



SHAKTI-DARSHAN NEWS.



Programs for the next two months.

October.

- 12. Vijaya Dashami Celebrations.
- 15-16 Aual Day celebrations.
- 17-21 AVS with Kriya Yoga.
- 23 Satsanga at Nullimpady, Kasaragod. 3-6 in the evening.
- 24,25 & 26 Public consultation.

November.

- 12-13 One day camp.
- 15-19 AVS with Kriya Yoga in Kannada.
- 27 Visit to Nityananda Ashram, Kanhangad.
- 23,24 & 25 Public consultation.

TENTH ANNIVERSARY CELEBRATIONS.

OCTOBER 15TH

- 9.30- 1.00 meditation.
- 2.30-4.00 General Body meeting of the Ashram-Reports from secretary, satsangas etc.
- 4.00-5.00 Chanting of Hanuman Chalisa from Sundara Kanda.
- 5.00-7.00 Laughing, dancing, sunset walk and Agnihotra.
- 7.00-9.00 Kriya Yoga.

9.30-11.00 Bhajans by M/s Babuji Bhat & Co., Kasaragod.

OCTOBER 16TH

7.30-8.15 Veda Ghosh by Prof. Shankara Narayan, Bangalore.

9.00-10.30 Main Function-lighting the lamp- garlanding -felicitations

-review of the past 10 years etc..

10.30-12.00 Meditation with Nada Yoga.

2.30- 4.00 Entertainments by Yoga bandhus and their children .

ALL ARE CORDIALLY INVITED TO PARTICIPATE ACTIVELY.

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9. Hryadaya vani.
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1. GURUJI SPEAKS.

HOW MUCH INTELLIGENT WE ARE.

LIVING STYLE.

My dear readers please bear in mind that, there is no greater power in the world than the intelligence. That is why through Gayatri Mantra, we pray "Dheeyo yo nah prachodayat"- give me more intelligence". Only a man with strong intellect can

control the mind. It obeys to him only. He can subjugate the nature. Those who cannot control the mind spoil themselves by succumbing to the ups and downs of life.

Today, in our country, jobs are guaranteed only for engineers, doctors and IAS people. People who get job oriented education are lucky; others have to fight for jobs.

Here is my advice to the students, you have already chosen your career and you are sure to get it. The intention of this article is that along with your education you should procure special aptitudes based on experiences. It is my firm belief that these are necessary for molding you into a good citizen of India enjoying a peaceful co-existence with others. You can select those in which you have aptitude.

-Music, drawing, dancing, acting and teaching the same.

-Practising and teaching Yoga- for good health meditation and Yoganidra are very appropriate.

-Master and propagate the art of fast reading.

-Being a fluent speaker. Getting proficiency in English, learning one more Indian language and if there is opportunity learning a foreign language.

-Excelling in games and sports.

-Enforcing cleanliness all around.

Have you ever thought why we are born as human beings? To enjoy and be happy. We toil to earn happiness. Accumulation of assets, working, every thing we do is in quest of happiness. And that happiness too is for a short time, for, our life here is short. We have to return to our source all alone, just as we came. In the life time chasing the happiness in the material world we entangle more and more in it and reap only sorrow. This quest for peace and happiness is an eternal war in this mundane world. How can one get real happiness by chasing the material world? Being intelligent and in the upper strata of society, it is my fond hope that you will take the responsibility of uplifting the society.

You should know the present state of society. For that it is essential that you observe various facades of our society and develop capacity to response to their vibrations. So earmark one day is a month to go out and obtain real experience of life in the following fields.

1. Visit slums, study their problems, way of life, collect their feelings and think of suggestions to improve the situation. You can see a lot of change in your attitude and very perspective of life.
2. If you know any owner or employee of any hotel or garage spend one day with them and understand the plight of the workers in that unit.
3. Go to an orphanage; spend the day lovingly with the children by responding to their woes.
4. Visit an old age home and understand their difficulties, psychological wound, helplessness and such sad feelings. Ponder on how and why they are there in such a miserable state, though sons and daughters of many of them will be

- rich doctors, engineers- majority of them working abroad and earning millions. Why society has created such a place for them, though throughout their life they might have struggled to give good education and moral strength to their children? What mistakes they have done? Can you avoid those mistakes? Will you also one day be like them? Being with them will certainly change your very approach to life and life style and you will realise that all these fightings for material happiness, human bondage, attachment on wealth etc are fallacies. This will kindle in you the thirst of real knowledge (remember how prince Siddhartha felt after seeing an old man!)
5. Try to visit a lunatic asylum and spend some time with the inhabitants. Hear their stories from the wardens and matrons. You will be wonderstruck. Majority of them would have been more intelligent than you. But who made them mad? Find the reasons. A new chapter in your life may start. Befriend one of them visit him frequently you may be successful in opening a new chapter in his life. See for yourself what amount of happiness you will get!
 6. Have you ever visited a leprosy resort or T.B resort? Gather courage to visit one.
 7. Visit a jail or a children's remand home to see why and how they have chosen the wrong path? Are they all really culprits? Heartless creatures?
 8. Spend few hours with a traffic police. Help him doing his work. You will never hence forth disobey the traffic rules.
 9. Befriend a rickshaw driver and collect his experience as a driver, his problems and pleasant moments.
 10. Go for trekking and mountaineering; spend a night along with friends in a dense forest in the open. You will develop courage. You will learn with what co-operation and harmony the wild animals leave. What is the self balancing power of the nature? You will learn how valuable environment is.
 11. Go for pilgrimage. You will know about people's beliefs, notions and misunderstandings and what all they do due to their convictions. See for yourselves how the local pandas and poojaries rob them.
 12. Travel throughout the country. Especially, the Himalayas, Kashmir, Nepal, Nagaland, Andamans, deserts of Rajasthan, villages of rustic Bihar etc. Remember, traveling gives you greatest experience in various fields.

Having seen the 'Vishwa roopa' of the society you will certainly be a better citizen with a broader perspective. You will know what all you can do in this life. This is my experience. I have gained a lot by such experiences. I want you also to gain from these experiences. For, it is the experience that is the real knowledge. By mugging up the books you may get more marks. But it won't help you in your real life. For success in real life, it is the exposure, plethora of experiences that you have gained, that counts. They temper your will power, broaden your view point. Soften your heart, sharpen your intellect and balance your mind. Then life will be smooth,

beautiful, and bountiful. Every day will be a better day. You can fully enjoy the benefit of human birth, and move towards the ultimate aim of spiritual emancipation.

Merely obtaining of a degree with high marks will not ensure you a successful life. As a student, studying is a must. This is necessary to obtain a job, a profession. But for grooming into a good Indian citizen, for leading a humane and successful life, what counts is the exposure that you gain. Select a profession in which you have aptitude and strive towards excellence in the field you have chosen.

-concluded.

---Yogcharya.

2. Obeisance



To

thee.

In the serene atmosphere of our Ashram's meditation hall, Guruji gave his usual brief discourse. Thereafter he prompted the dhyana Bandhus to ask questions. So that he might reply them and the satsang would be lively. Many disciples asked various questions and obtained clarifications and answers. But one person sitting in a corner was deeply brooding on something. Guruji having observed him, drew his attention. "I am in a dilemma whether to ask a question or not" he said. As Guruji encouraged him to shoot the question he quipped "what is to be done to avoid death?"

"Don't get born!" Guruji said instantaneously.

In this universe are born millions of stars, suns, moons, planets, plants and living beings. All there should get destroyed one or the other day. But every living being hopes to live for ever and strives for that. Man who calls himself 'intellectual' is in the foremost in this race. The infant the moment it falls from the womb knows the stark reality that it has to die one day. Still the fight to live continues incessantly. Despite the streams of blessings from elders to live for a hundred years, there are many who cannot live up to even half that period.

Jatasya hi Dhruvo Mrutyu
Dhruvam Janma Mrutasya cha.

Bhagawad Gita has proclaimed
"Death is certain to the born,
so is birth to the dead"

Why are we not reconciling to the fact?

Mahakavi Kalidas, in his great epic Kumara Sambhava has declared "Shareera madhyam Khalu dharma sadhanam" as narrated by Shiva to Parvati. "First is to maintain healthy body; then only Dharma, through it." Health is the prime requirement for any type of Sadhana. For proceeding fast in the path of sadhana and attaining realization healthy body is a sin-qua-non.

So, it is a must for those in the path of sadhana to take care of the body. For this Yogasana, Pranayama, Dhyana, satvik food are contributory. But however best you adhere to this practice, if the will of God and is different, it is of no use. Probably this is what learned men have named as Prarabdha. Then even the benediction of venerable Guru becomes futile. The reborn soul remains worried over the long time it has to remain imprisoned in this physical body. But the ailing man with the dilapidated physical body takes medicines and injections, and normally wanders in the dreamy world of assurances of doctors. What a contradiction, that the mind never gets prepared for the final journey which is inevitable!

Dear Yoga Bandhus, let me tell you my own story. It may come to you in the words of my husband 'Veera Hosadurga' through the spiritual magazine 'Shri Shaktidarshan'. But it is from the depth of my heart which knew that it had to stop ticking soon.

That was the day that conviction dawned up on me that this physical body that has reined in this world for five decades has to merge into Pancha Bhoota. The battle fought to save the lady suffering from breast cancer in the piercing light of the operation hall as the anesthesia started swallowing the awareness slowly; the awareness where Guruji's smiling Picture lay floating, gave the sense of the crimson sun drowning into the endless still waters of the west. As the effect of anesthesia reduced and the awareness started blurring in, a loving call was heard faintly and a clear vision of Guruji with a smiling face leaving the operation hall got imprinted. So during operation Guruji was present there? As the words of doctors and other sound became clearer, faces of brother and sister became clear, Guruji's grace and wishes of all near and dear people gave me a rebirth. Yes, that day was 9-3-2003.

My husband says that it was Guruji who gave him impetus to meditate in the operation room during my operation. The confidence of having fought back successfully the fatal 'cancer', which the humanity dreads, slowly strengthened. How is it, that one who has been doing meditation for so many years, fall a victim to such a deadly disease? So many people had asked that question and embarrassed me. Doctors say that some diseases are hereditary. It is an excuse to the ultimate reality.

Days passed by, months rolled away as the medical reports gave green signal. Then one day, on 26-6-2004 another bolt struck. Having survived the breast

cancer through surgery, and was recuperating, cancer germs were detected in the liver! Treatment continued. When four courses of injections were taken, the sophisticated machine declared that the disease is cured. As a precaution two more injections were taken But Guruji's qualifying it as a "Bonus life" was a clear indication at the coming doom. Still he encouraged us all. Guruji advised to take 'Go arka' and the juice of 'Durva grass' which is deemed to be the first plant in the evolution. Along with this meditation and Yoganidra took more time. All, with the intention of keeping alive. Keeping alive for attaining realization in this life itself. Don't Yogis also crave for "Mukti"? But it was futile to swim against the current- the God's dictum that only half a century to be permitted. Poojya Guruji showered grace, encouraged but the disease started singing the last song by chocking me. The medical reports of 23-3-2005 again reported disease in the liver and the modern medicine gave up the fight- then sought refuge in Aayurveda. Guruji hinted at making a last effort. But it was all day dream, castles in the air. The picture of cancer patients suffering agonizing pain for months together in the last phase appeared before me. Due to the consumption of cow urine and Durva grass reinforced by the grace of Guruji the month long pain was reduced to a few hours.

That evening for the last time I spoke to Guruji over phone. The burning pain in the body became cool by his consoling and encouraging words. The words of my uncle, who was a police officer but who had studied astrology, became true.

No... I am slipping into coma.... Going down into a position to depend on others even to my natural chores. Oh God, give me realization, release me from this bondage of birth and death. As I was being taken in ambulance, awareness slowly started sinking into the ocean of vagueness. As the sun God pumped energy into all the creation, energy was being drained away from me. Today is 20th April 2005, probably the last day to recollect. Darkness is engulfing me. I am loosing consciousness in the same operation hall where I got rebirth after surgery, 2 years ago. My final obeisance at the lotus feet of my Guruji. My gratitude to all my Yogabandhus, relatives and friends and children who served me continuously, to my husband who looked after me for over 3 decades, to Dr Venkatesh Sanjeeva, Dr Sanat Hegde who treated me for the last 2 years, to the vaidya of Sagar who treated me at the end; and to each and all...**my obeisance....to.. thee....**

a. o. .u ...m.....

....Vijaya Ramdas.

[After a fight of 30 hours with assistance of heart and lung machine, she breathed her last on 21-4-2005. She got the fortune of sipping down few drops of 'Ganga Jal' brought by Guruji during his recent north Indian tour. One of my relatives, who had closely seen many people dying, expressed his wonder at her serene and calm face even at her last breath. Probably the meditation, Go Arka and Durva grass had removed all her pains]

Smt Vijaya was the wife of Sri V. Ramdas, a member of our editorial board. We pray God to liberate her Atma and give strength to her husband, children, relatives and friends to bear the pain of her separation.

..Ed.

3. Cow urine treatment (Arka chikitsa).

In earlier issues we have explained the greatness of the cow and the great medicinal values of the cow products. Now let us see, as per Ayurveda what all types of diseases could be cured by arka or urine of the cow.

Cow urine is used as an effective curative for many diseases, in ancient Indian therapy. Today the cross breeding of cows has destroyed most of the medicinal power. Hence the cow to be used for procuring urines should be of pure Indian breed. If the cow grazes in the hills and forests, the medicinal value will be more.

Arka is the distilled cow urine. Fresh cow urine is continuously boiled in a big glass distiller. The vapors emanating are condensed and collected in another vessel. Stored in clean glass bottles, it lasts for many months without losing medicinal power. It is a colourless liquid with slight odor.

Those who have native cows with them can use fresh cow urine even without distilling, but after filtering properly. Urine is to be collected in buckets before it falls on the ground. Then it is to be filtered through 8 folds of clean cotton cloth.

The usual dose of arka for the following ailments is two teaspoon mixed with two teaspoon of water. In the case of fresh urine it is 50 ml. After consuming this nothing should be taken for one hour. The treatment is most effective if medicines are taken in empty stomach. Hence, if doses are prescribed twice in a day, one is in the early morning as soon as one gets up and the second one in the evening before supper.

While taking this treatment some food items are to be avoided. They are : coffee, tea, alcohol, non vegetarian and smoking .Deep fried food and bakery items too are to be avoided.

Prescriptions for following ailments are given.

1.Tonsils:- One dose is to be taken in the morning before washing mouth and one in the evening. Gargle warm salt water every 2 hour. 6 months of this treatment will

completely cure Tonsillitis. Use more green gram and bitter guard. Avoid cold food, sour food, deep fries, hot drinks and non vegetarian.

2. Bladder Disorders: - 1) One dose each is to be taken in the morning and evening.

2) Take one tender coconut with lemon and dates.

3. Infertility :- 1) Take one dose each in the morning and evening.

2) Mix 5 ml of cow's ghee, 10ml.honey, 10ml onion juice and 1ml ginger juice and consume at 5P.M

3) Take Panchagavya along with milk in the morning and evening. Daily eat Dates and Almonds along with (Nelli kai) and Ghee. Within 6 months you will find the change.

4. Asthma: Take one dose each in the morning in the empty stomach and in the evening. After every meal put 2 drop of Panchagavya on your navel and with your ring finger massage it clockwise and anticlockwise around navel. Repeat it before going to bed also and put 2-4 drops into each of your nostril. Drink a cup of hot milk with a spoon of ghee before going to bed. Use clove, spice, date, tulasi, pepper etc.

5. Prostrate enlargement:- Take cow's urine early morning before you brush your teeth. Twice a day drink hot milk with Panchagavya. Within 6 months the symptoms will disappear.

6. Liver enlargement:-

1. Drink empty stomach in morning and evening two spoon of Arka with equal water.

2. Consume bottle guard juice along with ginger, Pudina and Pepper.

3 Thrice a day one glass of milk with 1 spoon Panchagavya

4. Consume snake guard, Papaya and butter milk.

5. Do Kriya yoga twice a day without fail.

7. Migraine:

1. Morning and evening in empty stomach take one dose.

2. Do Kriya Yoga twice a day.

3. Drink thrice hot milk with 2 spoon of Panchagavya.

4. While sleeping put 2 drops of native cows ghee in each nostrils. Apply 2 drops on navel and with ring finger massage clockwise and anticlockwise

5. Take grapes, (Nelli Kai) milk and ghee

8. Diabetes:-

1. Twice a day in empty stomach one dose each.

2. Every night in one glass of water put two 'Menthe'. Next morning half an hour after taking arka eat the menthe after chewing well..

3. Take juice of 8 Tulasi leaves, 4 pudina leaves, 4 bilwa leaves 20 Durva grass. Add powdered pepper and ginger adds 2 spoons of Panchagavya. Consume this daily for 6 months.

4. Do Kriya Yoga twice a day, each for not less than one hour duration.

5. Eat bitter guard, nelli kai, radish, carrot, curds, butter milk, Nerale fruit and its seed daily.

9. Ulcerative collitis and peptic ulcers.

1. Twice a day in empty stomach
2 spoon arka with equal water.
2. 30 minutes before meals take one glass of hot milk with 1 spoon Panchagavya.
3. 2 bananas after meal, 3 times a day.
4. Eat plenty of butter milk, cauliflower juice. Horse gram, snake guard, menthe, nerale daily.
5. Avoid hot (chilies) and sour food.

10. Blood Pressure:-

1. Take one dose each twice a day.
2. Take the juice of bottle gourd (sore kai) with 5 pudina and 5 Tulasi leaves. Take it twice a day after mixing powder of pepper and ginger.
3. Before sleeping put 2 drops of Panchagavya or pure ghee in each nostril.
4. Apply two drops on navel and with ring fingers massage clockwise and anticlockwise.
5. 3 times drink half glass milk with one spoon ghee after food.
6. Do kriya Yoga for 45 minutes in the morning and evening.
7. Consume more, Onion, garlic, 'Nelli kai' butter milk.
8. Avoid salt, chilies and sour food.

—Yogacharya.

4. OH- OH - LOVELY KASHMIR.

After Kashmir, it was our turn to visit Jammu area.

After 2 day's rest one early morning at 8.30 we started to Shivakori caves (dwelling place of shiva). Family members of Indira also joined us. Traveling through narrow valley we reached shivakori at 1.00 noon. After lunch we started walk of 7 Kms. Though ponies were available, we all preferred to walk and reached the mouth of the cave at 3-30. After a security check we were let in. To see the cave temple of shivakori one has to crawl through narrow cave for about 300 metres. Wriggling through that distance is really trying.

Inside, there was space enough for a hundred people. Ground was muddy as water was dripping through the ceiling in many places. There were sharp rocks and in the wall and ceiling there were shapes in rocks. The Archak was explaining them as Shiva, Parvati, Nandi etc. The cave which was pitch dark was illuminated by one generator kept outside. Though there was a crowd we selected some place and sat for meditation which was our main aim. Even in that crowd, we had peaceful meditation. Almost everyone emptied their mind and enjoyed bliss. As the time was speeding due to inevitability we had to leave.

As we wriggled through the cave crawling, sitting and sliding all were perspiring, but the fresh air and panoramic nature of the outside open world was

refreshing. We continued our return journey. In the midway singers were beating drum. As if inspired by the visit of cave temple many of our members also danced to the beating of the native drum. Some of our enterprising young men slid down to the river and took bath. By 5-30 we reached the place where we had parked our vehicle. Had hot tea, milk etc and started our journey to Katra where from the trekking to Vaishno Devi starts.

By 6.00 darkness engulfs Jammu. Our journey through the steep valley was really dangerous in night. Katra is one important town of Jammu where floating population out numbers the original dwellers. It is full of people who come to visit Vaishnodevi and it is the life breath of Katra. This Katra as well as Vaishnomata temple was very back ward till 1-2 decades back. The famous singer and music director Gulshan Kumar, of 'T' Series cassette company and the then governor of Jammu Kashmir Sri Jagan Mohan were the two people responsible for developing these two spots. Sri Gulshan Kumar popularised the temple though his cassettes as well as by offering generous donations. Sri Jagan Mohan undertook development work through government funds. The road of 12-14 Kms was nice and our journey was comfortable.

Yatra to Vaishnodevi is as important as chardham Yatra and Amarnath yatra. Vaishno Mata is the worshipping deity of crores of Hindus.

Passage to Vaishno devi temple through Katra was smooth. 14Km walk through the beautiful Himalayan lane was not much trying. There were plenty of resting places, hotels and shops on the way. Here and there, roof was available to shelter us from rain and sun. As we chose to walk up during night, it was more or less a long walk through festivity, under bright light and amidst shops and hotels with the never ending streams of pilgrim going up and down.

Security was very tight. We were permitted to take up only currency notes. No belts, pins, pens. Not even coconuts; as once the terrorists managed to explode a bomb shaped as coconut.

Those who cannot walk can cover the distant by horse or by helicopter. We reached the temple at 3.30 am. Thereafter we had to go through constant and strict security checks.

As we moved in the queue we reached the face of a cave from where strong vibrations were emerging. Idols of Vaishno Mata and other two goddess were in a cave room with narrow approach. There, we all enjoyed blissful moments deluged in the stupendous divine vibrations. By 5.00 we were out of the temple complex and the vigilant security through the serpentine queue.

Some of us immediately commenced return journey and reached the parked vehicle by 8.00 others who took rest at the temple reached down by 10.30 and we boarded our vehicle to Jammu Bus stand.

Next morning we reached Delhi and met Sri Devarah Hamsa Baba at his Manch. The Mangala express which we boarded at 10.00am the next day, brought us to Mangalore in 40 hours. Thus ended our memorable tour of beautiful Kashmir.

...Yogacharya.

Be dear to God.

In Srimad Bhagawadgeeta Lord Krishna describes the qualities of the devotees who are dear to him.

“He,who hates none
and whom none hate,
He,who is
Full of compassion and love
Devoid of self, desire and pride,
Equipoised in
Glee and gloom,
Fear and anxiety,
Honor and humiliation,
Heat and cold,
Friend and foe,
Good and bad
He,Who has body, mind and
intellect devoted to me,
That devotee is dear to me.

The one who harms none
and whom none harm.
Renouncer of
resultand attachment,
Anger and desire,
Hurry and lethargy
That devotee is dear to me.

He who follows imperishable
path of devotion
Completely engrossed in me
Untiringly striving to reach me
Is really dear, dear to me.”

Should we not endeavour to develop these qualities?
...adapted from 'Patra Geeta'

5. KAILAS MANASAROVAR YATRA ..Part II

Next day, on 22nd June, we were taken to Delhi Heart and Lungs Hospital for medical test. From there we were introduced to our Liaison Officer (L.O.) Mr. Shalin Kabra, who was an IAS officer in Rural Development Department. I was told that each batch would be lead by a Govt. officer of IAS cadre. From there he collected payment, passport and visa fees of all yatris. We paid Charges for medical test separately at the hospital counter. Medical test comprising of blood test, X-ray, ECG, Tread Mill test were conducted. We were given due care and respect by all personnel of hospital and MEA. Some were requesting us to pray for them and to bring them tirtha on return. After the medical test we all returned to the guest house

Next day, 23rd at 9'O' clock, yatris were taken to MEA at South Block. Medical test reports were given to all. That report was to be shown to Doctor on the next day. Briefing session was arranged at the office of MEA. The description of the yatra was given by an officer. There was a video show of KMY for half an hour. I was excited about the yatra after seeing the video. I met a security guard in MEA who was enquiring for a telugu yatri. When I questioned as to why he was looking for telugu yatri, he said that he wanted Thirtha for his aged parents. I got his address and promised him to send him Thirtha on my return to Calicut. In the afternoon, everyone returned to their rooms.

Next day, 24th June, was a day of tension for all yatris, because that was the day when they get their fitness certificate for undertaking KMY. We were taken to Indo Tibetan Border Police (ITBP) Hospital, where we consulted a Doctor along with the medical test report, who would give the final fitness certificate. I was fortunate to get fitness certificate. From our group one lady who had come from Dubai, along with her husband for the KMY did not get the fitness certificate. She was very upset and had to be consoled by the officers. Her husband got the fitness certificate. She returned to her relatives place at Delhi. Two yatris had to undergo another medical test at another hospital to get fitness; finally there were 23 yatris in our group. There is no guarantee that husband and wife get selection in the same group, however, in our group there were three couples, and I came to know that they used some influence to get selection in the same group.

From hospital we were given reception by Amarnath Yatra Mandal. We were given presents and grocery items for use during travel. They also served us lunch. Since I was bored with Gujarathi food for three days, I found their lunch very tasty. Then we were taken to foreign exchange bank to convert Rupee into Dollars to give to China Govt. and also to meet our expenses. I had carried some Dollars with me from home itself, so I did not need to convert rupees. We returned to guest house. On that day evening Liaison Officers of old batches, gave us detailed description of dos and don'ts of the Yatra. They also told about temples on the way, where we can perform pujas. People there, have lots of respect for Kailas Yatris. Most of the yatris were Gujarathis. They get Rs.25000/- from Gujarath Govt. for undertaking Yatra. Delhi Govt. gives their people Rs.15000/- for undertaking yatra. Next day, 25th June, there was no program in the morning. We were allowed to go for shopping. I purchased some petty items which I forgot to bring and two plastic jars to bring home Tirtha. That evening, we were given a farewell party jointly by Delhi Govt. and Kailas Manasarovar Yatra Samithy at a nearby hall. Valedictory functions and

Bhajans were held. All yattris were given gifts. Rs.15000/- were disbursed by Delhi Govt. to Delhi yattris at the function. A delicious dinner was arranged for the yattris. Organisers made the function a grand success. We reached the room at midnight. Since we had to leave at 5:30 in the morning, I packed my bags before going to sleep. Since luggage had to be carried on pony and yak, they don't allow packing luggage in suitcase. We have to pack the luggage in post bag type plastic bags. I slept till 4'O'clock in the morning. On 26th morning, I occupied my seat in the bus, for my long cherished dream of KMY.

June 26

Just before our bus left, we were given a warm send off by a group known as "Dharma Sangha". All yattris were garlanded and were given small packet containing pooja kit, japamala, books, audio bhajan cassette etc. Our bus began its journey amid our loud "Jai Jai" calls. Our 23 member group included liaison officer, a guide and a doctor. The guide and doctor would accompany us only up to Chinese border, afterwards they would return to Delhi along with the group returning from China after the yatra. We were 9 ladies in the group. Our AC bus would go up to Kathgodam. On the way we were given a send off at Ghaziyabad. From there a reporter from an important local daily called "Dainik Jagran" took photograph of our group. We reached Kathgodam by noon. After having lunch there we resumed our journey in two mini buses. On the way we saw samadhi place and a temple of a famous saint called Nimbakram. By 6.30 p.m we reached Almora. Our stay was arranged in a guest house. I called home and also talked to my younger son. It was his birthday and wedding anniversary the next day.

June 27

We continued our journey in same minibus at 6 O' clock in the morning. We had our breakfast at a place called Dhol and lunch at Chakori. By 2 O'clock in afternoon, we reached a place called Mirthi, there ITBP had arranged a welcome for us. After taking a group photo with them we continued our journey at 3 O'clock. On the way we saw "Nandadevi", "Trishul", "Panchashila" peaks. We were traveling alongside Kali River. This river separates India and Nepal. The natural beauty of this place was beyond any description. I enjoyed the sight and experience of the journey through Himalayan valley. Amid "sky kissing" peaks were nestled smaller mountains and in between them were flat plains. There were green paddy fields in the valley of the mountains. When wind blew over these paddy fields, it looked like green velvet carpet. By 6 O'clock we reached Dharchula. This is the last place where we can purchase essential things. Earlier we were told that as things are very cheap in Nepal we can do shopping there. But as the bridge is closed after 6 in the evening; we could not go to Nepal. So we bought essential things from Dharchula itself. We stayed in KMVN guest house on the shores of Kali River. We could hear the sound of the river whole night. Next day our luggage was weighed. One can carry only 25kg. So the extra luggage was kept in guest house. Horses and porters were arranged for each yatri, we had to pay Rs.2500/- for horse and Rs.1500/- for porter. I bought

newspaper Dainik Jagran in which our group photo and yatra matters were published.

June 28

We started for Mangti by bus at 8 'O'clock morning. By 10 we reached Mangti. The porter and pony arranged for us were waiting there. Our rations and luggage were put on horse back. The main use of horses and porters was to accompany us during trekking. It happens that all the yatris could not trek together. Their speed varies according to their health. Hence, at the time the porter will be with us so that we need not trek alone. The porter carries 5 kg of essential materials with him. We are allowed to sit on horses only on level ground. When there is slope we should walk as it is very risky to sit on the horse. 5 km trek from Mangti to Gala is a steep climb. It took us 4 hours to trek a distance of 5 km. We were very tired. We stayed at Gala that day. At Gala there were four tin sheet tents constructed for the KM yatris for their onward and return journeys. Each tent accommodates ten people. There were separate bathrooms and water arranged for us. All nine ladies got a separate tent. We got evening tea and had dinner. We spent that evening singing bhajans.

6. Saints and Saintliness.

ANANDAMMAL

This is the story of a great devotee of a great saint - of an illiterate who attained the peak knowledge - of bare necessities of life conquering the avaricious mundane life - of complete surrender receiving the grace and bliss.

Anandammal was a devotee of Bhagwan Sri Ramana Maharshi. She used to come to Bhagavan for meditation. She belonged to Tiruvannamalai itself where she lived with her parents. From her childhood she was attached to Bhagvan and at Virupaksha cave she used to meditate in front of him.

Though her aspiration was purely spiritual, her parents forced her into marriage. Even after marriage her regular visits to bhagavan at Virupaksha cave did not cease. In course of time she had a son. All her thoughts were about bhagavan and the son and other family members remained neglected. Leaving the child at home, she would still come up the hill for meditation. Nothing, not even the pleading persuasions of her parents and relatives, could wean her from this practice. After a few years her husband passed away. Bhagavan also had come down from the hill to the present Sri Ramanasramam.

Anandammal, leaving her son with her brother shifted her residence from Tiruvannamalai town to Ramana Nagar, opposite to the Ashram. She erected a

thatched hut with mud walls. She led a strictly disciplined life, eating very little, speaking only on matters spiritual and going to Bhagavan every day without fail. The purity of her appearance would inspire reverence- the ochre dress, Rudrashamala around her neck and clean shaven head. Her needs were few. One Dhanamma, who was a great admiror of Anandammal, used to help by cooking for her. If Dhanamma had to go out of town she would cook rice for a few days and put it in a pot and pour water into it. This was all: when hungry. Anandammal would eat a portion of the cold rice, with salt for taste!

Though she could not read and write, she could explain any passage from spiritual texts. She would be very happy if visiting friends recited in her presence Bhagavan's Nool Thirattu and the Ribhu Gita. Even difficult passages which baffled scholars would be explained by Anandammal in the light of Bhagavan's teachings. Her inner knowledge was brighter than the bookish knowledge of the scholars. Her happiest moments however, were those when she could sit meditating in Bhagavan's presence. She also dearly loved to go round the Holly Hill, Arunachala and enjoy the serenity and bliss in the loving lap of nature.

Many devotees prepare and offer special eatables to saints and Gurus. On one occasion, when a lady gave her hot pakodas she told 'Do you think sadhus really need these varieties? Look at that corner. Dhanamma has left cold rice there in the pot for me, for a few days. That is all I need. Time is very precious for seekers. We should abide 'as we are'- to remain 'as we are' is all that we have to do. Not waste time in making special eatables for sadhus. This is all due to distracting, disturbing thoughts. Remain where thoughts do not rise".

Yes, why should one waste even that much time to do a so-called good act, when our master wanted us to spend all the time in reposing in the self. We should stop all these unnecessary entanglements and spend all the time in diving within, withdrawing the mind from going outward.

Young aspirants have much to learn from the wisdom and pure life of Ananammal. Her advice to youth was 'You have come to bhagavan at this tender age; it is very good. It is a rare opportunity, indeed! Utilise every moment in Sadhana. Attaining the fullness of self should be your aim; all the rest are only the traps of the mind. Be ever vigilant. Attain the self which is ever yours. Be true to yourself; Bhagavan's blessings will always be with you!'

She encouraged women aspirants by saying "For women who wish to do sadhana, Arunachala is the best Kshetra. Did not Mother Goddess Parvati, herself do tapas here to gain the left half of Lord Siva's body? It means that at Arunachala women will surely gain Atmasiddhi." When a lady lamented over her hardships she told 'Your thinking about such troubles only makes your will-power weaker and weaker. Break the whole chain of these thoughts. Go and sit in the presence of Sri Bhagavan. He will solve your problems and bestow well- being on you'.

After Bhagavan's Maha Samadhi, Sri Muruganar used to expound Bhagavan's written works (Nool Thirattu). Muruganar's explanations, interspersed with reminiscences of the Master, delighted all, like showers of Ramana-ambrosia.

One day, Anandammal wanted Muruganar to explain a passage about saint Vamadeva in Atma Purana. She asked: 'Vamadeva had some residual prarabdha and had to experience garbha vasa (stay in womb i.e. rebirth). Immediately after coming out of the womb. He had the realisation of the self, didn't he?' After uttering these words, Anandammal suddenly fell forward and collapsed. Her last thought was on the release of Vamadeva!

Anandammal was an ideal devotee worthy of Guru's full grace. She was an example on complete surrender to the master, an example as to how one can live with minimum requirements in this mundane world, devoting maximum time for introspection and sadhana.

..compiled by A.Dias

7. Shree Devarah Hamsa Parvani

***Bin sadguru nahi Payiyae,
ghut hi mei bolae.***

Had shree Ramji ordered the army of Ayodhya to fight the demons of Lanka, the battle would have been between equals. Ayodhya had trained warriors who could fight a battle with the demons of Lanka. But shree Ramji deliberately refrained from calling the army from Ayodhya. On the contrary, he chose such warriors who were never trained for a battle. They were used to fight with stones, branches of the trees or with their claws and teeth. What does it mean? To fight against evils prevailing, do we need weapons? Then, only a few trained forces will be able to fight the war! But 'Ramcharithmanas' proclaims that to fight against the prevailing evil forces, there is no need for special weapons. What ever weapon is readily available will suffice.

Similarly if for spiritual practice (sadhana) parameters are prescribed such as financial , physical etc, then spiritual practice will be easy only for a chosen few and for others it will be rather difficult. What is meant here is that the knowledge gained through Bhakthi, with what ever means available to one, can give him 'purnata'. The 'Paripurnata' attained through Bhakti, making use of only what is easily available to bhakta, is the most outstanding feature of bhakti! A Bhakta need not bring any new equipment to fight against the evil forces.

People get perturbed by listening to big speeches of others. People get worried when they listen to Hatayoga Agyas, Yoga Agyas or the mental concentration required for spiritual practices. Again, when Karma kanda Anushtan-like elaborate Vratas and rituals are explained, people get slightly upset. When high level spiritual knowledge is placed before novice spiritual seekers, they get disturbed and

disappointed, thinking it can not be grasped by them. But you never lose heart. Never ever! You understand this simple fact that with what ever is readily and easily available to you, you can march forward! If you have a goal setting faculty (Vchar shakthi) make use of it. If you have a good emotional faculty (bhavana shakthi) make use of it. Again if you have a good physical strength, (Karma shakthi) don't hesitate to put it in to use. But don't aspire to attain what is not with you. With whatever you have, you can attain God and participate in the campaign against the evil forces. Sadguru is always with you and is always helping you.

"Radhe Radhe Jaya Shree Radhe
Krishna Krishna Jaya shree Krishna"
* Hari Om *

8. DEVA VANI - A Manana

"What is the purpose of human life?" Guruji asked. One of us jocularly told "To enjoy happiness," Guruji approved, for he knows how to get into his main theme through any link.

"Yes, God wants us to be happy. That is why he has given us body, mind, intellect and aham. Man can do or undo anything for his happiness."

"But the main mistake man does is thinking that money will get him happiness. So everybody is after making money, by hook or by crook. And how much money? There is no limit. You want your children to be software engineers, go to America and make money. They work there for 16 to 20 hours a day and make lakhs and crores. But are they happy there? Are you happy here? Here also you make money and with it purchase things and services that you think will make you happy. You get a car. You are happy, but the next year you get a bigger car. You want new dresses even though your wardrobe is full. Then you purchase another wardrobe. You go for a bigger house- paying fifty lakhs. Is there an end for this quest for happiness?"

"It is the law of the nature that every action has equal and opposite reaction. You make others happy and you get back happiness. You enjoy by harming others and you get harmed tomorrow. You love every one; so every one will love you. Is it not great?"

But it is also true that every up has a down, every glee has a gloom. So if you own happiness you should be prepared to own sadness also."

"Now let us follow the path of our enjoyment. Softness of a sofa and sweetness of a sweet is enjoyed by the body. This sense of enjoyment goes into the mind in a magnified form due to emotions. Then it goes to intellect where it is filtered through reasoning. Finally it goes to awareness or SELF where it is just witnessed in tranquility with detached happiness and without emotion and reasoning. That is what God inside us does. That is why he is always happy and without bondage."

"We also must be like him. Enjoy happiness not by owning it, but by just observing it. Then you need not own sadness also. Just like enjoying the beauty of a flower, or beauty of the evening sky. They are not yours. So when the flower falls tomorrow, you are not sad. When the beautiful sky roars tomorrow, with ominous clouds and thunderbolts you do not fear. Because, they are not yours. Likewise this happiness and sadness also are not yours. They belong to your mind and intellect. You are the tranquility with in you- Satyam Shivam Sundaram."

"So be cool. Say 'it is all for the best' and go on doing your duty."

9. Hrudaya Vani.

SEETA FALLS.

-By Shashikala Nayak.

Deep in the forest of Koodlu Thirtha
Green, dark and silent
Up from the heights so...high
Seeta falls gracefully
So magnificiently.
She is so serenely beautiful
Enthralling, enchanting and breath taking.
Babaji, Guruji and all the assembled seekers route up in a line.
The voice calling out loud and clear with devotion
Resonating through the woods.
The climb.....up and down
Takes us all, to tha lap of Mata Seeta.
To watch her fall is a divine sensation.
She squirts out....
Like fresh crushed ice pieces...
Like tiny glassy pieces...
Scattering them in all directions
And then regaining her identity
In a stiff thread of snow white water
Wearing all around it
A silver cascade of foam
An undulating membrane of splashing water.
A web of water mesh
Moving in an accelerated speed
All around, in a mysterious way.
The more we gaze on....
The more our eyes get glued on to her...
Such is the divine ecstasy of Mata Seeta.
In all urgency she cascades and reaches the cool waters below.
The seekers bathe slipping into her
She embraces them all in her soft breath
She embraces all in a divine clasp.
All enjoy her embrace and clasp.
As the setting Sun, threw his rays on her

She glittered and glowed in all rain bow hues
The multi coloured bow ascended upwards
Along the falls in all its glory,
As the setting Sun journeyed through the western sky.
So also the spiritual energy of all the assembled
Went well ascending; leaving them blessed
....amply blessed...
-Hari Om-

10. Yuva Darpan-Youth, know thyself.

Relationships.

It is rightly said that Man is a social animal. He lives in Society. Society originally meant the entire human race. Then it narrowed to nation, town, and family. But the mad race for material happiness has now lost the meaning of even family. Various relationships one ought to have with different people are waning away. With this, Happiness has become an oasis. Where are you in maintaining relationships?

How is your relationships with your

1. Mother:

- A] Frank and free, I love her.
- B] Reserved, to the point, I like her.
- C] I hardly speak, she is orthodox.

2. Father:

- A] Frank and free, I love him.
- B] Reserved, to the point, I like him.
- C] I hardly speak, he is a dictator.

3. Brothers and sisters:

- A] I love them, help and guide them.
- B] I like them, I am friendly.
- C] They are stubborn, I keep away.

4. Friends:

- A] I have lots of them, some are close.
- B] Only selected few, few are close.
- C] Not much, I avoid them.

5. Relatives:

- A] Close, I frequently visit them.
- B] Know many, close with some.
- C] Who bothers? I avoid them.

6. Elderly people [grandpa grandma etc.]
 - A] Love them, like their company.
 - B] Speak to them, help them.
 - C] They are botherations, avoid them.
7. Teachers:
 - A] Love and respect, they help us.
 - B] Like them and seek their help.
 - C] Don't like them. They don't teach.
8. Competitors:
 - A] Intelligent and helpful.
 - B] Proud but intelligent.
 - C] Arrogant, I curse them.
9. Opposite sex:
 - A] Frank and help them.
 - B] Talk when necessary.
 - C] Never talk OR I love their company.
10. Special attachment with any?
 - A] No, frank with all.
 - B] Frank with some.
 - C] Close with one.
11. What attracts you if you have ticked 10.c?
 - A] Character, simplicity and adaptability.
 - B] Frankness, sacrifice,tenacity.
 - C] Beauty, wealth and influence.
12. What emotion you have to him/her?
 - A] I simply love, want him/her to be happy.
 - B] I adore, want to marry and make him/her happy.
 - C] I want to marry him/her to be happy.

Have you ticked the appropriate category frankly? Now allot marks- 10 for A, 5 for B and 0 for C.

If the total of 12 points are
 above 100, you have good relation with all. Maintain it.
 80 - 100, you can improve still.
 60 – 80, you are slipping down, rectify your approach.
 40 – 60, change your attitude, be broadminded and loving, or you perish.
 Less than 40, you are no more humane! You are a modern heartless machine!

^^

11. Anu's Pages.

BALIKA SAMVADA.

Ammu : Anu, My birthday, celebrated as you told was appreciated by all. Now tell me about the importance of lighting lamps.

Anu : Have you noted that most of the lamps are made of bronze? What are the contents of bronze?

Ammu : It is an alloy of copper, silver and tin.

Anu : Do you know what are the 'Pancha loha'?

Ammu : Gold, silver, copper, iron and tin.

Anu : Pancha lohas are required for human body to maintain the electric circuit that flows through it and to strengthen the Pranamaya Kosha. Gold and silver are worn by us as ornaments. Due to the constant contact with body we get plenty of the ions of these metals. That is why we should wear gold and silver ornaments. Of course it increases our beauty and grace also.

When bronze lamp is lit with gingili oil, the iron contents inside gingili oil come out. Due to burning, the ions of copper, silver and tin from the lamp also come out in to atmosphere. Thus we get iron, copper and tin required to maintain our health. It also purifies the atmosphere by absorbing rays that are detrimental to the living beings and the vegetation. Just like sun rays and the layer of ozone destroys harmful rays during day time, during night time the flame of bronze lamp protects us. So we should keep the bronze lamp lighting always in our prayer room where we meditate, especially during night so that bad rays and extra germs that appear in the atmosphere during sun set and sun rise will be filtered. This is the scientific truth behind our lamp.

Ammu : Then is it a reason why almost all the idols of our temples are made out of Panchalohas?

Anu : Exactly. You have got the point. The panchaloha idol attracts more cosmic energy and transmits to us. And almost in all temples gingili oil is used. In some places other oil is used. In most of such places the soil contains iron ores and the people in that area get the iron ions in abundance. You see the nature provides all the requirements of man through soil, vegetation etc. And all our customs are made to live in harmony with the nature.

Ammu : Great, I never knew all this. Thanks a lot.

DO "U" "NO"?

My son is 32 years younger than me
and 2years older than his sister. If our combined age is 126 ,what is the age
of each of us?

Answer :. 64,32 and 30.

12. Kriya Yoga ...Pratikriya.

Kriya Yoga

By Nitin Indurkhya.

Kriya Yoga ain't easy
You do need the will
But the hardest part
Is just to sit still

Cross-legged, back straight
On a cushion or a mat
For a full three hours
Can you sit like that?

Guruji coaxes, cajoles
He won't let you be
"Lets do it together
Do 80 breaths with me"

The ringing of bells —
The pulses of time
Eight peals of empty
And heaven is thine

Yes, you will cough
There will be some pains
The first few days
Then sheer bliss reigns!

As the Chakras open
Cosmic energies flow
You observe your breath
In a meditative glow

The kriyas can help you
Of this I have no doubt
Find your peace inside
And reflect it all out

I have received a lot of satisfaction in this course. Meditation has improved day by day. At one time I felt as if there is no body, as if floating somewhere. While doing the fourth kriya, to my surprise, involuntarily my actions reverted to third kriya and I felt a lot of happiness...

.Sukanya.

From kriya yoga I experienced the sweetness of meditation and knew the aim of life.

...Swati.

While doing Kriya Yoga, I had many happy experiences. I experienced the flow of Prana Shakti in my entire body.

- Harish Kumar.

Activities in Ashram during the month of August 2005.

13-14 One day camp attended by 11 candidates.

15 4.30 to 6.00 - Speech by Dr. Gopalakrishnan on our heritage. Dr. Gopalakrishnan , M.Sc. (Pharm), M.Sc. (Chem), M.A. (Soc.), PhD, D.Litt., is a scientist in CSIR. He is also the honorary director of Indian Institute of Scientific Heritage, Trivandrum. He came in contact with Guruji in Trivandrum. Ever since then he has been on a drive to establish scientific basis for the customs and cultural heritage of Sanatana Dharma. He has published lot of books and released CDs and tapes on various subjects.

Here are some of the gems of his speech.

- 33 crore Devatas is referred to 33% Daivee bhava-satvik quality- that a man has. Other two qualities are Manava Bhava-rajasic and Asuree Bhava- tamasik quality (one third each).
- Man uses only 1% of the brain, Einstein used 1.1%
- After Pancha Bhoota comes Ahankara. It is not 'pride' but awareness or consciousness.
- Mind stays on one subject only for 3 minutes. It has to be brought back after giving a small deviation.
- If for doing a work in which you have interest takes '17 calories, the same work takes 100 calories if is done half-heartedly.
- It is impossible to follow two complimentary things at the same time.
- Life is to be enjoyed, but it should be constructive and not in a destructive way.
- A Russian scientist has found out that the idols of ancient temples emit vibrations as: Vishnu and Krishna idols[satvik] 2.3×10^{27} , Shakti and Shiva idols [Rajasic] 2.3×10^{32} and Naga and Brahmasthana [Tamasik] 2.3×10^{39} gauge units of electro magnetic cycles.
- Contribute 3% of your income, energy and time to the society.

