



Sat Yuga

The Golden Age, the first quarter of the cycle, is considered the peak of human civilization. Bharat, the continent's ancient name, is believed to have once been the stage for a government without parallel in history.

The Age of Truth is symbolized by wisdom and virtue in might. A time when natural ethics ruled, the Dharma was common to all.

Self-sovereignty and plenitude, use and expression of all potentialities, filled the life of each and every soul. They were remembered as being 'sixteen celestial degrees' or as complete as the full moon. It was also called Paradise.

The reminiscence of this period remains incognito and yet alive in every temple of India.

"First flowered the age of gold, which, while it knew nor judge nor law, was freely just and true. No penalties were fixed; no threats appeared graven on bronze to make stern edicts feared; no judges' words dismayed the suppliant throng; without protectors all were safe from wrong. No swords were forged, no soldier plied his trade; men lived at peace, carefree and unafraid; unscarred by plows, and by no contract tied, earth, of her bounty, every need supplied. Spring was eternal, earth a garden, blessed with blooms unsown, which temperate winds caressed; in fields untilled the bursting ears were seen, and yellowing harvest where no plows had been; and streams of milk and nectar flowing free; and gold in green, the honey in the tree."
Metamorphose, Book One - Ovidio

More than a myth or an ideal pertaining to the imagination of ancient peoples, the perfect age was once believed to have really existed. The celebrated Eden of ancient cultures - preserved in the memorials of great civilizations as well as in popular folklore - has reached us as a fragmented memory from a distant era. The constant mention of elevated ancestors and the nostalgic narrative of the beginning of time, when a couple with divine gifts were made the instruments for creation, is part of a universal repertory on the origin of humanity.

Each creative impulse in history, new philosophies and ideologies, religious or cultural manifestations have always retained a deep desire, often unconscious, of a heavenly ideal: a return to a broader state of consciousness, to a more harmonious order and a cessation of suffering. Within the core of all these movements, there remained a latent desire for *jeevan-mukti* - a life of constant happiness.

The narratives and allegories which describe life in the first age are innumerable. According to Chuang Tzu, a Chinese taoist philosopher:

They were upright and correct, without knowing that to be so was righteousness; they loved one another, without knowing that to do so was benevolence; they were honest and loyal-hearted without knowing that it was loyalty; they fulfilled their engagement, without knowing that to do so was good faith; in their simple movements they employed the services of one another, without thinking that they were conferring or receiving any gift. Therefore their actions left no trace, and there was no record of their affairs.
From Myths of China and Japan - Donald A. Mackenzie

The Bible also describes few episodes of man's sovereignty over the world:

"And the Lord God planted a garden in Eden, in the direction of the East, and placed them there." "...And God said, let them rule over the fishes of the sea and over the birds of the sky, and over the cattle and over the earth and over all the reptiles that move on earth."
Genesis II:8; I:26,27

Indian history is full of quotations and images which echo the collective memory of a time when people were as noble in their conduct as they were materially developed. There are dispersed records about this historical period in all ancient scriptures, including the *Vedas*, which are considered to be the oldest documents of Indo-European tradition.

The cyclic perspective opens up a historical gap which stands entirely opposite to the theories of evolution. All sources of antiquity, whether Indian, Greek or Persian, have made use of this reference, which later became the foundation for many religions and cults.

According to this vision, the first age of the world represents the peak of human experience. As time passes by, the degrees of perfection gradually reduce as part of a natural process that culminates in a complete inversion of the values and lifestyle of the initial age.

"The Perfect Age was so called because there was only one Dharma and all men were saints; this is why there was no need for religious rituals. There were neither gods nor demons. Their main virtue was the absence of all mundane desires. Kriya Yuga - the Perfect Age - had no sickness, there was no depreciation as time went by; there was neither hate nor vanity or any kind of bad thoughts, sadness or fear..."

Mahabharat, Santiparvan Moksadharmā - 231-23

"There, people were divine and their thoughts were fulfilled" (Rig Veda 55.6); "they possessed great spiritual power and were righteous" (Vrihat Sanhpita 1.1 Utpal Tika); " they were born through the power of yoga and left their bodies also through the power of yoga" (Vayu Purana 65.112 and 71.61-63); "and because their bodies were created through the power of yoga, they were healthy and without sicknesses."(Shvetashvatar Upanishad 2.12); "Only those who were spiritually great, deserved to be born and were born in Sat Yuga, which was the very creation of God" (Satyarth Prakash)

Focusing most of the narrative in India, we can only reach back up to a certain period, to already find a people whose ancestors left no records of their past. Hinduism itself, considered the world's oldest religion, can neither trace back its origins nor name its founders.

In their first records, the people of Bharat already claimed their descent from a superior civilization, which they called *Adi Sanatam Devi Devata Dharma* - the Ancient and Original Deity Dharma.

Dharma is a word that defies easy translation. In essence, it means living according to the laws and principles that govern nature.

India's cultural and spiritual heritage carries fragments of this 'prehistoric' past. When memories were already fading, sages laid down the foundation of a social structure in order to prevent further decline. The aim seemed to be to

restore the previous condition of perfection, which, despite their efforts, was never to return. Their ideal has survived up to these days through the beautiful memorials of the ancient deities.

Bharat

The Golden Age witnessed the ascension of a dynasty, whose emperors personified the most elevated human attributes.

Deities were human beings who embodied divine qualities. Their greatest treasure was their minds, through which they experienced a constant exchange of happiness. Their inner peace generated an atmosphere of receptivity and care. Because of such pure atmosphere, thoughts could travel long distances, taking messages or images to another person. One needed only a clear intellect to receive it.

They were neither saints nor scholars but simple and naturally noble people. Wisdom and integrity were inherent and no gurus or spiritual preceptors were ever needed. They knew about the relationship between the mind, body and the material universe. It was a life with no hard work for the body or the intellect, where the state of being awake or asleep was of equal comfort.

The knowledge of science, in its most advanced form, was available through the minds of a few. Scientists brought within them the knowledge of the material world, in the same way that musicians and artisans had the skills of their own art, and the king had previously perfected the *sanskaras* of running a kingdom. The relation between mind and body was no less refined, leaving behind stories of lifetimes without diseases.

They lived in the peace of a non-divided kingdom, with no thought of invading one another's inner realm.

The faces of those people reflected their innocence and self-respect. They communicated through gracious movements: a glance could express a feeling; a gesture, the clarity of an idea. There were no words to indicate opposites or duality of will; words were self-explanatory, filled with significance and good feelings.

In the Golden Age everyone possessed natural beauty. Even in old age, faces remained cheerful; bodies had flexibility and lightness, and eyes were filled with love. Those eyes gave a vision of their inner world, reflecting what life is meant to be. This is the reason why even after so long, crowds are still drawn to the temples, wishing for a mere glimpse of their images.

Dresses were rich and colorful and indicated both the position and occupation in the kingdom. People had a long life span and could always tell when the moment to depart was near. Leaving a body was planned in the same way as one plans a journey. Because they had no burdens or attachment to what was left, their departure was as safe and painless as when one falls into a deep sleep.

The deities were light in the substance of their bodies. Their inner purity emerged as a light that divinized them. Until today they are remembered as *devas* -- the 'shining ones'.

They were noble and self-sovereign and this accounts for their rule being the most legitimate and benevolent ever. They had no ministries to reinforce the law, no military or defense projects. Counselors to the king were also unnecessary. The king and the queen were partners in the administration of the state. *Hukam hazur ka raj rani ka* - 'The king's order and the queen's system were the way of ruling', when *Divya Mariada* - the 'divine order' ruled the world.

It was the system for kings to call the royal assembly and celebrate the prince's coronation as the king reached old age. In the ceremony, the prince was given a *tilak* - a dot on the forehead - as a sign of the powers of self-governing, and the crown was passed on as a sign of sovereignty of state.

The character of the deities was visible through their relationship with all living things. Food was never a product of killing and their love turned them into guardians of nature. The spirituality and wisdom they had previously developed were intuitively manifesting.

They knew about the impermanence of their bodies but had no knowledge of past and future. They recognized each other's virtues and did not long for anything, for every possible thing was available to them.



The masculine and feminine attributes were perfectly matched in each couple, whose union was the basis of harmony in the community. The image of *Vishnu* was left as a symbol of perfection and balance between the masculine and feminine in the human soul, as well as the love that made two into one.

The couples were partners in the conception of the child, whom they invoked through thoughts. The basis of creation was thought. This art of silent communication was called *yoga*. Thus, a child conceived by the power of *yoga* was especially wanted and always welcomed. Due to this power they were called *ajar* (unborn) and *amar* (immortal).

The physical world, in its lightness and brightness, reflected their state of inner perfection. Nature was generous and abundant, with a variety of flowers and fruits of extraordinary quality. It didn't take long for things to grow and the fertile ground provided without much labor. Flowers, fruits and grains were used as food and 'rivers of milk and honey used to flow'. There were different kinds of fruits, some were used for juices; others, due to their

different tastes, were used as spices in the same way we use salt, pepper and sugar. All the elements of nature were in their purest, *satoguni* state.

The water came from mineralized springs, becoming fragrant and medicinal as it passed through the mountains' herbs. Mines of gold and precious gems were found in abundance, making it possible for their use in the decoration of houses and palaces.

There were no temples, no sacred books -- divinity was naturally manifested, *dharma* was the way of living.

Births, weddings and coronations were occasions for celebration and artistic skills were present in everyone. Study encompassed music, painting and games; even history was taught through poems and songs. Some games were in the form of dances and theatres were spread throughout the kingdom.

The *Chakravartins* - 'the rulers of the globe' - lived a life with no boundaries. They traveled long distances in fast and safe aircrafts. Technology was extremely sophisticated and energy was obtained from natural sources, including atomic energy.

The whole kingdom operated as a family, where the giving and taking was but a mutual exchange. Most things were produced in abundance and shared. Communities were small and people were very close to one another. Nothing was ever lacking, everyone owned much more than what was needed.

There was a common feeling of property and all dealings were based on love. For this reason records or accounts were hardly needed. It was a perfect life, the Golden Age.