

Programs for November 2010

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| 6 | Gau pooja in Surabhi vana Gaumala at 9AM |
| 6 | Mrityuanjaya Homa followed by Gau pooja in Ashram |
| 7 | Satchintana |
| 13 | Kriya yoga punaschetana |
| 15 & 19 | Public meet |
| 18 | Tulasi Pooja in Ashram at 6.30 PM |
| 21 | Kundalini beejamantra punaschetana |
| 28 | Kriya yoga punaschetana |

Programs for December 2010

- | | |
|----------|---|
| 4 | Mrityuanjaya Homa followed by whole night meditation with Poojya Guruji |
| 5 | Satchintana |
| 11 | Kriya yoga punaschetana |
| 19 | Kundalini beejamantra punaschetana |
| 20 & 27 | Public meet |
| 21 & 22 | Whole day meditation with Poojya Guruji(10AM to 4 PM) |
| 22 | Whole night meditation with Poojya Guruji |
| 26 | Kriya yoga punaschetana |
| 28 to 31 | Kundalini beejamantra or kriya yoga camp |
| 31 | Mrityuanjaya Homa followed by whole night meditation with Poojya Guruji |

Dear Dhyana bandhus,

We have begun with the construction of a new Annapoorna Hall (kitchen), for the convenience of all who visit the Ashram. We sincerely request your whole-hearted donations in cash, building material and service.

Looking forward to your willing co-operation...

Programs are liable to change. Readers are advised to contact the office and ascertain exact dates before coming.



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|| Aum Aum Aum ||

Dear DhyanaBandhus,

According to Karma Yoga, the action one has done cannot be destroyed until it has borne its fruit. No power in nature can stop it from yielding the result. The cause must have an effect. Nothing can prevent or restrain this. Similarly if one does good actions, there is no power in the universe, which can stop it from bearing good results. Likewise if one does a bad action too. The whole big question is 'what is a good action and so a bad action?' who will differentiate this and what is the parameter? To some extent each one of us know – what is good and what is bad! Its simple- "That which comes from deep within and true to one's conscience has to be followed ardently."



In this whole big human race, meditation gives the answer for every unrest in life, where god has placed his faith on the human. For arguments sake all of us like to argue to find reasons, not to do the things one should do.

In almost every discourse, our loving Gururji says – "Dhyana is good in every way." Yogasana regularly done gives very good results. Likewise Pranayama, Kriya and selfless service". How many of us follow this? All of us know that this is good, since, at some time or the other we have experienced it, but are not regular practitioners of this goodness which God has bestowed on us free of cost.

"We have to bear in mind that we are all debtors to this world, and the world does not owe us anything. It's a great privilege for all of us to be allowed to do anything for the world. In helping the world, we tread a righteous path for ourselves"- Swami Vivekananda.

"Education taken from the mind is a bondage. Education transformed to knowledge, gives freedom and in turn takes us to liberation"- Yogacharya Devdas Rao.

"Passions cannot be eradicated, but they can be educated"- Sri Ramakrishna Paramahansa.

"The hallmark of education is humility and not pride" - Ishwar Chandra Vidya Sagar

"The highest education is that which does not merely give us information but makes our life in harmony with all existence" - Rabindranath Tagore

As we know, if there are different musical instruments tuned alike in one room, we notice that when one is struck, the others have a tendency to vibrate so as to give the same note. This science of synchrony works wonders.

Let one good thought give rise to many good thoughts filling in the vibes of goodness in space.

Let one lamp light the other, dispelling the darkness and floating in stillness as said by Sant Jnyandev - "Jyoti se jyot milate chalo, prem ki ganga bahate chalo"

Wishing you all a very Happy Deepavali.....Let's all fill our wonderful homes with lights of wisdom.

|| Sharanagatah ||

YOUR QUESTIONS...**GURUJI'S ANSWERS...**

Q1) Our country which has crores of population, has innumerable more no of Gods worshipped. What is your opinion on the same?

A) It is your opinion that the no. of Gods are more than the population. What's wrong with it? We need to first understand the meaning of God. Within these innumerable forms which you call God, the truth is one. God is the name given by man. It is man who worships God with various names and forms such as Ishtadeva, Kuladeva, a God for overcoming difficulties, a God for combating anger, a God for trade etc... Thus as per his wish, man divides God into different categories and worships Him. Man worships a small shrub, plant or tree too as God. This increases man's love towards nature. Man also worships a cow, a snake, a peacock etc... This helps him empathize with animals.

Every single life that exists in Nature has God within. Though the forms may be different, the chaitanya within is one and the same. We pre-

pare different ornaments from Gold such as finger-ring, bangle, nose-ring, earring, necklace etc... but all are made from the same element - Gold.

In the entire universe, everything contains Chaitanya Shakti, may it be visible or invisible. This is Truth; And this truth is God; Not the outer form. The science of Yoga speaks similarly. God is one. Man until date, has not been able to comprehend the variety and depth of God's wholesome energy waves. Every wave has a unique vibration. These vibrations create a form by emitting a variety of colours. It is this variety that we perceive as different forms and worship them as God. Each man's mind is different from the other. Therefore the spiritual experiences that each one has, is different from the other. Due to this reason, each one worships a God that suits his opinion. When analysed through wisdom, one realizes that there is nothing wrong in such worship.

Q2) I received an email from Rajesh, in which he has degradedly written against Guruji's precaution on 2010 - 13. I don't agree to what he says. Yet, I thought you should know, so I am sending you this mail.

A) The Rig Veda mentions "Yathaa Drishti Tathaa Srishti". How your mind thinks, thus

you perceive. If your mind is filled with negative thoughts and emotions, nothing will seem right to you. Probably so, based on his viewpoint, Rajesh is unacceptable to our Precaution. Any spiritually wise person will take precaution and progress ahead because of his positive thoughts and emotions. Even the Srimad Bhagavad Geeta has justified this. Sri Krishna Paramatma prepares and guides Abhimanyu on decoding the Chakravyuh for the Kurukshetra War, even before he was born, that is when he was in Subhadra's stomach. Only a wise person thinks ahead in advance, and thereby he progresses. Therefore wisdom is equally necessary along with meditation. Then it becomes easier to reach the Goal. Meditation and wisdom are like the wings of an eagle. The destination will be reached, only if the wings lovingly co-operate with the eagle. Thousands of people have already devoted themselves to meditation in our path of precaution and planning. Two years back when we mentioned these thoughts, some people might have thought otherwise. But today, every newspaper too is highlighting the scientific truth of this phenomena-to-occur. Then, we had published our opinion through experience, it wasn't a made-up story. Today the top most scientific institutions are introspecting on the precautions for the 2013 phenomena.

It is each one's freedom of thinking, whether they wish to agree to what we have

published. We haven't frightened anyone, rather mentioned that meditation is the choicest path to face any difficulty in the unpredictable future. We meditate from morning to evening with all those who come to the Ashram for the sake of meditation. These meditations sessions are free of cost and even the food expenses are taken care of by the Ashram. We have decided to carry forward this mediation session continuously until 2012. In the "Mirror" newspaper of Sep 14th, there is a detailed article about 2013, just like how we mentioned. 'The entire earth may be void of electricity for one or two days. The satellites may stop functioning. Is it possible to find a solution, if the scientists of all the countries come together and work on this?', is on-going discussion.

Till date Sri Rajesh has not met us, nor do we know about him. If he finds something lowly, then that is his state of mind. But it is far from the truth. Truth is unchangeable, regardless to anyone's thought or behaviour. "Satyam Eva Jayate" (Truth always triumphs).

Q3) You have mentioned that Meditation is the only path to overcome the difficulties that may arise during the 2012-13 phenomena. What about those, who don't practice meditation? Isn't it enough if one is involved in prayer, Bhajan, Japa (Chanting) and Tapa (practice of austerities)?

A) The most important factor required, to face 2012 is Total surrender. You can progress on any such path, which helps you practice this total surrender easily. In case you are a karma yogi, then offer your work totally to God. This will lead you to Total surrender, which is equal to meditation. Wherever or however you are, no matter whichever path you follow, but perform all your tasks by offering yourself totally to God. Then you can easily overcome all the difficulties that arise. If you follow the Bhakti path, then love God totally, worship him with the feeling of total surrender. Plead him to protect the people of this earth, from the forthcoming devastation. Place this request at the altar of God, every night before going to sleep. What one pleads with all his love, truly; one will surely get. Always remember, Yogis will know of the experience of death. The one who dies, changes his body, which is for his betterment. But his friends and relatives have lost him forever. Only the one who has experienced this, will know the secret of death. Death is not true. It is just a transformational change from one body to another. This is what is called as Re-birth. A Yogi doesn't fear re-birth. Owing to his stable and strong will-power, he faces everything, and has just one intention - of joining the kingdom of God. Not only does he traverse such a path, but also tries to bring everyone else on this path. Whatever may be the religion one follows, but if one develops

the feeling of total surrender and lives a righteous path, one will be able to face the 2012 phenomena easily.

Q4) When I had a severe headache, I did the first Kriya for 20 mins and then meditated. The headache went off. How?

A) Headache occurs due to 2 reasons - If blood circulation in the brain is either more or less than necessary. Both are indications of illness. Generally, for a healthy person, the blood circulation in the brain is normal. When congestion increases leading to Sinusitis, then one may suffer from an intolerable headache. Even due to the fluctuation of blood pressure in the body, one may have problems of giddiness and headache. The main reason for all these problems, is the improper circulation of blood. Mental stress also creates pain, due to the variation in blood pressure and circulation. Kriya Yoga is extremely beneficial in relieving one of all these problems. During Kriya Yoga, when we deeply inhale and exhale in disciplined counts, the breath is regulated and there is continuous flow of oxygen and life force energy to all the cells of the body. The dirt accumulated in the cells, is thrown out during the exhalation process of Kriya Yoga. In the first Kriya, we inhale and exhale 200 to 300 breaths, just like Bhastrika Pranayam. Between every 20 to 100 such breaths, 3 to 5 minutes meditation takes place, which regulates the blood circulation. Exactly

at this time, when we utter the Gayatri Mantra in Outer Kumbaka, the kriya shakti of the brain's right hemisphere increases. Through all these kriyas, the body is filled with peace and satisfaction. Thus all the pain disappears on its own. Leave alone a headache; through kriya, one can get relieved of a 'Migraine' too.

Q5) I am a member of Thiruvananthapuram Satsang. Past 10 years I have been meditating, yet haven't reached the goal of my life. In the previous Beejamantra Camp, you taught us how to reach the goal of our life. I will surely practice it as per your guidance. Will I reach my goal in this birth itself?

A) If you practice what is taught, like a true soldier of discipline, with complete devotion on the spiritual path and total surrender; then without a doubt, nothing can stop you from reaching your goal. Don't have any desires. Don't keep any disappointments either. Leave everything to God. That by itself is Total surrender. God is the only truth. All else is false. You can experience the truth of this statement through meditation. Once you experience this, the path ahead becomes easier.

Q6) As per some articles being published recently in newspapers, scientists are of the opinion that it would be impossible for

man to survive on earth in 2013. How true is this?

A) Scientists are speaking on the truth that they have understood based on their mathematical calculations and experiments. It is no doubt true that 2013 will see a great change. At that time, man will receive great help from God and man may also travel to another planet. The pure and righteous ones, may survive. Let us all make this possible through deep and continuous meditation.

The heated circulation of air within the sun gives rise to solar flares, and the balls of fire which flare out of the sun's atmosphere is in-numerous times bigger than the earth. If these balls of fire travel towards earth, then disaster is bound to occur on earth. But in all probability, the fire-balls may melt away as dust. If the heat and dust of these flares reach earth, there is a possibility of a major transformation. Due to such an occurrence, all the satellites around earth may stop functioning. All work done with electricity may get disrupted. Instead of feeling disheartened by these thoughts of the future, let us meditate with total surrender and live a life of peace and satisfaction.





--- Dr. Anuradha Kamath

Longevity and good health are 2 main goals of life. Long life without good health is strenuous & stressful. Our age old seers and great sages lived a very long life, only with 'Satvik Ahaar and Vihaar'. Fruits form a main part of Satvik Ahaaar. Fruits contain high levels of Prana Shakti. Fruits not only nourish the body but also give enthusiasm to mind. Scientifically fruits contain all nutrients that are essential for the body. They also have high concentrates of Antioxidants and photochemicals which are not only important for good health but also prevent diseases like cancer. In this series of articles, different fruits, their qualities, medicinal uses and use in kitchen will be explained. In this issue, it is the 'Apple'.



APPLE

- 🍏 Apple when taken regularly increases the power of body resistance against diseases.
- 🍏 When an apple is eaten raw it takes only 85 min's to get digested fully. This means that apple is an easily digestible fruit.
- 🍏 An apple with milk increases memory power.
- 🍏 Regular intake of apple and honey reduces cough and Phlegm.
- 🍏 An apple juice without sugar taken in empty stomach reduces hyperacidity.
- 🍏 It reduces the disease Scurvy.
- 🍏 Apples contain high concentration of Phosphates.
- 🍏 In sout (joint pain), the contents of apple (mallic acid and tartaric acid) reduce the pain & swelling.
- 🍏 Peeled and boiled apple, made into a paste and applied over erysipelas (herpes) reduces burning & pain.
- 🍏 Apple can be taken by diabetic patients in minimum quantity.
- 🍏 Apple taken with milk at bed time, is a solution for constipation and reduces piles.
- 🍏 Peel of apple also contains many nutrients so don't discard it.

APPLE &



KITCHEN

Apple Chutney

Cut the apple into pieces, add roasted red chilli, onion or garlic. Grind well. Add jaggery, salt & lemon juice. This chutney is good with rice as well as chapatti or dosa. It is also good for digestion.

**Apple Sandwich**

Cut apple into long slices. Roast bread with butter. Keep slices of apple in between the bread slices. Spread few pieces of cashew almond or dry grapes. This is a healthy snack for children in the evening.

Apple Water

Cut the apple into small pieces boil until soft, take out the watery portion, This is apple water and it is good to drink, in all types of fever.



AJJI'S SANDESHAS - PART 1: THE LIFE

---cont'd from previous issue

Nadhabrahma is the entire creation. AUM is The Syllable AUM shake or to sustain has been rescued by granted by the Creator which originates ideal for meditation.



auspicious in the entire form of Brahma. has got the power to creation. Humanity this AUM which is the creator. This AUM from the navel is If we chant the man-

tras or do the Japa with AUM, the Nadis - Ida and Pingala get balanced and strengthened. As a result the Kundalini power gets awakened and one experiences the joy of the Creator. Then one forgets all the petty things and remembers the Creator all the time.

A fish out of water feels tortured. Similarly a devotee feels tortured and suffers by the worldly talks. At functions like weddings people wear beautiful clothes and feel happy. But they find happiness in criticizing others rather than the loving conversations. Truly, this kind of behaviour pollutes the atmosphere and the peace of mind gets lost. On occasions like this where the family, relatives and friends come together everyone must be mutually loving and never criticize each other. People wear diamond jewelry. Many wear costly clothes and jewelry. But most people do not try to attain the everlasting happiness.

The true intellectuals always speak short and sweet and they do not hurt

others. We have to take care of those people who are connected to us, in the same way as we take care of our body. The sufferings of life are the means to take us to God. For the mind to think of God day and night one needs to do a lot of Sadhana. The fruit of such Sadhana is Contentment and Peace.

A sanyasi doing sadhana is not a difficult task. Because it is enough if he feeds and takes care of himself. But a Grihastha [family person/Samsari] doing Sadhana and attaining Godliness is really great. Because He/She needs to satisfy the Spouse, Children, Parents, Guests and Relatives. For that, he/she has to work very hard both physically as well as mentally. Despite all the hustle -bustles of life such a person remembering God is a great adventure.

Veer Anjaneya is a great devotee of Sri Rama. Vibhishana is also a devotee of Rama. But Vibhishana's devotion is great compared to Anjaneya. Because all brothers of Vibhishana were the rivals of Sri Rama. Yet Vibhishana didn't care for the opposition of his brothers. It is great that he followed Sri Rama without caring for his survival. Bharatha and Shatrughna were not with Sri Ramachandra. But they worshipped Sri Rama's Paduka, lived like hermits and took care of the Kingdom till the return of Sri Rama. Lakshmana stayed like the shadow of Sri Rama and served Him without fail. So, serving the Creator means, doing the selfless deeds anywhere, such that, it pleases Him. Such a service reaches straight to the Creator without fail.

Car for the comfortable conveyances, very neat and elaborate dining arrangements, nice get together with close friends and relatives, jealousy upon otherssuch people look happy for the outsiders. Many desire the company of such people thinking, 'How Lucky they are!'. However, when their good fortune ends and the bad days start everyone runs away from them. Do not desire for other's possessions. Ask God for all that you want. The creator will definitely provide you all that you really need. A car journey is very comfortable. But walking is very difficult. However the one who is traveling by car has earned it through hard-earned money and is traveling comfortably. The person who is walking has not worked hard, so is going through the hardship of walking. Similarly, in every aspect of life you can be comfortable only if you work hard. No happiness without hard work. Man must not be Lazy/Idle at all. Working hard always should become a habit. Only then he may find happiness in life.

We must never become our own enemies. We must become our own friends. Good qualities are the friends. Bad qualities are the enemies. The germs infiltrate human blood and trouble man in many ways. In the same manner, many types of people trouble the Sajjanas/ Satvik people. Medicine is essential for disease, similarly, staying away from evil /bad people, is equally important for the Sajjanas. Character is the “Bhushana” (Ornament) for a man. Good qualities are the crown of glory. Good character (Sadachara) is the origin of Athmonnathi (Self improvement).

A Pearl stays inside the shell. It is at the bottom of the sea. One can collect the pearls only if he dives deep into the sea. If you just sail on the sea surface you can't obtain the pearl. In the same manner, one has to attain Sakshathkara by a very deep, continuous hard work. Ananda (bliss) is the fruit of the Tapas done by devotees.

If man leads a simple life instead of an artificial life, he can naturally have physical health and mental peace. A lot of sufferings in life may happen because of being extravagant. If one accumulates a lot of wealth due to greed, it will also result in misery. So man must work hard. Donate at least some portion of the income to charity and attain peace. Just as the huge trees provide shade and fruits, people when they have wealth must rescue others and provide shade. Small mistakes may not be very harmful. But in a place or situation involving people, and in organizations, if a mistake is done it may cause harm to others. So those who wish to work in organizations must never do any mistakes.

Whether a poor man or a royal one, if he has peace of mind, that itself is true fortune. Nothing wrong if one is rich. But he has to use his wealth for a good cause. Donate to the needy such as the handicapped, the diseased... But do not give to those who beg because of laziness. Donate to the poor who are weak and cannot do any work. Help those who are willing to work to find the some work or job so that they can earn something.

Always remember that what you speak must short and sweet. When you make people work, [like the coolie] make sure that you pay them well. Take care of them when they are ill by providing their medical and other needs. Similarly punish them if they are lazy or steal something. But you must not scare them or yell at them and use harsh words. Instead talk to them about it and make them realize their mistakes. Man must be kind and giving. Or else he is not a

human being at all. Every person must donate at least 1/10 of his earnings for a good cause.

The tribes living in hilly or forest areas are very strong and healthy. Because they have very less desires. They work hard. Because of the physical work they have a strong and healthy body. Since they have very clean mind they have peace. Hence they are always healthy and strong.

On Ganesh Chaturthi people prepare many types of sweets and other dishes. The wish is that, Ganesha should feel satisfied with all the food and make sure that all the obstacles of our life are removed so that we lead a comfortable life. This has become a habit. On any festival day the types of dishes to be prepared are already decided. In reality, on the occasion of festivals one can prepare one or two types of special dishes [like Payasam], offer that to God with Love, then happily distribute it among all and then eat it. On such days we have to sing the glory of Lord with happiness and devotion. Then finally surrender to God with total devotion and pray.

God is not far away. He is omnipresent. He is always with us. Always being in His company is our need. Love is the form of God. He is also the punisher of all evil. Good nature, Good character, Kindness, Love are the real tools, to obtain the Love of God. This body is not permanent. But do not neglect the body. This is like a boat. It is a tool to go towards God. If the boat has got a hole one will sink for sure. Similarly if the body has become weak, diseased, then it is very difficult to remember God. If one finishes off all the desires and leaves the body thinking of God then the Jeevatma unites with the Paramatma.

The loving relationship with God is possible only through the Sathkarmas of many births. In the 18 chapters of Bhagavadgeetha each chapter discusses a topic. If one repeatedly studies and understands the Geetha one needn't read any other spiritual book. The essence of Veda is in the Geetha. One takes birth as different creatures, animals and then finally as a human being. So God grants human life in the end after all the other births. That is why Purandara dasa declared, 'Human birth is great. Do not waste it O! Crazy ones'

If the mind and speech are pure, the Antarang is automatically clean. Man must always wish good. Also he should practice to always wish and do good for others. Criticizing others is a serious disease. This disease causes tremendous amount of damage. If a baby is crying it does

not disturb others. Because the baby has no knowledge that the crying can disturb others. But if a grown up criticizes, screams and scolds, that causes many problems as well as results in loss of peace. A physically debilitated person will have no strength to do work. So no one should scold or trouble such a person. The family of such a person should take care of him.

There may be many who speak very sweetly. But without the inner love, such nice words are useless. Some people are very beautiful. But their heart may not be beautiful. Some are ugly to look at but they will be very intellectual and good natured. So it is impossible to know people by their looks. This physical body is temporary. But is very pure. So we have to take good care of this body. But we should not believe that this body is permanent. The Sadhakas must indulge in smoking, drinking alcohol or eating non vegetarian food at any cost.

For a smooth journey of life, God is the only refuge. Saints show us the path. The journey is easier if we walk that path. The service done to please people does not qualify as service at all. The service done without any noise, without the knowledge of others is real service. The bird flies very high. But when tired it has to seek refuge in a tree. Similarly, man always flies with the Ego of a Doer and behaves as he wishes. But through the loss, sufferings and pain he realizes that God is his only refuge.

Kumuda [Night Queen] blooms because of moonlight. Lotus blooms because of sunlight. Similarly when the mind is calm it blooms like kumudha, meaning it feels happy. And during the group Nama Sankeerthan it blooms like the lotus.

One should be extremely careful while walking a tough path. One needs to use footwear while walking a path full of thorns and stones. Similarly when some incidents happen in life one needs to use intelligence. It is best to speak sweet words and feel happy rather than regretting the harsh words spoken out. Criticism in the family has to be scrutinized and objected to, very carefully.

Like a traveller making all the arrangements for his journey, one has to obtain the love and grace of God during the journey of life. We must not be angry on those who criticize God. Instead we should pity them thinking, 'How unfortunate that they haven't experienced His bliss yet!'. At

least thrice everyday one must pray and ask God to lead us From Untruth to the truth, From darkness to light, and From death to eternity. Realization must become the goal of life. People understand the truth as untrue. Man distinguishes the Satya from the Asatya after realization. Everyone desires good for oneself. But they don't do good works. You have to love God more than life. The love of husband and wife, mother and child, relatives and friends all put together also can never equal the Love of God. The pure rivers Ganga and Yamuna happily travel towards, and join the Ocean. Similarly a Sadhak should be in meditation and blissfully unite with the Creator. One must travel from Ignorance and Avidya to Knowledge, from hell to heaven.

The bhrathru prema (brotherly love) of Bharatha, pithru prema (fatherly love) of Sri Rama, matha pithru prema (motherly-fatherly love) of Pundaleeka should become our ideals. In a lab called life we get many experiences. We must not look back. We must march forward. Love should be hidden in our words. Smile should be on our face. From the beginning till the end when we scrutinize all the incidents of our life, it becomes evident that happiness-sadness, praise and humiliation, failure and victory are all just a part of life. But a true devotee does not consider all that. He does not care about anything else except God. In this unusual world, variety of unusual people and creatures exist. All this is just a game of God.

The weaver always squeezes the cotton very well before weaving the thread. Similarly we must squeeze our mind very well [means, remove all the dirt from our mind] and maintain it like a clean cloth.

A traveller naturally feels tired during the journey. He has to stop somewhere and take rest. Similarly man has to rest in this journey of life.

When you read Puranas and glorious stories of Lord you should assimilate the essence in it. The mistakes of the writer must not be taken to the mind.

We must perform Yajna-yaga, poojas, japa-dhyana. We must serve guests and visitors. But this should not cause any trouble to others.

A life without discipline is useless. Everyone should lead a principled life. No one should cheat or dupe. But many people say, 'why does only the truthful person suffer?' Those who cheat are

always comfortable'. But this is only an apparent reality. This may work for sometime because of the balance of satkarmas from previous births. But only a truthful person experiences real happiness. A truthful person always has got the strength of God, so he is never scared. He has no fear at all.

King Bhageerath did Tapas and despite all the obstacles, he made Ganga give deliverance to his ancestors. Even today mother Ganga is taking care of millions of people. She feeds people and gives them liberation. We must realize very clearly the importance of the Tapasvi, whose Tapas [Austerity] improves the life of countless and leads them to liberation. Doing tapas is not a simple task. But the society today does not support such people. Not just that, people also trouble such great souls. This is a very sad situation. However tolerance itself is a great Tapas.

-----End of Part 1 - The Life-----

“SYNCHRODESTINY” BY DEEPAK CHOPRA

--- Sumitra Achraya's collection



“Think back to the time when you were trying to remember some bit of trivia, a person's name or the title of a book. It was on the tip of your tongue, but you just couldn't quite recall it. Once you try to remember you have introduced intention. But the harder you try to remember, the farther the information seems to slip away from your conscious recall. But if you eventually take your ego out of the way, and let go of the process of remembering, then your intention goes into the virtual domain, with its infinite organizing power. Even when you have moved on to other thoughts, the virtual domain continues to search for the information even without your participation. Later, you could be falling asleep, or you could be sitting in a movie, and suddenly the name you were trying so hard to remember simply pops into your awareness. This common example illustrates the way intention works. All we have to do is create intention and let the universe take over”



WOMEN IN SPIRITUALITY VII: KARAIKKALAMMAIYYAR: PART 2

--- Banumati, Chennai Satsang

In the Previous issue... Paramadhaththan had received mangoes from some traders who came to visit him, and he sent them to his wife at home. She served one fruit to a sage, who had come hungry to her house. After lunch, her husband eats the remaining mango. He relishes it so much, that he asks for the second one too. She got up and went towards the kitchen as if she was getting the other one.

She was anxious. What could she do? She prayed to the Lord who helps his slave wherever and whenever they plead to him. Through His grace there appeared a marvelous tasty mango in her hand. She brought it to her husband. Surprised by the taste of the mango that was delicious than nectar, he asked her where she got such a mango that couldn't be found in the entire world. She could not tell anything, because the grace of god cannot be explained to fit into anyone's understanding. But she felt it was not good to stand simply, without answering her husband's words. Finally determined to tell the truth, she prayed to the pleasing feet of God in her heart and told her husband everything. Unable to accept that it was Almighty's grace, he

asked her to prove it by getting one more fruit from the lord. She pleaded to the Lord who wanders in the cemeteries that if he did not give her a fruit again, her words would be considered false. Immediately a mango came to her hands. When the shivering Paramadhaththan received it in his hands it disappeared. With a mixed emotion of fear and respect, he did not touch her then on. He planned and left with the



fellow traders saying that he wanted to earn a lot. He earned a lot in his voyage and settled in the Pandya Kingdom (south of tamilnadu), marrying a daughter of the local merchant, though he always thought of Punithavathi with respect. He lived there without anybody else knowing about it. He considered Punithavathi as a goddess to be worshipped and named his child whom he got from this new wife, as Punithavathi.

While he was leading such a life there, in Karaikkal his chaste wife Punithavathi, expect-

ing his return, continued the adorable deeds of serving the devotees. Then she came to know that her husband was living in Pandya Kingdom after making a lot of money. The relatives decided to take her to him. They went to the town where he lived and informed him in advance about their arrival. With fear yet reverence he along with his wife and kid rushed forward to salute her. The three of them prostrated at the feet of the young deer-like Punithavathi. He then told her that the life he was living was her blessing, and that he had named his child after her praiseworthy name. Punithavathi was shocked and moved away. He told the relatives who were shocked by his deed that she was not an ordinary human being, rather she was adorable, worthy of worship, which is why he named his child after her. He further asked all of them to worship her as well. While the relatives were petrified at his words, Punithavathi prayed to the blue-throated Lord Shiva, that this being thy decision, let thy grace change my beauty of flesh and give me the form of the ghost that praises you always.

With the mercy of Mruthyunjaya, she lost her pretty body and got a skeletal body that is worshipped by the world and Heaven. The relatives who were present were frightened; they prostrated to Karaikkal Ammaiyaar and left. With the spring of knowledge that unifies the soul with Shiva rising up, she then composed the Arpudhath Thiruvandhathi, and sang, that she has become one in the Ganas that praise the lotus petal-like feet of Lord Shiva. She later sang the 'Iratthai mani Malai Andhadhi' (100 songs with alternate songs being the same type of poem). With enthusiasm to enter the range of Mount Kailash where Lord Shiva resides, she proceeded. People were scared looking at her skeletal form and ran away. She said that if the lord of lords bless me, why to bother about what these people in the darkness of ignorance think of this form. She reached the circumference of the holy peak. Unwilling to put her feet on the Almighty's abode, she climbed with her head.

Uma, the spouse of Lord Shiva, saw this apparition and, in amazement, exclaimed to her Lord;

“Oh my Lord! Amazing is the love of the holy frame which is coming up here walking on its head!” He replied, “Note! She who is coming up is a Mother who cherishes us; and this glorious form she prayed for and obtained”. Then as she came near, looking at her, He graciously uttered the momentous unique word, “Oh My Mother!”, that the world may be redeemed.

When the Lord of benevolent eyes graciously called her “Oh Mother!”, she replied saying “Oh Father!”, then bowed down and fell at his lotus-like golden-red feet and then stood up. The Lord adorned with white conch-shell ear-rings asked, “What do you want of us here?” On him asking thus, she paid obeisance to Him, and proceeded to answer Him. After she had

prayed for undying blissful love unto Him, she further prayed: "Not being born again, I want; but, if there is birth again, the boon of never forgetting you, I want; Moreover, Oh Righteousness Incarnate, I pray that I should rejoicingly sing about You, and, when You dance, I should stand at Your feet!"

The lord gave her the boon she asked for, and asked her to stay in bliss by singing unto Him, when He dances in the South town Thiruvallankadu (near Thiruvallur-chennai). Taking his order Ammaiyar came to this town walking with her head. When she saw the dance of the Lord transcending the Universe, she sang in bliss the Muththa Thirupadhikam, a composition on the dance of Shiva with the matted hair that is wet with the honey of fresh flowers rendering her into eternal happiness under His holy feet.

There has been no one else among the devotees of Lord Shiva who reached the Kailash Mountain and came back. But Karaikkal Ammaiyar, not only did she reach the presence of the Lord on Kailash Mountain, but was also called "Oh Mother" by the Lord himself. To add to it, it was her great privilege to return to the human world after this unique experience and live long, even though as a wraith, and sing the praises of the Lord.

Love of the Lord was her equipment, love was her craving, Love was her life, and love was her boon.

OPINION OF PARTICIPANTS OF BEEJA MANTRA CAMP

CONDUCTED BY

BHATKAL SATSANG IN KONKANI (18.10.2010 TO 20.10.2010)



- * **Being in Ashram, I forget myself and get a replenishment of inner energy.**
- * **The truest experience of divinity has happened again, this time in a most profound manner.**
- * **I had real enjoyment with satisfaction. Spiritual experiences were good.**
- * **Everything about the Camp is very good. But nothing to match Guruji's Simplicity and pure love extended to each and everyone.**
- * **The dancing and laughing sessions are good. The sun rise & sun set walks are good for health. Ashram has got a fantastic atmosphere. The food here is very nutritious and healthy for spiritual aspirants. Thank you Teachers, Thank you Guruji and Thank you Ashram for a very good Camp.**

GOWSAMRAKSHAN

Sri Chandra Mohan and his wife Smt. Shruti Chandramohan have adopted an Ox named 'Yajna' of the 'Raati' breed, for a year. He is the second son of Sri V. Ramdas (retired employee of New Mangalore, Bandar). By profession, he is an engineer in Bahrain. We pray for their well-being and look forward to their whole-hearted service to the Ashram always. Their intense love for cows, encouraged them to adopt Yajna. Sri Ramdas is an active member of our editorial team.

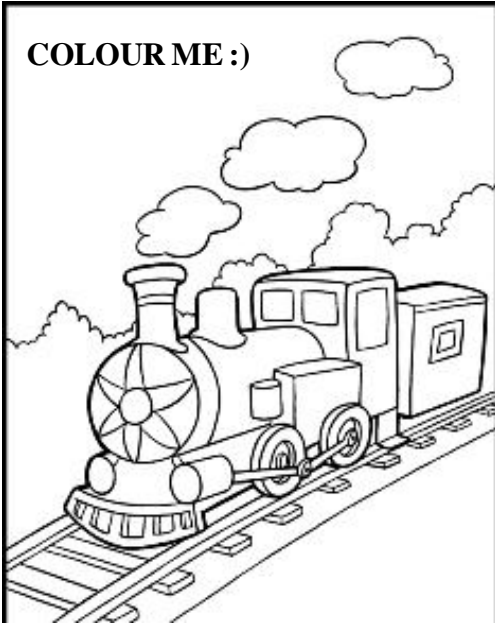




RAINBOW CORNER



COLOUR ME :)



RACE AGAINST TIME

Pavan and Pritiksha have to catch the 6 'o' clock train. Pavan's watch is 10 minutes fast but he thinks it is 5 minutes slow. Pritiksha's watch is 10 minutes slow but she thinks that it is 10 minutes fast. Each of them, thinking so, leave to catch the train so that they will make it just in time. Does any one of them miss the train? If so, by how many minutes?

COUNTING ME IN/OUT?

The most common form of counting out for a game, at a primary school in Italy is based on the following rhyme:



One pizza, two pizzas, three pizzas, four!

Five pizzas, six pizzas, seven pizzas more!

1, 2, 3, You're out!



The second round of count begins with the one after the person who was counted out. This process is repeated until only one lucky child remains.

Suppose that you are among seven children (A, B, C, D, E, F, G) playing this game. All of you are standing in a circle. If you wish to be the winner, at which position should you stand, if the counting begins from Person A.

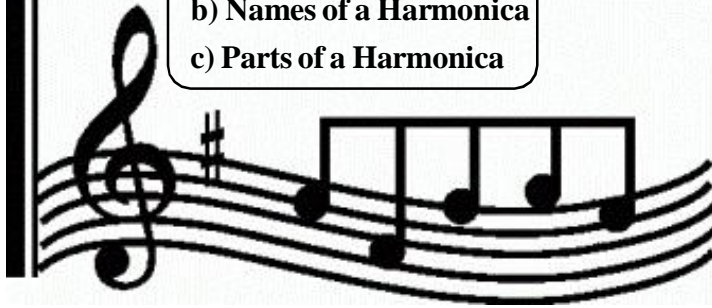


mUsIc ZoNe
 ^*^*^*^*^*^*^*^*
HARMONICA

Match the appropriate option from the box below

- 1) Harp, French Harp, Blues Harp, Mouth Organ
- 2) Comb, Reed-plates and Cover-plates
- 3) Diatonic, Chromatic, Tremolo, Orchestral

- a) Types of Harmonicas
 - b) Names of a Harmonica
 - c) Parts of a Harmonica



Harmonica is played by blowing air into it or drawing air out by placing lips over individual holes (reed chambers) or multiple holes. The pressure caused by blowing or drawing air into the reed chambers causes a reed or multiple reeds to vibrate up and down creating sound. Each chamber has multiple, variable-tuned brass or bronze reeds, which are secured at one end and loose on the other end, with the loose end vibrating and creating sound.

DANCE DIMENSION

The mnemonic syllables are an important part of Indian rhythm. These are syllables which correlate to the various strokes of the tabla, mridangam and pakhawaj, as well as other classical percussive instruments. When tuned to play for dance, the importance of these syllables gains prominence in terms of footwork.

Each dance form has it's own name and style for the collective set of mnemonic syllables used.



Match the names of the mnemonics to their respective dance forms

- | | |
|-----------------|-------------|
| 1. Kathak | Bali |
| 2. Odissi | Bamakalapam |
| 3. Bharatnatyam | Tatkaar |
| 4. Manipuri | Shollukattu |
| 5. Kuchupudi | Lai Haroba |



NATURE RENEWS - HUMANS PICKLE

--- N.Narayanswami, Mumbai



The wistful longings

A nameless search

Scaling the mountains

Foraying into valleys

Shuttling between big cities, small villages

Looking everywhere

Overlooking nearer home - MY OWN SELF

Sought happiness in another

*Having not the sagacity to see that the spring of joy spouts not from dependence
but from mutual eagerness, to give and receive*

Love replaces the desire to convert, control, dominate

No subversion, no subterfuge

*Nor any need to control via the visceral of clouds hangs restfully On the horizon
bathing in the golden glow of the sun rays before being swaddled with a velvet
black*

Wake up brother

*For once forget every darkness and see hills in the morn waking up languorously-
Sun kissing the peaks*

Slopes bathing slowly in shimmering splendour - VISTAS, FAR AND WIDE.

Efflorescence of myriad hues

spread all around

Multicoloured joy stippled on the wings of a butterfly

*ALAS ! man prays to God for bounties of all sorts instead of beseeching Him for
the bounty of all bounties*

*TAMASO MA JYOTIR GAMAYEA - The lumina permeating him dispelling all
darkness like rays of the morning sun*

*piercing the heart of the dark forest making it come alive to the accompaniment
of avian music.*



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subscription for the Kannada and English
Magazine, in case it has come to an end.**

COMPANY OF ENLIGHTENED PEOPLE**TO THE SWEETNESS OF NECTAR****--- Satsangi**

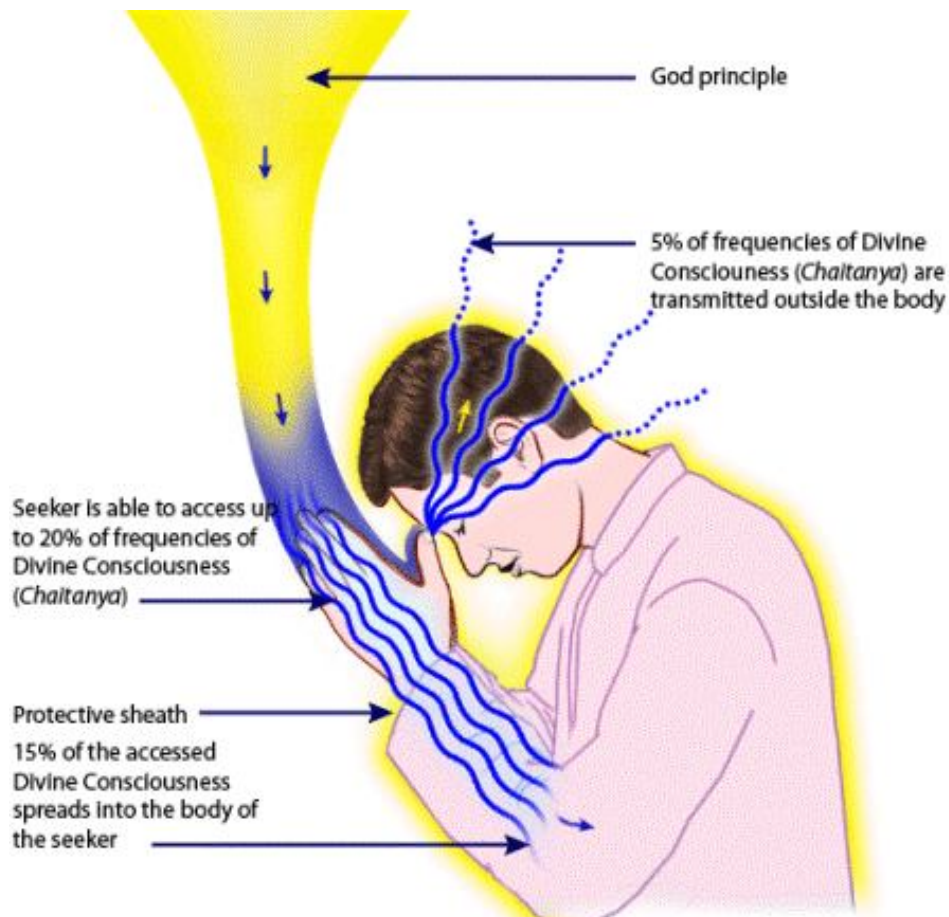
If we aspire for an elevated goal some unknown hand will always protect us. We should be focused on that goal. We should have a healthy physique. We should have self confidence to such an extent, that we can pluck thunder bolts and bring it down if required. We should think in a broad perspective, have immense confidence, trust, and aim higher. Besides all this we strongly require God's blessings. To make one reach such a mental state, we need the blessings of enlightened and detached people. Only Satsang can relieve us from the attachment to the material world, take us closer to God and help us realize the ecstasy within.

Shri Purandaradasa, a great literary figure from the Bhakti movement, who is revered as the father of Carnatic classical music, once said "O Lord, grant me the company of enlightened people, as I do not want the company of people who are too attached to material enjoyment". It is not easy to get the companionship of enlightened people. Even though water is available everywhere, one needs to trace out drinking water in particular. Satsang is possible, only if we try for it, with strong will power. Once we trust satsang, it's like a spark of fire touching us. The person who experiences bliss, will bring people whom he knows, to such a Satsang. One has to be blessed, to come in contact with people who are selfless, totally detached from worldly things and who crave only for God. Being in the company of such people is like finding a way to realize God. Meeting such enlightened people will cleanse the dirt in our minds.. Our behaviour, speech, words, thoughts, actions and mind, all become pure and clean. Once the mind is clean it is like opening the gateway to God. Shri Purandaradasa said "We should purify our mind on a daily basis by evaluating our good and bad deeds". Lord Krishna has said in the Bhagvadgeeta that "Mind is your friend, Mind is your enemy too". Mind is the cause for freedom and confinement. Happiness, peace and contentment exist in the corner of the mind. Swami Haridas, a spiritual poet and classical musician said 100 years back "You understand within yourself, measure wasted life span, give up bad deeds, control your sensual organs, study, study within yourself". Understand that mind is the origin of all pleasure. From mind, the spring of happiness rushes out. Only a broad mind and a kind heart can bring contentment in life. Those who crave

for God, are naturally cultured with love and trust. They get what they ask for. Things they think of will get done easily, just like Prince Prahlad, who got to see the Lord in the form of Narasimha (the fourth incarnation of Lord Vishnu). Similarly, Meerabai, an exponent of divine love forgot herself and sang for Lord Krishna, and realized Lord Krishna.

Heaven is nowhere, it is in the mind. If we can take charge of our anger, lust, greed, pride and get rid of material attachments, there and then will we find bliss. Peace of mind in life, exists there. Overcome jealousy. Understand the creator's capabilities. Join the world of dharma. Get close to enlightened people. Let purity in mind flow like the river ganges. Implant intellect, devotion and detachment within. Immerse yourself in it and walk from fear to courageousness, darkness to enlightenment and from fear of death to immortality.

THE SCIENCE OF PRAYING HANDS



SATSANG DARSHAN FOR THE MONTH OF SEPTEMBER 2010

On the 4th, Mruthyunjaya Homa was conducted from 3pm to 7pm, in the presence of Poojya Guruji. The sponsors were Sri N.T.Rajagopal and Master Nagraj Prabhu. Later Sanjeevani Pranayam was conducted by Smt. Shyamala, followed by whole night meditation session in the presence of Poojya Guruji.

On the 5th, Satchintana (*Pic.1*) was conducted by Bhatkal Satsang. Poojya Guruji and Dhyanaabandhus inaugurated the program at 9.30 by lighting the lamp. Silence meditation followed from 10am to 1pm. After lunch break, Bhajans were sung and entertainment program followed. From 2.30 to 4pm, Poojya Guruji answered questions asked by the dhyanaabandhus. The program concluded with the distribution of Prasad.



(Pic.1)

Silence meditation camp was conducted from the 6th to the 10th, in which 7 members participated.

On the 11th and the 26th Kriya Yoga Punaschethana was conducted.



(Pic.2)

Kundalini Beejamantra camp (*Pic.2*) was conducted from the 16th to the 19th in which 18 members participated.

On the 19th Kundalini Beejamantra Punaschethana Camp was conducted in which 40 members participated.

On the 20th and 27th, 20 and 18 members respectively, took the opportunity of Public consultation with Poojya Guruji.

On the 29th, 30th and 1st, there was a refresher camp (*Pic.3*) for all the teachers, in which around 18 teachers participated.



(Pic.3)