



Svaroopaa® Vidya Ashram

November 2024 Teachings Article:

Multi-Dimensionality #11

Words Matter

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Divine sounds lie at the root of your existence. This is what makes words affect you so deeply. They reverberate all the way in. The power of words originates in the Divine sound, OM.

In order to manifest as the universe, Shiva emanates his bliss as this subtle sound. It grows and expands, then blasts itself into many sounds, called Matrika. In this yantra (drawing), the sounds emanate forth into the energetic structure underlying the universe, as expressed in the Sanskrit alphabet. It's all made of energy, with every energy having its own sound.



J~naanaadhishtaana.m maat.rkaa. — Shiva Sutras 1.4

The underlying limitations are rooted in Matrika.

The sounds combine to make words. Thus, words embody the energy of Consciousness at a primal level. Other people's words impact you unless you are based in a deeper level of your own Beingness. The words you say to yourself have even a stronger impact, which is why mantra¹ is such an important yogic tool.

Your current "human condition" is one of feeling incomplete and insecure. It makes you turn toward the world in order to create identity and self-worth. It matters to you how other people see you and what they say to you. What they say about you to others is almost more important. You crave their good opinions in order to feel good about yourself. Thus their words matter enormously, even if inaccurate or untruthful.

When you turn your attention inward, settling into your own Beingness, you see that their words are simply their opinions. Thus we get the saying, "What you say about me tells me more about you, than it does about me." Once you know the other person's perspective, you can be more effective and more compassionate in your interactions with them.

This superpower comes from you being based in the deeper dimensionality within, in your own Shiva-ness. But first you have to get there. For this, you look inward for your sense of self. It is the exact opposite direction from your usual focus. Fortunately, Shaktipat makes it easier by awakening your Divine Essence to arise within.

At the simplest level, Matrika is the power of words. At the most profound level, Matrika is subtle and mysterious. She is the Divine Energy who is engaged in the ongoing action of birthing the universe. Her name is made up of matri-, meaning mother, and -ka, which means to make or do.

...iyam matrika vacyavacaka-shesha-vishva-hetutve'pi pashubhis tathatvena-parij-nyata mata.²

Matrika is the cause of the universe, which is made of whatever is expressed and whatever expresses. — Kshemaraja

It's fascinating how a crystal hanging in a window splinters the light into many colors. In the same way, Matrika shatters the One Divine Sound into a multiplicity of sounds. Each sound has its own quality, conjuring up an experience.

For example, gu-ru in Sanskrit names the "goo" you get stuck in and moves you toward upliftment. The "rrr" sound evokes movement, like when a child is playing with a toy truck. With these sounds placed in a different order, ru-gu names one who moves you into the goo, thus recognized as a bad influence on you. You need more gurus in your life, those who uplift you, instead of rugus. You need more uplifting thoughts instead of those that tear you down.

Your everyday words and thoughts have more impact on you than those used infrequently. You may be repeating mantra during your meditation, but if you leave it behind when you get up and go about your life, you have many more hours of "normal" thoughts in your day.

Most words and thoughts are fragmenting, using the tremendous power of Matrika to cut you down to size. Yoga gives you words that tap the power of Matrika to weave you back into the Consciousness that is your

¹ To receive the mantra from Gurudevi, attend one of her programs or request a mantra card at <https://svaroopaa.org/mantra-card>.

² ...iya.m maatrikaa vaacya-vaacakaa-"se.sa-vi"sva-hetutve 'pi pa"subhis tathaatvenaa-parij~naataa maataa. — K.semaraaja's commentary on Svachchandantra 10.1144ab

own Self. The enlivened mantra reverses the flow of Matrika, merging the scattered energies back into your own Shiva-ness.

Shiva is beyond OM. Shiva exists whether he is emanating this sound or not. Shiva exists whether the universe exists or not. His cosmic cycle alternates between manifesting the universe and inner absorption into his own Beingness.

The Vedas detail the timeline with one cycle being 100 years of Brahma's life; each of his days and nights last 1,000 yugas (ages). This equates to 311 trillion 40 billion years for the life span of the universe, which is followed by an equal time for Shiva to abide in blissful inner enfoldment.

Sahasra-yuga-paryantam ahar yad brahma.no vidu.h;
raatri.m yuga-sahasraantaa.m te 'ho-raatra-vido janaa.h.
— Bhagavadgita 8.17

The wise one knows that Brahma's day spans 1,000 yugas (ages) and his night is the same.

Our current universe is only halfway through the cycle at this time, at 155 trillion years. And there are sub-cycles within the cycles. Your understanding and experience of these cycles changes as you deepen inward. Instead of being caught in them, you are the one manifesting them, reveling in the constant change that is built into the cosmic order by Matrika.

In the same way, Matrika propels your mind into constant activity. You may have noticed the relentlessness of your mind. It wants to obsess on things. The energy propelling your mind comes from OM, meaning it is Shiva's power. However, with your mind in a limited condition, it stays focused on limited things, thus limiting its power to the mundane realm.

There are many ways to turn your mind's attention to greater things. Education helps, as does volunteer work and activism. Religion can do it if you are focused on God instead of merely asking for blessings to improve your life. Yet these pathways are still focused on outer things.

Yoga excels at expanding your mind by giving you an experience of the greater reality within, then explaining it. The explanation helps your puny little mind understand your experience, thus expanding your mind's condition and capacity. Mantra is your most powerful tool for this expansion, along with the journaling you do after meditation. Chanting also excels at supporting your inner process.

I had been doing yoga and meditating for several years before I realized that I didn't treat myself respectfully. When I wasn't meditating, my thoughts sounded like I was always angry with me. My inner voice had a tone on it. It made it hard for me to live with myself. If I had used that tone of voice on other people, they would have abandoned me quickly.

I realized that I had to take my mantra into life. I couldn't leave it on my meditation seat anymore. I needed to treat me better. This was precisely what my Baba said, "Honor and respect your own Self," which means outside and inside.

The good news is that mantra roots out the ways you use words to limit yourself. This includes transforming your conscious thoughts as well as the deeper patterns in your subconscious and unconscious. However, there is a trap that psychologically oriented seekers can fall into, getting caught up in the process of clearing your mind and emotions. The content and causes may be fascinating, especially if you can find someone to blame for them.

While clarity can be obtained by working from the outside inward, it is instantaneous when you experience your own Self. It is sustainable when you base yourself in your own Self, oh Shiva. This is the best use of mantra, to use the relentlessness of your mind to invoke the inner arising.

Your sense of self becomes based in the infinity of your own Divinity rather than others' opinions of you. Your powers of perception and expand, giving you insight and the ability to make a difference in the world. And you understand why I remind you to do more mantra.

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