

DO YOU LOVE LIFE?

DO YOU LOVE FREEDOM?

AND PASSION?



WELCOME TO A NEW JOURNEY

into your real self with

# The Quest

Vol 6, Issue 6

for mind, body and spirit

### Path to Love

Within everyone, there's light and shadow, good and evil, love and hate. The play of these opposites is what constantly moves life forward. If you can truly embrace these opposites within yourself until there's nothing to be ashamed of, nothing to hide, your life will then take on the generosity and warmth that marks every great lover.

### These two months

- Nov 2 Guru Nanak Festival
- Dec 10 World Human Rights' Day
- Dec 11 Osho Birthday Anniversary
- Dec 24 White Matsyendranath Ablution Day
- Dec 25 Christmas Day
- Dec 30 Tamu Lhosar
- Dec 31 Sri Swasthani Bratakatharambha

## A WORLD WITHOUT MONEY



Society today is composed of a series of institutions: social, political, religious, monetary, etc. Our understandings and perspectives are principally shaped by these very age-old traditional structures. It is evident that the wholeness of our understandings, and therefore of our own behaviors, is directly dependent upon the sanity of the society that we live in.

How sane is our society then? As a matter of fact, all these social institutions that we are born into, directed by and conditioned upon, are primarily based, directly or indirectly, upon the monetary system. The lifeblood of all of our established institutions and thus society itself is money. However, the established monetary institution exists as one of the most unquestioned forms of

*continued on page 5*

THIS ISSUE  
Nov 2009

THE QUEST MAGAZINE  
[www.thequest.org.np/magazine](http://www.thequest.org.np/magazine)

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### CONTRIBUTIONS

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# The Natural State

U G Krishnamurti

There is no teaching of mine, and never shall be one. "Teaching" is not the word for it. A teaching implies a method or a system, a technique or a new way of thinking to be applied in order to bring about a transformation in your way of life. What I am saying is outside the field of teachability; it is simply a description of the way I am functioning. It is just a description of the natural state of man -- this is the way you, stripped of the machinations of thought, are also functioning.

The natural state is not the state of a self-realized God-realized man, it is not a thing to be achieved or attained, it is not a thing to be willed into existence; it is there -- it is the living state. This state is just the functional activity of life. By 'life' I do not mean something abstract; it is the life of the senses, functioning naturally without the interference of thought. Thought is an interloper, which thrusts itself into the affairs of the senses. It has a profit motive: thought directs the activity of the senses to get something out of them, and uses them to give continuity to itself.

Your natural state has no relationship whatsoever with the religious states of bliss, beatitude and ecstasy; they lie within the field of experience. Those who have led man on his search for religiousness throughout the centuries have perhaps experienced those religious states. So can you. They are thought-induced states of being, and as they come, so do they go. Krishna Consciousness, Buddha Consciousness, Christ Consciousness, or what have you, are all trips in the wrong direction: they are all within the field of time. The timeless can never be experienced, can never be grasped, contained, much less given expression to, by any man. That beaten track will lead you nowhere. There is no oasis situated yonder; you are stuck with the mirage.

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This state is a state of not knowing; you really don't know what you are looking at. I may look at the clock on the wall for half an hour - still I do not read the time. I don't know it is a clock. All there is inside is wonderment: "What is this that I am looking at?" Not that the question actually phrases itself like that in words: the whole of my being is like a single, big question mark. It is a state of wonder, of wondering, because I just do not know what I am looking at. The knowledge about it - all that I have learned -- is held in the background unless there is a demand. It is in the 'declutched state'. If you ask the time, I will say "It's a quarter past three" or whatever -- it comes quickly like an arrow - then I am back in the state of not knowing, of wonder. ☺

U G Krishnamurti in *The Mystique of Enlightenment*

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INFORMATION

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Let your Spirit uplift you

## New book arrivals

- |                                    |                  |
|------------------------------------|------------------|
| 1 The Great Secret                 | Osho             |
| 2 Beyond Gurus                     | Nancy Cooke      |
| 3 The Gospel of Buddha             | Paul Carus       |
| 4 Meditate                         | Swami Muktananda |
| 5 The Ten Commandments of Hinduism | V K              |
| 6 Human Behaviour                  | Sunil K Pandya   |
| 7 Wake Up and Roar                 | H W L Poonja     |
| 8 One World One Family             | G N Das          |
| 9 The Sukhamani                    | K S Duggal       |
| 10 Teachings of Sufism             | Ernst            |

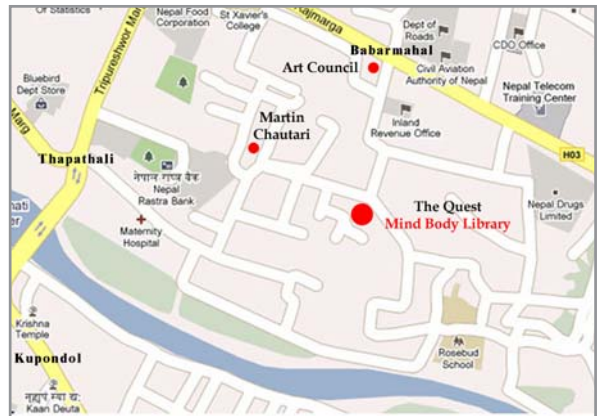
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Monday – Saturday (1 – 3 pm)  
CLOSED on Sunday

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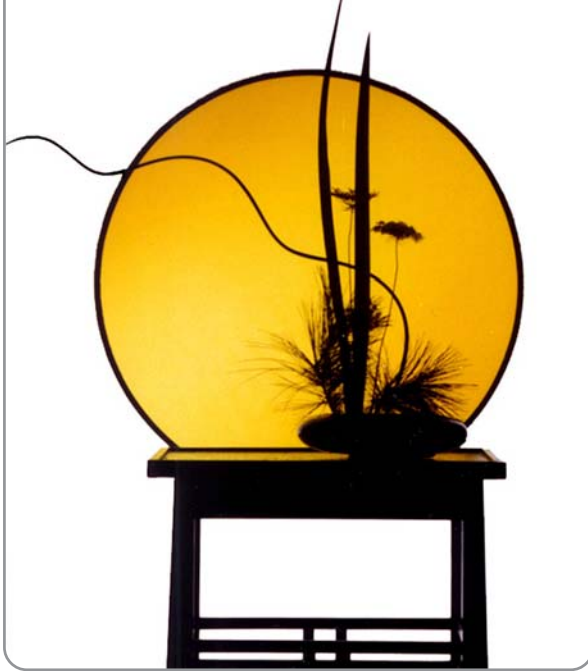
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K -VIDEO  
DIALOGUE

KRISHNAMURTI WORLD  
[www.k.thequest.org.np](http://www.k.thequest.org.np)

What are we seeking endlessly in life?  
Explore together with J Krishnamurti and his teachings.

## INSTRUCTIONS FOR MEDITATION



### Preparing for meditation

It is very good to set aside a place for meditation. If possible, have a special room, but if not, a corner will do. Purify it by chanting God's name, and try not to let anything take place there which will disturb its atmosphere. In the place where you meditate regularly, the vibrations of meditation gather, and after a while it becomes very easy to meditate there. For the same reason, you should set aside special clothes and a

mat for meditation; do not wash them too often, because the Shakti will accumulate in them and make it easy for you to meditate.

If possible, meditate at the same time every day. The early hours of the morning, between 3:00 A.M. and 6:00 A.M., are the best for meditation, but you can meditate at any time which is convenient. If you become accustomed to meditating at a certain hour your body will develop the habit of meditation. I have been meditating every morning at 3 o'clock for many years, and even now my body automatically goes into meditation at that hour.

### The attitude for meditation

Just as you slip easily into sleep, you should be able to slip easily into meditation. Sit peacefully; be with yourself. Focus your mind on the inner Consciousness, the inner knower. Let your breath move naturally and watch it; do not force anything. Become immersed in your own inner Self. Turn your mind and senses inward. Absorb yourself in the pure "I".

If thoughts arise, let them come and go. Watch the source of your thoughts. Meditate with the awareness that you are the witness of the mind. True meditation is to become free from mentation. The moment the thoughts become still, the light of the Self will shine from within. However, if the mind does not immediately become thought-free, do not try to erase the thoughts forcibly. Respect the mind, understanding that whatever comes and goes within it is a form of a Self. Then it will be still on its own. ☯

Swami Muktananda in *Meditate*

### Readers write

#### Offer a smile

A smile is a glow in our face. It is more powerful than a thousand-watt-bulb and the warmth it gives can serve us more than any electric heater. Our attire may be incomplete until we wear a smile in our face. A smile has the power of liberating us from loneliness. Friends can receive it and also return it full-heartedly.

Just understanding the purpose behind offering a flower to god brings great relief. A flower is only a token of gratitude. Its blossoming is the indication of living life in its fullness, of realizing its totality. It indicates the peak - there can not be a higher level. The offering is the expression of thankfulness

to god for creating such a tremendously beautiful world. A smile is the door to that gratefulness. If a flower is offered without smile, it has no meaning. It will merely be an acting but not living. A smileless offering can only drag us behind, it can not lead us forward.

In a prayer, what is needed is the offering of a smile, the flower is only an instrument. It should be remembered that a symbol is only a symbol. We can be full of love and life when we are able to offer a smile to trees, to birds and animals, to the sun and to the sky. Existence appreciates a smile from our side. And it does not take much effort to be able to do that.

- Binay Maharjan

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# BODY

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## BEWARE! YOUR SUGAR MAY BE POISON!

Aspartame is the technical name for the brand names, NutraSweet, Equal, Spoonful, and Equal-Measure, etc.

Aspartame is, by far, the most dangerous substance on the market that is added to foods. Aspartame accounts for over 75 percent of the adverse reactions to food additives reported to the US Food and Drug Administration (FDA). Many of these reactions are very serious including seizures and death as recently disclosed in a February 1994 Department of Health and Human Services report. A few of the 90 different documented symptoms listed in the report as being caused by aspartame include: Headaches/migraines, dizziness, seizures, nausea, numbness, muscle spasms, weight gain, rashes, depression, fatigue, irritability, tachycardia, insomnia, vision problems, hearing loss, heart palpitations, breathing difficulties, anxiety attacks, slurred speech, loss of taste, tinnitus, vertigo, memory loss, and joint pain.

According to researchers and physicians studying the adverse effects of aspartame, the following chronic illnesses can be triggered or worsened by ingesting of aspartame: Brain tumors, multiple sclerosis, epilepsy, chronic fatigue syndrome, parkinson's disease, alzheimer's, mental retardation, lymphoma, birth defects, fibromyalgia, and diabetes.

Aspartame is made up of three chemicals: Aspartic acid, phenylalanine, and methanol. The book, Prescription for Nutritional Healing, by James and Phyllis Balch, lists aspartame under the category of "chemical poison."

Aspartic acid is an amino acid. Taken in its free form (unbound to proteins) it significantly raises the blood plasma level of aspartate and glutamate.

Phenylalanine is an amino acid normally found in the brain. Some people cannot metabolize phenylalanine while it has been shown that ingesting aspartame, especially along with carbohydrates can lead to excess levels of phenylalanine in the brain.

Methanol/wood alcohol is a deadly poison. Some people may remember methanol as the poison that has caused some "skid row" alcoholics to end up blind or dead. Methanol is gradually released in the small intestine when the methyl group of aspartame encounter the enzyme chymotrypsin. Methanol breaks down into formic acid and formaldehyde in the body. Formaldehyde is a deadly neurotoxin.

Aspartate and glutamate act as neurotransmitters in the brain by facilitating the transmission of information from neuron to neuron. Too much aspartate or glutamate

in the brain kills certain neurons by allowing the influx of too much calcium into the cells. Referred to as "excitotoxins." They "excite" or stimulate the neural cells to death.

ASPARTAME CAN BE FOUND IN:

- instant breakfasts
- breath mints
- cereals
- sugar-free chewing gum
- cocoa mixes
- coffee beverages
- instant teas and coffees
- frozen desserts
- gelatin desserts
- yogurt
- pharmaceuticals and supplements
- milk drinks
- shake mixes
- soft drinks
- tabletop sweeteners
- tea beverages
- topping mixes
- wine coolers
- juice beverages
- laxatives
- multivitamins

I have been told that aspartame has been found in products where it is not listed on the label. One must be particular careful of pharmaceuticals and supplements.

Excerpted from *Nexus Magazine*

### The Master's Voice

'What shall I do gain enlightenment?' asked a disciple.

'Stop dreaming,' said the Master, as a matter of fact.

'But I am awake,' exclaimed the disciple.

'Yet you dream.'

'How?'

'It is just the stars. In the day, due to the light of the sun you cannot see the stars. But the stars remain. So is with dreaming.'

### Tao - the Way

The way of perfect wisdom is mind-to-mind transmission, whereas books and scriptures are just convenient methods of opening one's mind towards self-enlightenment.

道

Even the wisest of all teachers cannot stuff his own enlightenment into another person's mind. He can only act like a midwife and wait for the right time to lend a helping hand.

From *Wisdom of the Zen Masters #28*

### PROGRAMS AND ACTIVITIES 2009

@Mind Body Library, Babarmahal

Dec 11th 1pm Talk Program *Exploration into "Who am I?"*

Dec 25th 1pm Lecture Program *How to be successful in life?*

Registration Rs 50

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# SPiRIT

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faith. But in this world, about 1% of the population owns 40% of the planet's wealth, about 34,000 children die every single day from poverty and preventable diseases, and about 50% of the world's population lives on less than 2 dollars a day. Does it then take much to make it crystal clear that something is very wrong?

Where does the problem lie then? Why is our world in this state, why are our societies and our lives the way they are? The majority of us may have no interest in how money is created, the policies by which it is governed and how it truly affects society. However, we have no other way than to understand the institution of monetary policy, if we truly want to find out.

If we are to consult any publication on the institutionalized practice of money creation, for example, the "Modern Money Mechanics" published by the central bank of the United States, the Federal Reserve, we shall find that in reality money is created out of debt, through loans. These loans are based on a bank's "Reserves" and Reserves are derived from deposits. Through this fractional reserve system, any one deposit can create 9 times its original value, in turn devaluing the existing money supply, raising prices in society. Since all this money is created out of debt and circulated randomly through commerce, people lose contact with their original debt and a disequilibrium is created, forcing people to compete for labour, in order to eke out money out of the money supply to cover their costs of living.

To put it a different way, every single dollar or rupee in your pocket is owed to somebody by somebody; because remember, the only way the money can come into existence is from loans. Therefore, if everyone in the country were able to pay off all debts, including the government, there would not be one rupee in circulation. In fact, Marriner Eccles, the Governor of the US Federal Reserve, had said during the 1949 House Committee Hearing, "If there were no debts in our money system, there wouldn't be any money."

If this seems dysfunctional or primitive, don't rush to panic, there is still one thing not yet mentioned in this equation. It is this element of the structure which reveals the truly fraudulent nature of the system itself - the application of interest. When the government borrows money from the Federal Reserve or when a person borrows money from a bank, it almost always has to be paid back with accrued interest. In other words, almost every single dollar or rupee that exists must be eventually returned to a bank, with interest paid as well. But, if all money is borrowed from the central bank and is expanded by the commercial banks through loans, only what would be referred to as the 'principle' is being created in the money supply. So then, where is the money to cover all of the interest that is charged? Nowhere. It doesn't exist. The ramifications of this are staggering; for the amount of money owed back to the banks will

## Who am I?



It is the pleasure of two that is the cause of this birth, this body and the result is lifelong suffering for someone. Only the rare one comes here, the Guru shows him the result of this pleasure. He shows him a mirror that reflects the true picture. For a Jnani, death is the highest pleasure.

I know that the body is the essence of five elements. The five elements are always in flux in relation to one another. The body results from the essence of them. The individual considers the body to be his own. We think that we see with our ear and eyes, but what really sees and hears is beingness. The five elements never die. If you identify with your body, you are sinning and you will suffer at the time of death. The centre of Consciousness is the crest of your head. The quintessence of the five elemental activity is Consciousness, and quintessence knows no death. Beingness is not a personality, understand beingness and death. Finally, you the Absolute are not the beingness.

The five elements are constantly at war in you and everywhere. Conflict is incessant, space is at war with air, air with fire, fire with water, water with earth and so forth, and all these are expressed in the body. The four elemental interactions subside in the womb of the earth.

One who cognizes this principle, what would be his quality? One who understands Consciousness will be beyond Consciousness, beyond the five elements. He, at death becomes an ocean of bliss. Others, who take themselves to be body-mind, will undergo a traumatic experience of suffering. Mind-body identification is the result of bliss of just a fraction of a second. ☪ Sri Nisargadattji in *I Am Unborn*

always exceed the amount of money that is available in circulation. This is why inflation is a constant in the economy, for new money is always needed to help cover the perpetual deficit built into the system, caused by the need to pay the interest.

The fractional reserve policy perpetrated by the US Federal Reserve and which has spread in practice to the great majority of banks in the world, in fact, is a system of modern slavery. Think about it: Money is created out of debt. And what do people do when in debt? They submit to employment to pay it off. But, if money can only be created out of loans, how can society ever be debt free? It can't. And that's the point. Physical slavery requires people to be housed and fed. Economic slavery requires the people to feed and house themselves. It is one of the most ingenious scams for social

manipulation ever created, and at its core, it is an invisible war against the population. Debt is the weapon used to conquer and enslave societies and interest is its prime ammunition.

When we have discovered that the monetary system is corrupt and fraudulent, it takes no time to deduce that all other institutions that are dependent upon it are hence are corrupted by this. It is a different thing that these institutions are corrupted by themselves, even without money entering the scene, but the presence of monetary system makes the level of corruption overwhelming. The noted educationist J. Krishnamurti had declared, "It is no measure of health to be well adjusted to a profoundly sick society". Are you then prepared to adapt yourself to this sick society?


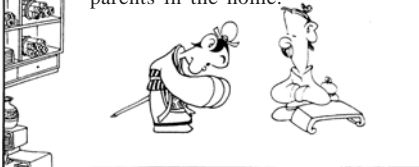
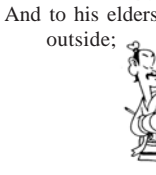


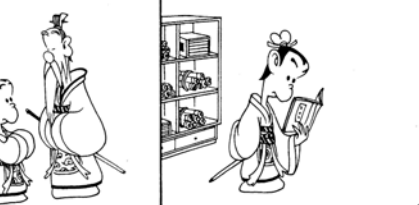
Jacque Fresco, a US industrial designer and a social engineer, says that he, for one, is in no way ready for this. Very much interested in society, Fresco is developing a system, The Venus Project, believed to be sustainable for all people. For him, the word corruption is a monetary invention – that aberrant behavior – that is disruptive to the well being of people. But we are dealing with human behaviour, and human behaviour appears to be environmentally determined: If you were raised in a tribal clan as a baby and never saw anything outside of that you would hold on to its value system. And this goes for nations; it goes for individuals; for families. They all try to indoctrinate their children to their particular faith and their country, and make them feel like they're part of that. And they build a society, which they call 'established'. What they establish is just a workable point of view and tend to perpetuate that. But the fact is: All societies are really emergent, not established. And so, they fight new ideas that would interfere with the establishment, because they are afraid that we become aware of this perennial fraud and slavery. All they are interested is to keep us fighting among ourselves in an endless race for survival. In fact, Bernard Lietaer, the founder of the EU Currency System had said, "Greed and fear of scarcity are in fact being created. Greed and competition are not the result of immutable human temperament amplified... the direct consequence is that we have to fight with each other in order to survive."

The manipulation of society through the generation of fear and division has completely detached humans from their sense of power and reality. The process which has been going on for centuries, if not millennia, religion, patriotism, race, wealth, class and every other form of arbitrary separatist identification thus conceived has served to create a controlled population utterly malleable in the hands of the few. Divide and conquer is the motto. And as long as people continue to see themselves as separate from everything else they lend themselves to be completely enslaved. If only people ever realized the truth of their relationship to nature and the truth of their personal power, the entire manufactured zeitgeist they prey upon would collapse like a house of cards. ☹️



Life can be either just a heap of flowers or it can be transformed into a garland. Yours is just a heap of flowers, it has no organic unity, it is only a crowd of many selves struggling and fighting for supremacy. Man lives in a constant inner war, and every self tries to pull you in a different direction. You are always falling to pieces. Life can be lived in a totally different way. Those flowers which are separate can be connected by a thread, by a sense of direction, by awareness, by being more conscious. Then life is no longer a crowd; you start to be integrated and more crystallized. Therefore, more joy is possible. Your bliss depends on your integrity. The fragmentary person remains miserable, the integrated one attains bliss. Become the thread so that you can join all the flowers of life, so life becomes not just a noise but an orchestra. Then there is great beauty and great bliss. ☺️

### Wisdom of Confucius

<p>The Fine Young Man</p> 	<p>Confucius said: A young man should be respectful to his parents in the home.</p> 
<p>And to his elders outside;</p> 	<p>His words should be cautious and trustworthy;</p> 
<p>and care for other people.</p> 	<p>If having done these, he still has energy to spare, he should study.</p> 

## Inspiring Story

### Positive energy field

There was once a sage who has realised the truth about himself and the world around him. Everyday he used to sit in front of the ocean and meditate. During those moments, seagulls would fly fearlessly around him and play. At times, these birds would even sit on his shoulders.

One day as usual the sage went to the seashore to meditate. A small boy who came to play on the seaside came up to him and said, "These birds come so freely near you. Won't you catch one and give it to me?"

The sage agreed. The next day he went to meditate on the seashore, all the seagulls flew well over his head; not one bird came anywhere near him! The birds were able to sense his intentions from the waves that emanated from his body!

From *Inspiring Stories* available at Mind Body Library

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English/Chinese, Buddhism - 137pp - Rs 325

**Shaolin Temple** - Brian Bruya  
English/Chinese, Buddhism - 125pp - Rs 295

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