



# GKS MAGAZINE

**December  
2025**

**Sai Ram, dear friends,**

November was a month filled with travel, stories, and impressions that are still gently echoing within us. This year, our annual trip to India was preceded by our participation in the World Tribal Alliance - an experience that touched us so deeply that we still find ourselves speaking about it, moved each time we revisit the images.

And before you know it, you're standing with both feet back in December... surrounded by Christmas songs, lights, glitter, and—yes—the first winter chills kindly yet firmly reminding you that you are no longer in India.

A few days later than usual, we admit.  
We wish you joyful and inspiring reading!

~ With Love,  
**Kannaiah & Carla** ❤️



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## Calendar December



🕉️ **Monday, 1 december**

Rudrābhiśekam – 07:30 PM

🕉️ **Monday, 8 december**

Rudrābhiśekam – 07:30 PM

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Rudrābhiśekam – 07:30 PM

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🎄 **Friday, 26 december Boxing day** 🌟

🕒 **Wednesday, 31 december New Year's Eve**



## To Strengthen the Connection with Ourselves

To strengthen the connection with ourselves, it is essential to bring our awareness back to ourselves..

### Exercise:

You can use certain questions to observe yourself more clearly — and in doing so, become more present:

- 🌸 How do I perceive my body? Am I connected to my breathing?
- 🌸 When I focus quietly on myself, without distraction — what feelings do I notice in that moment, without steering them in any particular direction through my thoughts?
- 🌸 What deeper feelings lie behind my decisions?
- 🌸 What gives me inner fulfillment? What brings me joy?

From this self-awareness and presence, more stability and strength will naturally arise in your life.

Making decisions will become much easier, because you will sense precisely what feels right for you in each moment.

~ Christina von Dreien



## Christmas as a Reminder of Our Inner Light

Many people ask: “*What is realization?*” It often sounds like something grand, distant, almost unreachable. But as Mohanji says: “*Realization is nothing exotic. It is not something to be searched for outside yourself, or something to be achieved after years of striving. It is simply the recognition of what you already are: pure consciousness.*”

He puts it this way: “*The whole universe is me – inside and outside. When this awareness dawns, you begin to see the play of Shakti.*”

**Shakti** is energy, moving energy. Why do we worship Shakti? Because moving energy takes different shapes, brings different effects, and supports different levels of awakening. Behind it stands the still energy of **Shiva** – the soul energy – quiet, unmoving, simply energizing Shakti.

This awareness makes it clear that realization is not complicated. We often identify with roles – parent, child, partner, employee, leader – but all of these identities come and go. Beneath them is something that never changes. That is what realization is truly about. As Mohanji says: “*Fellow, you don’t have to go anywhere. You are already That.*”

### **Frequency and Tuning In**

Imagine a radio. The signal is always present, but if you don’t tune it properly, all you hear is noise. Realization is not about finding a new station, but about tuning in to what has always been there. It is the discovery of the silence beneath the noise – and realizing that silence is not empty, but full of life.

Mohanji often reminds us:

“*Do not complicate life. The core of you is already free. All you need is awareness, not analysis.*”



### **Christmas and the Birth of Light**

At Christmas we celebrate the birth of Jesus. This is a beautiful historical moment, but also a timeless invitation. The birth of Jesus symbolizes the birth of Light within ourselves. Each time you turn inward, each time you choose love over fear, that Light is born again.

Jesus said: *"I and the Father are one."* This is not complicated theology, but the simplicity of realization: he recognized his unity with the Source. And his message was never: *"I am the only one."* Rather, it was: *"Look, this is possible for you too."*

### **Christmas without the Sugar Coating**

We all know the images: Christmas trees, crowded shopping streets, music starting in November and never ending. There is nothing wrong with that, but perhaps the real wonder of Christmas is something quieter. It is making space within yourself for the child that symbolizes pure consciousness. It is realizing that there is always a manger in your heart where Light can be born

### **An Invitation**

Realization is not a great accomplishment but a homecoming. Christmas is a reminder that we are all carriers of Light, no matter how ordinary or broken our lives may sometimes feel.

So as you read this, I invite you to pause for a moment. Maybe you light a candle. Maybe you smile. And maybe you discover that nothing new has to be created. Only the recognition: you already are that Light.







## The Story of the Restless Mind

Once upon a time, there was a man — let's call him Thomas.  
Thomas believed he had to *control* his mind.

He had read somewhere that “mind control” was the secret to success and inner peace.  
So he tried to stop his thoughts, suppress his emotions, and replace every negative thought with a positive one.

But the harder he tried to control his mind, the louder it became.  
His thoughts jumped from one branch to another like monkeys in a tree — *the monkey mind*.  
And the more he shouted “Silence!”, the more noise they made.

Until one day, he heard someone say:

“You can't control the mind. You can only watch it.”  
That sounded strange.  
How can you change something by simply watching it?

### The Nature of the Mind

The mind is not your enemy.  
It's more like a mirror — a projector — showing what's stored inside of you.

Every experience, every impression, every image you've ever taken in is stored as a mark within.

Some memories are light and pleasant, but most of us also carry heavy ones — disappointments, fears, shame, losses.

When a situation in the present resembles something from the past, that old imprint wakes up — and the mind projects that feeling again.  
That's why we can feel scared by something small, angry for no clear reason, or hurt by an innocent word.

So the mind itself isn't the problem.  
It simply reflects what's inside.  
That's why mind control is a myth — you can't steer the mind without first seeing what drives it.



### **Watching Instead of Controlling**

Think of a small child having a tantrum.

At first, you try to calm or correct the child.

But after a while, you realize it doesn't help to yell back.

So you just sit there and watch.

You say nothing. You do nothing.

After some time, the child senses there's no resistance anymore — and starts to calm down.

The energy of your silent, patient attention changes the whole situation.

The same happens with the mind.

When you stop trying to change it, and instead witness what it's doing — the fears, the judgments, the desires — something beautiful begins to happen.

The mind "notices" that there's no fight anymore, and it starts to relax on its own.

### **Becoming the Inner Witness**

Many people think that being a witness means observing the world outside.

But the real practice is *inner witnessing*:

seeing how your own mind reacts to situations.

When someone cheats on you, lies about you, or breaks your trust — those are the hardest moments to stay as a witness.

Yet that's exactly where the power lies.

You see what's happening inside you without immediately acting or reacting.

It doesn't mean becoming passive or letting people walk over you.

It means choosing not to react automatically.

You notice anger rising, pain stirring, thoughts shouting "I'll get back at them!" — and you quietly say inside:

"Ah, this is what my mind is showing me right now. Interesting."

Then you breathe.

And you keep watching.



## The Path from Desire to Stillness

The ancient yogi Patanjali described the evolution of the mind in stages.

First, there's **desire** — you want something, say, a cup of coffee.  
You get it, and for a while the mind is peaceful.  
Then the desire returns.

But at some point, you say:

“I’d like some coffee, but if there’s none, that’s fine too.”

The peace lasts longer, because you’re no longer dependent on fulfillment.

Later, the desire itself fades away.  
You don’t even think about coffee — or whatever once drove you.  
The thought disappears, and with it, a piece of the mind dissolves.

Thoughts are the pillars that hold the mind together.  
When they fall away, the structure collapses by itself.

What remains is silence.  
Not a silence you *create*,  
but the silence that was always there.

## The Myth of Control

Mind control is a misunderstanding.  
We don’t need to suppress, tame, or command the mind.  
We only need to see.

See that thoughts come and go.  
That emotions rise and fade.  
That everything we call “me” is really a flow of impressions — constantly moving.

And in that simple seeing, something shifts.  
The mind loses its power.  
Not because we conquered it,  
but because we saw *through* it.



## The Silent Witness

When the mind becomes quiet, it doesn't mean thoughts never appear again. It means you no longer get *lost* in them.

You can laugh at the comedy of your own mind, cry at its drama, and still know:

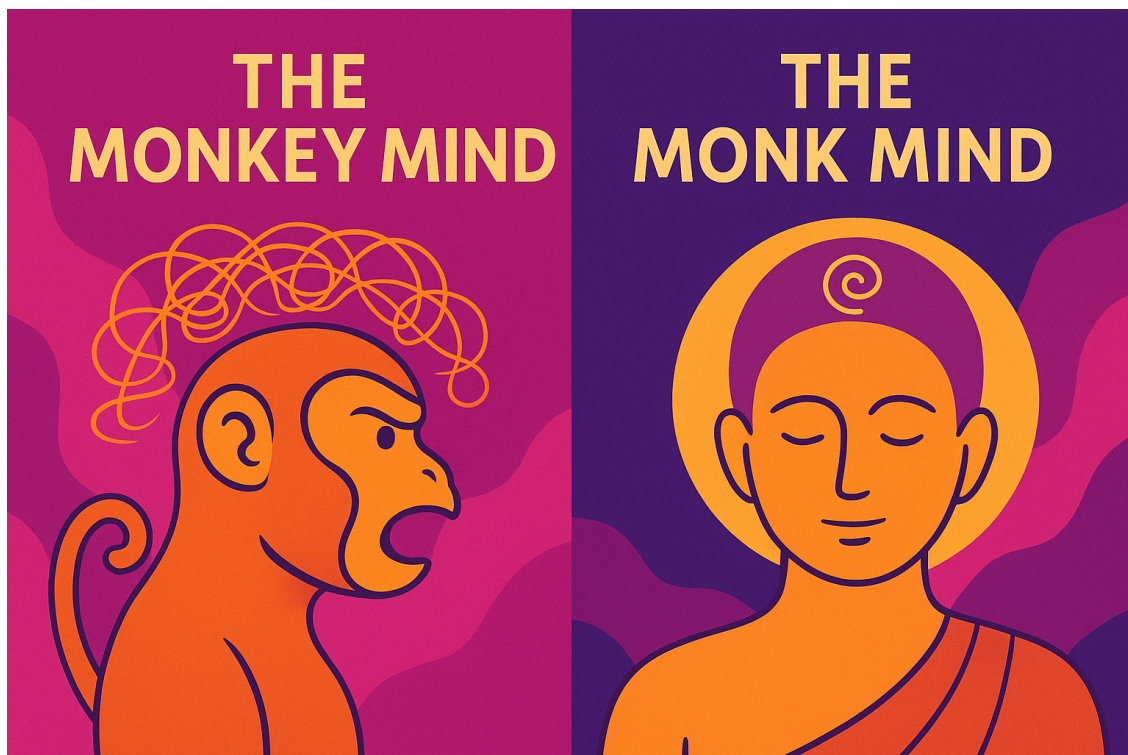
“This is not me. This is simply what arises within me.”

From that awareness comes true freedom —  
a freedom not based on control,  
but on understanding.

Because real peace never comes from the outside —  
it comes from within.  
From the gentle, loving act of simply watching what is.

And then, naturally,  
the monkey mind grows still.

~ Inspired by Mohanji's talk, Oct 12





## ✧ The Human Behind the Monk

### ***A Christmas message of simplicity and inner peace***

There is something deeply disarming about the Dalai Lama.

Even in his stories of pain, there is always a smile — not one of distance, but of understanding.

When he was a child, he once received — as he tells it — a strike from what they called “the holy whip.”

“But,” he added with twinkling eyes, “the pain was not holy.”

That is how he describes himself: playful, honest, and without any sacred pretense. For His Holiness, spirituality is not an escape from life, but an ongoing practice *within* life itself.

He laughs often, yet his words reach deep.

Breathe in.

Stay.

Breathe out.

That’s how simply it begins.

The breath is the gateway to silence — even when the world is loud.

When we are faced with difficulties, he says, it helps to look at them from a wider perspective.

Then we discover that there is always a seed of hope.

As a young man, he lost his country, his home, his freedom.

“But,” he says, “no one could take away my inner freedom.”

The mind is like water.

When emotions arise — fear, anger, sorrow — the water becomes muddy.

But when we stop stirring, it clears.

That is meditation in its simplest form:

not fighting your thoughts,

but watching what moves.





The Dalai Lama often says with a smile,  
“When I get angry, I lose my best teacher.”  
And that is true for all of us.  
Each time we are swept up in the storm of emotions,  
we lose sight of what is real.

But when we pause — breathe — observe — space appears.  
And within that space lives something precious: insight.  
From insight grows peace.

Peace is not a still pond;  
it is flowing water that stays clear,  
even when the world ripples.

When we learn to breathe with awareness,  
to feel instead of judge,  
to see instead of react —  
the mind begins to soften on its own.

And if you look closely, you’ll see:  
even the Dalai Lama,  
with all his wisdom,  
is also a human being who laughs, learns,  
and sometimes feels pain —  
holy or not.



**“Peace does not come from prayer alone.  
It comes when we calm the storm within.”**

*~ His Holiness the 14th Dalai Lama*





**Sometimes a film doesn't take you farther from home, but brings you closer to your origin.**

## **Film Suggestions for the Holiday Season:**

### **"ORIGEN"**

Sometimes a film doesn't speak to our mind, but directly to our heart. ORIGEN is one of those films. No linear storyline, no fixed answers - just an invitation to feel.

Where do we come from? What is our origin, our source? And where does the journey of the soul ultimately lead?

The film moves between nature and cosmos, between breath and silence, between the smallest detail and the vast whole. Images and sounds turn into poetry, and slowly you are carried into an experience that you don't so much understand, but **recognize**.

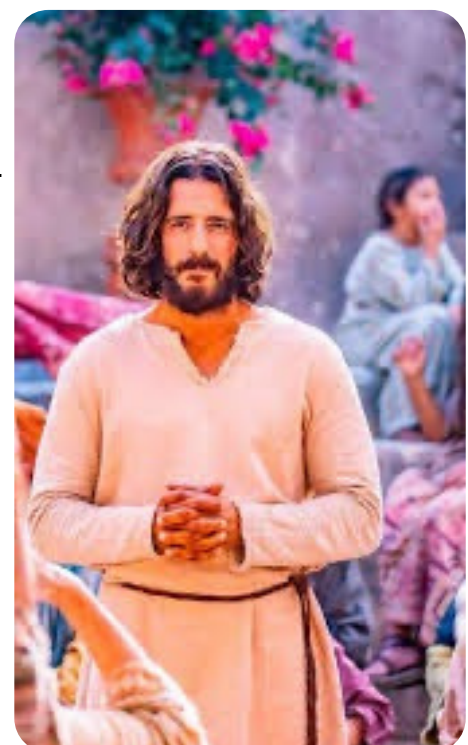
Perhaps that is the deeper power of ORIGEN: it reminds us that we are never separate.

That our daily life, with all its noise and patterns, is held by a quiet origin.

An origin that is always present - *within* us, as us.

### **"THE CHOSEN"**

A popular and groundbreaking American TV series about the life of Jesus, told through the eyes of the people who knew Him - such as Peter, Mary Magdalene, and Matthew. The series, which has reached over 250 million viewers worldwide, is a historical drama that blends fictional storylines with the original Gospels. It is available for streaming on NPO Start and NPO Plus in the Netherlands, and can also be seen in cinemas.





## Unburden Yourself – Be Empty

The end of the year invites us to pause — and to let go.  
Not only of what surrounds us, but of what we carry within.

Mohanji says:

“The world is like a supermarket — there are countless things on the shelves, but you only take what you need. Yet from society, parents, books and experiences, we have collected so many impressions and stored them all inside. And it’s this that makes us heavy.”

Through our senses — what we see, hear, taste, touch and think — we constantly take in impressions. Some inspire us, others weigh us down. Slowly, our inner space fills with thoughts, emotions, and memories, until there’s no lightness left.

It’s time to clear the shelves.

To say: “I don’t need this anymore.”

Just as you clear out a cupboard or a drawer to make space, you can do the same in your heart.

Mohanji’s guided meditation The Power of Purity supports this process — simple yet profound. It helps us forgive, release and reconcile, allowing the heart to feel light again.

<https://youtu.be/5KVX-T7bKWw?si=3Nc3H0fvOo688TgI>

As Mohanji reminds us:

“Only when you lighten yourself, can you brighten yourself.”

Emptiness is not a loss — it’s the beginning of freedom.

Let December be the month in which you make room for what is truly light —  
so the new year can breathe through you.

**You can't fill a cup  
that's already full.**



**“Keep your inner space empty!”**

~ Mohanji



## World Tribal Alliance

### Introduction

After our participation in Origins - the remarkable gathering of the World Tribal Alliance in !Khwa ttu, South Africa - we received an intense and deeply personal testimony from **Koen van Velzen**. It is a story of encounter, healing, ceremony, and profound connection between peoples and worlds. Below you will find his account.

### A Powerful Impulse Given to the World

By Koen van Velzen



### A Gathering of Tribal Elders from Across the World

In early November 2025, a meeting was held in South Africa with thirteen Tribal Elders from around the world, an initiative of Mohanji. A small group of seven Dutch participants had the opportunity to be present (Dolf, Ideke, Parvati, Kannaiah, Carla, Karin, and Koen). Two years earlier, Mohanji had initiated the World Tribal Alliance, with the vision of uniting the traditional tribal leaders of the world in order to preserve their knowledge and their living environments.

In Cape Town, Elders gathered from Peru, Brazil, South Africa, New Zealand, Norway, Hawaii, Colombia, and the United States. A colourful group that, quite strikingly, bonded with each other almost immediately. They shared many similarities - in their rituals, in their relationship with nature and the four elements, in their vision of Mother Earth, but also in the pain of oppression and the systematic destruction of their cultures.



### **Hope, Strength, and Connection**

This gathering, however, approached everything from a different perspective: the side of hope and renewal. These Elders carry immense power and wisdom, and that is unmistakably felt when you are close to them. Add to that their wonderful sense of humour and their warmth, and you can imagine why we spent days walking around with broad smiles on our faces.

But the gathering had a clear purpose: that all of us - the Tribal Elders and the visitors from around the world - would work together to lighten the heaviness of several energetic hotspots. To ignite a new inflow of light. Four locations were chosen: the southernmost tip of the Cape Peninsula below Cape Town, the prisons of Robben Island, and on the final day, Table Mountain and the Castle of Good Hope.

### **The Southern Cape: Song, Water, and a Primal Cleansing**

Each day began quietly, and it often appeared as though not much was happening beyond camaraderie and speeches. But as the day progressed, the energy built and expanded enormously, and we could clearly feel the great cleansing taking place.

The beach at the southern Cape was a beautiful, windy place, overlooking the meeting point of the Atlantic and Indian Oceans. The Elders sang their songs, poured out sacred water, and we felt emotions being washed clean. The singing of Elder Awhitia from Aotearoa (New Zealand) pierced straight through me - a lamenting call for healing.

### **Robben Island: Heaviness, Healing, and Liberation**

The second day began almost like a pleasure cruise on the ferry, with high spirits. But as soon as we approached the island, passing the guard towers, we felt the weight of oppression left behind by the apartheid era. There was still much work to do here.

We were taken to a shell beach where the large Peruvian shells were blown like horns, answered by the deep tones of South African kudu horns. The Elders formed a circle and sang. Slowly, with all the singing and joy, a great heaviness dissolved. We felt it clearly during the bus ride back to the ferry. We later toured the prison, but the sharp edge of pain had softened. The people could breathe again. Whales swam ahead of us on our return journey.





### **Table Mountain: A Powerful Energetic Breakthrough**

The third day began before sunrise. With the cable car we floated up the mountain, filled with wonder as the city lay below us. Once at the top, we walked in silence through the darkness to a lookout point and began the prayers. Each Elder offered their own song into the dawn twilight. Mohanji climbed to a higher ridge and extended his hands for a long time over the African continent. We felt that something enormous was taking place - I constantly felt as though I might collapse. The mountain surged and trembled beneath my feet.

A day earlier, Mohanji had told me that he did not enjoy going to such heavy places. I didn't understand: isn't this precisely why Avatars and great Masters come to Earth - to bring light into darkness?

Later we understood better what he meant. Mohanji became seriously ill afterwards, because he had dissolved a massive accumulation of heaviness. You cannot simply brush aside such energy - it rebounds instantly, like a mass of black tar. It required immense effort, and such work naturally invites resistance. All this human karma must be worked through, and these Masters use their physical bodies to absorb the impact.

The Elders sang again, the horns echoed across the city, many meditated, and slowly the sun rose - and with the sun, light began to flow across the city beneath us. The mountain continued to ripple and shake under my feet long afterward.

When the first tourists began arriving, our group descended. It was a great exception that we had been allowed on the mountain at sunrise - permission granted personally by the minister. The Ministry of Traditional Affairs had even requested the cleansing of several places. In the cable car, the operator asked me for my photos; he had never seen a sunrise from the mountain himself.



### **Castle of Good Hope: The Voice of the Divine Feminine**

The final stop before the closing was the Castle of Good Hope - more a fort than a castle. The heaviness was palpable, and a torture chamber was even part of the tour. Gogo Masechaba, a loving Elder from the Western Cape, told us that she had been ill for two weeks after a previous visit.

Here all the women formed a circle, with the men standing around them for support. With this Divine Feminine energy, the fort was cleansed through singing and sounding the horns. Master Ánde of the Sámi people of Norway startled us all when he suddenly began crying out loudly - like a wolf, like a prisoner, like a human being in deep pain. He brought the suffering to the surface, and the others dissolved it and guided the wandering souls into the light.

### **The Ocean as Carrier of the Light Work**

On the final day I asked Mohanji what he had perceived during these ceremonies. Masters see much more than we do. He explained that all the ceremonies had taken place close to the ocean because the heaviness was so great that it would otherwise simply rebound. First, an extremely strong intention is needed, and second, immense energy. And the ocean can provide that.

When the Masters return home, the ocean continues the work - pushing the heaviness forward - until the light spreads across the entire world. This was not a small ritual for Cape Town or South Africa alone, but for the entire African continent, and ultimately the whole world.

### **Karmic Lines and Liberation**

I felt that we - seven Dutch participants—were not there by coincidence, given the history between our country and South Africa. There has been much struggle, oppression, and pain, though of course many ordinary people had simply sought a better life. Our nation still carries karmic burdens from this past of oppression and slavery, but these rituals brought immense liberation.

### **A Leopard as a Blessing**

Afterwards, the ancestors of the South African tribes made themselves known by sending a leopard to the Centre during the night - the first in 170 years. This was their way of offering a blessing on the work. The fact that it made front-page news shows how extraordinary this was.

### **Looking Ahead: A Growing Alliance**

I expect that many more gatherings of the World Tribal Alliance will take place in the future, growing ever larger. Other organisations will join, helping to uplift the entire world. What a privilege it was to be part of this.



## Introduction

Alongside Koen's powerful account, we also received the personal reflections of **Karin Reijnhoudt**. She describes how the ceremonies and encounters during the World Tribal Alliance touched not only the places they visited, but also her inner world. Below you can read her story.

### A Seed of Renewed Hope

*By Karin Reijnhoudt*







### **Journeying to South Africa with an Open Heart**

I travelled to South Africa for the World Tribal Alliance without really knowing what to expect. I went with an open heart, fully present and ready to receive - ready to receive in the way that is natural for me. To meet the diverse traditions and cultures held by these Elders from different corners of the world, each carrying their own wisdom and strength, but also ancient wounds of oppression, loss, and grief.

And yet, each of them carried the same mission and shared remarkably similar teachings - their joyful voices and traditional songs, their hearts, their humility, their service to humanity. It felt like the same heartbeat spreading through everyone present. The connection among us was immense and incredibly moving. It touched me deep within, filling me with a sense of profound joy.

### **The Medicine Humanity Needs**

I believe this is the medicine humanity needs: forgiveness, renewed hope, and transformation.

Every ceremony gave me the feeling of the sun's warmth, of the flowers of life, and of the star-seeds within ourselves.

### **Visiting Places of Darkness**

We visited several heavy places, including Robben Island, where Nelson Mandela was imprisoned, and the Castle of Good Hope, where much violence took place - also by our own ancestors.

By singing together at these places and through the rituals carried out by the Elders, a field of power emerged that allowed the old painful energies to dissolve.

### **The First Seed on Table Mountain**

The first "seed" was planted on Table Mountain, allowing the songs to continue circling - now and in the future. They wait to be reawakened, inviting us to let go of the ego so that awareness and love can flow freely.

### **Afterimages, Songs, and Gratitude**

Now, as I write this, I am back on Dutch soil. Both day and night, the images of what we experienced return to me. I hear the songs; I see brief flashes of the Elders in my mind's eye - their colourful clothing, chewing coca leaves, Queen Elouise with her radiant smile, the San people singing and dancing around the campfire in the warm evening air.

I feel only gratitude for having been able to be there, and I will cherish this memory in my heart.











## Celebrations of Bhagwan Sri Sathya Sai Baba's birthday on 23rd November in the ashram of Swami Gopala Baba in Nidhgatta.

The **Golden Chariot** was a cherished wish of Swami, for which funds had been carefully set aside over time. Bringing it to life proved to be an intricate process—one that required dedication, patience, and the search for skilled craftsmen capable of shaping every detail to perfection.

On **23 November**, the birthday of **Sathya Sai Baba**, the chariot was inaugurated for the very first time. With a silver bust of Baba gracefully placed upon the golden chariot, we made three ceremonial processions around the temple.

The Golden Chariot stands as a symbol of **devotion, service, and gratitude** to the Master—a tangible reminder of His vision and a living invitation to embody His values with love.











## Go with the Flow

A young listener asked Mohanji for advice:

“Sometimes I’m full of energy and motivation, but on other days I feel sluggish and can’t get anything done. What can I do?”

Mohanji smiled and said:

“On days when you feel inspired — do as much as you can. On days when your energy is low — do less. Don’t force yourself; move with the flow of your own energy. If you push too hard when you’re empty, you not only lose productivity, but also joy.”

He continued:

“If you want more balance, be clear about what you want — and when. Ask yourself every morning: *What do I want to accomplish today?* With that clarity, you will naturally start moving. And even if things don’t go as planned, you’ll still know the direction to move in tomorrow.”

“Also, define your deeper purpose in life,” he said. “Something greater than yourself — something that serves the world. Don’t be discouraged if others don’t understand it. As long as *you* know why you’re doing what you do, you’ll stay motivated.”

Finally, he said:

“Don’t compare yourself to others, and be patient with your path. Success comes when the time is right. What truly matters is consistency — staying true to your purpose, every single day. That’s what turns an ordinary person into a legend.”

*Free translation from Mohanji’s Zoom Talk, October 5, 2025*



## One Foot in the Clouds...

### “I am Awake”



The term “I’m awake” or “awake people” is something I sometimes hear in the temple too.

In conversation, it often refers to people who have chosen not to get vaccinated, who live off the grid — without depending on public utilities like electricity, water, or the internet. Or to those who grow their own vegetables, prefer organic shops, and seek alternative education systems — less focused on performance, possessions, and profit.

In short: people who aim to live consciously, stay true to themselves, and not be swept along like obedient sheep.

But the Masters, those who have seen through the Game — the illusion — use the word awake in quite a different sense.

They call upon those who are ready to turn inward.

To become aware not only of the outer world but also of the silence within — for the soul is silence.

In that silence, everything can be experienced, and the search comes to its natural end.

True Masters are not personalities filled with patterns and attachments.

They have released them through insight and transformation — they have become Presence itself.

They want nothing from you — their only invitation is to Be.

“Wake up!”

In this deeper sense, the words of Swami Vivekananda still ring like a timeless call:

“Arise, awake, and stop not till the goal is reached.”

And perhaps even more powerfully:

“All power is within you; you can do anything and everything.

The greatest religion is to be true to your own nature.”

So now what?

Well, being awake sounds wonderful — until you realize it means you can’t pretend to be asleep anymore 😊.

So before you grab that third cup of coffee to “stay awake,” try simply sitting down with your eyes closed.

No breaking news.

No breaking ego.

Just stillness.

Who knows...

Maybe you’ll discover you were never really asleep at all.

~ Ann Passant





## The Inner and Outer Matrix (2)

*Based on a talk by Mohanji, October 12th, 2025*

There is a matrix outside us – the **outer matrix** – directly connected to the frequency of the time we live in.

We cannot change it, nor escape it; it belongs to everyone, collectively.

Like rain falling on all who walk outside, this outer matrix touches everyone.

It is the world of circumstances, news, desires, power, possessions, and relationships — constantly pulling our attention outward.

Yet within us exists another field: the **inner matrix** — made of our impressions, emotions, desires, and beliefs.

While the outer matrix changes with time, the inner one is our own creation. It determines how we see life, how we respond, and what we become.

When we are pulled too much by the outer world, we lose our inner freedom. We may become addicted to comfort, recognition, or control — trying to hold on to what cannot last.

That does not make us weak; it makes us human.

But, as Mohanji reminds us: **stay aware**. See what draws you outward, experience it fully, but don't make it your anchor.

The only real anchor is **a clear conscience** — that inner voice that knows what is right. When we act in alignment with it, we stay steady and healthy within, even when the storms of life rage around us.



Life will keep testing us. Sometimes we lose everything: relationships, health, work, possessions.

But in those moments, true strength reveals itself.

The scars on your face don't show how often you've fallen — they show how many battles you've survived.

The outer matrix brings situations we cannot control.

The inner matrix invites us to transform ourselves.

Anger, jealousy, fear, pride — they don't need to be suppressed. See them, express them consciously, and let them go.

Whatever you hold in your mind too long will bind you.

Keep releasing.

Reality is constantly moving — by the time we think about “now,” it has already passed.

The less we hold, the lighter life becomes.

And above all: **never harm anyone** — not through words, deeds, or even thoughts.

When the conscience stays pure, our energy remains strong.

Then we are no longer caught in the web of the world — we become a source of light within it.





*Around our little temple stand three Ginkgos – trees with a soul, planted in 2012. These “living fossils” have withstood the test of time and carry a message of resilience and connection. In this story, we invite you into the world of the Temple Tree, where earth and sky meet in golden silence.*



## **The Temple Tree – Our Ginkgo Guardians**

Did you know that three **Ginkgo biloba** trees grow around our home?

One of them stands right beside our temple – a quiet witness to both transience and eternity. We planted them back in **2012**, not yet realizing how symbolic they would become. Over the years, they’ve grown into living guardians of stillness and reflection.

The **Ginkgo biloba**, also known as the **Japanese maidenhair tree** or **temple tree**, is one of the most extraordinary species on Earth. It is neither a conifer nor a deciduous tree, occupying a unique place in the plant world. Often called a living fossil, the Ginkgo has existed since prehistoric times — long before flowering plants evolved. And perhaps most astonishingly, after the atomic bomb destroyed Hiroshima in 1945, several Ginkgo trees near the blast site sprouted again from the scorched earth. Ever since, the tree has been seen as a **symbol of resilience, hope, and rebirth**.





The name Ginkgo comes from the Chinese ginkyo, meaning “**silver apricot**,” a reference to the shimmering seeds of the female tree. The word biloba means “**two lobes**,” describing the distinctive fan-shaped leaves. Their simple yet graceful form evokes peace — like an open hand, gently welcoming life.

In Japan and China, Ginkgos have long been planted near temples. They are seen as emblems of **fertility, wisdom, and longevity**. Very old trees sometimes even grow breast-like forms on their trunks, believed to represent nurturing and creative energy — the feminine essence of life itself.

In autumn, the Ginkgo puts on a breathtaking show. Its leaves, which have clung on through wind and rain, suddenly turn to a glowing **golden yellow**, transforming the tree into a pillar of light. Then, often within a single day, it lets them all fall. The ground becomes a golden carpet — a fleeting celebration of letting go and renewal.

Science, too, has taken an interest in the Ginkgo. Extracts from its leaves are used in natural medicine, said to enhance circulation and sharpen memory. But perhaps the tree’s truest healing power is quieter: it teaches us **patience, balance, and continuity**. The Ginkgo reminds us that growth takes time, and that endurance can be an art form.

So our three Ginkgos stand there — not just as trees, but as **symbols of connection**. Rooted in the earth, reaching toward the sky, they link past, present, and future. And maybe, when the winter wind whispers through their branches, you can hear it too: the soft rustling of a being that has seen it all — and still chooses to begin again, every spring.





Zorabse Kambike Kambikuya  
Wakuwe Wakuwe Kambikuya

If the sun, moon, and stars can work together,  
why can't we?

~ Queen Eloise from the Khoisan tribe

From practicing humankind to kind humans,  
so that automatically the awareness rises.  
~ Mohanji

## MAANDBLAD

Kent u iemand die geïnteresseerd is en  
het maandblad nog niet ontvangt,  
laat het ons dan even weten!

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GKS MAGAZINE december 2025  
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