

Programs for September 2010

- 4 **Mrityuanjaya homa and whole night meditation with Poojya Guruji**
 5 **Satchintana**
 6 to10 **Silent meditation**
 11 & 26 **Kriya yoga punaschetana**
 16 to19 **Kundalini beejamantra camp**
 19 **Kundalini beejamantra
 punaschetana**
 20 & 27 **Public meet**

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)
 20 to 24 Kriya yoga camp

Programs for November 2010

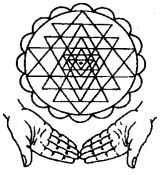
- 6 Gau pooja in Surabhi vana
 Gaumala at 9AM
 6 Mrityuanjaya Homa followed by
 Gau pooja in Ashram
 7 Satchintana
 13 Kriya yoga punaschetana
 15 & 22 Public meet
 18 Tulasi Pooja in Ashram at 6.30 PM
 21 Kundalini beejamantra
 punaschetana
 28 Kriya yoga punaschetana

Dear DhyanaBandhus,

**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 Dhyanaabandhus,

The constitution of the World Health Organization defines 'Health' as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.

Health in holistic terms may be defined as a harmonious relationship between the spiritual self and its bodies. Good health is a state of wholeness and balance, improving the quality of our life through our life regimes. Emotional and intelligence quotient also plays a vital role in the thought process of our day to day living, further enhancing our creativity towards being positively constructive. The 'Human Body' - A wonderful machine that god has created is anything but perfect. The physical affects the mental and the mental affects the physical as they are interconnected. There is always a close interaction between the mind and the body. 'Understanding and Knowledge' rightly applied can help the expansion of spiritual intuition directing towards the higher self. The Indian spirituality looks at life practically and helps curb unwanted desires and live genuinely simple lives in-tune with nature. The spiritual self of man is one with the spiritual source of all existence. The goal of indian spirituality is to help the individual soul to merge with the cosmic soul. The body is considered as a vehicle for the soul. In spite of precautions and remedies disease sometimes lingers. The reason for this may be 'Karma'. Man is a being of thought, emotion, intelligence, physical action and awareness. Ancient Indian seers realized that the mind is actually an instrument given by god to realize the self. A proper understanding of spiritual principles will give us a balance of mind. Spirituality helps us understand and integrate ourselves with calmness and fortitude.

This is exactly what our ashram here is aiming at; following the ancient seers in our own methodical way and the necessary discipline inculcated by our most loving Guruji. This ashram here is the perfect combination of Dhyana, Yogasanas, Beejamantra, Music, Kriya and Yoganidra which is no where in the world. Sattvic contentment, nature's Bliss and humble ways circumambulates along with the Saptarishi's blessings continuously flowing. We welcome more and more people to come to our ashram and attain the benefits for spiritual upliftment, through the grace of the heavenly masters.

Let us see India as a powerful land of towering truths, floating seers, and visualize the world as one global unity. Our efforts can move mountains. Faith has the power and will has the cover.

*Let's build the tower of peace and knower (wisdom),
with love drops of shower, the fragrance of which spreads as a flower,
that gently drops at the feet of our seer (Poojya Guruji).*

On behalf all the dhyanaabandus, Yogabandus from far and wide, and on behalf of all the Satsangs, we wish Poojya Guruji a very Happy Teachers Day.

|| Sharanagatah ||



GURUJI SPEAKS...



**MEMORABLE
MOMENTS
WITH
SADGURU**

Sadguru Shri Narendra Baba is my spiritual initiator (diksha guru) and he is a Godly spiritual guide, equal to the Supreme God (Parameshwar). In the nine years of companionship that I had with him, I never once found fault with him. The moment I first saw him, I completely surrendered myself to him and meticulously followed everything he said. For me he was my visible God. I accepted him as a gift from my adored Guru Shri Ragavendra Swami. His speech and actions would enter my conscious as God's own words. When I was with him I witnessed him doing Yogasan in the afternoon between 2.30 to 3.30pm. After that he would do yogic sleep (Yoganidra) and at 4pm he would go for walk to spend sometime with nature.

One day when we were in the Amarnath Caves, we went out with Ashuthosh. Since it was the end of July month, the weather was quite hot. Due to the cold breeze around, we did not feel the heat. After walking for a while we reached a plane on top of the mountain. We were able to view

the Himalayan range of mountains around us. We felt like sitting there for sometime. We sat on small rock. I sat near the feet of my Guru. Ashuthosh was a little away. At that time my Guru asked me a question, "Do you love yourself?". I could not answer immediately. I replied saying "I love my body, but I do not have the knowledge about any other topic to comment upon". I asked him how to love myself? For which he asked me, "What do you feel when you are watching the beauty of the creator around here?". I replied saying, "It's a very stunning scene. It's beyond my imagination to evaluate the intelligence of the creator. I feel like loving all his creations." He grinned and said, "Aren't you also a unique creation of him?". Till then it never struck me that I too am the creator's child. Now I understood. But how do I love myself? I had no understanding. When I conveyed to him that I cannot get such an intensive feeling of love towards myself, he promised to teach me about it and put me into Yoganidra (technique of sealing life force energy) then and there.

I started doing Yoganidra. Today, the same Yoganidra we listen through the Ashram's audio series. The first sentence of this Yoganidra is 'I love all. I love myself first'. But one significant aspect that is missing in our Yoganidra is as follows. "Now your body

is in Yoganidra. Give attention to your right hand fingers. The flow of vibration in all the five fingers is God's love. This body which is God's gift contains nothing but God's love. The hand is of no use without the thumb. Such an essential thumb is a source of love. From there, through each finger, love flows like magnet, electricity and life energy (Prana shakti)". Similarly Guru made me experience the vibration of love in the left hand, right leg, left leg and entire body. It is impossible to explain it through writing. In the end I realized that this body is nothing but love. Gradually there was no sense of the body. In my subtle bodies (Sukshma sharira), 73 energy channels (Naadi), I could feel the vibration of love. Gradually I reached a transcendental state where only bliss existed. That was in fact, the ecstasy of the blessings of Sadguru! For a long time I was in that state. I could not hear Baba's voice anymore but could sense his waves of love awakening love within me. That moment I had become Baba. It seemed like a dream, and I felt as if we were a reflection of the same source. I don't know, what happened thereafter. Probably, I lost consciousness. At around 5.30 pm a cold breeze woke me up. Sun was setting. The chill air was breezing. Like a dumb stricken, immediately I saluted at Guru's feet. I could not speak. Each particle in me was filled with happiness. This was my first experience of contentment. Baba remained silent. We went back to our caves.

That entire night was my Gurupoornima, (i.e., worship Guru on the night of the full moon). That was the Gurupoornima blessing I received from Baba.

My Guru used to call me 'Dev'. In his tone there was a melody of love. Whenever he would call me in that tone, my inner self would dance with emotions. Such is the relationship between a Guru and disciple which cannot be explained in writing. I start my day early in the morning, in his memory. He is responsible for what I am today. The moment I wake up in the morning sitting on my bed I salute my unforgettable Shri Ragavendra Swami and my Sadguru Narednra Baba and mentally worship them. After that I pray to all the Himalayan Gurus and move out of my bed. Nobody taught me this. It is the fountain of love towards my Guru born in me. In the last 30 years, in the form of Ashram, Guru baba's infinite love also has grown extensively. That is why I say this ashram is Guru's gift. It is false to say that it is because of my efforts. There is no effort of mine in it. It is the creators gift of love and the result of baba's loving blessings. It is true. Dear meditators, this your beloved ashram. You only have to carry it forward. That is why I tell you, other than love, you will not get anything here. If you come with a selfish motive you will be disappointed. Only the selfless and sacrificing can experience God's love here.



KITCHEN AND AYURVEDA - PART I

--- Dr. Anuradha Kamath



Ayurveda is an ancient medical system, having a history of more than 5 thousand years. It is still existent mainly because of its immense potential. Ayurveda has its roots in home remedies, herbal remedies, herb mineral medicines, and panchakarma line of treatments. Our ancient saints have seen the medicinal properties of plants and herbs through their divine vision and power of meditation. Just like how, words when pronounced in a particular and appropriate way become Mantras, similarly herbs used appropriately in the right combination become medicines.

Certain ingredients that are available right in our kitchen, prove to be handy; such as pulses, grains, spices, fruits, vegetables, oils, and milk etc; all these have several medicinal properties. These ingredients can control diseases and their symptoms. Usages of these home made medicines are very easy, very cheap, and available all the time. They have no side effects either. If the disease is diagnosed at an early stage through the symptoms, then it can be healed easily through these home -made medicines. Chronic diseases can be cured and controlled too, by using home made remedies as a supportive medicine with other medicines.

Ayurveda is not just a system of medicine, but the Science of Life. Ayurveda teaches and preaches about the good health of mind body, and spirit. Our tradition, customs, culture, values, and system of medicine can enlighten the divine light in our life forever.

This series of articles on simple remedies in the kitchen, is an attempt to help you treat simple diseases or the symptoms of diseases through home made remedies.

Medicaments in the kitchen - 'Pulses'

Rice: Rice is a food with high nutrition. Cooling to the body. It's a very homogenous (sathmyaa) food, that is, it is more suitable to the body. So it is used in our daily food preparations. Ayurveda says that rice is supreme among pulses. Especially the red colored boiled rice.

-) Mixing of 'Rice washed water (2nd time washed water) and 2 tea spoon of goose berry juice' and taking it in empty stomach daily, will reduce the white discharge in ladies.
-) Washing the heat pricks in 'rice washed water' will cure it.
-) Eating rice gruel with little bit of salt will decrease the tiredness that occurs during loose motion.
-) Having red rice along with curd, in the morning before sunrise, will decrease the migraine

head ache for fifteen to forty five days.

-) Rice bran is very nutritious. Preparing laddus with rice bran (husk of rice), jaggery, sesame seeds, ground nut, cashew, will strengthen the nervous system.

-) Applying rice flour and turmeric powder will decrease the heat pricks.

Wheat: Wheat is also a homogenous food but it is more heat for the body (ushna) compared to rice.

-) Broken wheat gruel is good for diabetes.

-) Wheat flour laddu (Thambittu) will strengthen the bone and will reduce joint pains.

Raagi: Raagi has a cooling property and eliminates Pitta Dosha. It's also one of the homogenous foods.

-) Having Raagi gruel daily, cools the body. It also increases the blood cells in the body.

-) The Vapor generated by putting Raagi flour and turmeric powder on a hot tawa (pan) or on hot burning coal, will give relief from cold, blocked nose and cough.

-) Grinding the sprouted raagi, sugar, cow's milk, and cardamom mixture and thickening it by boiling, is very good food for the growth of children.

Black gram: It reduces rheumatic pain and increases the strength of the body.

-) Fry black gram in ghee and powder it. Add 2 tea-spoons of that powder in a glass of milk with little sugar. Having it twice a day (morning and night) will increase the sperm count.

-) Having the powdered black gram with milk by boiling – increases the secretion of breast milk in ladies.

-) Make a paste of - 2 tea spoons of raw black gram paste, 2 tea spoon of ghee, and a tea spoon of honey. Have this twice a day to increase the vigor in the body.

-) Using black gram in our daily food will increase the weight of the body.

Bengal gram: It increases the strength of the body and is a good nutritional supplement.

-) Having a fist of sprouted Bengal gram in the morning empty stomach will increase the strength and stamina of the body.

-) Consuming the powder of Bengal gram with honey will reduce the KAFAA. It's very useful to cure cough and cold.

-) Using gram flour instead of soap while bathing, will make the skin soft and supple.

-) Applying the mixture of an equal proportion of Bengal gram and green gram flour, 5 to 6 pinches of turmeric powder with milk, will enhance the complexion of the face and removes the pimple marks.

Gingili seed: Gingili seeds are of two types. White gingili and black gingili. Black gingili is heat

for the body and white gingili is cool for the body.

-) Having the mixture of 2 tea spoons of black gingili with a spoon of jaggery will regularize the menstrual cycle.
-) Eating 2 to 4 tea spoons of fried black gingili seeds and drinking hot water will reduce obesity.
-) For wounds due to burns, apply gingili paste mixed with milk. It will reduce the burning sensation and heal the injury sooner.
-) Consumption of white gingili (grounded) with jaggery as a juice will cool the body and increase strength.
-) Grind - white gingili and jaggery with the water of 2nd time washed rice. This will reduce the white discharge in ladies.
-) Having 2 tea spoon of fried black gingili powder with milk will reduce the menstrual pain.

Ground nut: Raw ground-nut is very nutritious.

-) Eating a fist of raw ground nuts is good for diabetic patients.
-) Eating fried ground nut along with jaggery will provide rich nutrition to pregnant and lactating women.

Toor daal: It increases body power.

-) For children after the age of 4 months, giving toor daal boiled water (1 to 2 tea spoon) will increase the strength. (Increase the quantity as the child grows).
-) Drinking of toor daal rasam will increase the strength of a weak body.

Green gram: Green gram has a cooling property. Ayurvedic texts opine that in pulses the green gram is supreme.

-) Having sprouted green gram in empty stomach daily will increase the strength of the body.
-) Having fried green gram powder with jaggery mixed with water like a juice will cool the body.
-) Using green gram powder instead of soap while bathing, will supple the skin and enhance the complexion.

Horse gram: This is KAFAHARA and heat for the body.

-) Having the liquid of boiled horse gram (i.e. soup of the horse gram) will dissolve the urine stone. -) Consuming the mixture of horse gram and lemon juice will improve digestion and eliminate constipation. -) Drinking a glass of liquid prepared by '2 to 4 tea spoons of fried horse gram powder boiled in water', in empty stomach in the morning will reduce obesity.



MEMORABLE DAYS OF MY LIFE**--- Pallavi.Sudhakara**

May 9th 2010, sunday, 8:00am - The morning sun had just made its appearance in the sky and I had entered the gates of Sri Shaktidarshan Yogashram. Many things were running in my

mind like how will the six days camp be? Will I get adjusted to the environment here? Will I be able to make new friends?.....and many more questions. Finally I just left everything to Guruji and went inside the ashram building. I was told as to where we had to keep our luggage and what were we supposed to do there after. By then I had started feeling that these six days at the camp will go good and as time went by I realized that what I felt was true. There was something special that was being taught to us which one cannot find anywhere else. Here no one warned or shouted at us, instead they just guided us to find the special hidden stuff in us. Each and every minute was filled with joy and happiness. We were free to do whatever we wanted. The various classes conducted never had just lecturing in them but was full of

creative and innovative ways of making us understand what they wanted us to learn. Everyone became friends with one another. We always worked as a team. We had great fun and happiness in everything we did.

Everyday started with Yogasana which made us active. We then went for a morning walk on bare foot, which truly was a good experience. Then we would stop at a point and do sun gazing. We would look at the sun with both our hands stretched and receive the energy from the sun for the entire day's activities. It was a very refreshing activity. After getting enough energy we would go back to the ashram. The sanskrit speaking classes helped us learn basic sanskrit speaking skills. We



had many sessions that taught us lessons which are helpful in our daily life. The best session of all was Guruji's session. He taught us and guided us about how we should aim and manage our goal. The dancing session with Guruji was too good. It was a heavenly experience. Every evening everyone of us along with our teachers would go to the ground



opposite to the ashram campus and play games. We enjoyed all the games we played here. After playing we would go back to the ashram and do agnihotra. It was quite refreshing. We spent four days of our camp in this manner. The fifth day we spent the entire day treasure



hunting in quite an unfamiliar place - the gaumala campus. We were left free in this place and something very exciting and adventurous. Finally at the end of the day we all together found the treasure of marbles. That entire day we spent amidst the greenery, chirping of the birds and the breezy air. With this we had finished five days of our six days camp. Just couldn't believe it. On the sixth day we had to give a grand finale and everyone of us did participate in it. We had to present the event to our parents. We really felt bad when it was time for us to

depart. I felt that I had been in a dreamland these six days and now I had just come out of my dreamland. That dreamland where I learnt discipline without any rules. A new language of pure love without any punishments. Once I reached home I was completely bored. I did not have any work or anything else to keep myself busy. I started feeling that I was wasting my time doing nothing. I miss all the fun we had. This camp was one of the ways to earn more friends and learn more things. Of course, those six days at ashram are the most memorable days in my life. All thanks to Guruji and his team of teachers. I'm truly waiting for the next camp and the improvement its going to bring in my life.

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

As the Lord says in the Geetha, His grace can make the dumb speak. Creator can do anything. But to deserve God's grace one must work hard in every way. Such a person should be dedicated to service. But today in every house people are exchanging harsh words and the love is totally lost. There is lot of friction amongst each other. However, if there is even one peaceful person in such a house, he/she clears the friction and makes the love flow. People do not have peace of mind. This is the main cause of disease and illness in human beings. An ever contented, happy and cheerful person remains very healthy.



The dacoits loot precious things from the house. Similarly dacoits called Kama, Krodha etc... enter our heart and loot the most precious treasure called Peace. Hence human beings should always be of good nature. They must be very alert not to let the Kama and Krodha take over. And, nowadays a disease has spread everywhere. That disease is criticizing others and also baseless gossiping. We can stop this disease from spreading if we adapt this easy method - As and when the gossipmongers or critics start speaking, change the discussion to a good topic.

In each house everyone should limit the speech and chant Lord's name instead of gossiping. Then that itself is Akhanda Bhajan. Lord's name is extremely powerful. Namsankeerthan purifies the vibrations in the surroundings and hence is very soothing. Because of this the listener also feels very happy. As a result the moral and socio-economic status of the people improves and the bliss of God starts flowing. Thus world peace can be attained. Japa-Yajna has got tremendous energy. If a person does continuous Namajapa/Namasmaraan such person is never troubled by any worries. Lord's name is wonderful. It can turn your foe into a friend. It turns the poor into rich, an illiterate into a knowledgeable and a chronic patient into a healthy person. King Shivaji became victorious and famous because of Samarth Ramadasa Swamy's Nama Japa. Saint Vidyarnya's thapashakthi influenced Hakka and Bukka to establish the Vijayanagara kingdom. You can get a Mantra from a Sadguru and you must chant it continuously. If you wish to do a good work then chant Lord's name with devotion and pray with total surrender. If you do this you will definitely be successful in your good work.

In darkness, light is very essential. Likewise when humans are in misery they need

someone's support. So try to wipe out tears of the sufferers. Serve those who need your service. This birth has to be made worthwhile. Let this life be purified. Our country Bharath has given birth to many great saints. Such a pure country Bharath should be a model for entire humanity. To achieve this, all the citizens must adapt the path of Dharma. All must work hard and be truthful. We should become the vessels of nectar and not dustbins!

Humans must never descend in life but ascend. Lotus is a very beautiful flower. But it grows in filth. Likewise our body is full of filth yet it is pure and beautiful enough to be dedicated at the feet of the Lord. Human birth is very precious and rarely attained. So it should be the goal of life to make this birth sarthak (fulfilling and worthwhile).

When a person gets angry and shouts, the body quakes just like the earthquake. The body experiences damage because of this. So we must give up anger completely. Anger pollutes the mind and this poisons the blood. This can cause many diseases. If you wish to receive God's love, peace and bliss in life then you must completely give up anger. Never deny the words of knowledgeable people.

Our child should become well educated, intelligent, well-behaved, prosperous, handsome and should live long. Such is the wish of everyone. But all these wishes come true only due to God's grace and not by any other means. God is very kind. If you cry out to him, pray to him, chant his name then he will definitely fulfill the good wish of such devotees. There should be no doubt about this.

If we stand under the blazing sun then we may faint. But if we use an umbrella to shield the sunlight then it is possible to tolerate the heat. Similarly, even if Prarabdhas of previous life are torturing us in this life, we can bear with them by the Grace of God. We should always be very patient with the rough and tough people. If we also behave roughly quarrel is the only result. It is not beneficial at all.

It is useless to be pompous and fake. We should be innocent. Never be lazy. The price of an object varies according to the quality. Humans are no exception to this. Devotion to God arises in a person only because of his/her past life Satkarmas (good deeds). But along with that we need to work a lot in this life as well.

People tell lies and try to cover them up. But internally they are very scared. That is why we must never tell lies. If we forget or cheat then we must accept it as our mistake and not try to escape, by telling lies.

It is best to serve like a humble servant than trying to become a great leader. You deserve to be a leader only if you have served as a servant.

A life without any Goal is meaningless. What is the purpose of my life? What should I

ANAQUAINTANCE WITH SHRI JAYARAJ

He was born on 17th of November 1950 at Nullipadi of Karsargod. He is the eldest son of Shri Krishnan and Smt.Soumini Krishnan. He studied in several places since his father was a Sub-registrar, government employee and as per the job he was transferred every three years. He was more attached to his mother from childhood and was interested in her worship to God. He learnt Verse (Shloka), Bhagvad-gita from his mother and enjoyed chanting them.



Thus he learnt spiritual teachings first from his mother. Since childhood he was interested in spirituality and he started searching for truth. His thirst for truth was not satisfied with Shloka and Bhagvadgita. While in search of truth one priest (Purohit) initiated him to God Ram's name chanting (Ramnam upadesha). Still he was not satisfied and he involved himself in worshipping god. He realized these methods will not help him realize the truth, so he left them and again started searching for truth. He had an opportunity to meet Malladi Ragavendraswami and also got initiated in Yogasana. Continuous practice of Yoga made him achieve some miraculous powers (siddi). He used it for the benefit of teachers and students in his school and

contd... from page 13

do? What about my future? One should think clearly about these things. You can not become a great person by chance. To become great, you need to work hard, study well, beg for God's grace and develop very good nature.

Respect is the most valuable thing for human beings. One should gain respect through Good nature and good behavior. Nothing else will help you to gain respect. But if foolish people oppose a good and respectable person, that has to be ignored. Will the heaven fall off if dogs bark?

Never be extravagant. This will result in chaos and it will take away the happiness. Never spend more money than you have. Also when you are younger, and have got the physical strength, save some money. Beware that old age is inevitable. Do not pay any attention to gossips and never tell them to others either.

A joyous and celebrating life itself is heaven. A sorrowful, tearful life itself is hell. Both hell and heaven are right here. Happiness never touches the person who does not follow Dharma. Dharma[Righteousness] is the father. Satya[Truth] is the mother. Man needs both. Satya leads to Dharma, Dharma leads to Prema[love], Prema leads to Shanti [peace].

^*^*^*^*^*^*^*^*^*^*^*^*^*^*^*^*

was appreciated by all. He participated in yogasana competitions at schools and colleges and received several prizes. He passed PUC with good marks and completed his B.Com in Vijaya College, Mulki. He stayed in Kasargod for four to five years and learnt more. In 1975 he joined as an employee of Vijayabank, Puna. Later he got transferred to Kanhagod and whenever possible he visited Nityanadashram.

In 1996 unexpectedly he visited our ashram as he was invited by his NMPT (New Mangalore Port Trust) employee brother-in-law. When he came to know that Guruji is none other than Shri Devdas Rao former principal of Vijaya Bank's training college, his happiness was unexplainable. He was invited for one week camp at NMPT. Through Guruji's grace, without any problem on the job front he could join the camp. He could personally meet Guruji. The day Guruji initiated him, his happiness new no bounds. He started practicing sincerely what he had learnt in the camp. His progress in practice brought him greater peace and contentment. Guruji's invitation as well as his deep desire to meet Guruji made him spend 3 days with Guruji at Thiruvananthapuram and meditate along with Guruji. There he watched Guruji starting his yoga practice from 3am and he also started practicing yoga early in the morning.

He called Guruji to Kasargod and organized several camps there. He also organized five days yoga camp and called Swami Yogananda Saraswati and Mataji Atmarajam Saraswati. The money hitch at the bank was solved with the help of Guruji. From then onwards Shri Jayaraj surrendered completely to Guruji. Due to the guidance and blessings of Guruji there was tremendous change in the spiritual life of Shri Jayaraj. Because of his dedication and service to the Ashram, Guruji proposed him as the member of the trustees committee of the Ashram. Under his leadership regular meditations (Satsang) are going on in several houses.

When he was transferred to Kallikote he started meditation and Satsang there. Later he was transferred to Kasargod. Kallikote satsanga is continued under the leadership of Smt. Anita Kishore. The founder of that Satsang is Shri.Jayaraj.

His mother, brother, sister all were involved in spiritual service in one or the other way. His is a happy family with a supportive wife and sons who possess good qualities, also established in excellent posts. While traveling in train everyday for work Shri Jayaraj has taught his train friends Pranayam and meditation and the time of travel is used for meditation.

Shri Jayaraj is in continuous practice of meditation. Let him be further guided and blessed by Guruji always; let success be his and reach the zenith of meditation. Let him spread ashram's meditation and kriyayoga (blend of raja, jnana & bhakti practices) to others, his knowledge to others and guide those in thirst of meditation.

The story of Pingala in Bhagavatham as narrated in the 11th Chapter. Up to 9th chapter, it describes about various stories of realized souls. How they are born as ordinary people like us and have become great personalities. Therefore reading Bhagavatham will help spiritual seekers as a guidance to have a clarity of mind and further to attain liberation through their efforts.

WOMEN IN SPIRITUALITY: PINGALA
--- Banumati, Chennai Satsang

10th chapter describes about Lord Krishna's life history. In the end Lord Krishna completes his mission and is ready to leave the body. Knowing this truth of lord krishna his close and dear Uttava asked him, "How will I survive in the world without you? Please help me and guide me." He replied "Uttava, even a person who follows all the ways of Karma, Bhakthi & jnyana which I had narrated in Gita, have the 'Aham' or the 'I'. This will not disappear so easily. It will be within him deep rooted and will not be visible. To erase the Aham or I one has to have Satsangam with Maha Purush. He gives much importance to the noble souls company". Again he narrated to Uttava, "My ancestor King called 'Yadu', was ruling the country and enjoying all the pleasures of life. Although everything on this planet was available to him yet he was not at peace. One day he saw an Avadhuta in the street with immense happiness. This avadoota carry's his happiness around him wherever he goes and this happiness spreads automatically. King Yadu went near him and humbly asked him "You do not possess anything for yourself? You do not have a house, dress, and even food for this afternoon. But you are always floating in happiness. On the other hand I am a King having everything yet I am not happy like you. What is the secret?". The Avadhoot is Sri Dattatreya. He replied, "In order to attain this, one should have a Guru, and one has to follow the guru's teachings. In my case the nature itself is my Guru and the teachings are great and I am following them". Sri Dattatreya told that he had met 24 Gurus (Nature and others whom he met) and he learnt lessons through them and narrated the story to the King. One such lesson was taught by Pingala. Now let us come to the story of Pingala.

In the city of Videha (Once it was ruled by Janaka and the birth place of Sita) there used to be a prostitute called PINGALA. "Now learn from me O son of Kings, what I have learnt from her". Pingala being a prostitute stood one night, outside in the doorway displaying her beautiful figure, to get a customer into her house. All the men who passed by in the street as

customers were willing to pay her the price. But she in greed for more money rejected all the men.

Again she went inside and dressed herself more attractively and adorned herself with beautiful ornaments and flowers. She applied collyrium to her eyes and anointed herself with perfumes, she similarly decorated her house and bed with flowers, she then waited outside. As the men passed by to and fro she thought to herself “this way sustaining on selling my love” will there be some guy carrying plenty of money approach me for love and give me a lot’. With this vain hope, not sleeping and leaning in the doorway, walking down the street and turning back to the house, it became midnight. Morose in her desire for money drooping her face, awakened in her anxiety now and again. At that moment a surge of supreme ‘detachment’ brought her a different kind of happiness. For the first time she was experiencing this happiness... Detachment works like a sword cutting through the binding network of hopes and desires.



Immediately as she was experiencing the feeling of detachment she said to herself, “See how illusioned I was !!! Was I out of my mind imagining all this in my lust with a fake lover. Oh! how uselessly subjecting my soul to such a torture. How have I been abusing myself this way in such an occupation”

With my body desiring money and sexual pleasure, been selling out to womanizers who, lusting for my body, are lamentable themselves. Would other women devote themselves so much to this ‘Body’ (house) with nine doors... constructed with the support of the bones of a spine, the ribs, the hands and legs and covered by a skin, hair and nails, which is full of stool and drips urine. Among the residents of Videha “Am I the one of an intelligence that is really perplexed, for I am the one who with most unchaste desires to please her senses with another man who is so much different from God and man is so very ordinary. God gives us his soul. By paying the price of giving myself to Him, (God), the well wisher that’s absolutely the one most dear, the Lord and soul of all, I will for certain enjoy like Rama. How much real happiness has the sensual pleasure and the men who satisfied my senses provided? A person like me so desperate therefore somehow must have pleased the Supreme Lord (who brings the happiness to me today) in some way or the other in some birth even with a mere chaste thought that.. I... now experience with having forsaken my sense gratification. A woman who is really unfortunate would not have to face this kind of hindrance on the path of self realization. Now that I

refrain from cherishing false hope in relation to sexual intercourse, do I, with accepting upon my head the great help He offers, seek him the Original controller for my refuge! Happily convinced without reservation that I thus will be able to cope with whatever comes my way, I will manage to appreciate it to live with only one, the love of the self and the happiness free from doubt; Who else but the Original Controller, who is capable of delivering the living being that is seized by the time serpent. Would there be any one like me, who, in pleasing the senses, is bereft of all insight having fallen down in the dark well of the material ocean. When the self thus can behold the universe as being seized by the time serpent, becomes he, attentively detached from all that is material, for sure his own protector". Thus having decided to cut with the desperation that was caused by her desire for lovers, she sat down on her bed in a still pose having found inner peace. With the insight that the greatest unhappiness consists of a constant desire and that being free from expectations is of the contrary, slept Pingala happily now that she had given up to hanker for lovers.

This sort of a deep insight and knowledge, she got because of a saint's sight. (Blessings)The Avadhuta had simply seen her and watched her from a distance. His grace full of love fell on her and not only does she become wise but understands the purpose of life too . This is the strength of a saint's look (Compassion).

Whatever it may be ..the core intention of a saint is 'only to do good' ..even if it may appear harsh or strange or great or simple or even ridiculous...The profile does not matter as the saints only pass on heavenly messages.

From this incident, the Avadhuta learnt the great lesson that it is expectation that causes sorrow. Expectation, disappointment and dejection. When one has no expectations at all from life, only then is he experiencing the truth. Only by letting go of one's expectations one can attain true happiness.

Fish, Deer, insects which are attracted by fire (sight). Elephant and bees are all dragged by senses and result in ending their lives. Human beings are having all five senses yet the perception of their senses go astray and they fall into the delusion pit of birth and death continuing to be until they fulfill the purpose of their life. Adi Shankara also pities this human life for they go astray. Through our efforts of sadhana and gaining the knowledge of ancient texts and real stories, we must understand that the pleasure enjoyed by the senses is not true and permanent. With the Grace of Guru we will understand the true meaning of life and reach the goal. Always be Happy and no more sorrow.



WHICH AMONG THE FIVE SENSE ORGANS IS THE BEST? --- Yogacharya

Eyes, Ears, Nose, Tongue and skin constitute the five sense organs or Jnanendriya (Organ of knowledge). These five organs are most important and of prominence for human beings. Among them it is the Pranendriya (which inhale air) in our body i.e., the Nose which is the most precious among all. Comparatively, among all the five Jnanendriyas, nose has high prominence. Generally, when this question is asked, we get different answers saying that the eye, the tongue, etc are of utmost importance. But the deaf dumb and blind live their life despite having some disability in using those parts. The main source for our heart beat and breathing is the nose.

When we worship God we touch the right and left nostrils (ida-pingala nadi) along with the important point on the nose which connects to Sushmna naadi and chant Pranava (Aumkara) Mantra pronouncing Aum bhu, Aum bhuvah, Aum maha, Aum tat savitur varenyam bhargo devasya dheemahi dhiyo yo naha prachodayaat This Sushumna naadi awakens the individual soul (jeevatma). Scholars in Naadishastra explain it with the knowledge of Ida and Pingala Naadi. When man approaches death one by one each jnanendriya stops functioning. Only the Pranendriya or nose functions till the last breath. Once this stops, man succumbs to death. Even immediately after birth, the baby's pranendriya gets activated and gradually jnanendriya starts working. Therefore Pranendriya is the most precious because when it stops functioning life stops. Therefore hindu women pierce their nostrils and keep gold stud there. This is to indicate the uppermost value of pranendriya the nose.

When our food does not smell good it is Pranendriya which sends message to other sensory organs to come to the opinion that the food lacks the temptations to eat. Therefore in all the food that we cook, we have to add varieties of sambar powders (mixture of spices of widely varying composition) and sweet smells to make it smell and taste good. Once its smell touches the nostril all other sensory organs become active and our face will also bloom like a rose. In the meditation room the importance of sandal wood, lavancha smell is known to all. We experience happiness through panchendriya only. Nice smell, food, song, breeze, sceneries lead to a feeling of happiness. Try and examine yourself to know which sensory organ is most precious.

GAU MATHA - PIVOT OF INDIAN SOCIETY**--- Mony**

Cow is an important and inevitable part of Indian culture and society and is interlinked in all walks of lives. The relevance of Cows in our lives is multi-fold. Cows play an unmatched role in many segments of life.

Cows in Indian Household

Cows have since eternity been an inevitable part of Indian households. A typical day used to start with Gau-pooja – paying respects to the Gau-matha, offering food and asking for her blessings. It is the most common thing in Indian house-holds even today (now mostly found only in rural areas) to apply cow-dung in front of each house. Many houses even now, have the floor of their houses laid with cow-dung as well. Cow-dung as it is now scientifically proven, has anti-bacterial properties and it protects from harmful radiations. In addition to the above each of the house would have a Gau-shaala (Cow-shed), which automatically works as a protection for the house and family.

Rituals and spiritual practices

Cows are an inevitable part of any religious ritual in India. Gau with calf is looked upon as very auspicious and it is a practice to perform Gau-pooja on any occasion, especially on religious functions and spiritual practices. In many rituals like Yajna's, Gau-Pooja is considered as one of the most important part in completing the ritual.

Environment protection

Indian cows have the unique ability to absorb harmful radiations from the environment and they produce good vibrations, thus helping to cleanse the surroundings. 'Suryaketu' nerve on the Cow's back absorbs all harmful radiations and the cow's body produces very serene energy which cleanses the environment. Cow-dung possesses very high anti-bacterial and anti-fungal properties and is used in Indian households to protect from harmful bacteria and harmful radiations.

Cow-products as Eco-friendly Energy source

Cow-dung is an excellent energy source. Dried cow-dung is a good supplement for firewood and does not cause any pollution to the environment. Thus it helps to prevent cutting down of trees for use as firewood. Cow dung is an essential raw material in production of Bio-gas, a

supplement for cooking gas. The slurry from bio gas plant is an excellent fertilizer, which can be used to grow crops. The fresh cow-dung when dried serves as a good supplement for firewood. The same is a main ingredient for Fire rituals in Indian tradition.

Livelihood

Cow gives milk and other products, which in turn enables the owners to

have a livelihood on the Cow-products. Milk is one of the staple food products produced by the cow. There are many other food products which can be prepared from Milk. Butter, Ghee, Curd which are produced from milk are extensively used in Indian cuisine and is much in demand always. All these are also used in Rituals and religious worship – for applying on statues of Deities and for fire rituals (homa/yajnas).

Cow as Pivot of Agricultural Society

Farming/Agriculture is a major part of Rural Indian society and majority of them depend on farming and related areas for their livelihood. Cow and Ox play a pivotal role in this kind of a society.

- Oxen are used for ploughing the fields
- Bull/Ox-carts are widely used as mode of transport
- Cow-dung is used as Fertilizer for the crops
- Cow-urine and Panchagavya are used as highly effective and efficient fertilizers
- Cow dung is used as Energy source – Bio-gas, dried cow-dung are used for cooking purposes
- Organic crops grown using Cow-products are much in demand, there by fetching good/better prices for farmers compared to crops grown using chemicals

All the above are glimpses of the fact that Cows play a pivotal role in Indian society and also helps provide economical stability and financial independence to our society. In the next issue, we will learn about cow products and their benefits.



RAINBOW CORNER

Fill in the blanks with the Letter 'I'

C H _ T T _ S H A K T _ R _ T _

(The power of conciousness is infinite)



DID YOU KNOW!

Fill in the blanks

1) A musical Instrument with a manual Key-board _____ that strike wire strings,producing sounds that may be softened or sustained by means of pedals

[dancing nails, nuts and bolts, activating hammers, cycle locks, piercing pins]

2)Grand Piano was invented by _____

[Mozart, Dussek Bartolomeo Cristofori, Clementi, John Field, Chopin]

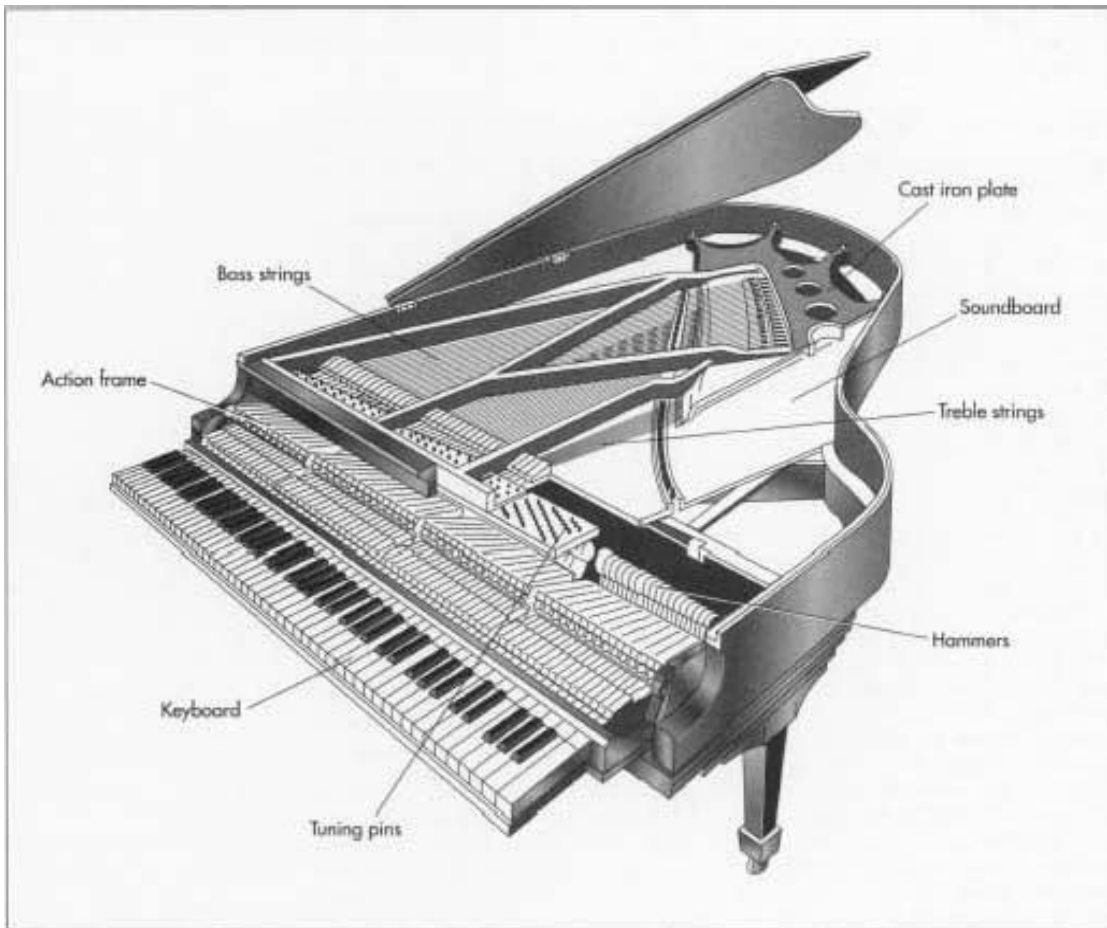
3) The inventor of the 'Grand Piano' has been crowned as the _____

[child of the piano, master of the piano, priest of the piano,father of the piano, Big Brown Brother of the piano]

Our most loving Guruji was always attracted to all instruments even as a high school student. To his surprise he was able to play with ease, any instrument that came to his hand, as if he has learnt it before. He had a fond liking for music and all the instruments from within his heart. Although he was not a master of playing all the instruments but he has had the opportunity to play every instrument in his life at some time or the other. He has had the opportunity to play the piano in one of his professor's house who was very fond of him since adult Devdas Rao was the brightest student of the class.

Here are the different parts of the Instrument and its functions. Have fun in Matching the following appropriately

- | | |
|----------------|---|
| 1. FRAME | The rim is in two parts:::Inner rim and Outer rim. |
| 2. SOUND BOARD | Transmits vibrations of the strings to the soundboard |
| 3. STRINGS | sustaining or softning the sound of the piano. |
| 4. ACTION | Inner mechanism as high as a thousandth of an inch |
| 5. PEDALS | holds the tuning pins tightly so that strings maintain their proper tension |
| 6. CASE | large thin wooden diaphragm glued around its perimeter |
| 7. PINBLOCK | each treble notes usually has three strings |
| 8. BRIDGE | Plate or Harp |



GURUJI ANSWERS...

Q) What is the difference between the Vedas and the Upanishads?

A) Veda comprises of a complete retrospection of all principles, all truths and all sciences. It's an encyclopedia. Vedas consist of the treasure of wisdom which exists in Nature. That is to say, Vedas is a compilation of all the three gunas (qualities) - Sattva, Rajas and Tamas. Upanishads comprise of complete Sattva Guna. Therefore, Upanishad is the stream of immortality for meditators.

All the karma's exemplified in the Vedas, are comprised of Rajas and Tamas qualities. These practices are indicators of heaven, of sorrow, of happiness. But a meditator needs none of these qualities. Whatever the qualities, they are related to the mind. When one overcomes these three qualities, and moves away from attachment of ego and affection, then the soul can experience peace. Vedas are unnecessary for a Yogi who has attained brahmanand (universal bliss).

Q) I was born to a farmer's family. I have studied upto B.Sc. We have 10 Acres of land which provides me well for my stomach. My friend is asking me to join him in his business. I am confused. Please solve this issue.

A) Business is only for the sake of making money. In my opinion, business is unneces-

sary for a person like you, who is born in the family of farmers, with 10 Acres of land at your disposal. There is every possibility that when you make money through this business, you may develop a negative mind. In agriculture there is a constant peace and satisfaction. Also, there is the true love of nature. When you are earning enough to fill your stomach, when you are blessed with god-given wife and children, what other happiness do you need? This is enough for you. Greed is unessential. There is no karma greater than swa-karma, is the divine word of god. Always keep this in mind. Keep your thought constantly on God and offer all your actions to Him with a feeling of surrender. Use your free-time to meditate. All will be fine.

Q) Can Asthma patients practice Kriya Yoga?

A)Yes. We have found that if one practices the 1st and 3rd Kriya daily without fail, Asthma will be healed completely. Asthma patients need to give as much attention to their food, habits and thoughts too. Some are affected by asthma because of the food they eat. Ice-cream, Cold water, Having milk in the noon, consumption of buttermilk, having dinner late in the nights, consumption of oily foods; all these are strictly forbidden. Only then, will it be possible to get rid of Asthma through Kriya Yoga.

Similarly, one should not expose

themselves to cold climate, cool breeze, and shouldn't bathe in rivers of cold regions for a long time. Apart from all this, one should take care to that he/she doesn't involve in activities which cause disturbances and pressure to the mind. Should take care while involving into emotional relationships. Here Kriya Yoga plays an important role.

Q) Can heart patients practice Yogasan, Kriya Yoga and Pranayam?

A) The intensity of the heart problem needs to be diagnosed first. After discussing the same with the doctor, and coming to a decision, then guidance in Yoga can be given. Generally heart patients need not do Yogasan. It is more appropriate for them to go for walks in the mornings or evenings and be one with nature. It is good if they walk until they sweat. Further, doing a shavasan of 20 minutes, will help to experience a renewed energy throughout the body. Once you wake up from shavasan, in a complete relaxed state, you can do 20 minutes of Nadishodha Pranayam. When the heart regains a stronger state, one can practice Ujjeyi Pranayam, which will make the heart all the more healthier.

Q) What is Thalamus? What is it's importance?

A) Thalamus is that Main Entrance which is located at the centre of our brain. As you can see, in the picture of the brain, there is a light shining right in it's centre. It seems like innum-

erous rays are emerging from it. Every single ray of light is a significant door. It is from here that the order is sent and only then every activity in our body is performed. The on-going activities are controlled from here. Once all tasks of the body are completed, the reporting centre is here. Anything that has to take place in our body, has to be initiated from here. Any knowledge that has to be gained from outside apart from the body, has to be gained through this centre. The entire wisdom of the universe is stored here within, in the form of waves. This is the importance of thalamus. Therefore, Astral travel too happens through this. There is a small switch just below the thalamus. Through will-power if one presses and holds on to this, he/she can attain the thoughtless state. It is easier to immediately enter the state of meditation. One can also benefit from the samadhi state of meditation through this method. Thalamus is the most essential, and most exceptional part of the human brain. We can say that it functions like a King.

Q) Is it possible to attain Siddhis through Kriya Yoga? (For eg: Astral Travel)

A) There is nothing impossible through Yoga. Through intense hard-work and devotion to a true and capable Guru, one can attain everything through Kriya Yoga.



GURUPOORNIMA JULY 2010

Poojya Guruji and Sadvi Malathi Amma offered their worship to Devaraha Hamsa baba at the Machan at 8:30am, by lighting the lamp. As Poojya Guruji entered the Sadhana Mandir, all the dhyanis offered showers of flower petals at his feet, while Sri Govindaraya Prabhu garlanded Guruji with a Tulasimala. Smt. Sucharitha Rao and Smt. Sujatha Bhide and group sang the welcome song and welcomed Poojya Guruji and Sadvi Malathi Amma. By lighting the lamp, Poojya Guruji, Sadvi Malathi Amma, Smt. Gayatri Rajaram, Sri Basavaraj Konnur, Smt. Bharati Shenoy inaugurated the programme. Smt. Veena Srinivas sang the Prayer Song. Sri Srinath Hebbar (Mangalore) garlanded Guruji with a flower garland, and Sri Shankha (Kolkata) offered Guruji a bouquet of flowers. Smt. Kamalakshi Rao (Surathkal) garlanded Sadvi Malathi Amma, and Smt. Sugandhi Pai (Mangalore) offered her a bouquet of flowers. Kum. Lavanya Rao and Kum. Pratheeksha Pai performed the Aarathi worship to Poojya Guruji and Sadvi Malathi Amma. Sri Mohandas Bhat and Sri Sathish Bhat chanted the Guru Geeta, after which, Smt. Bharati Murthy spoke about the service of the Editors of the Kannada and English Magazine.

Poojya Guruji, garlanded and honoured Sri Dr. Rangappa Kamath, trustee of the Ashram. The song on Guruparampara com-

posed by Poojya Guruji, was sung harmoniously by all the teachers of the Ashram. This was followed by meditation. After a refreshment break, Poojya Guruji showered his blessings on all through his Aashirvachana. This was followed by auctioning of Gold ornaments donated by meditators. Sri Govindaraya Prabhu, Sri Dr. Ganesh Prabhu, Smt. Dr. Gayatri Ganesh Prabhu, Sri Babuji Bhat, Sri Digambar Shet, Smt. Chandralekha enthusiastically participated in the same. Poojya Guruji then distributed the Prasad. The Gurupoornima special lunch was sponsored by Sagar Satsang Head - Sri Govindaraya Prabhu. The prasada that was distributed, was sponsored by Sri Srinath Hebbar. Question-Answer session followed after lunch. The whole program was presented well by Sri Dr. Ganesh Prabhu of Bhatkal Satsang. All the teachers of the Ashram co-operated in making this program a success. Everybody felt the special waves of dhyana, never felt before. By 5pm, everybody returned to their homes, with peace and happiness blooming in their hearts.

Satsangh Darshan July 2010

3 & 31 : Mrithyunjaya Homas were conducted. Sponsored by Smt. Sarojini Nayak, Sullia & Smt. Meenakshi Balachandra, Mumbai & Kum. Vivechana, Sullia, respectively. After the Homas Sanjeevini Pranayamas were conducted. Later there was whole night meditations along with Poojya Guruji on both days.