

Book Review ★

"Smile, Smile, Smile!"

Poems by Gurumayi Chidvilasananda
(S. Fallsburg, NY: SYDA Foundation, 1999)

Reviewed by Jennifer Rose

This book of spiritual poems by Gurumayi Chidvilasananda, a spiritual teacher in the ancient yogic tradition of India, offers the teachings of Siddha Yoga in contemplative poetry to help seekers awaken to the Supreme Truth within their Self and to the divinity inherent within the Universe or Nature.

"Smile, Smile, Smile!" will amaze and delight readers with poems about Time (When I Became Aware of Time), Nature (Truly, Nature Abounds with Miracles), and Goddess spirituality (The Nature of the Goddess Surpasses the Mind). Here's just a sample of wonderful verses on Nature:



{ "Just because the trees don't talk back when they are mercilessly hacked to pieces, just because birds cannot cry for our help, do human beings have the right to act recklessly."

In describing the Nature of the Goddess,
we are encouraged:

"Only if the mind can follow her to the very end
will it find itself
in a scintillating, enchanted garden,
the heavenly garden where divine light
absorbs every atom
and regenerates Consciousness
out of its own being."



Towards the end of the book, we
find "Refresh Your Resolutions."

Smile at Your Destiny" (New Year's
Message 1998) in which Gurumayi
gives a talk responding directly to
questions and requests of seekers and
students, discussing renewal and
refreshing of life, peoples' resolutions,
and our collective and/or individual
destiny.

"Nature is a master at this renewal.
She knows just exactly how to
refresh herself, how to rejuvenate
her seeds and revamp her paradise.
She refreshes herself through storms,
torments of rain, floods, bush fires,

(Volcanoes, and earthquakes.)

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We are also taught about a central aspect of Siddha Yoga, the Goddess Shakti, which Gurumayi tells us:

"Therefore, the Shri Sukt describes the awesome power of the Devi, Shakti, God's own energy, saying:

The nature of the Goddess surpasses the mind and lies beyond words of mortal speech. Her face is lit with a beautiful smile; Her body is radiant with golden light. She is compassionate and generous!"

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These could equally describe the Guru Herself: As every photo of Gurumayi I've seen has always shown a beautiful, benevolent, gentle, and joyous smile!

"Smile, Smile, Smile!" has a "Glossary" at the end, with specific words from Sanskrit, or Siddha Yoga terms, defined and a brief bio "About Gurumayi Chidvilasananda", which tells the story of how she followed in the footsteps of her spiritual master, Swami Muktananda, who brought the Siddha Yoga to the West in the 1970s in "a meditation revolution".

and before he passed away in 1982, he selected Gurumayi as his successor and ordained her as a Swami, a Monk in the Saraswati order.

Gurumayi's work encompasses a charitable organization, The PRASAD Project, that assists people in need around the world with medical, dental, and self-help projects. She's also the author of several other books.

Anyone interested in learning more about the Siddha Yoga meditation teachings and practices should contact:

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Or visit the website at: www.siddhayoga.org.



Siddha Yoga publishes a free monthly correspondence course on meditation for inmates. For information, write to:

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