



EXCERPTS FROM A RADIO INTERVIEW

With Dr. Shyam (SK) and Alan Hutner (AH), Santa Fe, New Mexico; 1994

AH: What is healing?

SK: Healing happens when a healer is whole. The word healing means whole, sacred, holy. When one is holy, one is whole. Holiness has a resonance system that resonates with the essential nature of a human being. This nature is non-suffering. It has no grief. There is always joy, happiness, resonating with everything, all color, light, and vibrancy. When you resonate with nature, you find you are in tune with its entirety, including the solar rays which have the photons. The electrons in your system, the food you eat, resonates with the photons and captures them, making beautiful electromagnetic waves. Once you have that wave, you are in harmony with everything.



AH: What do you think about all of the evil and darkness in the world?

SK: Is the darkness we perceive an absence of light or has it a separate existence? Or is darkness an entity by itself? To my mind, darkness is just the absence of light. Genesis begins with "let there be light." Indian scriptures declare in the beginning there was light, which came from an interchange between the female energy and the male energy. This energy existed in the totality of existence itself. From the friction of the cosmic male and female energy came the tremendous explosion, the big bang mentioned by scientists, which exploded into millions of globules. These became innumerable universes.

AH: The Buddhists say we must shun desire, what do you think?

SK: Scripture says that desire is not bad, but rather that desire should not become greed. You have little things that you enjoy in your life. The whole creation is for your enjoyment. It is inhuman not to have desire. You are not a human being if you are without desires. Scriptures never mention that you should not have sex. They say to follow Brahmacharya to a certain extent in life until you acquire knowledge and have a control over your senses. To practice celibacy, in this sense, is to live in consciousness of God, of the Creator. You have a vast expansion of your mind which encircles the whole of creation.

That beauty is one with the pure sexuality. That is the same resonance. Pure sexuality is not the abusing sexuality but it is upholding it to such a height that you become one with that. It is not the external sexuality. You become one with that then you enjoy the bliss of being in resonance with the opposite sex. Transformation should come on individual basis. Every individual becomes part of an entire society, forming a bouquet.. Different flowers are there, a

whole variety, but they should form a bouquet. Human beings should be aware of every action, totally aware. Watch the mind. Mind that watches the mind. If mind is confused, the confused mind watches. In modern times, when you sit for meditation, you get caught in the methodology of it. When you sit, the mind still chatters. This is not meditation. Meditation is to know the meditator when the meditator is absent. When there is only meditation, not a single thought in mind, that mind is energy. People say "I can't stop the mind." If you are always aware, giving total attention to whatever you do, then what does the mind do? It is attending totally. If the mind merges with the heart, then you encompass the whole world. You need not be a master of yourself, but don't be a slave of yourself. Be what you are. You are that light, a great column of light through which you can see the entire the universe. You need not go back in time.

AH : If everybody could hang out like this, it would go much better.

SK: Generally, people hang out, but they don't hang in. It's good to hang in.

Shrikrishna Kashyap © 2002

---

---

ON BRAHMACHARYA

What do we mean by Brahmacharya? Many translate this Sanskrit word as sexual abstinence. As usual, scriptural texts receive their most concrete interpretation. Literal translations of ancient texts abound. Abhorring deeper teachings, the intellect grabs these ideas and runs with them, running into controversy, convolutions, and harsh edicts handed out to throngs



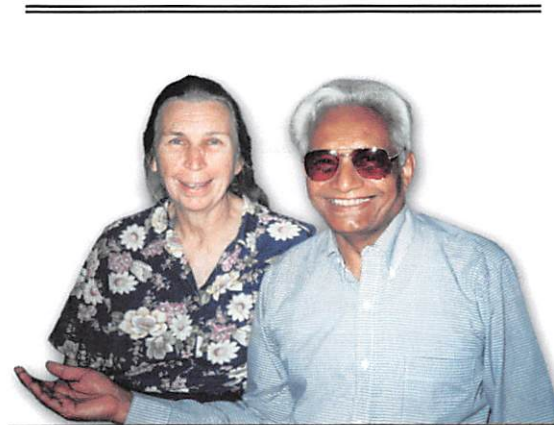
of anguished humans. Pumped by a barrage of titillating advertisements and marketplace morays, people find themselves thrust into intensified internal conflicts. The harsh messages of "abstinence or abomination" clash with the realities of living in a world without the least reverence for life, for life energy, or for nature. The conflict engendered is rife with guilt, self-abnegation, self-loathing or the obverse of addiction, compulsion, and pornography. Kids will always want attention, particularly if the intrinsic value of their lives is not validated. They will perpetually gravitate toward the most prized icons in the mainstream culture. Into this context, religious leaders will promote sexual abstinence. It is the proverbial story of rolling the boulder up the hill, to see it plummet downward again and again.

Returning to the question of Brahmacharya, in actual translation, it means "always to be conscious of God." If we always think of something, it suggests an enormous investment, an enormous commitment, a great love. We are what we think. We become what we love. These two esoteric laws lay the groundwork for individual life. Energy follows thought. If thoughts are repeated, cultivated and stimulated, the energy, the pressure, or the drive toward action builds up. If the mind is full of titillating pornographic stimulation and elaborate fantasies, pressures toward action follow. Obsessions and fixations magnetize the focus of action. The end result of the sequential progression is behavior. Within this fray, some individuals discover the wish to "find God, find peace, find truth, find harmony." Depending upon the intensity of a person's inner conflict, the sadhana, or practiced spiritual path, will develop power in a commensurate manner. Regardless of the intensity of conflict, the practice remains the same: to always think of God. To see God always, to see the highest intelligence and life force in all life is a colossal undertaking. It leads to colossal results, finding the Supreme in all aspects of life. The focus here is not whether to have sex or to abstain, but rather to think of God, whatever the action followed. This does not imply immunity to the consequences of action done superficially, without an honest look at one's motivations and the repercussions of behavior. Yet, the practice of Brahmacharya, along with a full commitment to the preparation of one's suitability for spiritual realization, can convert the most banal experience into a transformed whole, perhaps not all at once, but with time. What is required for transformation is that the person develop enough focused power in the desired direction. This is where the esoteric laws of manifestation translate into enactment.

If we always think of God, God will satisfy every desire, in its own time, in its suitable conditional framework, in its preordained and predestined glorification. Faith defined in the bible is "the substance of things hoped for, the evidence of things unseen." (Hebrews 11:1) Faith drives our spiritual practice, acknowledging the possibility that our difficulties can be transformed and transcended. Brahmacharya asserts one's faith, that "seeking the kingdom of God, all else will be added unto us." With God Realization comes the fulfillment of the words of the Vedas as reaffirmed by Anandamayi Ma:

"to see That which, when seen, the wish to see anything more vanishes forever; to hear That which, when heard, the desire to hear anything else does not awaken anymore."

pb Gayatri © 2002



"Shyam with Kay Adair, founding trustees of St. Francis of the Woods Renewal Center in Oklahoma."

---

---

### Miracle of Renewal

The whole is more than the sum of its parts - or is it? After a prolonged drought, there is glorious rain providing sustenance to my garden. The first drops on the roof were almost impossible to believe, but they continued and the thirsty earth deepened in color and the air became fragrant.

Each spring the miracle of renewal greets us. Spring is dramatic in its beauty, but each moment of every day we have the opportunity to experience kindness

**WISDOM WAVE**  
...awareness ...order ...creativity



**JOKE CORNER:**

and clarity, beauty and cleanliness, and truth and grace. Instead, we often bumble and bump. We race from here to there, thinking that we have something to finish, instead of experiencing the beauty of life.

We all know the joy of a moment when we are caught by the surprising beauty of a soaring bird or a newly opening flower. We can connect with the natural world, but most often we keep ourselves separate from it. We might believe that we are protecting our true self, but we are just hiding from the truth. There is truth in our beauty, in the grace of the life of each person.

"My son recently took up meditation. Oh, well. At least it's better than doing nothing."

"A minister went up to heaven. He noticed that a cab driver had been given a large golden harp, while he had received only a small silver one. He mentioned this to Saint Peter, who responded, "Up here, we go by results. You preached and people slept. He drove and people prayed."

Lynn Walters  
Wisdom Wave Newsletter  
April 2002

Adapted from the 2002 Garrison Keillor joke show.

---

---

Cut along dotted line

---

**RETREAT REGISTRATION FORM**

Upon completion of this form, please mail form and deposit to:

*WISDOM WAVE  
PO Box 3558  
Santa Fe, New Mexico 87501-0558*

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_ zip \_\_\_\_\_

PHONE (\_\_\_\_) \_\_\_\_\_

E MAIL \_\_\_\_\_

AMOUNT SENT WITH THIS FORM (Deposit due by June 1, Total due by June 27, 2002)

DEPOSIT \$100 \_\_\_\_\_ TOTAL \$250 \_\_\_\_\_

Mode of travel considered: \_\_\_\_\_

Any dietary restrictions? \_\_\_\_\_

Any handicapped requirements? \_\_\_\_\_

**ANNOUNCEMENT:**

2002 Wisdom Wave Santa Fe retreat with Dr. Shyam:

Please send us a note if you want more information about the retreat in July:

If you want to reserve a space, please send \$100 by June 1<sup>st</sup>, balance due 1 week before retreat, refundable if notified 2 weeks in advance.

**PLACE:** Sangre de Cristo Center in Santa Fe, NM (Chupadero)

July 4<sup>th</sup> - 7<sup>th</sup>, Thursday 5 PM through Sunday 2 PM

**ACCOMODATIONS:** upstairs single rooms with sink, all use commercial showers with private stalls; handicap access

**TOTAL FEE:** \$250 each, fee includes retreat fees, insurance, sumptuous vegetarian meals sponsored by Lynn Walters,

Natural Café

**DAY RATE:** attending program only, not overnight, is \$180

**RESERVE NOW:** (you must make your own arrangements if you wish to stay in SF longer)

For special needs and questions contact:

Sandy Phelps Canzone (505) 986-9772 evenings

Lynn Walters (505) 473-4703 evenings

Email wisdomwave@cybermesa.com

Limited scholarships are available, both full and partial. Please contact us immediately if you request this dispensation.

**Shuttles from Albuquerque:** (505) Twin Hearts Express 751-1201, Sandia 474-5696 or 888 775-5696, Grayline 983-9411 or 877 GRAYLINE, Roadrunner 1-505-424-3367; Express 1-800-256-8991

**MEMBERSHIP**

entitles you to newsletters and special programs. We are a 501 c 3 non-profit corporation

**WISDOM WAVE**

PO Box 3558

Santa Fe, New Mexico 87501-0558

**Wisdom Wave**

Po Box 3558

Santa Fe, NM 87501-3558

www.wisdomwave.org

