



WISDOM WAVE

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NEWSLETTER

LAMA RETREAT BRINGS RENEWAL

RETREAT IN JUNE BRINGS HEALING AND ENERGY:

Returning to Santa Fe, Dr. Shyam stayed in a beautifully reconstructed apartment renovated by Shyam's right hand builder Bill Vania. A retreat was led by Dr. Shyam from June 7th through the 10th,, organized by Dr. Patricia Brown. Gip Brown, Marian Shirin, Fidel Naranjo, Sandy Phelps and many others gave their gracious assistance to make the retreat a success. Lynn Walters of the Natural Cafe was gracious enough to send wholesome bread and tasty cakes for the group. Marian Shirin and the Lama Foundation had offered the initial invitation to conduct the event at Lama Mountain. Beth Waldren and the Lama staff were immensely helpful in making the retreat a real treat. Patricia Brown spoke on spiritual approaches to various psychological problems confronting human beings within and beyond the limits of mind and motion. Touched by the sincerity of the group, Shyam revealed some deep teachings never before imparted and conducted a powerful healing ceremony which left everyone uplifted and full of hope. A spontaneous sense of family emerged in the group which allowed for deep healings and a close sense of connectedness.



On the 17th of June, Shyam and Bill Vania cooked a vegetarian meal for a spiritual gathering, hosted by Patricia and Gip Brown on the beautiful lawns of their property in Nambe. This was followed by devotional songs and a short talk on the awareness of beauty by Shyam.

On the 18th of June, Shyam and Patricia gave talks on relationship, power and spirituality at the Natural Cafe owned and operated by Lynn Walters and Peter Hofstra.

EXCERPTS FROM VARIOUS TALKS

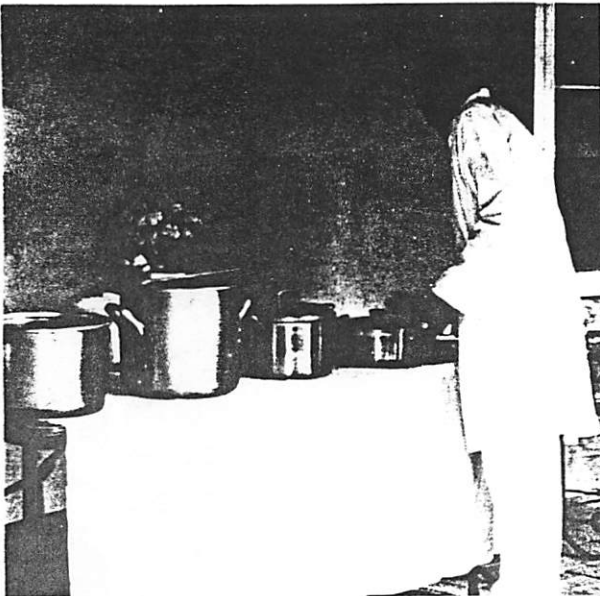
BY SHYAM AND PATRICIA:

"The forces of attraction and repulsion are inherent in nature as primordial principles in material creation. These forces unite and operate as unconditional love on a cosmic level. In the world, they are forces of reaction and retroaction. In the human mind, they operate as forces of love and hatred. The entire thought process is governed by the divisive influence of these forces. They are beneficial if they are understood in the light of reason and virtue. They help to discriminate right from wrong. They manage to keep the universal laws operating without disruption among the heavenly bodies and their relationships. This means that even the planets have attraction and repulsion, they stand at a particular distance. These principles promote awareness, interconnectedness and harmony."

Q: "Why, when so many people are doing things that are good, there is bad that comes?"

SHYAM:

"If these laws are not understood, they have a devastating effect upon the vital functions of life. They may lead to violence, jealousy, hatred, tyranny, ingenious manipulations, and exploitations. Enslaved by ignorance, the human mind may become a playground for good and evil. It becomes possessive and envious. So, many evil thoughts enter into the arena of perceptions such as 'You and I,' 'Mine and Yours,' 'My religion is better than your religion,' 'My country is better than your country,' and so on. If you observe the world, you will notice that these things are going on in every nation. There is a turmoil in the world because of the lack of understanding of the human qualities as inherent in the primordial principles. If the human being can understand and go beyond all these conditionings, however tempting they appear to be, the person can go beyond this vicious thought process. When the forces of attraction and repulsion are united, they operate as serenity - just serenity."



Warmer and tastier diet is a major emphasis for Dr. Shyam who now offers cooking classes to convey the meaning of this teaching. With cooking classes taught in Oklahoma and coming up in Santa Fe, Shyam gives new meaning to the title "Master Chef."

"There is a turmoil in the world because of the lack of understanding of the human qualities as inherent in the primordial principles."

Shrikrishna Kashyap (Dr. Shyam), 1990

(Shyam continued:)

When thoughts become corrupted, actions become corrupted. Good and evil exist in thoughts and not in reality. As long as our actions are dictated by a negative thought process, we are bound to have wars, destructions and calamities. The moment we understand the mechanism of thought, we transcend it, if we are honest to ourselves, and then we transform the entire process into benevolent processes. Thoughts are sounds we hear inwardly. If we think 'Jesus,' we hear 'Jesus.' If we think 'flower,' we hear 'flower.' Since God is a good thought, every religion in the world tells us to think of God. If we do not think a good thought, we fall into a negative and discordant sound pattern. We should not, therefore, allow our minds to chatter. We still the mind by the practice of meditation and by being totally attentive to life."

Q: "Thought is like a voice. Though it is not a means to an end, it has substance."

SHYAM:

"You are right, but please do not abuse the substance! Transform it and use it as an end to all means that cause greed and destruction."

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Lama Foundation, Natural Cafe



Patricia and Shyam in Nambé June, 1990
Photo courtesy of Laura Barnett

ON POWER

"Power is a problem for us that does not have an easy solution. To obtain a type of security in this world, we try to acquire and use power in various ways. Then we try to hang on to our power or we try to restrain our use of power, sometimes to gain another kind of power, such as the abstention of sexual power for military prowess, and so forth. Or we may try to restrict power or instinct due to its effects upon ourselves or others. Whether we act upon our powers, or restrict our powers to gain another power or to live up to some ideal, we are still faced with the great

dilemma of the repercussions of power in our lives. There is often a monumental struggle in our effort to come to a deepened understanding on this important issue. What is needed is for us to see fully, with honesty and without prejudice, how these power needs and impulses operate. If you have an indomitable will and clear mind, you might be the kind of individual like Krishnamurti, who is able to see through to the results, implications, and repercussions of a movement of power in the psyche. Then you will see an instinct rise, forming a thought, and moving you to action. You see not only what that action can do but also the consequences of that action for yourself and others, perhaps for the injury of yourself, injury to another, or the complexities created in your life, in the world. If you have that kind of penetration to see fully the various possibilities caused by a movement of power in your psyche, the very act of seeing creates a stillness in the mind that dissipates the movement of that form of power. You see the ultimate emptiness of that craving. Perhaps you see a competitive urge rising up in yourself, out of your insecurity in this world, and simultaneously you perceive the full possibilities for injury to another, the alienation resulting in the relationship, the craving for an unobtainable security, the short sightedness and the lack of heart that exists; such an isolated urge acting upon another person. You see exactly the implications of all these things nature leads to a renunciation of the use of power in that way. You see that a movement of power for gain and to compensate for our insecurity in life is what keeps us from seeing the beauty in life. Such beauty can only be known through sensitivity. A glimpse of beauty and meaning is what feeds us and fills our lives with a sense of bliss and awareness. If we dull that sensitivity through habit patterns that exhibit a craving for power then we wound our capacity for truth and being. For those of us who do not yet see to the core of reality and who are still caught up in the habit patterns of power in the psyche, there is still an approach to take. We can understand the implications of power

and habit in our lives by watching the action drama of our daily life. Through the tumultuous interactions of ourselves and others we can see how our thoughts, feelings and behaviors come back to us. Slowly, we unravel the knotted web of impulses and implications, until the manifold understanding of power unfolds. If we have a need to harm another and concurrently experience harm at the hands of another, we see vividly the emptiness of such a movement as the recipient of another person's power needs. Through the actual experiences of our lives we penetrate the movements of the flow of power, and our understanding becomes profound, lifting us out of the entrapment of power to a life of great sensibility, beauty and meaning."

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QUIPS AND QUOTES:

"We are children looking for that place where words end, where waterfalls sparkle, and birds of bright colors fly unfettered."

© 1987, Lynn Walters

FUTURE EVENTS:

* Dr. Shyam returns to Santa Fe late September. A one day retreat is being planned for Santa Clara Pueblo residents only in September. Another is set up in Boulder, CO. on October 13th. Write for details.

* Weekend retreats are presently being considered for next spring and summer. We will keep you posted regarding dates and locations.

* Dr. Shyam's cooking classes are planned in Santa Fe late September or early October. St. Francis of the Woods Spiritual Renewal Center sponsored a cooking class on July 14th which was received with great enthusiasm.

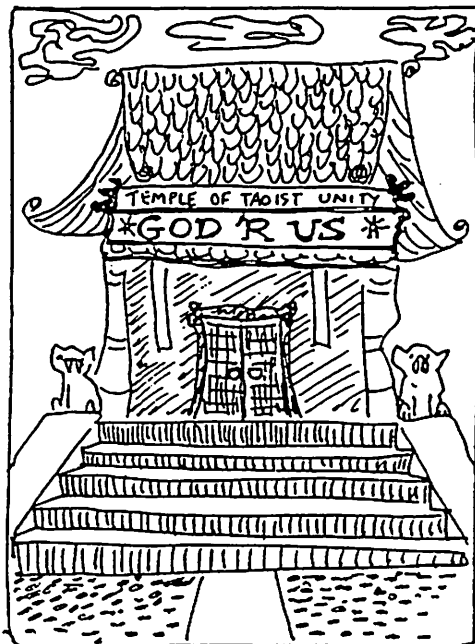
* A list of available audio and video recordings will be made available to members and contributors by the end of 1990.

If you wish to become a member of WISDOM WAVE and have not done so, please send a \$25 donation to

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Further information will be mailed upon your request. We are a non-profit corporation in New Mexico and are presently applying for federal tax exempt status with the IRS.

COSMIC CHUCKLES



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