

Message 510 - To Flow is to Flower

London, 1st Jan 2025

In response to message 509 , Kriyabans from around the world sent their *swadhyay* reflections via email to Swadhyay.message.feedback@gmail.com. It was a joy to read them and be one with the fire of the guru process happening in them.

The intensity and simplicity of one such response from Joydeep is the matter of the first message of the new year. It encapsulates an essence of Kriya Yoga teachings i.e. Life is to be and to flow in 'What Is', and to flower in joyful existence.

" I had the opportunity of visiting the World Peace Memorial at Hiroshima and during the visit I glimpsed the relics of ravage and destruction that humans could create. While I went through shocks and shudders seeing the depth of the plight people went through, a small narration that I heard about hope and continuity of life sincerely touched me.

The heat generated by the atomic explosion on 6 Aug 1945 went to some 100,000 degrees centigrade and scorched everything in the process including the earth. Human hope and aspiration to assemble back after the ravage was all gone and people were meant to suffer for generations. This was a huge load on life per se and the people who lived to retell the plight. Nothing moved, vegetation gone, hunger, disease and the ugly face of slaughter, of hope, was what people carried as the aftermath.

Came spring in early 1946 and that black scorched earth saw green blades of grass taking shoot, and the black earth slowly turned green. This incident, orchestrated by nature, was so powerful that broken hope healed, and life moved on. The pain remained but life found a flow again and the people back then gathered themselves to rebuild from the destruction. Acceptance of 'what is' is a blessing and when we accept 'what is', we move, and we flow with life divine.

I wept and I wept some more as I realized how life continues irrespective and flows naturally, and how flowing is flowering finally. It is nature which lifted the spirit through silence but with deep action and with all glory said what was most important - let's flow and let's flower. And people moved beyond despair to lift their spirits.

The last message of our beloved spiritual father Shibendu Lahiri came on 5 September with the message number 508. And there was silence, post that. A deathly silence. The clock kept ticking while we moved between our daily tasks and when there was some space for contemplation the eyes moistened naturally, missing the love of my life.

Like a blade of grass from the scorched earth came message number 509 and again the eye moistened seeing hope and continuity and how life keeps flowing, from body to body and from moment to moment.

The contemplation of the son, the deep analysis of death, the understanding of sorrow and loss has been so relevant at this point that it reminded me of that sacred 'blade of grass' which I carry in my heart since the day I learnt of it when I visited Hiroshima.

I look forward to this flow, I look forward to the guru process that stays with me as I flow.

Jai Lahiri Lore, Jai Guru Process"

**Jai Flowing
Jai Flowering**

Blessings, Best Wishes and a very happy new year!