

Letter to Editor

Yoga Sastra Sangamam-2022 in Kanyakumari and Tribute to 'Mahamanav Pita': An experience of respect of Nepali Guru in India

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Dear Editor,

In this February-2022, I happened to be a delegate of a three days conference on Yoga sastra sangamam in Kanyakumari, a beautiful place where three Oceans (Bay of Bengal, Indian Ocean and Arabian ocean) meets. It is the south end of India. I was surprised to see two other participants from Nepal. So I was keen to hear the presentation from them. One was from a renowned Prof. Kshitiz Upadhyay Dhungel from Department of Physiology, Janaki medical College, Janakpurdham Nepal. I know him not only as a physiologist but one of the prominent researcher in yoga especially Pranayama. I have attended his few session of Yoga Nidra and meditation.

I came to know about his new Avatar as a Basistha (Rishi: sages of Sanantan Dharma, who was also a guru of Dasratha).

Professor Upadhyay-Dhungel introduced himself with this name given to him by his Guru 'Mahamanv-Pita'.

I was surprised to know the in-depth knowledge of Professor Upadhyay-Dhungel about Yoga-sutra and his way of blending western approach of modern physiology, psychology with the eastern Philosophy.

He talked about how a child (soul: Jivatma) start learning from the 'prakriti': the nature, how continuous interaction leads to generation of Buddhi: the intellect and how ego develops. From his pictorial model of concept of Mind he explains about memory, Klesha and Sanskara. How sanskara and Klesha of past life also blends with the nature and ego of Jivatma.

He concluded by saying: the twenty-first century world from old eastern philosophical literature demands the concept of mind, how it works. So he tried to explain the model of mind and consciousness in 'chitta-vritti state' and its implication in psychology, education and modern problems and counselling.

Similarly, in one of the evening session the organizing secretary paid a Tribute and Respect to 'MahaManav Pita': Guru of Prof. Kshitiz Upadhyay Dhungel. I was very much surprised how this intellectual south indian

people are paying respect and tribute to Mahamanav Pita. The organizing secretary Prof. Padmanavam stood up from his seat and asked him to be seated and asked for blessing. The Mahamanav-Pita seems to be a simple down to earth -humble guy. But the intellectual circle of a conference organized by Mahatma Gandhi University-Kotyam and Vivekandanda Kendra is respecting him. There must be something- I thought.

I was even shocked and surprised that Prof. Kshitiz Upadhyay Dhungel, great researcher and Philosopher and academician was prostrating him (Mahamanav) before he starts his paper presentation on second day of the three-days conference. He Literary uttered 'Puja Anakar Ananta Nirakar Niranjana Shiva Jyoti Mahamanav Pita' and get down on feet of the Mahamanav and took blessing. They literally respects is embodiment of Shiva himself said Prof. Upadhyay. He explains how his Guru Mahamanav Pita has shown his disciple the process of Shrishti- creation of Universe. He has capacity to create a human form of any bygone. Many has seen their fore-fathers in bank of Koshi River after some rituals. Prof. Upadhyay told that he is in research of such phenomenon in Nepal.

Mahamanav pita on his speech talked about soul. He said soul is a very-subtle thing that Shiva has created. If we try to compare its size in his simple descent form he said that if we divide the thickness of hair into thousands parts, we can call it 'thou': his own units. If we divide one thou into thousands parts, that gives the size of soul in human body. It is that much subtler.

I requested some more information about atma or Soul from from Prof. Upadhyay-Dhungel or from his Guru. They said that they will be writing article on it very soon.

Hoping for it.

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