

## Mauna beads for Berlin and beyond

On the occasion of Sri Swamiji's upcoming visit to Berlin on June 30/July 1st, we will invite Him for a Mauna Seminar in Europe, eventually already for 2019, if He agrees. He Himself suggested that the Datta Yoga Centers of the Netherlands, Germany and Switzerland should organise a Mauna Seminar jointly with 300-400 attendees. After searching in the Southern part of Germany, in the Netherlands and in Switzerland, Flüeli Ranft in Switzerland seems to be the most suitable place.

How could we best show Sri Swamiji that we are very happy and ready for such a Seminar on Mauna, if not with our own practice? Therefore, we invite you all to participate in the practice as follows:

### Phase I --- from now itself until Berlin

In this time span practice at least for 1 hour (or twice for 1/2 hour) Mauna. Please bring a bead of your choice symbolizing this one hour of your practice. Of course, you may practice for longer and bring a bead for each hour of practice. In case you are not coming to Berlin, please give your bead(s) to someone who is going. We wish to have as many beads as possible.

Hand over the bead(s) to Svetha Verena Wüthrich who will be at the bookshop on the eve of the concert. On Sunday, we will present all the beads to Sri Swamiji in a vessel, informing Him about our Mauna project as a preparation for His seminar.

### Phase II --- July 1 - December 1, 2018

Practice as many hours as possible and string your beads on a strong thread, leaving about 20 cm of free thread on each side. Send them **until Dec. 6th** to the following address:

Svetha Verena Wüthrich, Lindenbüel 9, CH-9043 Trogen, Switzerland.

The different threads will be tied together to form a single Mala, that we will offer to Sri Swamiji.

### Phase III --- starting on Dec. 1, 2018

How to continue will be communicated at a later date.

Everyone can join and be happy!

### How to practice?

Following Sri Swamiji's guidance:

*" You can chant inside - OM - and travel in your body, come back and go again, for a few minutes and then come back. And you listen to your heart beats, but careful, don't fall asleep. ... Then OM-kara, OOOOMMM, OM-kara, going inside and out, it is inhalation and exhalation. You can do it rhythmically, go ahead. If you feel sleepy you can listen to that sound, to the sound of your inhalation and exhalation, while the air is coming in and going out. You can listen to the sound of the air, and slowly, slowly, slowly, you can practice, practice, practice. ... Slowly and rhythmically you can go on, you control your body. If you have any problem to sit on the ground, you can take some pillow or something. You go slowly, if you have any 'kurci' (seat) you can take it, you can go and sit. Anyway, now we will start with Mauna. You think about yourself, you think about your 'prana'. It is all about your 'prana'. You can travel through this 'prana' with Jivatman, travel, then you understand."*

(16-8-2013)

*" .... Anyway, this Mauna is a big subject. Mauna is powerful without thinking. You also can stop thinking. In the beginning it is very difficult to stop our thoughts. We can control and stop our talking, but we cannot stop our thoughts. In the beginning, when you sit in silence, thoughts are coming, one by one. It doesn't matter. In the beginning few days the thoughts are coming. If you practice more and more, the thoughts will stop."*

(17-8-2013)