rs 400/-



त्रिविको बौद्ध अध्ययन केन्द्रीय विभागकी छात्रा जुनुमैयाँ बासुकला रञ्जितकारले स्नातकोत्तर तहको आवश्यकता पूरा गर्ने सिलसिलामा लेख्नु भएको 'भक्तपुरको पञ्चदान पर्व : एक विश्लेषणात्मक अध्ययन' शीर्षकको शोधकार्यको परिमार्जित पुस्तक "भक्तपुरको पञ्चदान पर्व" ले सम्बन्धित ऐतिहासिक स्रोतहरूलाई पहिल्याउने उद्देश्य बोकेको छ । भक्तपुरमा प्राचीन कालदेखि नै बौद्ध एवम् गैर-बौद्ध धर्मावलम्बीले मनाउदै आएका पर्वहरू मध्ये यो वैशिष्ट्यतापूर्ण पञ्चदान पर्व हो । निस्वार्थताको दान (दान+ल्युट+ऊन) मध्ये यो पञ्चदान हो, जुन दानलाई बोधिसत्व प्राप्त गरेकाले गर्ने तथा 'म' र 'मेरो' भन्ने आग्रहबाट मुक्त भई गर्ने महान् दान भन्नु पर्ने देखिन्छ ।

लेखिकाले दान दाता, दान प्राप्तकर्ताका बारेमा अर्थात्का ज्यादै उच्चकोटीका कुरा पहिल्याउन गाह्रो भए भई दिने-लिनेका बारे सत्य जीवनको दर्शन बुझ्न पनि सजिलो छैन । यस सन्दर्भमा शोधकर्ताले बौद्धिक-पारमिता, उपपारमिता जस्ता पवित्र शब्दावली उल्लेख गर्नुभएको छ । विश्लेषणकै सिलसिलामा शोधकर्ताले मौसम अनुसारका दानहरूलाई पनि उल्लेख गरेका छन् । पञ्चदानको वखतका विषय-वस्तु काठमाडौँ उपत्यकामा भई भक्तपुरमा पनि अनेक छन् । त्यसैले भक्तपुरमा स्थानीयकरण गरिएको पञ्चदानले भक्तपुर शहरलाई नै उजागर गरेको छ ।

गहिराईमा गएर लेखिएको यो शोधपत्रले आध्यात्मिक विषयमा र साथै स्मृतपटलमा पनि राम्रो स्थान ओगट्न सक्ने वैशिष्ट्यता बोकेको छ ।

भक्तपुरको पञ्चदान पर्व १९३ पेज मूल्य रु २००/-



Many human beings say "I love you" one day and reject you the next. That is not love. One whose heart is filled with the love of God cannot willfully hurt anyone. When you love God without reservation, He fills your heart with His unconditional love for all. That love no human tongue can describe... The ordinary man is incapable of loving others in this way. He has not yet discovered the omnipresent God who resides in him and in all other beings. To me there is no difference between one person and another; I behold all as soul-reflections of the one God. No one is a stranger, for we are all part of the One Spirit. When you experience the true meaning of religion, which is to know God, you will realize that He is your Self, and that He exists equally and impartially in all beings. Then you will be able to love others as your own Self. ☺

The Zen Corner



In the eye of a flower

On one occasion the disciples of Dronacharya asked their Guru, "How is it, adorable Lord, that Yudhisthira is recognised as an embodiment of virtue and Duryodana as a wicked man?"

Dronacharya wanted to show that the reputation enjoyed by the two cousins was not without foundation. He called Duryodhana and said, "O Duryodhana! find out a virtuous man."

Duryodhana travelled far and wide and came back after a long time. He said to Dronacharya, "My adorable Guru, I could not find even a single virtuous man in the whole world. I saw men of evil nature everywhere."

Dronacharya then said to Yudhisthira, "O King! find out and bring a wicked man to me."

Yudhisthira also travelled far and wide and came back after a long time. He said to Dronacharya, "My worthy Master, I couldn't find even a single wicked man."

Thus the reports of the two princes were of a conflicting nature. All the disciples of Dronacharya were surprised at these two contradictory reports and could not make out which was correct.

Dronacharya then said, "One sees one's own mind reflected in the world. Hence the whole world appears to be full of virtuous men to Yudhisthira and abounding in evil to Duryodhana. He who suffers from jaundice sees the whole world tinged with yellow colour. As is the mind, so is the vision."

From *Inspiring Stories* available at Mind Body Library

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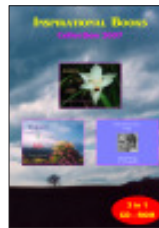
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English/Chinese, Buddhism - 137pp - Rs 325

Shaolin Temple - Brian Bruya

English/Chinese, Buddhism - 125pp - Rs 295

Long Pilgrimage (Shivapuri Baba) - J G Bennett

English - Spirituality - 188pp - Rs 400

Right Living (Shivapuri Baba) - Dr Y B Shrestha

English - Spirituality - 290pp - Rs 240

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