

Programs for October 2010

- 2 Mrityuanjaya Homa followed by meditation with Bhajans
 3 **Annual day celebrations**
 4 to 8 Silence meditation
 9 & 24 Kriya yoga punaschetana
14 & 25 Public Meet
 16 Saraswathi aradhana with sangeetha (interested persons please register your name in the Ashram Office)
 17 Kundalini beejamantra punaschetana
 18 to 20 Kundalini Beejamantra Camp(At the request of Bhatkal Satsangh in Konkani & Eng)
 20 to 24 Kriya yoga camp

Programs for November 2010

- 1 – 5 Premdhara Meditation with Poojya Guruji (Silence meditation) 9.30 am to 4.30 p.m with liquid food. (light food after meditation).
 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 & 22 Public meet.
 16 to 19 Premdhara Meditation with Poojya Guruji (Silence meditation) 9.30 am to 4.30 p.m with liquid food. (light food after meditation).
 18 Tulasi Pooja in Ashram at 6.30 pm.
 21 Kundalini Beejamantra Punaschetana.
 28 Kriya yoga Punaschetana.

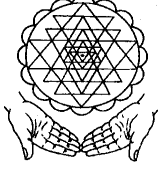
Programs for December 2010

- 4 Mrityuanjaya Homa followed by whole night meditation with Poojya Guruji.
 5 Satchintana.
 6-10 Premdhara Meditation with Poojya Guruji (Silence meditation) 9.30 am to 4.30 p.m with liquid food. (light food after meditation).
 11 Kriya yoga Punaschetana.
 19 Kundalini beejamantra Punaschetana.
 20 & 27 Public meet.
 21 & 22 Premdhara Meditation with Poojya Guruji (9.30am to 4.30 pm) (with liquid food) light food after meditation.
 22 Whole night meditation with Poojya Guruji.
 26 Kriya yoga Punaschetana.
 28 - 31 Premdhara Meditation with Poojya Guruji (9.30am to 4.30 pm) (with liquid food) light food after meditation.
 31 Mrityuanjaya Homa followed by whole night meditation with Poojya Guruji.

Dear Dhyanaabandhus,

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.



SHRI SHAKTIDARSHAN

A Magazine dedicated to Yoga and Meditation

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|| Aum Aum Aum ||

Dear Dhyanaabandhus and Yogabandhus,

Wish you all a very Happy Navaratri and Dusshera.

Life is a boat keep sailing with joy

Life is too precious to Gossip. Wasting time in gossip is wasting one's energy

Life is too precious to be unkind to others. A kind word each day, to each one you meet, helps one grow.

Life is too precious to be uncouth. A true smile works wonders, helps one know where they belong to and brings joy to others.

Life is too precious to have pride. Allow god to be proud of u. Remember he is the maker of our being.

Life is too precious to be very political. Politics is a dirty game played by dirty people. It only webs one in stagnating walls.

Life is too precious to hover around money. Running behind money is an illusion. Money is a necessity, not a compulsion.

Life is too precious to all the time boast about oneself. Listening is an art. Boasting is a boat with holes.

Life is too precious to be very practical. Knowing and understanding one's emotions makes one a compassionate person.

Life is too precious to be very emotional. Allow god to take care of our emotions for he will teach us how to be balanced.

Life is too precious to be judgmental about others. Judging oneself and improvising can be the best pass-time.

Life is too precious to live on assumptions. Assumptions are far from realities (what appears true is not true). A thick long rope fallen on the ground appears as a snake in the dark, but the truth that it is a rope, can only be seen in the light or unfold through wisdom. Ignorance drives ones illusion and expands, whereas knowledge helps one know the truth.

None of us are perfect. Neither me nor you are born perfect. It is how we shape our lives during the course of living that makes one what one is..!

Discipline makes one's life worthwhile. Our loving Guruji is a disciplinarian. It is hard to find one like him. He has shaped his life through Hard-work, Discipline, Punctuality, Regular Practice and Sacrifice.

"Practice makes man Perfect". Poojya Guruji is a true example of this saying, be it music, meditation, yogasanas etc... anything to do in the spiritual realm. Undoubtedly he is a master through practice (sadhana).

Poojya Guruji imparts knowledge through his experiences. Let us all, light lamps within ourselves being true followers of our honourable Guruji's teachings. Through the constant blessings of the Saptarishis, the himalayan masters and Guru...

|| Sharanagatah ||





GURUJI ANSWERS...



Q1) Spiritual practice (Sadhana) happens through 3 paths - Light, Dark and Vibration. Kindly explain

A) According to the gene (prarabdha) of each meditator, he/she may progress in meditation through the path of Light, Darkness or through the path of subtle awareness filled with vibrations.

In the light path, when any chakra vibrates, it's waves are formed into various images through the mind. These forms are drawn into an illusion through the mind, which further creates different images, visions and forms. For ex: Due to the vibration of the Mooladhara chakra, a meditator in this path may happen to see the face of an elephant. He may be deluded into thinking that it is Lord Ganapati. That he found the face of an elephant, is true. But the mind gives it a variety of forms, glorifies it with various endowments and stimulates the illusion that the form is none other than Lord Ganapati himself. Such a person falls prey to the delusion that he/she has

seen God. The reason for this illusion is, the mind cannot be controlled in the light path, resulting in more illusions on this path. Such meditators should not drown themselves in meditation without the consultation of an appropriate Guru. Medical Science has termed such illusions as 'Hallucinations'. When explored in detail, we understand that finding the elephants face due to the vibration of mooladhara chakra is true. But the rest of the forms created are imaginations of the mind. On this path, a person with a strong will-power can view everything as a witness and thereby enjoy the true happiness of meditation. Similarly, one can view various deities in every chakra. This increases the possibility of the mind drowning into illusion. The light path is therefore filled with obstacles. The guidance of an appropriate Guru in this path is utmost essential.

In the dark path, none of the above images or illusions occur. Meditation progresses along with awareness. Gradually, one feels that the existence of the body merges along with the surrounding. This is a characteristic trait of meditation. In this state, thoughts reduce gradually. The happiness within increases gradually, and finally may reach a point of no emotion. In this state, 'I' doesn't exist. Awareness is minimal. One will not know anything about how one's medita-

tion is progressing. Yet, in the samadhi state (thoughtless state) of meditation, one has unique and special experiences. On sharing these experiences with the Deeksha Guru (the Guru who initiated the disciple into the path of meditation), the meditator can receive guidance on his/her progress.

The third path is through the state of subtle awareness filled with vibrations. During meditation, as the waves of vibration travel upwards from the mooladhara, they overflow from the subtle body and join the physical body. It's at this time that the meditator experiences vibrations in his/her body and the entire physical body may vibrate too. People who happen to see such a situation occurring in someone, may find it uncomfortable. The meditator may also find it disturbing or irritating. When the attention is diverted towards this vibration, then the progress of meditation gets handicapped. Due to such occurrences the meditator may develop a feeling of not wanting meditation at all. That is why, it has been examined that the dark path is superior to all paths.

Q 2) Do Gurukripa and surrender go together? What is surrender?

A) Gurukripa automatically flows, wherever there is total surrender. They are like 2 sides of the same coin. Developing total surrender in God is not as easy as we think. When a meditator feels that every single activity that he/she does, is actually being done by God who

is residing within him/her; the 'I' here is just an illusion of the mind; it isn't the truth; then such a meditator offers his/her daily activities to God and progresses in spirituality. When, the one who is performing the action and the doer become one, then the meditator is equal to God. This is the significance of the Upanishad's statement 'Aham Brahmasmi'. The first step to enlightenment is therefore total surrender.

Q 3) What is the difference between Atma and Paramatma?

A) For the one who has understood oneself, there exists no difference between the two words. It's just the names given by man. The nameless 'Maha Chaitanya', is spread all over the universe through divine love. This Chaitanya is the same, at any point of time, wherever it is, within whomever it exists. Therefore this Chaitanya is only 'one'. And that alone is God. That alone is Atma. For ex: Think of the difference between the water which is drawn from an ocean and kept in a pot. There isn't any difference, both are the same. For an ignorant one it appears outwardly, that the ocean is different and the water kept in the pot is different, but not for the one who is wise.

Q 4) How is the Ashram's preparation to welcome the Satyug (The Golden Age)?

A) Satyug is coming soon. Due to this, the coming 2 years may seem different and difficult. A lot of calamities such as earthquakes, tsunami and deaths, have been occurring on

earth recently. We may have to face more of such calamities in the days to come. We shall experience such situations, which we have never experienced before. Even scientists are of the opinion that lot of changes are due to occur by the end of this year and in 2011. The only solution to face all obstacles is meditation. So, or the next 2 years, we need to be determined about meditating continuously. At the Ashram, we have begun all day meditation sessions from 9.30 am to 4.30 pm, along with fasting. In case people find it impossible to remain without food, then they are requested to take some light food in the noon.

This meditation is of utmost importance. All meditators come together as one entity. Come and become one with us as we meditate. We have named this meditation, that we are doing for world peace, as "Premadhara" (the abundant flow of God's love and Grace). We should become one with this abundant flow of God's love. We must accept the truth that all the people of this world, belong to the family of God. Sarve Janaa: Sukhino Bhavantu ||

Q 5) We had received a pamphlet at the Ashram, regarding the transformation that will occur in 2012. Are there any changes to the same?

A) Unique changes are constantly happening. The earthquakes and tsunamis that earth had to experience, has been experienced and more

than a lakh of lives have been lost in the same. Such calamities are due to occur in the coming year too. Till the time man treads the path of untruth, till the time he is overcome with greed and treachery, till such time he will fall prey to such calamities. Even now, it's not too late. If man sets foot on the path of truth, he can be free of such obstacles. It's good that nowadays more number of people are interested in meditation. This may avoid the 72 hours of darkness mentioned in the pamphlet.

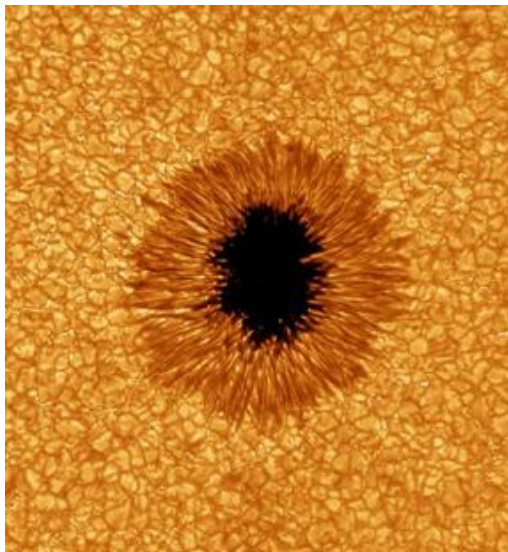
Scientists have discovered the rise of a unique life force energy in our milky way galaxy, which has the power to take man into the 4th dimension. By the time the waves of this life energy reach earth, it would be past 2012.



In the picture above (of the universe), we can see the source of this life force energy. These waves will stimulate and transform man's power of wisdom (Jnana Shakti), power of intention (Ichcha shakti) and power of will. Because of this man will not remain the same. He will develop such power, that he will be

able to heal his own illnesses. It is believed that the neuron cells in man's brain, will be powered with a new energy, which would transform man into a superhuman. The picture -----> shows the transformation of the gene in man. Scientists are of the opinion that the gene of the transformed human will be as shown in the pic. That's why we are constantly emphasizing on meditating more. Try to love one and all.

Even the brightly shining ball of fire, the sun, has darkness within. When NASA photographed the solar flare which occurred in



the sun's atmosphere recently, they found a black dot in its centre.

(<--- See picture).

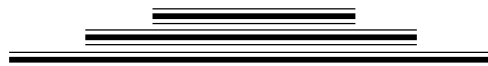
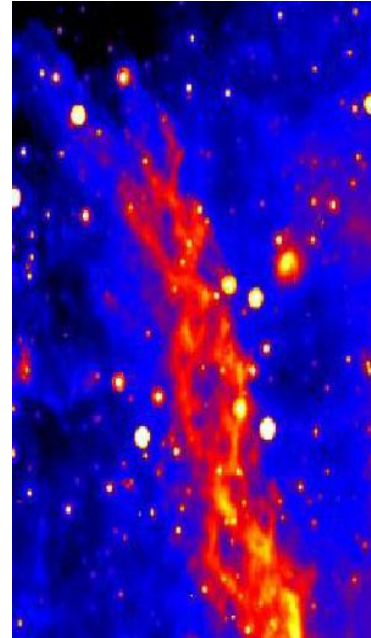
Scientists call this the black hole (Shunya). Ultimately, the complete energy and power of the sun will be drawn into this emptiness (shunya). This shunya exists in every living creature.

Therefore all of us need to prepare for the coming Satyug, with righteousness. The main ingredient for this preparation is meditation. Since

September 1st 2010, at the Ashram we have begun continuous meditation sessions from morning to evening.

Q 6) What is the importance of Makarasan in Sri Shaktidarshan Kriya No 2?

A) A practitioner of Kriya Yoga has to sit continuously 4 to 5 hours at a stretch. There is a possibility of tiredness in the spinal region. Makarasan is the most appropriate asan to get rid of this tiredness. When one rests in Makarasan position for 3 minutes; within that duration itself a new energy travels throughout the body and stimulates one into the next kriya.



AJJI'S "SANDESHAS"**Part I - Life (contd... from previous issue)**

Every morning people salute the Sun God, because sun is JyothiSwaroop. People pray to the Sun God to keep themselves happy all day. Likewise, is the light, the Jyothi called Paramatma in your heart. Turn your attention inward and pray to him. Then the Swamy who dwells in your heart will fulfill all your wishes.

Now-a-days people follow the west. As a result people desire only for physical comfort and have become very selfish. They lead a hellish life, criticizing/humiliating others. This is not correct at all.

Giving to others is real happiness. A person who just accumulates wealth and lives comfortably [without sharing/helping others] is bound to be sorrowful.

In every household people must give up the luxurious, egoistic and extravagant lifestyle completely. Joy is not the only disposal in life. But if you consider joy and sorrow as equal and remain tolerant then that itself is a Tapas.

Soldiers work for the sake of their country. They discard the hope for their life and experience many difficulties. God's grace is always there on patriots and on those who sacrifice. Many great leaders have done a lot of sacrifice, experienced many difficulties and have dedicated their life to serve their country.

A person who has received God's grace will have no fear. A person who surrenders to the Lotus Feet of the Lord will not be linked to birth and death. Everyone must meditate for peace of mind. With regular practice nothing can disturb your peace of mind.

"Gopala" is the one who takes care of cows, that itself is his wealth. He leads his life with the help of that job. A teacher leads his life by teaching. That is his wealth. But the jobs that people take-up, the work that people do, must never be harmful to others.

Suppose someone is walking the wrong/unrighteous path. Such person can obtain God's grace if his/her close relatives do Tapas and pray.

Thunder and lightening indicate the rain. Earth cools down when it rains. Similarly difficulties of life indicate the happiness in future. Even the most bitter life can taste sweet by God's grace.

To burn is the nature of fire. To freeze is the nature of ice. We need fire. At times we also need ice. But neither fire nor ice is safe to touch. Likewise we need anger and fear sometimes. But the danger is unavoidable if we use them. Anger and fear should be like fire and ice.



Some egoistic people constantly trouble others just like the lonely tusker, which crushes everything recklessly. But they behave so because they are ignorant about the fact of rebound effect. Only intellectual people know that good things happen to us if we wish good for others.

Many people make very big plans. But when they fail to execute the plan they feel disappointed. One must do what is possible for him. Then his work will be successful.

In olden days many temples and huge buildings were built. The architects then, did not desire for salary. They did their work with devotion considering it as a service to God. Today scientists are doing many strange/unusual works. But similar works were done in olden days through Tapas. By seeing those temples people could feel the greatness and energy of God. From a distance itself people feel fascinated by God.

Devotion to God develops only in those who have done Sathkarmas. A person chants Lord's name only because of Sathkarmas of many past lives. That is why Purandara Dasa declared, "Being born as a human, can't you chant Krishna!". When Liberation is right before us, we must not tend to go to hell. Close relation with God itself is Liberation.

Criticizing and humiliating others and using such harsh speech, is like living in hell. The people who work in offices of court, should they be concerned/responsible for the justice/injustice? Only the Judge is concerned about the judgment. Similarly even if people talk about others, the judgment of right and wrong should be left to God.

If God does not appear in human form, he can not be perceived by human beings. God assumes human form, distributes bliss to all. He repeatedly advises people to lead a life of Sathya/Truth, behave in a Loving manner/ Prema and to achieve Peace.

The sacrifice that Buddha did was great. He was a king, yet he gave it up and became Buddha. He who was a bound person became Enlightened. If we start chanting Lord's name which is the purest, it indicates that our Karmas are nearing the end.

When we trek a mountain we feel exhausted. But at the hill top the cool breeze and the magnificent view of nature make us very happy. In the same manner we find it very difficult to do good work. But we feel very happy to experience the fruit of our good deed.

Hindus consider the pure water from river Ganga as very sacred, and use it with the same feeling. Westerners use it for its medicinal values. But the pure feeling of the Hindu is really better. A real Hindu who has understood the Dharma says that every action of a human being should be sacred.

Everyone in this world are children of God. But he likes the children of mother India more. Parents love all their children. But they like the obedient and respectful children more.

Similarly God loves the saints of India more. No other country in this world has got so many saints as India.

Honey bees suck the nectar from flowers and prepare the honey. They give us the honey as well as keep some for themselves. Similarly, human beings must learn the good knowledge in this world, share it with others and use them. Do not ever use harsh words. This God given tongue should be used only for nectar like speech.

Humans must pour down their misery to God instead of sharing it with others. Only God is capable of solving the miseries. The relation that exists between God and his devotee can not exist between people. God can assume any form at will. He may appear in any form to test the devotees, to bless or to solve the devotee's problems. But even if the devotee recognizes God in disguise or not, it is enough if he respects that particular form. God may assume the form of a dog and appear. But then it is not necessary to make that dog sit on the throne and worship. It is enough if you lovingly feed the dog with whatever food you have.

Many people think that Swamy comes in the form of a beggar. But then they get cheated by that beggar. We should be very alert about such people. Similarly people approach for donations. If you find it truthful then you can donate as per your ability. Nothing wrong in doing so. But if you donate without scrutinizing then it is harmful.

One day all the coward people gathered for a meeting. The purpose of the meeting was, 'how to live without fear'. Among them one person said, 'If we don't trouble others, then others don't trouble us. So we should not interfere in other people's life. The second person said, 'No no. When others trouble us we should not keep quite. If we keep quite then they will destroy us. But we should not initiate the trouble'. The third person said, 'The best solution is, let us be united always and mind our own business without giving any clue to others'. Then the fourth one said, 'If we have to live without fear we should develop courage. Or else it is not possible to overcome fear'.

An intelligent person was listening to their conversation. He gave them a suggestion, "If you wish to be fearless, then obtain the assurance from God. Put the necessary effort for that. That effort is nothing but the Namasankeerthan, smaran and prayers. Do your duty very well. If you worship the Lord with love he will destroy your fear". In this world many people live in fear all their life. Those who have total faith in God will have no fear.

If we follow the Sanathana Dharma then we need not fear about any problems. If we pour out all our problems to the supreme creator, he will definitely solve them.

Our words should be like honey. Our smile should be like a fresh flower. Our mind

should be pure and cool like the moonlight.

The sun at dawn is very pleasant. At noon the sun gives heat to this world. At dusk the sunlight is cool. People should behave similarly. You should be like the sun at dawn when you are with the children. Like the blazing sun towards the unrighteous and unjust enemies. Be like the evening sun when you are among the devotees.

We must not lend our ears to gossip. We must take firm decision and march forward accordingly. Of course we should respect the words of elders. But when it comes to God and spirituality we must never deviate from our goal.

In olden days Kings and emperors were conducting Ashwamedha Yaga. But not many know the true meaning of this. Ashwa means horse. Ashwa medha yaga means, sacrificing the ignorance of the animal to the fire. Which means the ignorance should be burnt in the fire of knowledge.

Usually it is said that chanting the Sahasranamas [Thousand names] continuously is equal to Ashwamedha yaga. That means the Sahasranamas of God is so powerful that it can destroy ignorance and give us knowledge.

With age the body becomes fragile. Memory and intelligence decreases. That is why we should develop a good nature and do the Sadhana at a very young age.

As is the worship, so is the fruit. In what ever way you worship God, he give gives the fruit accordingly.

Often even if a person tries to improve, people try to trouble him. But if God's grace is on him, any amount of mischief by others will fail to harm him. The evil deeds of evil people can never harm the good people. On the other hand it will help the good to gain more respect.

In a garden people grow variety of flowering plants. Then they pluck those flowers, make a beautiful garland and offer it to God. The garland looks beautiful. But such garland which is made with so much effort dries off in few hours. Instead it is better to purify the heart and offer that flower called the heart to the Lord. God likes this flower the most. Human being doesn't know what to offer to God. God asks only for your devotion.

As the cities get crowded the mind feels restless. But those who are used to the crowd from the beginning do not feel the difference. It is easy to be in God's company if you stay in a remote place .But it is useless to stay in a remote place if your mind is uncontrolled. If the same mind is tamed, then any amount of crowd will not disturb your concentration.

Service can be of different types. Serving through the body, mind and wealth is a type of service. Doing Tapas for the welfare of the world is another type of service. Death is unavoidable. But we must make our life worthwhile. God's grace is always there on those who are

doing good work.

If a person is walking in darkness then we must light the path and make him comfortable. Likewise, if a person is lost in the darkness of ignorance, he should be shown the light of knowledge. The glorious experiences of devotees with God should be shared with others so that everyone experiences the bliss. The wealth of the rich should be used for a good cause.

Just because of the physical form we don't become human beings. If we possess the human qualities then alone we are fit to be called as human beings. Man must never behave like an animal. Love is the human nature. Good qualities are the human nature. If behaved adversely you are not a human being at all.

Even a dictator has to bow down to the Creator. People do not believe in the creator when they forget their true nature. A tree may bear plenty of fruits. But it is a waste if no one enjoys that fruit. To enjoy the fruit one needs to pluck and eat it. Likewise enjoy the fruit called God's grace by doing Sadhana and experience the bliss.

It is possible to change destiny. It is true that destiny/fate is final. But the devotion of a devotee, Tapobala of a Tapasvi can win over destiny. Thus fate can be altered. The energy of the creator has no limit. Nothing is impossible for such person who is blessed with the grace of the Creator.

Man must rise up to divinity. In this world itself one should attain it. The joy and sorrows of this world are momentary, temporary. Just ignore them. Rise above these and try to attain the Brahmananda. All Sadhus and Saints experience this bliss. They share their experiences with others and wish the same for everyone.

One can always be blissful if purity of mind is maintained. Mind is the cause for Joy and sorrow. Purity of mind can be maintained with a combination of one's own effort and God's grace. First and foremost one's words [speech] should be pure. Secondly one should always remain happy. Third is, one should constantly focus on the TRUTH. In this creation the only truth is Paramatma tatva. That itself is Sat, Chit, Ananda/ Sachidananda. If one constantly meditates on this Sachidananda swarupa or does Namasmara then the mind dances in Bliss, just as the cobra which dances to the tune of Nadaswara. The Satsanga of saints gives Paramananda. That is why the saints are worshiped.

Guru is Brahma, Guru is Vishnu, Guru is The Parabrahma. Who is such Sadguru? He who reveals to us our own true identity, who teaches us the Parabrahma tatva, who gives us the message of God, he is the Sadguru. One will definitely find such a Guru by the grace of God. If you are at the Lotus feet of lord, you needn't have any fears, even if the entire creation becomes chaotic.

WOMEN IN SPIRITUALITY VII: KARAIKKALAMMAIYYAR

--- Banumati, Chennai Satsang

If one wants to know what devotion is, what action one should perform as a devotee; and if one wants to dwell in the great nectar of love; then the best place to go, is Periya Puranam. If you want to feel the great height of love for the Lord, who is the pure form of love itself; then read the Periya Puranam not just for the sake of reading, but put yourself in the state of ‘Nayanar’ whose life is described as you read. Feel it. It would give a great experience, even for a person who never ever tasted the honey of devotion.

Periya Purnam describes the life of 63 saints (Nayanmar), on how they attain the great love of Lord Shiva. Karaikkal Ammaiyyar is also one such saint. Before narrating her story, let us know a little about Periya Puranam. Periya Puranam was composed by Chekkizar. The Choza king Kuloththunga Chozan II was ruling the Chozla Kingdom. The King was awestruck by the intelligence, honesty and excellence of Chekkizar, and made him his Prime Minister. Chekkizar was an ardent devotee of Lord Shiva. He did a lot of service to the temple in Chozla Kingdom. He also built a temple for Shiva at his birth place Kunrathur near Chennai and named the temple as Thirunageswaram.

The king who was much interested in the arts, used to often appreciate the Tamil book ‘chivaka chinadhamani’. As a dedicated minister, to guide the king in the proper way, chekkizar advised him that those books will do good, neither for living nor for liberation, and on being questioned, he told the king that the lives of the devotees who were praised in the thiruththondaththokai of chunadharar, which was later sung by Nambiyandar nambi in his thiruththondar thiruvanadhadhi, are the great verses to read and follow. Inspired by this, the king asked Chekkizar to sing in detail the lives of the devotees as an epic.

Chakkizar agreed and worshiped the dancing Lord (Nataraj) at Chidambaram. The Lord gave him the first word to start the epic as ulakelAm (Chekkizar has used this word with respect in the beginning, middle and end of the work). He then wrote the entire Periya Puranam which was made public in chidambaram in the presence of intellectuals, saints and others. After the publication, the king took Chekkizar around the town on the royal elephant and he himself fanned Chekkizar during the procession.

Here is a narration of karaikkal Ammiar’s story, based on the Periya Puranam. Karaikkal is a port town in the east coast of Tamilnadu. It flourishes with the international traders bringing

in lots of wealth. Thanathaththan is the leader of the trade at Karaikkal. He was blessed with a girl child and he named her as Punithavathi. The beautiful child was a slave to the Lord even as she just started learning to walk. When she started talking, she opened her petal-like lips to speak all the time about the dance of Lord Shiva. She used to play with other girls by praising Lord Shiva and elaborating to them, his stories. She used to give a lot of respect to the saints, who used to visit her house.

When she attained the age of marriage, they searched a boy Paramadhaththan for her. Paramadhaththan belonged to the same traders' family from Nagappattinam. His father was Needhipathi. Both the sides agreed with pleasure for the marriage and decided an auspicious date. The wedding took place in the ritualistic way, to the pride of both families. Thanathaththan did not want to live away from his only daughter who was his life. So with the consent and support from Neethipathi, he set up a house in Karaikkal itself, for the couple and provided them with a lot of wealth. Paramadhaththan with his efficiency multiplied that money, while his chaste, loving, devotional wife took care of the family. She did the duty of family life - supporting sages who are independent, providing devotees food and material with overwhelming love. Women with family did not need to practice any separate sadhana. They treated their guest as the lord, served them food and gave them love. Secondly, a woman considers her husband as God himself and obeys him.

One day some traders who came to Paramadhaththan gave him two mango fruits. He asked his servant to hand over the fruits to his house. Punithavathi received these mangos and kept them in the house. At that time a servant of Lord Shiva (sage) came to her house with extreme hunger. To satisfy his hunger, she served him food after welcoming him. But she had not yet finished cooking all the dishes. The sage was very hungry and would not wait until the entire meal was ready. He would go to other houses for food. So, to compensate the absence of the side dish, she served him one of the mangoes, out of the two her husband had given to keep, as she felt that serving the devotees is the greatest boon. Blessing her for her service, the devotee who had nice food and a mango to remove the fatigue because of his old age and peak hunger, went off. After some time in the noon her loving husband came home. After taking a bath he sat for lunch. She served him with all her love, the nice food she had prepared along with the remaining mango. The taste of the fruit was so exotic that he asked her to get the other mango too. She went from that place as if she were getting the other one too.

to be contd.....

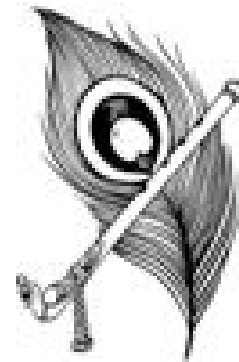


DIFFERENCE BETWEEN A GURU AND A TEACHER

--- Udupi Satsang



1. A teacher takes responsibility of your growth
A guru makes you responsible for your growth
2. A teacher gives you things you do not have and require
A guru takes away things you have and do not require
3. A teacher answers your questions
A guru questions your answers
4. A teacher helps you to get out of the maze
A guru destroys the maze
5. A teacher requires obedience and discipline from the pupil
A guru requires trust and humility from the pupil;
6. A teacher clothes you and prepares you for the outer journey
A guru stripes you naked and prepares you for the inner journey
7. A teacher is a guide on the path
A guru is pointer to the way
8. A teacher sends you on the road to success
A guru sends you on the road to freedom
9. A teacher explains the world and its nature to you
a guru explains yourself and your nature to you
10. A teacher makes you understand how to move about in the world
a guru shows you where you stand in relation to the world
11. A teacher gives you knowledge and boosts your ego
a guru takes away your knowledge and punctures your ego



12. A teacher instructs you
a guru constructs you
13. A teacher sharpens your mind
a guru opens your mind
14. A teacher shows you the way to prosperity
a guru shows the way to serenity



15. A teacher reaches your mind
a guru touches your soul
16. A teacher gives you knowledge
a guru makes you wise
17. A teacher gives you maturity
A guru returns you to innocence
18. A teacher instructs you on how to solve problems
a guru shows you how to resolve issues

19. A teacher is a systematic thinker
a guru is lateral thinker
20. A teacher will punish you with a stick
a guru will punish you with compassion
21. A teacher is to pupil what a father is to son
a guru is to pupil what mother is to her child



22. one can always find a teacher
but a guru has to find and accept you
23. A teacher leads you by the hand
a guru leads you by example



MY OPINION ABOUT GOD'S EXISTENCE

--- Sadaka



Human beings from time immemorial possessed immense devotion, faith and gratitude in God. Several examples are available where God has personally appeared and attended to solve the problem of his devotees. In modern times though, God does not come personally to attend to our problems, but he does come in the form of human beings.

Once when a writer of Literature (according to me it is DVG) was asked by a journalist about the existence of God, he explains about it in simple terms. He honours that journalist as a guest, gives respect by offering him tea, and then, asked the journalist "how was the tea?". The journalist responds saying "it's good". DVG asks him again, "what do you mean when you say good?". The journalist replied saying "good means tasty". Again the journalist was asked what he meant by tasty? Journalist replied saying "it is left to each of our experiences".

Then DVG replied saying, "Gods existence also is a great experience which cannot be explained, God is like electricity which when passes through a bulb, comes out as light, if through fan comes out as breeze, if through a pump comes out as water. Similarly God according to our needs comes and gives help and shows his kindness. In modern times God helps us and gives us courage through our Father, Mother, Aunt, Uncle, Brother and Friend. God means abundant power. Here is one small example for this power."

"For several years one person with a great desire to see God does meditation (tapasya). Since he could not see God he does tapas on evil spirited deities (kshudra devatas). In a few months they appear and by standing far from that person they ask him what his demands were. Surprised, that man asks them the reason for them to stand so far. For which they say that the power of penance he did so far is stopping them from standing close to him, and saving him from them. That time he realizes that though God is invisible, he protects us always. The wrong path appears easy but later becomes difficult. Right paths appear tough but later become easy".

UNDERSTANDING GURU**--- Veena Nagaraj**

There is nothing in the world to equal the word Guru. Without Guru or his guidance none can live a meaningful life. Having said this, what it indicates is that one cannot attain salvation without becoming a slave of the Guru. For any work to carry on absolutely smoothly, Guru's presence is very much required.

'Guru' is the one who leads us through rough and tough weathers in life. The understanding of this itself is Guru. Guru is none other than knowledge. Guru bestows that knowledge upon us. This human birth is meaningful only when we attain realization of Guru. Guru works for our welfare by expanding our narrow mind, guides within our sensual organs the realization of materialistic issues, and through his inner eye (charamachakshu), he guides us, taking us towards progress. Without guru our life is like a barren nut. In the absence of guru's guidance, the life of a human travels in darkness. Meditation on guru results in advancement of the human being, to attain eternal stay in heaven.

The place in Ganagapura where Datta Maharaja used to sit has become a holy place with his holy feet and just by seeing the guru's feet one gets solutions to all the worries, tensions, depressions etc. In Ganagapura, the Guru has immense power. Barren buffaloes have given milk there. People without children begot children. Blind people could see the world and they praised guru. In this way, God himself has come in the form of Guru. Every good conduct in society flows from Gurus blessings. Blessing is of utmost importance. Human mind gets all types of thoughts. Therefore to receive only good thoughts in life and to move on in the right direction one needs guru's guidance. Mind is in illusion. Mind travels faster than air and it can be controlled only by meditating on guru. Guru's meditation acts like a key to our mind. A Guru's word can easily get work done.

In this journey of life, it is difficult for us to overcome lust, greed, passion, pride and jealousy. Since we are only human beings, to win over all disturbing factors to some extent, we need to plead to guru. We should wait for the realization of guru. If our mind needs new vitality, then we need to plead to God. Then through the Guru we get the guidance. Life will go smoothly. Even for small education purposes, guru's guidance is very important. Then, even that education will bear excellent fruit. For eg: If we learn one verse through the blessings and instruction of guru, it becomes easy to understand and comprehend.

cont'd on page no 21...

COW PRODUCTS AND THEIR BENEFITS

--- Mony

Cow products are widely used as food and are also highly effective in treatment of a vast number of ailments and diseases. They are also widely used in

cosmetic products. Some prominent Cow-products and their benefits are listed below:

Cow Milk

As per Ayurveda, cow milk provides special and unique nutrition, which cannot be derived from any other type of food. Cow milk must be digested properly to nourish all the tissues. It also promotes balanced emotions as well as balances all the doshas. This is also an important food that enhances Ojas (the force to maintain life)

Ghee

According to Ayurveda, the cow ghee is believed to be the best for human consumption. It has much nutritive qualities and is an ideal diet for heart patients, who suffer from cholesterol problem in their blood. The regular consumption of cow ghee enhances physical and mental strength, maintains healthy body and increases the potency of the body. Cow ghee has nutritive value. It also helps in taking out the impurities from the body. Cow ghee enhances eyesight; maintains the health of the muscles and tendons, and keeps the bones stout but flexible.

Curd

Curd is a bi-product of milk. It is used in Ayurveda for therapeutic purposes. It is highly effective in preventing premature aging and also cures ailments related to the stomach. Dahi as it is commonly referred to, is a popular food item, widely consumed across the globe.

Cow Dung

Possess anti-bacterial and fungicidal properties. It is used in Ayurveda for preparation of skin ointments and is very effective for treating serious skin problems like eczema and psoriasis. Is extensively used as a fertilizer and is also an excellent replacement/supplement for firewood. Cow dung is the raw material for Gobar Gas plants, which produces pollution free cooking gas. Dried Cow dung is widely used in Hindu religious fire rituals (Homa/Yaaga).

Gau Mutra Arka

Concentrate prepared from cow urine is popularly known as "Gau Mutra Arka". This possesses high medicinal properties and is used to cure number of diseases including cancer and AIDS. This is widely used in Ayurveda in preparation of various medicines.

Panchagavya

Panchagavya is a Sanskrit term. It is the blend of five products obtained from the cow such as

cow dung, cow urine, cow milk, cow ghee and curd. Panchagavya is among the traditional products that are used in various Hindu rituals from ancient times in India. The uses and healing properties of the Panchagavya can be described as follows:

Panchagavya is used as the traditional method to prevent and safeguard plants from microorganisms, thereby increasing plant production. Panchagavya is applied more effi-



ciently and profitably as a fertilizer that substitutes the chemical spray.

A modified version of Panchagavya, as a unique liquid organic fertilizer, is used for organic farming.

The following verse will help understand the value of Panchagavya

yatvagasthi gatam papam dehe tishthti mamke
prasnat panchgavyasya dahasagnirivendhnam

Meaning: Panchagavya will destroy all the sins/diseases in the body, just as fire burns the fuel.

Gorochana

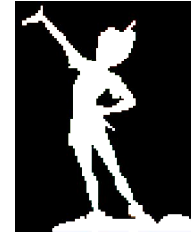
Gorochana is collected from the head of a cow (produced by Kapila breed of cows and is found inside the horns). It is widely used by Ayurvedic healers for treatment of many ailments. Gorochana is widely used as a cosmetic for enhancement of skin texture and complexion. It is also used as pooja item during hindu rituals.

cont'd from page no 19..

Manava (human being) - 'Ma' means ignorance 'Na' means absence of, 'Va' means behave. All three words needs to be understood clearly and we should seek guru's guidance and pray for the right conduct in us, then this birth will be fruitful. In absence of guru we cannot be bestowed with knowledge. When we crave for nobel thinking we need to plead to guru alone. We cannot understand transcendent reality. But we can see guru and understand him. To realize goal of human being i.e., seeking truth and happiness we definitely need the guidance of guru. Thus to whatever extent we discuss about guru we remain indebted to him as in his absence our life will be like a barren coconut.

RAINBOW CORNER

Hi! Friends... I'm sure all of you use your mobiles to play music. Don't you? Well then, try this: Take an empty glass which is made of glass (not a steel tumbler). Place the glass as if it is lying down on your table. Now play your favourite number on your mobile through the built-in speakers, and place the mobile inside the glass. Feel the difference! Fun to try out when you meet up with friends or spend an evening of music with family. If you understand the mystery of this audio effect, do mail it to me - tattva.titiksha@gmail.com.



The 'Ghatam' is a percussion instrument, used in the Carnatic music of South India. It's analogue in Rajasthan is known as 'Madga' and 'Pani mataqa' (water jug).

It is an earthenware pot; the artist uses the fingers, thumbs,



palms, and heels of the hands to

strike the outer surface of the Ghatam. An airy low-pitch bass sound, called 'Gumki', is created by hitting the mouth of the pot with an open hand. The artist sometimes presses the mouth of the pot against their bare belly, which deepens the tone of the bass stroke, and is another way to produce the "Gumki" sound. Different tones can be produced by hitting different areas of the pot with different parts of the hands. The Ghatam usually

accompanies a Mridangam.

Although the Ghatam is the same shape as an ordinary Indian domestic clay pot, it is made specifically to be played as an instrument. The tone of the pot must be good and the walls should be of even thickness all around to produce an even tone. In fact, there are two types of Ghatams: Madras and Manamadurai. The Madras Ghatam is a light pot which requires less force to play, thus is suited for extended fast patterns. The Manamadurai Ghatam is a heavy, thick pot with tiny shards of brass mixed into the clay. This type of Ghatam is harder to play but produces a sharp metallic ringing sound which is favored by some players.



$$+ = \%$$

FUN WITH MATHS
Method for dividing by 9

$$= * \&$$

$$\% + \wedge$$
Example 1:
 $23 / 9 = 2, \text{ remainder } 5$

The first figure of 23 is 2, and this is the answer.

The remainder is just 2 and 3 added up.

Example 2:
 $43 / 9 = 4 \text{ remainder } 7$

The first figure 4 is the answer

and $4 + 3 = 7$ is the remainder

Could it be easier!!!



**What's the
conversation
between
these
friends?**

Tell us what you think! Send your conversation to tattva.titiksha@gmail.com.

The most creative conversations will be published in the coming issues.

Answers for the previous issue's music zone - match the following

Frame.....Plate or harp

Soundboard.....Large thin wooden diaphragm glued around its perimeter.

Strings.....Each treble notes usually has three strings

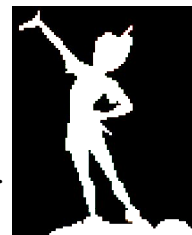
Action.....Inner mechanism accuracy as high as thousandth of an inch.

PedalsSustaining or softening the sound of the piano

Case.....The rim is in two parts ::::Inner rim and Outer rim

Pinblock.....Holds the tuning pins tightly so that strings maintain their proper tension

Bridge.....Transmits vibrations of the strings to the sound board.



DIVING FLIGHT

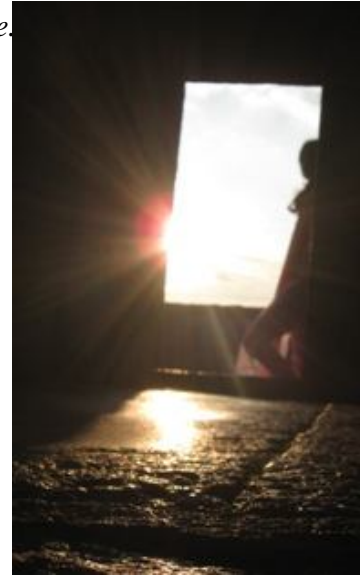


*Little feet toddling in the waters of joy,
As little palms pick the wet sands of time,
'Click' goes the snapshot of the 'Innocent Bliss'!*

*Keen is the visionary gaze,
Tough is the missionary maze.
Bubbling with enthusiasm,
are small fast strides;
Halting into a silent prism,
as the zeal within hides...*

*Leap beyond the ordinary wall, into a vast unique horizon;
Even as light struggles to penetrate it's optimum,
through the clouded hazy darkness of inactivity;
Don't let futility capture your flights of ecstasy.*

*Arise O Soul, with your bucket of wisdom and creation,
Innovate an intricacy with your little palms, through the wet sands of time.
Affirm your feet in the waters of joy and dance to the Rhythm Divine.*



*Scoop out the essence of your presence,
And sprinkle the ambience with faith undaunted!
Swaying with confidence against the tormenting winds of insecure emotions,
Dive deep into the ocean of Life,
With the velocity of your quest for purpose,
And emerge... with the Treasure of Realization Supreme!
Engraving the ray of happiness and bliss Infinite!!!*



RECEIVING EACH DAY AS AN INVITATION**by John O'Donohue****--- Beena Puthalath's collection**

Each new day is a path of wonder, a different invitation. Days are where our lives gradually become visible.

Often it seems that we have to undertake the longest journey to arrive at what has been nearest all along. Mornings rarely find us so astounded at the new day that we are unable to decide between adventures. We take on days with the same conditioned reflex with which we wash and put on our clothes each day. If we could be mindful of how short our time is, we might learn how precious each day is. There are people who will never forget today. [...]

The liturgy of dawn signals the wonder of the arriving day. Magic of darkness breaking through into color and light is such a promise of invitation and possibility. No wonder we always associate the hope and urgency of new beginning with the dawn. Each day is the field of brightness where the invitation of our life unfolds. A new day is an intricate and subtle matrix; written into its mystery are the happenings sent to awaken and challenge us.

No day is ever the same, and no day stands still; each one moves through a different territory, awakening new beginnings. A day moves forward in moments, and once a moment has flickered into life, it vanishes and is replaced by the next. It is fascinating that this is where we live, within an emerging lacework that continually unravels. Often a fleeting moment can hold a whole sequence of the future in distilled form: that unprepared second when you looked in a parent's eye and saw death already beginning to loom. Or the second you noticed a softening in someone's voice and you knew that a friendship was beginning. Or catching your partner's gaze upon you and knowing the love that surrounded you. Each day is seeded with recognitions.

The writing life is a wonderful metaphor for this. The writer goes to his desk to meet the empty white page. As he settles himself, he is preparing himself, for visitation and voyage. Each memory, longing, and craft set the frame for what might emerge. He has no idea what will come. Yet despite its limitations, his creative work will find its own direction to form. Each of us is an artist of our days; the greater our integrity and awareness, the more original and creative our time will become.

AN ACQUAINTANCE WITH SMT. BHARATI V MURTHY

She was born on 28-09-1957 as the second daughter of Shri.K.Narayana Holla and Smt. Sharadamma of Bantwala taluk. From her childhood she is interested in reading, playing and singing.

She was inspired by her mother's melodious singing of bhajans. She grew up in such a celestial surrounding where dinner wasn't served before singing bhajans and before sunrise prayers were offered and thereby such an environment must have sprouted its seed of spirituality in her at that time itself. Her interest in reading poems also takes its root from this background.



She finished her higher education in 1978 and was employed at BSNL. In 1980 she was married to Shri. Shrivishnumurthi and settled in Kundapura. She is a mother of two well educated children and leads a contented life. Her husband who works as GM in BSNL supports her in all her work. Because of such an ideal family, Smt. Bharati could realize all her childhood dreams.

In 1994 when Guruji started training in Yoga she joined with high spirits. From there on she changed her life style and could identify the aim of her life. Since 10 years she is the member of the trustee committee in the ashram and for her it is her loving mother's abode. Currently she works hard in bringing out Ashram's monthly magazine.

She strongly believes that due to several years of practice her life style has completely changed. Everything in the world happens as per the wish of God. Therefore whatever comes in life we should welcome it with utmost love. This is the only way and she tries to live by her belief.

She was able to balance between her work and household responsibilities as well as practice meditation and live a contented life. She desires to retire from work and go ahead in meditation. We wish that her desire bears fruit soon.

Ba = light. Rati = takes pleasure. As per the meaning of her name we desire and wish for her progress in her meditation and may God bless her with pleasure in the light of truth.



SATSANG DARSHAN FOR THE MONTH OF AUGUST 2010



On the 1st, **Satchintana** programme was conducted by Kumble Satsang. 50 meditators participated.

Silence meditation camp was conducted from 2nd to 6th. 7 meditators participated in the same.

On the 14th and 22nd, **Kriya yoga Punaschethana** was conducted. Nearly 18 and 20 meditators respectively, participated in the same.

On the 15th, **Kundalini Beejamantra Punaschethana**. was conducted. Nearly 25 meditators participated in the same.

From the 16th to the 20th, every evening 4pm to 5.30, Poojya Guruji presented a **Meditative Talk** based on the Bhagavad Gita.

Public consultation with Poojya Guruji was held on the 23rd and the 30th, in which around 40 members participated.

On the 29.08.2010, Poojya Guruji began a **Special Meditation session for welcoming the Satyug**. It was conducted from 9.30 am in the morning to evening 3.30 pm, with just some light food during lunch time. **Such sessions will continue henceforth**. All meditators are welcome to participate in the same.