

A surreal landscape featuring a long, dark bridge with a series of arches extending across a body of water. Several large, multi-masted sailing ships with white sails are positioned on the water, appearing to be part of the bridge's structure. The sky is a deep blue with large, billowing white clouds. The overall scene is illuminated by a soft, golden light, suggesting a sunset or sunrise.

The Void - Bhavasagara

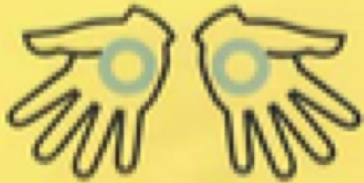
Crossing the ocean of illusion with the Guru tatva

What does it mean to
be your own master?





In Hands



In Feet



Centre of our Self Mastery

- The Void, or 'Bhavasagara', is located within our abdominal cavity and is the center of our **self mastery**.
- It contains the Nabhi Chakra in its center, while the Swadisthan Chakra **rotates around it** thus creating its circumference.
- As the Nabhi Chakra governs our sense of satisfaction, and the Swadisthana Chakra controls our attention, the **gap** between them represents how far our attention is from the truth of our existence.
- When the Kundalini fills the Void and rises, our attention is **led out of the confusion and Maya and into the awareness of that higher reality**.

Left and right aspect

- Left Void: to discern right from wrong
 - Vibratory Awareness
 - 'gut feeling' – decisiveness
 - We can guide our own growth
-
- Right elates to our sense of Dharma, or righteous conduct. Dharma means that you live and act in favour of sustenance

and preservation i.e. in a way that is benevolent for you and everyone around you.





Guru Tatwa

- Gu = ignorance. Ru = dispeller. Hence a Guru should be able to bring about the removal of spiritual ignorance and illusion, which engulfs the human condition.
- Discipline, patience
- Detachment and Balance
- Attention, decisiveness
- The biggest Guru we have is that of LOVE



“The Guru is like the boat who takes his disciples and crosses with love and with proper direction.”

The 10 Ādi Gurus (Primordial Masters)



Shri Abraham

*Forefather of the 12 tribes of Israel.
Israel. c.2000 BCE*



Shri Moses

*Founder of Jewish law.
Egypt. c. 1250 BCE*



Shri Zarathustra

*Instituted Monotheism and fire worship.
Persia. c. 1800 BCE*



Shri Rāja Janaka

*King of Mithila and Father of Shri Sītā.
India. c.8000 BCE*



Shri Confucius

*Taught ethics and compiled I Chin
China. b.549 BCE*



Shri Guru Nanak

*Founder of the Sikhs.
India. b.1469 CE*



Shri Lao-Tsu

*Author of Tao Te Ching
China. b. 604 BCE*



Shri Shirdi Sāi Bābā

*Prophesied Shri Mataji's birth.
India. c.1840-1918 CE*



Shri Mohammed

*Founder of Islam.
Arabia. d.632 CE*



Shri Socrates

*Founder of Greek philosophy.
Greece. b. 431 BCE*

The 10 Masters

- Came on the earth to teach us how to balance us
- 'they came to inform us that if we cross too much to the left side or too much to the right side, then you will be falling in your sustenance, in your quality as a human being. As a human being, you have to have a sustenance, and this is the center that gradually unfolds the sustenance from animal to higher animals, to human stage, where a person starts realizing that these sustenances exist within us. That's how all our laws have come.

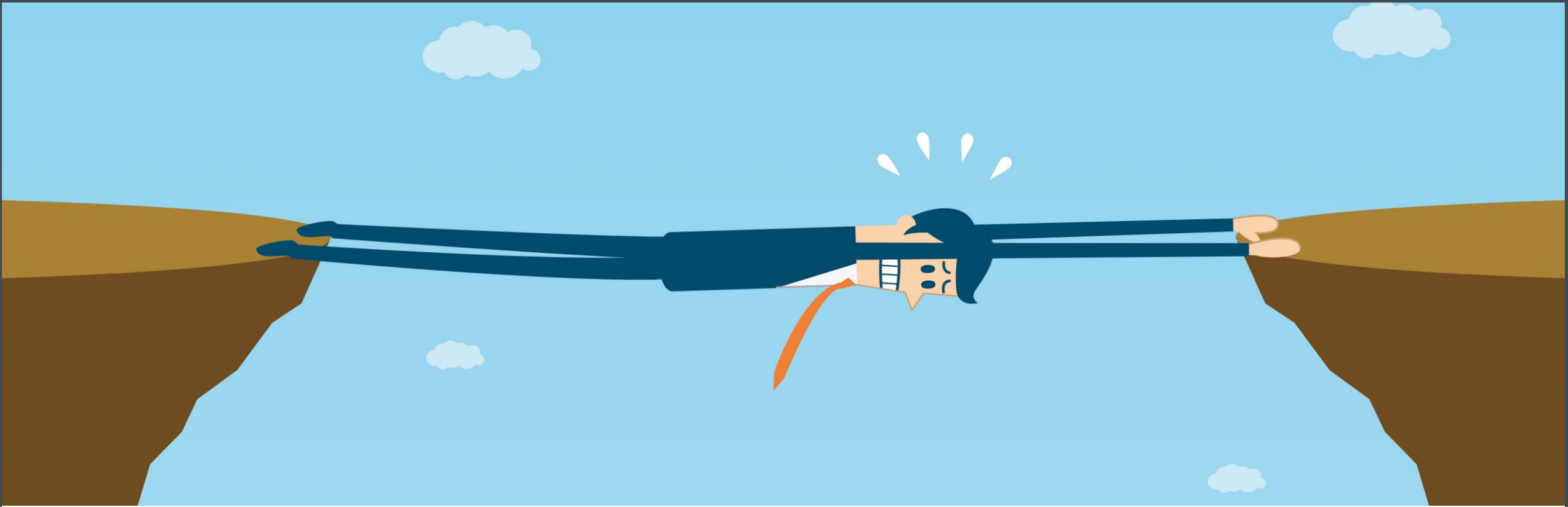
Shri Mataji – ‘You are your own Master’

<https://www.youtube.com/watch?v=Ay2XYQQwGxw&list=PL252870B3BDC19DD4>



How to open the Void

- Tips for improving your Void chakra:
 - - Believe in yourself! You **can** become your own master. Its' all built in within you.
 - - Avoid all forms of fanaticism and extreme behaviour, including your views on world religions. Balance and moderation are key!
 - - Remember that there is more to life than material things.
 - - Try to avoid substances that mess with your awareness (alcohol, drugs). They affect our ability to discern what is right for us, and what might be wrong for us.



This week.. Guru Challenge!

Self assessment..