

AMRITA - PANCHA AMRITA - CHERRY AMRITA  
SUBSTANCE-YOGA FOR BODY-POWER TRANSFORMATION  
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Food substances like milk, honey, sugar, water, fruits, or mixture of fruits with milk and honey, are generally regarded as Amrita, either because of its high nutrition value for growth, health, vitality and general well-being of mind and body, or because of its sweetness and cooling effects and clarity and pleasure-giving energies to the body and mind. It is considered even as heavenly food. But here we deal with the subject from the view point of integral yoga or rather as substance-yoga (Sat or San marga yoga) that would complete the character of integral yoga that has for its aim body-transformation also. From the view point of transformation also of body-cells, we may say that the body due to its grossness hardly responds to the effects of yoga disciplines like meditation, concentration, consecration of work, devotion and love for the Divine, yoga asanas, physical games and exercises etc. though it responds with radiation in the body to some extent by the chant of powerful mantra of Grace-Light ("Grace-Light Grace-Light; Supreme Compassion Grace-Light"), or by descent or ingression of the higher spiritual and supramental forces into the body, but for a momentary time only.

All the rounds of integral yoga which are mostly concerned with Cit Shakti do not help much for body-transformation, unless it is also linked up with Sat Shakti or Substance-Power and Substance-Bliss of the said items of food which can be made radiate and vibrate now with Amrita-Shakti as in the elixirious preparations of Amrita. This has been made now possible, for the supramental Harmony Power has settled in the Ashram since 1989 - see our last article dated 15-8-89.

All food and fruits do not give radiation or a ready radiation of their substance-power. But selective fruits and food substances give it out, if only they are charged by touch with due remembrance of the Divine Being of supramental Grace-Light (Arut Perum Jothi Andavar) or the divine Mother, especially in the daily hour of God ie. during the noon time meditation 11-45 to 12-15, or in the evening meditation 7-30 to 8 p.m, when the Supramental Power of the Ashram becomes

most dynamic so as to reach every home and every person for their effective use of the godly hour.

Food and fruits in general, when so touched at that time get charged with supramental power, but without radiation outwardly. But selective food and fruits give both. Power as such can be felt by touch of the charged fruit or amrita, but in the case of its radiation of that power one can feel it by seeing it or by simply bringing the finger-tips close to it but without touch. This kind of selective fruits and amrita makes an impact on body-cells, due to its radiation which helps directly for body-power transformation in oneself. Or by divine Grace, the Supramental Grace-Light (Cit Joti or Arul Joti) should bring with it the substance of Grace-Light (Sat Joti or Porul Joti) also into the body to transform it directly.

Though the Mother has given psychic, spiritual and supramental values and significances mostly to flowers, She has also dealt with some fruits - mango of Knowledge, Grapes of Ananda, Cherry of primitive succulence, and Pomegranate of Divine Love. Such fruits when charged and mixed in the godly hour they can be readily used for body-power transformation. However in our research findings, we have dealt with all kinds of fruits and also food substances like honey, milk, sugar etc which can broadly come under eight categories due to their different kinds of Supramental powers with or without radiation. They can be selected and mixed to make Amritas - Pancha Amrita or Cherry Amrita; both with power and radiation, if made and charged in the said hour of meditation. The pulp of a charged fruit or the Amrita itself is smeared on a white paper which then is touched to feel its power at its middle, sides, top corners and bottom corners, and is also seen to feel its radiation if any. On their comparative study, we get the following eight categories of fruits and food substances. The Supramental Heaven (Arul Veli) as in its three poises is regarded as five by Swami Kamalingam - Suddha Siva Jagrata, Swapna, Susupti, Turya and Turyateeta. But here the said fruits spread into the eight as follows:

- 1) Dates, Guava, Sugar cane, etc give the outward Supramental power of the Jygrata state - Sugar cane or its juice gives also radiation, if charged. This power agrees with the power of the Ashram as on 1st January every year.
- 2) Mango, banana (Then Vazhai), tomatoe, apple, orange, buttr fruit etc, give the integral harmony power of the Swapna state. It agrees with the Siddhi day darshan time power of the Ashram. Hot water and honey, if charged give the same power.
- 3) Seedless sweet grapes, milk etc give the All Round Harmony Power of Susupti, the mid state of Super Mind. It agrees with the 24th April darshan time power.
- 4) Sapota, pear and peach give the inward power of the Turya state.
- 5) Jack fruit, cardamom, cocoanut give the Supreme Equality, but additionally with radiation, if charged. But power as such cannot be felt by touch due its equality, though radiation may be felt by sight or by bringing finger-tips close to each of them. This is the Turyateeta State which includes Satcitananda and also the Supreme Reality with its Equality.
- 6) Ginger or dry sugared ginger (Ginger Murabha) gives a deep inward integral power of the Divine. Cocoanut-water and Pancha Amrita also give the same power but with radiation, if charged. Its power alone agrees with the birth day darshan time <sup>power</sup> of our Masters and of the Swami. Pancha Amrita is made by mixing Jack, mango, banana, milk and honey, according to the recipe of Swami Ramalingam for body-transformation (see "Then Paal Mukam Konda Devey "). In principle any one of the fifth kind may be mixed with any other fruit of the first to fourth kind to get Pancha Amrita effect. It may be taken as the integral state of the said five states, or of the Summit Supermind of the blissful Cit Sabha (see Anubhava Maalai stz 96).

The seventh and eighth kinds may be taken as the direct evolutionary power of the Supramental.

- 7) Papaya, lime, dry seedless grapes (kissmiss), Pomegranate, and ordinary boiled water as preserved hot in a thermos flask have this power. Water boiled so as to evaporate three-fifths of its content also gives this great power

with radiation and more so if charged. (This is a formula of Swami Ramalingam. It radiates even when it has become cool i.e. such water has divine Agni of radiation). Pomegranate if charged brings power with radiation. The Mother says it signifies divine love spreading over the world. With its innumerable pips the fruit is succulent, gives strength and life tirelessly." This power and radiation agree with the Siddhi state of Swami Ramalingam when he dematerialised his divinised body which was filled up with the Grace-Light of the summit Supermind, and that in the presence of the Supreme Divine who settled at his place ever since 30th January 1874 - evidently to make him enter into all the physical bodies especially in their close environment to begin with. This is also a part fulfilment of the Swami's declared object of entering into all the bodies. So supramental evolution has started with this great event, but it has remained unrecognised, due to the apparent disappearance of the Swami who is yet living concretely around all our bodies since 1874. The Swami or the Grace-Power enters into our body itself by intake of charged food and fruits and amritas.

- 8) Cherry or sugared dry cherry, purple red grapes (Pannir draksha), plums, zizyphus (a favourite fruit of the Swami) and pine apple give this evolutionary Supramental power - the last two of which give additionally a very intense radiation, and zizyphus gives the greatest intensity among the fruits.

Method and time of making Amrita and the Amrita-paper are as follows: For Pancha amrita each of its five ingredients is separately charged by touch for a minute in the said godly hour. Each shows now its respective power, but jack gives off radiation also. Then, the finely cut jack and pulp of mango and banana are mixed with honey and milk, and the final elixir is again charged by touch for a minute or two in the same hour. Now it gives a greater power with an intense radiation, agreeing with the power of the sixth kind. The Amrita is now smeared over a white paper or two. Amrita-paper also gives the same power and radiation as Pancha amrita itself. Pancha Amrita taken in weekly once over a period of two months gives its power and radiation to the body. It develops inward concentration. Touch of the body or its substances

like saliva blood, urin, secretions of sex glands etc. give this power with radiation. One may avoid other common food on the day of taking in amrita in order to observe its effects on body and mind. On other days daily food, fruits, drinks, water etc before their intake may be charged by touch / <sup>simultaneously with</sup> the mid part of the Pancha amrita-paper. Touch of its top corners brings inward concentration.

Likewise, cherry amrita is made by mixing cherry (or sugared cherry), purple red grapes, mango, banana, milk and honey. It is called cherry amrita after the Mother's self-identity with a cherry tree. Cherry amrita gives the greatest evolutionary Supramental power with intense radiation which is not felt in its separately charged constituents. Pine apple or zizyphus may be also added at one's option as it gives by itself the said power and radiation. Pomegranate of divine love also may be added to make it a more complete amrita. In principle any one fruit of the seventh or eighth kind may be mixed with any other fruit of the other kinds except the fifth of Supreme Equality, in order to get cherry Amrita effects. Amrita-papers may also be made in the same godly hour and be distributed to friends also who can use it for charging of their daily food. Touch of its bottom corners brings a deep inward concentration. Body and its substances absorb this power with radiation if cherry amrita is taken in weekly once over a period of time. But ~~first~~ first begin with Pancha amrita, then go to the cherry amrita. The body is likely to be possessed by a Supreme equality for a day or two, after the periodical intake of either of the amritas.

A cup of milk boiled with the powder of a cardamom capsule gives the simplest amrita and has pancha-amrita effects. If to its warm content, honey or mashed kismiss is added, it gives cherry amrita effects. As a general advice, any sweet, viscid, ripe and healthy-looking fresh fruit (or its pulp) may be mixed with milk and honey and duly charged.

The Swami insists on Vegetarian food for body-transformation. We find that proteins like pulses and gram dals give outward power mainly of Cit Shakti of Grace-Light (APJ). Carbohydrates like cereals give more of the inward power of SAI substances. Sugar cane or its juice, honey and sugar

give more of the dynamism and energy of Ananda of Sat substance. Fats, butter and edible oils give the Supreme Equality of Absolute Truth (ABT). Milk as such gives All Round Harmony. They can be determined with respect to the spiritual magnets of APJ, SAT and ABT.

Masur dal (lentil) among pulses, rice and especially par-boiled rice among cereals, sun-flower oil among edible oils, (Mother speaks of Body consciousness undergoing Supramental transformation by radiation of even the Sunflower), jack, pine apple, sugar cane (or its juice), Pomegranate, zizyphus among fruits, cocoonut and its water among the nuts, cardamom among spices, curry leaves and tea leaves among leafy things (or its respective decoction with milk and sugar), spring water or water preserved hot in a thermos flask - these give off their power readily with radiation when charged in the aforesaid manner and time or by touch of it along with the Mother's Superman consciousness (s.c.) picture of 5-7-69 at other times. These items of food may be taken daily to get power and radiation in the body, for e.g., rice pongal may be prepared by cooking par-boiled rice with masur dal and a little salt, and finally adding cumin and pepper fried in sun-flower oil.

The Supramental Harmony Power of Grace-Light has settled in the Ashram since 1989, and has brought with it the Presence and Collaboration of Swami Ramalingam with the Mother and Sri Aurobindo (see our last article on 15-8-1989). As a result, some of the long-time old sadhaks have received a new power now in their body which agrees with the power of the Mother's body as in her s.c. picture. So too sadhaks of a younger generation who have for some period taken in daily food after duly charging it by touch with Her S.C. picture have also received such a power in their body. This is assuring, but if greater substance-power for body-power transformation is needed one has to take in the said charged fruits and food or Pancha amrita and cherry amrita. It also helps even to prolong the life. By a divine sanction and experience, Swami Ramalingam advises even a bhoga of such fruit (ie. to get also its substance-bliss) as a secret method for body-transformation (Refer his song " Thani Thunaiyay ..). In fact, it is a meditative bhoga or yoga cum bhoga in which Cit Shakti and Sat Shakti of substance-power and substance-bliss of the charged fruit like

mango or banana combine and as a result it gives nutrition and energy, removes tiredness, avoids or overcomes sleep which is a process of the Inconscient, brings the feel of love or compassion, besides bringing clarity to mind and body. It helps to store the power with radiation to transform the body-power into Grace-power. Hence Swami Ramalingam calls his integral yoga suddha samarasa satya san (or Sat) Marga.

He points out another basic underlying secret truth of an undeniable and unavoidable fact that the physical body is intimately and imperceptibly connected with a) inward Ajna centre b) outward sex centre and its organ c) and right hand with its free swing of movement. To bring the transforming Grace-Light or its Grace-power into the body also, one shall take to Substance-Yoga, or at the least resort to meditative walking indoors in the godly hour of meditation, when Ajna gets inward-concentrated and sex centre outwardly. To bring the psychic body into the frontal body for transformation, as the Swami puts it - Aga Vadivu Ingu Anaga Vadivu Aaagi Pon Pudai - meditative walking helps. Otherwise, meditation in sitting posture alone gives inward drive of Ajna consciousness only. Greater effects of the meditative walking are got if the right hand is given a free swinging movement. This bring Grace into life, mind and body - Valathu Bujam Aada Nam Paal Vanthathu Arul Vazhvu. Preferably one may keep a ripe and sweet, viscid fruit like mango, papaya, banana or zizyphus in that hand for 3 to 5 minutes, to get it also charged. Still greater effects in body power transformation arise, if one also applies to the daily cleaned sex organ the pulp of the said charged fruit or the amrita or even a simple amrita of honey-mixed milk or otherwise keep it wet with it for absorption of its essence inwards and upwards into the system and the head by such walking. Because of the divine presence and Grace Shakti in the organ, such pulp would show a greater Grace-power than when it was charged. (Idai Aagiya Shakti Ennum Arul Aagiya Anma Eyarkaiyal Degam Neediththu Kollvathu). After an hour the organ shall be washed clean.

Such practices help to get Grace-power into the body directly or the Grace-Light would bring with it its substance also for transformation. There are several stages of progressive build-up of Grace-power in the body. 1) At first continu-

ous radiation of sex organ day and night may be felt. This is to be distinguished from its occasional reflex action which is commonly known. A strong reflex action of organ may also arise due to descent or ingression of Supramental force, as mentioned by Sri Aurobindo in the experience of "Kamananda" as in his early years 1912-14. See Archive research issues. This is not to be mistaken for a play of Kama or lust. But Substance-Yoga prevents or protects from the rigour of descent of force 2) Then as substance-yoga and the said secret methods are followed, radiation arises also in other centres, but one centre only at a time - in the heart, then in Ajna and then in top head. This kind of radiation is connected with the heavenly divine Dance, Por Satha Natam of the heart and Cit Sabha Natam of the head. The body gets progressively adjusted and adapted over a period to such new ingression of Grace-power. Sometimes palpitation of heart may be felt for some days till body gets adapted to it. 3) When radiation has occurred in the top head centre, it is followed by a new and welcome experience. The whole body, head to foot and all chakras throb with radiation of the great Grace-power. It may continue for day and night even for a fortnight.

Next, it is followed by 4) an altogether unexpected experience of the Supreme Equality or Equanimity possessing the whole body and all its Chakras, and now no radiation is felt outwardly in the whole body. 5) At a later stage no radiation is felt even in the inner substances of the body, urin, blood secretions of sex glands etc. But Grace-power is inherently present still in that Equanimity of the body and one can feel it only by a comparison i.e. by seeing fellow sadhaks or by seeing charged substances and fruits of different categories of power. There is a progressive build-up of Grace-power and deepening of the Equanimity. 6) Both Equanimity and Grace-power coexist, as one supporting the other. Soul-poise also emerges. But the body shows greater power than the S.C. picture of the Mother. The way for body-power transformation which underlies its eventual transformation in substance is now assured. This is altogether a new method of Supramental evolution, worked out from the grass-root level of physicality of the body.