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Dear Dhyanaabandhus,

Makar Sankranti is a major harvest festival celebrated in various parts of India. According to the lunar calendar, when the sun moves from the Tropic of Cancer to the Tropic of Capricorn or from Dakshinayana to Uttarayana, in the month of Pushya in mid-January, it commemorates the beginning of the harvest season and cessation of the northeast monsoon in South India. The movement of the earth from one zodiac sign into another is called Sankranti and as the Sun moves into the Capricorn zodiac known as Makar in Hindi, this occasion is named as Makar Sankranti in the Indian context. It is one of the few Hindu Indian festivals which are celebrated on a fixed date i.e. 14th January every year.



Makar Sankranti, apart from a harvest festival is also regarded as the beginning of an auspicious phase in Indian culture. It is said as the 'holy phase of transition'. It marks the end of an inauspicious phase which according to the Hindu calendar begins around mid-December. It is believed that any auspicious and sacred ritual can be sanctified in any Hindu family, this day onwards. Scientifically, this day marks the beginning of warmer and longer days compared to the nights. In other words, Sankranti marks the termination of winter season and beginning of a new harvest or spring season. All over the country, Makar Sankranti is observed with great fanfare. However, it is celebrated with distinct names and rituals in different parts of the country. In the states of northern and western India, the festival is celebrated as the Sankranti day with special zeal and fervor. The importance of this day has been signified in the ancient epics like Mahabharata also. So, apart from socio-geographical importance, this day also holds a historical and religious significance. As, it is the festival of Sun God and he is regarded as the symbol divinity and wisdom, the festival also holds an eternal meaning to it. Yes, it's time. We need to wake up get ready to face the coming years. The coming sankranti pushes off the year 2010 and glorifies the harvest assets of our country thereby we sight a new welcome to the coming years and make way for a wonderland. It's very fortunate for us to live in this era. Poojya Guruji says we should convey our sincere gratitude to the almighty for providing an opportunity to live in this wonderful era.

We are guided by the gracious presence of Poojya Guruji, All the Himalayan Masters who are constantly making our lives soothing & the essence of tranquility. We are guided by their visions; their footprints have put in an indispensable art in the humane. Their sight can change our destinies. Their presence in our minds adds colors to the grayscale life. Their words are an inspiring lush. Their actions set an example to a perfect being. They are an embodiment of truth and that is love. "I" love my Guru. Love is truth. Refers to the universal 'I' that exists and continues to exist. It is not time bound or space bound. The source and destinies are just a cosmic mirage. "What you are looking for is what is looking".

To Surya, the Sun God as he starts his Northerly trek

Grace us with Warmth and Light, Happy Sankranti to All!

Questions & Answers

1. What is Omkara? Why is it known as Pranava Swaroopam?



Ans: There is only one truth. In the beginning there was no creation. We named that truth as God. God created himself in different forms, he existed in those creations. He gave different names to those different forms and started enjoying. These forms are stars, planets, plants and trees, animals, birds and mankind etc., In mankind also there are different forms like fair, dark, tall, short etc., God is enjoying in all these forms. Outwardly it appears that ev-

everything is different. But internal truth is only one. Nothing is different from that truth. Nothing is new. Whatever we consider as creation is new forms of the same truth. All these are created by mind and all the forms created by mind are perishable. But the form which has mind, also has god deep within itself. God is experiencing through those forms. Understanding this is knowledge.

The creation started originally from Parama Shiva. Parama Means absolute truth, absolute tone, absolute peace, tranquility and beauty. Person who understands and enjoys this absoluteness will proceed in the path of peace, love and bliss, This is Parama Shiva. For our consciousness he is complete Shunya (blank). This does not have any beginning (Adi) or ending (Anthya). As it is absolute love, this has no death. This is like a sphere (i.e. circle). So there are no directions as east-west etc., This absolute love is "God" in itself. It is omnipresent and also concentrated in the centre of the sphere in the form of a minute atom. The energy in the centre had lot of vibrations and the pressure of the vibration bursted out from that centre. As it bursted out those was a special huge sound, that sound is Omkara. This is not just sound, it is God's energetic Vibration. This was so powerful

that when it happened the whole universe tremored. This sound is also called as Nada. Nada has specific vibrations. The group of these vibrations is Sangeeta (music). This vibration has higher-velocity in this universe. This is Parvati Shakthi (Sthree Shakthi or Prakruthi Shakthi - Power of Nature) This energy can travel around the universe within one second. To control the velocity of this energy the same centre of Parama Shiva sent Purusha Shakthi. When this Purusha Shakthi and Parvathi Shakthi united the mind was born. Mind has two poles. One is “rina” (Prakruthi) that is negative pole, other is “dhana” (Purusha) the positive pole.

Omkara is the root of all the creations. This is not just a sound, it is Prana vahaka, Shabda Vahaka, Akshara Vahaka, Bhramha Vahaka. God is “Gunatheetha” and “Lokatheetha”. When god could not be perceived in any form he was identified as Omkara. Therefore Omkara is the link between the God and his forms of creation. As Omkara has taken birth from the center of Parama Shiva, Veda’s say ‘Omkaram Bindu Samyuktham’. Person who does sadhan on omkara will attain Sakshathkara. One will become what he wants. One who worships Omkara will become omkara. One can easily unite with Parama Shiva by chanting Omkara with full love and surrender for 15 minutes everyday at Brahmi Muhurtha. Omkara is very sacred. All religion value omkara as it is sacred. The person who chants omkara will attain tranquility and bliss. Omkara will take his mind to Shunya and will attain Jnana. “Jnani” will seek only immortal things and he will attain that only.

2. Who is Brahmajnani? How can one achieve that?

Ans: The one who has conquered and crossed the body, senses, mind, intelligence and the feeling of self, is “Brahmajnani”. You can only read this and understand the words. But you cannot experience the same. The “truth” can be experienced by the endeavourance to understand the hidden meaning in that.

We have two worlds. One is the external world which we can see from our eyes. Other is internal world which we can experience by taking our sense inwards. God has created our senses with the quality of going out

to see and enjoy the external world. Therefore it is extremely difficult to draw the senses inwards. The mind always drives them to the external world. When mind goes out through senses, we are in that world. There are so many attractions there. Mind starts enjoying one after the other. Just like ants can not leave the sweet, we can not leave the outside attractions as they appeared to be very sweet. So we are trapped in the vicious circle of birth and death.

But a sadhaka, will fully concentrate on the “Eternity”. As he has a great will power, he will draw his senses inward and travel towards “Eternity”.

“Eternity” is attaining knowledge and getting freedom from the vicious circle of (Janana) birth and death (Marana). We can not attain it when senses are left free to enjoy the world. Because mind gets addicted to these enjoyments and becomes slave of senses. Therefore these desires make one take birth again and again. Therefore a sensible person will first close the doors of senses to the outside world. He will become a loner, completely different from the normal people. If all people are going along with the current of these worldly desire, he will swim against the current in the reverse direction. This path is extremely difficult. One has to leave all his worldly desires and develop “Vairagya” as the first step. Then only he can travel towards “Antharathma” (conscience)

The one who is indulged in sensual pleasures like a child. Children build toy house for playing. After the play is over they destroy the home. Adults also build real house to dwell in. But the “jnani” will not attach himself to it. The normal person will get attached to it and doesn’t want to leave the house and go. So, he will become sad and depressed. He will be trapped in the worldly desires and feels he has to still achieve many things. That desire makes him to take birth again and again.

3. God only gives “Chaithanya” to body, mind and intellect. Then why the same god should not endure us into “Dhyana”?

Ans: God gives “Chaithanya” to everything. He has given chaithanya to

mind and also to intellect. He has given mind with the character of going to the external world. Therefore mind keeps going towards the outside world and the attractions, and becomes possessed with never ending desires. The one who yields to the mind will get lost in the worldly matters.

But the same God has given intellect also. The one who was the intellect at the right time in the right way, can control the mind and draw the senses towards the “Antharathma”. then he becomes “Prajna”.

Therefore it is crystal clear that God has given both mind and intellect to us. The path is left to you to either yield to mind and go behind it and get lost in the external world, or to use the intellect, control the mind, and draw the senses inwards and spend at least 20 minutes everyday within yourself. By this practice one can understand that God has kept unique “Dhyana” within us and can experience the “Bliss” of God’s presence. “Krishna” paramathma has told this in Bhagawadgitha as under -
 “Uddhare Athmanathmanam” i.e., your “Uddhara” (upliftment) can be done by yourself and not by others.

4. Who is Athmajnani? What is the meaning of the statement “There is no death to Athmajnani”?

intellect is temporary. All these are perishable. “I”, after leaning all those, is “Immortal”. Before I came into this body, I lived in a lakhs of bodies, and have got experienced. I will get experience from this body also and proceed further” This is Athmajnani’s learning by experience. He definitely knows that there is no death for him.

Death is only to an “Ajnani”. He is scared of death. He is trapped in attachment to this external world and so drowns in agony. To him death appears to be true.

But Jnani knows that there is no death to anybody. Everybody has come here as visitors. After the show is over, they will go back to their real home. So, till we are here, we must live with love, peace and happiness and wish the welfare of every one. “Jnani” is immortal. You can also try, do sadhana and become “Athmajnani”.

THAT GREAT DIVINITY

Except for purchase of provisions and vegetables during my evening walk, I usually do not go out. I have no time to visit anybody's house. My senses are easily attracted towards sarees, jewels and even eatables like sweets & fried items. That is why I try to keep away my thoughts about these by being busy with work. "Yogastha Kuru Karmani", I always adopt this in my daily routine. Meanwhile my friend and Dhyana-bandhu Smt. Leela Prabhakar asked me to write an article for Ashram's about my experience, within a week. I thought this might be Guruji's wish and blessings and started writing this article.

As instructed by Smt. Shantha and Sri Muralidhar, I went to Ashram in 2003 to attend the One day camp. That was my first meeting with Guruji. I was attracted by his intimate smile, a little afraid too! When I went for the first time to Shanthakka's satsang, I was little frightened to see people laughing uncontrollably. Now I was in fear that he is the same Guruji who has taught that! The camp got concluded by the evening and everybody departed. My bus to Bangalore was at 9.30 p.m. I had an opportunity to listen to Guruji's flute. He was teaching 4 students. In the meantime 80 year old Premajji was pleading Guruji to teach her flute. During that jovial moment, I had 3 questions cropping up in my mind. I was feeling delicate to ask Guruji. First question, 'what is meant by Kundalini awakening?' Second question 'Can an aspirant practice and achieve without the help of a Guru?' and the Third question 'What is Samadhi?' As soon as these question cropped up, Guruji kept his hand on his student, that student started making some unclear sound Buss... Buss... He was stammering. I was so much afraid as if I have seen a snake! In 5 minutes Guruji raised his hand and brought the student into normalcy. I came to know from others that it was Kundalini awakening! I learnt that is necessary to have a Guru's guidance. It was the way Guruji had answered my question with an example. I was astonished with my nerves becoming stiff. After that Guruji started for his house at 6.00 p.m. At that time Premajji like a child started objecting to Guruji's leaving and pleading him to stay back. Guruji went on avoiding her, but she was not prepared to heed to his words. Then as soon as Guruji kept his hand on her head, Premajji started chanting 'Om Guru Om Guru'. Her eyes were closed. Hurriedly Guruji walked towards his car and sat inside "Before Premajji comes out of Samadhi, I will go" as he told me, I had words to speak. 6-8 people standing there waved their hands at Guruji and we got chocolates as Prasad.

This incident is deeply imprinted in my mind. From then on, whenever I meet Guruji his kind and pure love he shows, is enough for me for ever. We are all blessed to have such a dear and lovable Guruji.

- Maya Kamath

AJJI'S SANDESHAS
PART II - DEVOTION AND DEVOTEE

Swamy will keep his promises. But should Swamy's words come true, then the faith of a devotee should be total. The actions of that person are always pleasant whose mind pleasantly remembers the Lord. The cunningness of people makes the devotee be more careful and get closer to God. Man works extremely hard for the worldly pleasures. But he doesn't desire the real happiness. But a devotee has understood that the company of God is the real happiness and all other pleasures are temporary. The light drizzle doesn't wet the earth. The earth cools down only because of heavy rain. If two stones or wooden blocks are rubbed very well against each other then only the fire is produced. Similarly, the constant Tapas of a devotee will become powerful no doubt.



Many have written great poetry and big books. But many of them just have a lot of information but no love towards God. But any book that is written by a devotee, gives goose bumps to the reader, makes one shed tears of joy. Any devotee should not have the ego that, 'There are no devotees like me'. Always a devotee should keep the feeling that, 'I am just an atom of dust at the feet of devotees.' Devotee must never think and compare, 'Whether my devotion is more or his devotion is more'. Not only that, devotee must completely give up the ego.

The spiritual seekers must give up the ego first and foremost. Devotee should have very innocent 'Bhava' to please the God. He should know that God is the only truth and everything else is not real but just an illusion. The Dasyabhakthi of Anjaneya, Mithrabhakthi of Arjuna ...if you examine the 9 types of devotion of all the devotees in the world, the brightest devotion is that of Gopikas. Krishna Nama was everything to them. The "Muraligana" of Krishna was the heaven for the Gopi's. The darshan of Krishna was their wealth. Separation from Krishna was their only unbearable pain. The Gopikas were saying 'Krishna..' even while feeding the cows and milking them. For the Gopis the cow was Krishna so was the calf. While attending to their children also they had the feeling of attending Krishna. Finally when they

go to Town and sell milk and curds also instead of saying milk and curd they used to call, 'Krishna, Govinda...' The devotees who have such Bhava become immersed with the Lord. Not only that, their entire life is filled with the Bliss of the Lord.

Swamy who has done Geethopadesha to Arjuna, explains many important subjects in simple words. But the devotees must follow them sincerely. Devotees must be firm like the filled pot. Devotee should never be egoistic even if he is highly educated or extremely rich. An intelligent doctor examines the patient very carefully. Similarly the devotees must watch others who claim to be devotees, with extreme care. Because many people just wear the garb of a devotee and try to cheat. So the devotees should always be very careful. We should be careful at all stages of life. Many people try to raise funds in Swamy's name, posing like Rishis and saints. They try to impress with the memorized words of Vedantha. Such people should be sent back saying convincing good words like, 'Since we have our own responsibilities, it is very difficult to help you'.

There is no other sin like 'Paraninde' (Criticizing). If a person has done injustice to you, then you have to discuss with him and come to terms. But you must not tell about him to others. The cows eat husk, hay etc and give the pure milk equal to Amruth, similarly devotees must give up all the mean thoughts and speak words equal to Amruth. God is Bhakthavathsala, He is the servant of the devotee. God is ever at the doorstep of the devotees Poojagriha to accept the service of the devotee. This world is being sustained because of true devotees whose goodness helps in maintaining the smooth life for all to certain extent, even though there is so much injustice in this world.

Like the Rajahamsa (King of swans), the devotees should not see the defects in others and only appreciate the good in others. The tornado destroys and makes everything fly away. Similarly as the Satsanga increases the evil in bad people flies away. A tailor measures the cloth carefully and cuts it well before stitching a garment. Likewise a devotee should assess his situation and lead the life carefully.

A devotee should not be too bothered about the rules and regulations such as Vidhi -Nishedhas, Achara-Vicharas etc. These things may help to some extent initially, but they are not of much use. If you take bath and wear clean clothes that itself is real "Madi"(Cleanliness). Whereas people mistake the "Madi"(Cleanliness), they pour some water on the body without washing the body

well, then wear the wet cloth. This is just the “Bhranthi”(Misconception). Some people do fasting/upavasa in the name of devotion. They eat nothing and become weak .Or some eat too much of the substitute dish .Upavasa means living close to God. Means, keep the mind pure, thinking and remembering only of God. One should do the Sadhana quietly without displaying to others. Do not lend your ears to what others say. Examine what you see. First the family members should be united and live lovingly. Then develop the relation with others. For the mind to be purified the Namasmaran of God is very essential.

Devotees should lead a very simple life. It is enough if you eat healthy and nutritious food. Do not fall prey for tasty and variety of dishes. When it comes to clothing it is enough if you wear clean clothes. But when you attend the ceremonies or functions, you can wear the clothes as per your social and financial ability. There is no sin equal to gossiping. Useless speech is as useless as the barren land.

Namasmaran should be continuous like the trickling Amruth, like the incessant rain. Just as the river unites with the sea, the Jeevathma should unite with the Paramathma. We should escape the cycle of birth and death. If you do not wish to be born again, you should constantly remember God till your last breath. You should forget all your desires.

Devotees should not speak harshly like the crow. Devotees should speak pleasantly like the nightingale. Every person has got problems. The problems should be solved by well thought solutions, by praying to God with total devotion. Nothing bad happens to the one who has surrendered to the Lotus Feet of the Lord.

Every minute at every step God tests the pure ones. If you pass all these tests then you get the most precious gem called Ananda. God is pleased irrespective of the way you worship him. But God doesn't want the worship without devotion. The one who lives in the hut and the one who lives in the palace are equal for Swamy. But what pleases him is the devotion of the devotee, the love of the devotee. When Gouranga prabhu was doing namasmaran he was unaware of his body. When Ramakrishna was singing devotional songs, and in Samadhi he was unaware of his body. The one who has taken Ganja (Cocaine) is also unaware of his body. Just because of having no awareness of the body, is there any similarity between a devotee and a drug addict? So it is with those who mimic. It is very very difficult to be a true Devotee.

Valli (The gift of god)

Valli is a special girl, with intellectual disability. She has down syndrome and with continuous training, she has become a role model. We are proud of her.

Her schooling started at a special school. During her two years stay in the school, besides improving upon academics taught earlier, she showed a great deal of interest in dance and music. Responding to her interest we put her in a dance school, where she learnt the basics of bharatanatyam. She also took a course in speech and hearing institute at lingarajapuram and training in physical exercises, as there was an abnormal delay in her milestones. She continued for a period of 6 years at school and learnt mat wearing, candle making, and paper cover making. Her interest in dance had all the more doubled and she participated in several inter-school dance competitions and won prizes. After the school, now she works as a teacher aid in a small nursery school named "First step" in B.T.M. Lay out, Bangalore. In the school, her role is to make children go to their classes in line and help keep their belongings in regular places. She handles all the toys for the children and makes them play in the right way, teaches some exercises to them and makes them happy while reciting the rhymes with actions.

She has won an award at the "Best Mr Child" award function organized by a foundation for arts and culture at Kannada Bhavan in connection with "International Woman's Day" 2006. During her vacations, she had been to yoga classes conducted by Roopa Jayanand for the betterment in her asanas. She was expertised in few asanas and had also given stage performances. Through her yoga classes she got an opportunity to visit Sri Shaktidharshan Yogashram, Kinnigoli. There we had a wonderful experience with Guruji. She attended Beejamaantra Classes, Agnihotra pooja, Meditation, Sunwalk, and dance programmes. On seeing her performance, all the people present there were very happy and gave few contributions to show their love towards her. She also had the opportunity of dancing with Guruji and received the blessings from him. She enjoyed every bit of her stay in the ashram and gained the maximum that she could in her own wonderful way through learning and also setting examples to people. Till date she chants beejamaantra along with cassettes. She shared her experiences with all her friends relatives and school teachers about her stay in the ashram. The ashram life has made a good feel in her life and has shown a positive sign for her improvement in her career. Thanks to Guruji.

Cancer Killer

Very useful information. This fruit is freely available in Malaysia.

The miracle fruit that can kill cancer cells 100,000times, more effective than chemo that gave you side effects. Guyabano,... The Sour Sop Fruit. The Sour Sop or the fruit from the Graviola tree is a miraculous natural cancer cell killer 10,000 times stronger than Chemo. Why are we not aware of this? It's because some big corporation want to make back their money spent on years of research by trying to make a synthetic version of it for sale.

So, since you know it now you can help a friend in need by letting him know or just drink some sour sop juice yourself as prevention from time to time. The taste is not bad after all. It's completely natural and definitely has no side effects. If you have the space, plant one in your garden. The other parts of the tree are also useful.

The next time you have a fruit juice, ask for a Sour Sop. How many people died in vain while this billion-dollar drug maker concealed the secret of the miraculous Graviola tree?



This tree is low and is called Graviola in Brazil, Guanabana in Spanish and has the uninspiring name "Soursop" in English. The fruit is very large and the sub acid sweet white pulp is eaten out of hand or, more commonly, used to make fruit drinks, sherbets and such. The principal interest in this plant is because of its strong anti-cancer effects. Although it is effective for a number of medical conditions, it is its anti tumor effect that is of most interest. This plant is a proven cancer remedy for cancers of all types.

Besides being a cancer remedy, graviola is a broad spectrum antimicrobial agent for both bacterial and fungal infections, is effective against internal parasites and worms, lowers high blood pressure and is used for depression, stress and nervous disorders. If there ever was a single example that makes it dramatically clear why the existence of Health Sciences Institute is so vital to Americans like you, it's the incredible story behind the Graviola tree. The truth is stunningly simple: Deep within the Amazon Rainforest grows a tree that could literally revolutionize what you, your doctor, and the rest of the world thinks about cancer treatment and chances of survival. The future has never looked more promising.

Research shows that with extracts from this miraculous tree it now may be possible to:

- * Attack cancer safely and effectively with an all-natural therapy that does not cause extreme nausea, weight loss and hair loss
- * Protect your immune system and avoid deadly infections
- * Feel stronger and healthier throughout the course of the treatment
- * Boost your energy and improve your outlook on life

If Graviola extract is as half as promising as it appears to be— why doesn't every single Oncologist at every major hospital insist on using it on all his or her patients? The spine-chilling answer illustrates just how easily our health—and for many, our very lives are controlled by money and power. Graviola- -the plant that worked too well

One of America 's biggest billion-dollar drug makers began a search for a cancer cure and their research centered on Graviola, a legendary healing tree from the Amazon Rainforest. Various parts of the Graviola tree—including the bark, leaves, roots, fruit and fruit-seeds- -have been used for centuries by medicine men and native Indians in South America to treat heart disease, asthma, liver problems and arthritis. Going on very little documented scientific evidence, the company poured money and resources into testing the



tree's anti-cancerous properties— and were shocked by the results. Graviola proved itself to be a cancer-killing dynamo. But that's where the Graviola story nearly ended.

The company had one huge problem with the Graviola tree—it's completely natural, and so, under federal law, not patentable. There's no way to make serious profits from it. It turns out the drug company invested nearly seven years trying to synthesize two of the Graviola tree's most powerful anti-cancer ingredients. If they could isolate and produce man-made clones of what makes the Graviola so potent, they'd be able to patent it and make their money back.

Alas, they hit a brick wall. The original simply could not be replicated. There was no way the company could protect its profits—or even make back the millions it poured into research. As the dream of huge profits evaporated, their testing on Graviola came to a screeching halt. Even worse, the company shelved the entire project and chose not to publish the findings of its research! Luckily, however, there was one scientist from the Graviola

research team whose conscience wouldn't let him see such atrocity committed. Risking his career, he contacted a company that's dedicated to harvesting medical plants from the Amazon Rainforest and blew the whistle.

Miracle Unleashed

When researchers at the Health Sciences Institute were alerted to the news of Graviola, they began tracking the research done on the cancer-killing tree. Evidence of the astounding effectiveness of Graviola—and its shocking cover-up—came in fast and furious. The National Cancer Institute performed the first scientific research in 1976.

The results showed that Graviola's "leaves and stems were found effective in attacking and destroying malignant cells." Inexplicably, the results were published in an internal report and never released to the public. Since 1976, Graviola has proven to be an immensely potent cancer killer in 20 independent laboratory tests, yet no double-blind clinical trials—the typical benchmark mainstream doctors and journals use to judge a treatment's value—were ever initiated. A study published in the *Journal of Natural Products*, following a recent study conducted at Catholic University of South Korea stated that one chemical in Graviola was found to selectively kill colon cancer cells at "10,000 times the potency of (the commonly used chemotherapy drug) Adriamycin." The most significant part of the Catholic University of South Korea report is that Graviola was shown to selectively target the cancer cells, leaving healthy cells untouched. Unlike chemotherapy, which indiscriminately targets all actively reproducing cells (such as stomach and hair cells), causing the often devastating side effects of nausea and hair loss in cancer patients. A study at Purdue University recently found that leaves from the Graviola tree killed cancer cells among six human cell lines and were especially effective against prostate, pancreatic and lung cancers. A limited supply of Graviola extract, grown and harvested by indigenous people in Brazil, is finally available in America. The full Graviola Story—including where you can get it and how to use it—is included in *Beyond Chemotherapy: New Cancer Killers, Safe As Mother's Milk*, a Health Sciences Institute FREE special bonus report on natural substances that will effectively revolutionize the fight against cancer. From breakthrough cancer and heart research and revolutionary Amazon Rainforest herbology to world-leading anti-aging research and nutritional medicine, every monthly Health Sciences Institute Member's Alert puts in your hands today cures the rest of America—including your own doctor—is likely to find out only ten years from now.

SADGURU WHO MADE DISCIPLES' LIVES BEAUTIFUL

The divinity is pure love. With such a love our beloved guruji has been a guiding force for all of us. The problems which an aspirant faces during sadhana either physically or mentally are cleared with his great care and love. I wish to narrate few instances of such sadhaks.

I was surprised to see an aspirant who met Poojya guruji for the first time, who told "first I have to kill 10 people. I will have to go to jail even if I kill one or two. Therefore I will kill all the ten and then go to jail". Hearing this, guruji smilingly replied "Very glad. I will give you a gun. But you should kill me first, then others". I was surprised. When I see the aspirant now there is a total change for better. The person though has problems at home, is able to come out of attachments, leading a contented life.

Another meditator had a lot of questions in mind, not satisfied with any answer. But after attending satsang as per guruji's advice, now that meditator has no confusions and is able to carry out day to day work with love. A youth with an unstable mind used to attend satsang every week. He used to ask questions repeatedly. But once he met guruji, then his lifestyle has changed for better. He has developed lot of will power. Now he is an engineer with more maturity and in search of a job.

In one family there was hatred among themselves. Each person complained about the other. The family was perplexed with anger, sorrow and depression. As per guruji's advice they started doing Agnihotra together followed by meditation. In a matter of six months I was able to see positive changes in the family. Today it is a happy united family.

In another incident, a school going boy failed in his exams. He became a problem for his people at home. Everybody thought he was dull headed. They were worried about his future. In this condition his parents went to Guruji requesting him to advice the boy. Guruji informed them not to worry and henceforth the boy would be his child. Future of the boy would be his responsibility. There was a wonderful transformation in the boy. Today he has finished his Masters degree and capable of handling a business firm himself!

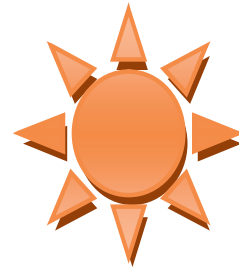
There are many instances where aspirants who had lot of problems, have been guided by guruji. That may become a book itself! What I have found in these instances is the total surrender to guruji. Guruji's pure universal love has transformed many sadhaks into unselfish beings. Guruji says there is god in everyone. That is the truth. 'Yatha drishti, Tatha srishti' How is the mind, so is the creation. My life is according to my mind. We are living more with the mind than the intellect. Mind goes behind desires. Selfishness ends up with sorrow. If we use intellect, we can come out of the clutches of the deceiving mind. Living in

the present is the life of a saint and a yogi and it is beautiful. Guruji always guides us in satsangs to follow these footsteps. We are fortunate to have our guruji with us. I thank guruji who has guided us to know the reality. The ultimate truth has no duality. Guru and disciple are one. If the disciple's purpose of life is to unite with that Gurutattva then change in everyone is possible.

-Meditator

CHIT-CHAT WITH MY DEAR LORD

I start by offering my humble pranams at the lotus feet of my beloved lord... I had a small question in my mind if we were born from god, and finally going to reach the same divine conscious what is the whole point of journey. Waste of time and energy kya fida? After some pondering- as though answered by god within, these thoughts flew in me. I am not intellectual, nor do I have the necessary of knowledge, so let's take it as granted lord within answered my questions. So here I would like to share them with you. A small conversation between god and me before, my birth



Swami: Dear child, see how long will you cling to me like this, like a baby, I think you are grown up enough to have look into the world that I have created. Why don't you have sneak peak in to it once?

ME: My god! Leaving you and go elsewhere. Impossible! Secondly I am not interested I am still young I need to enjoy for some more time before I take the responsibility.

Swami: come on, you need to see what I have created taking lots of effort, for whom I had to take all this pain? For your future itself right? I have done all these for your sake and now you dare not to even have a look at it even once. How long should even I struggle why don't you go and create some more love in the world for my sake. Don't worry you can come back to me soon.

Me: ok, let me think over it; first tell me how long do I have to go there and stay?

Swami: actually you can come back to me very soon dear, a couple of light years probably. But you may feel it's more because I wish to send you to a planet which is named earth. So, there the time goes on very slowly. You see time is relative right, so you may get bored and sometimes you may even feel you have spent lots of time. There may be many dark and lonely times too. But in reality it's not so, it all gets over very soon. How do you think that I

can leave you for long, even I can't stay without you? Even I will also come down and guard you. You have to recognize me that's all.

Me: ok fine as per your wish.

Swami: that's like my good child; let you be born as a girl, so that you may be similar to your mother nature. You need to resemble her. You can in fact understand me better; my job of creating, nurturing and destroying (giving birth to a child, nurturing it and destroying the bad qualities in it) will be plainer to you by the end; just by being born as women. For that you have to not leave me in any odd moment, always remember me so that I can teach to you all the peak and valleys more clearly. Then only you can appreciate the beauty hidden. Otherwise you may think I am some stupid designer to do some odd thing just for time pass. You may even scold me as lunatic, hard stone without any heart etc... My plans are so intrinsic. You need to be in my touch with me to know at least a part of them. Me: hahah what are you speaking of dear lord. How can shadow forget its origin? I am clinging on to you for every second right now; in spite of that you are here advising me to always remember you. Where is the question of remembering, when there is no place for forgetting? Really funny.

Swami: my dear innocent child there is a something called maya or illusion my second wife who doesn't like my other wife i.e. you're Mother Nature. So she always intend to harm mine and natures children, to the extent that you forget who are your parents. Stay alert always; she is more pleasing to look. She has more diversion and distractions to offer then you can imagine in your whole of life.

ME: Don't frighten me thus; I am not interested in the first place, on top of that you need to scare me thus. Divorce her simple, or tell her not to touch your beloved children.

Swami: Actually that is impossible dear, fine don't worry about her. If you contact me without her realizing the problem is solved.

Me: Ok, fine. What am I supposed to do there? Swami: nothing just create more love for my sake that's all. Me: so would I also receive the same love and care? On behalf you.

Swami: No no that I can't assure you, your only source of love will be from me alone, you can't expect that from anyone else down there.

ME: that's unfair; if I give something to someone I do expect something else in return.

(Continued).....!!!!!!!

Cultural and Spiritual Nurturing in Early Childhood (Collections)

Children are more likely to become adults who identify with their cultural and spiritual heritage if they grow up feeling included in cultural and spiritual communities. Parents can take an active role in shaping children's cultural and spiritual life by providing them with frequent opportunities to interact with peers and adults of all ages (e.g., extended family members, friends, neighbours, school staff) who share children's heritage or belief system, or who can otherwise function as cultural role models. Young children who see others practicing the same customs and rituals as they do themselves will feel a sense of belonging and pride.

Young children are very concrete. They learn through their direct experience and through observation of other's behavior, and not by way of abstract discussion. It is of little use to explain the philosophical, historical or religious basis for a given cultural or spiritual practice to young children. Instead, children will best learn particular practices by participating in them. Religious or traditional cultural festivals, holidays, and rituals are perfect teaching opportunities, as are opportunities to teach children about traditional foods and dress. Children's participation in holidays and rituals and cultural activities teaches them that they are valued members of a particular community. Such memories form the ongoing basis of children's cultural and religious identity, and become the building blocks of tradition.



Besides immersing children in the ongoing practice of cultural and religious traditions, parents can also foster children's appreciation of their heritage through celebratory games and crafts. For instance, children may enjoy making books about historical family members or filling out a family tree so as to learn about grandma's mother and father. Children can also be encouraged to make scrapbooks documenting their participation in family occasions, and special cultural or religious celebrations. Filling the pages of home made books with special photographs, drawings, labels, and short stories will help children create cherished keepsakes that reinforce their familial, cultural and religious identity. Making family movies or videos can achieve a similar effect.

Though learning about one's own culture is paramount, it is also important to teach children about other people's cultures. Neighbours, family friends, and school peers can be recruited to help teach small children about other cultural practices including music, language, food and dress (if applicable). Exposing children to other cultures at an early age helps develop their tolerance and appreciation of cultural differences and diversity; skills they will need to navigate the complex and culturally interdependent modern world.

FROM MANGALORE TO BANGALORE

Bangalore is a beautiful city, the capital of our State. This garden city was built by Kempegowda during the era of Mysore rulers. Only the first letter in the names of Bangalore and Mangalore is different, otherwise they are somehow bonded closely. Bangalore is a very lovely city and the coastal town Mangalore is endowed with natural beauty in abundance under the slopes of Western ghats. Have you ever trekked from Sakleshpur which is a plateau to Mangalore? It is treat for the eyes and you will happily become one with the nature, which will be an unforgettable experience in your life.

The two unique mountains enroute in this charming ghat are Kumara Parvatha and Ajjikunja. Kumara Parvatha has its own unique features.

Trekking on this mountains may not be possible for many. There is an easy way for this. You travel by a day train from Mangalore to Bangalore preferably taking a window seat on the left side. The train which starts from Mangalore at 8.30 A.M. passes through the bridge across the river Netravathi by 30 minutes. The river which is as wide as about a thousand feet flows to join the Arabian Sea. The river originates from Kumara Parvatha. She descends from there as Kumaradhara and flows in front of the famous Subramanya Temple as a narrow stream. She is worshipped as a holy river there. The devotees enter the Temple after taking a holy dip in the river. The nearest Railway Station is Subramanya Road. The mountain ranges start from here. This Passenger train stops here for ten minutes. The train ascends slowly from Mangalore to Subramanya as there is a gradual slope. This enables you to have an enchanting view of the scenic beauty of the nature. The Kumara Parvatha Range resembles the glory of the nature's gift as in Kerala and Goa. Once upon a time Kumara Parvatha was a place where great yogis have done Tapas. Even Saint Agasthya meditated here and lived in Talacauvery.



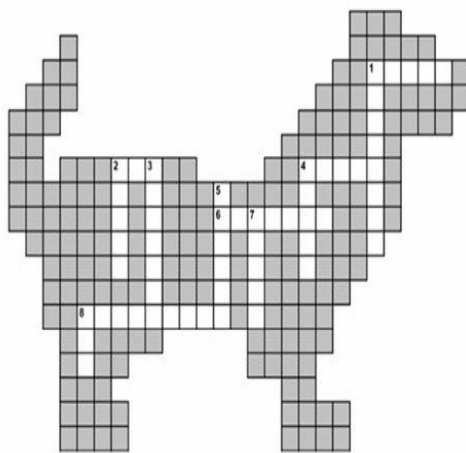
The scenes are beautiful and lovely when the train moves slowly after Subramanya Road Station. After 45 minutes of journey, the next Station is Yedakumeri. The train reaches here at about 12.00 noon. The food for passengers is arranged from here. If you look around from this Station, you are reminded of Kashmir during summer. If you want to enjoy all these, your travel should take place between September and November. Though the scenic beauty is good till Sakleshpur, the view of mountain ranges goes on decreasing. The valleys disappear and the train enters the plateau. Till Yedakumeri, the train is attached with two engines, one in the front and another in the back. This is because of the steep ghat section. After Yedakumeri, the train is pulled by a single engine. The train picks up speed after Sakleshpur. Further scenes are plain landscapes which are a part of the plateau. Ajjikunja is another unique mountain. This can be closely seen from Subramanya. In 2002, along with Ashram's Yogabandhus this mountain was climbed and a night was spent on the top, which was wonderful. Those beautiful mountain ranges can also be seen from this place.

Children special



KNOWLEDGE HATS

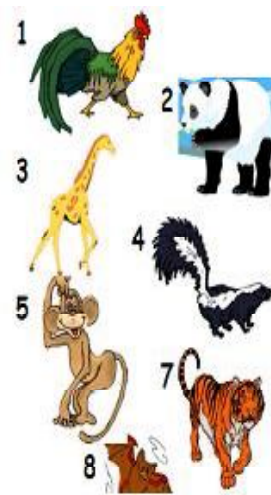
Picture Crossword:



Across:



Down:



OLD MAN'S WISDOM

One day, Akbar and Birbal were going around the country, dressed to conceal who they were. In a village they found a very old man planting a sapling of mango. Akbar came near the old man and asked him why he was planting a sapling at the old age when he would not hope to live to eat its fruits.

The old man replied that he enjoyed the fruit of mango trees which his father had planted by him. He then made a quick remark saying that was how actions that look long time to bear fruit were carried out. Akbar was surprised and happy at the old man's wisdom. He told him that he was the emperor and gave him a bag of gold coins. He also said that the whole country should benefit from the old man's wisdom.

The old farmer had a hearty and said that his good act of planting a sapling of mango that day had helped him to get a fruit a bag of gold coins as a gift.

Akbar was delighted that the old man's spoken words matched his good judgment. He gave him another bag of gold as a reward for his wisdom.

The old Farmer said that mango trees normally yielded fruits once a year, or once in two years but his tree gave him two crops (gifts) in a single day!



Women In Spirituality - IX JABALA

In Chhandogya Upanishad 4th Chapter Jabala story comes. It describe her Glory. For any success, a woman will be behind. In spirituality too, women part is a major one. Spirituality starts first from the house only. Even Guruji is giving importance to individual house, and he recommends satsangs to be conducted in the houses only. Most of our satsang were conducted in the houses all over in India. So, automatically house wife will be in charge of the satsang, and their part is major in satsang activities.. A mother only can grow the child in proper manner, by telling the stories, and educating about our ancient Dharma, Sathya, Ahimsa & courage etc. There are lots of eminent personalities, who come up in life because of their mother.

Jabala was lived in the forest along with his son named Sathyakama. In olden days education was given by Guru in his Gurukul. There they will teach mainly Vedas. Brahmins must learn vedas and understand the deep inner meanings from Guru. From Guru's blessings they should continue the sadhana to become Brahman. After obtaining the knowledge they can teach and share the knowledge to the seeker. This was the main duty of the Brahmin. Gauthama Maharishi ashram was situated near to the forest, where Jabali and Sathyakama were living. Fire was a great symbol in those days, and every student had to procure wood and sticks for fire. Students of Gauthama rishi's ashram used to come and pick the dry wood from the forest. While picking they were chanting and practicing Veda mantras. Sathyakama was listening the mantras and was attracted by the gurukul boys. They become friendly. One day he asked them, "I too interested in learning Vedas, Is it possible for me ."The friends replied, "O It is very easy. Our Master is great and most lovable person. He will teach in such a manner, that we will learn and keep it in memory, easily." We definitely take you to our Master."

One day they took Sathyakama to Gauthama rishi and expressed the wish of studying in gurukula. Rishi asked him, 'Which gothra you belong to? Whether upnanyanam was over?'" Upa means near. Nayanam means eye. It means opening the third eye or opening the gateway to know the knowledge of Brhman. But the boy was not able to reply. He said, "I will enquire with my mother." In general, gothra denotes all persons who trace descent in an unbroken male line from a common male ancestor. Gothra system is part of a system of classification or identification of various Brahmin families in ancient India. The gothra classification is created from a core of 8 rishis (The saptha rishis and Agastya). Brahmin communities are said to be descendants of these 8 rishis.

He returned home and informed his mother about his wish of studying vedhas in Gautham rishi ashram. He also informed that the guru enquired about our Gothra. Please tell me "Our gothra, so that I can inform my guru." His mother replied, "My dear son, when you were born, I was busy with household duties, and had no time to ask your father his gothra. Unfortunately, your father died soon after, and the two of us were left all alone. Your name is

Sathyakama, and mine is Jabala. So call yourself “sathyakama Jabala”. Tell your guru the entire truth and he will accept you as his disciple.”

He bowed to his mother and left for the ashram. He told to guru his mother’s words, and the sage was pleased to see the truthful boy. He said, “You have proved that you are a Brahmin by your adherence to truth, fetching the fuel as instructed, and was initiated into Brahmacharya – the celibacy stage of a Brahmin, with the Gayatri Mantra. Given the sacred thread, Satyakama took his place amongst the other students and began his education. Gauthama Rishi felt happy and established a separate Gothra in the name of his mother called :Jabali:. Even now the gothra is in existence.

Jabala and his son both of them are adherence to truth, which gives a separate Gothra to the society.

OPINION OF PARTICIPANTS OF KRIYA YOGA CAMP HELD AT SRI SHAILA DHYANA KUTEERA, BANGALORE



The Courses conducted by Ashram is invaluable

○The powerful Kriya Yoga is capable of changing the phase of the life. We are grateful to guruji who has gifted us this. Sri Anand and family did selfless service.

We were able to move towards the divinity during the camp. Due to the virtue of my life, I was able to attend the camp. Koti koti pranams to Poojya guruji and the guruparampara

○I am unable to explain. It is an indicator of our spiritual life. Body and mind became lighter. The feeling of my presence was lost. Let such camps be conducted here, it is my wish.

●In a concrete jungle like Bangalore, Kriya Yoga camp has spread the coolness of Malnad. The Ashram is a leading light in spiritual path. We are grateful to Ashram, Teachers and to our beloved Guruji. Such camps should be held everywhere so that the family people can understand the path of knowing the Self.

Inspite of my backbone fracture last year, I was able to sit for four hours continuously because of guruji’s blessings

○I am participating in Kriya Yoga camp for the first time. It has increased my physical strength, has given lot of happiness to the mind.

Meditation along with Kriya Yoga for one hour was wonderful. With guruji’s blessings I should get strength to practice the kriyas.

○To put it one sentence, it is very joyful to practice Kriya Yoga.

Kriya One & Two rejuvenates the body. Doing kriyas in group is better. After Third & Fourth kriyas meditation with music for 30 minutes would be good.

○It is convenient for all of us if Kriya Yoga Punashchethana is held here once in 15 days.

GURUKRUPA

Saturdays would always be a happy and joyous occasion for Raghunath and Bhanumathi couple. On Saturdays they use to prepare Idli & Dosa flour sufficient for two days and stay with Guruji in his house at Thiruvananthapuram



. Very often they used to spend all Saturdays and Sundays in meditation at Guruji's residence. During these two days many disciples of Guruji from Mangalore, Puttur, Kasargod, Kumble, Kanhangad, Calicut, Bangalore and other places visited for sitting with him in silent meditation. Gradually disciples from Thiruvanthapuram also started attending. All of them had the guidance of Raghunathan and his wife. The food was prepared collectively by the disciples under the

guidance of Guruji. Every work was carried out silently and more time was devoted for meditation.

Kripa and Vikram (8 and 10 years), two children of Raghunathan also used to meditate with others. During morning and evening they devoted time for studying. There was a cute dog at Guruji's residence. These children loved to play with the dog. Guruji encouraged them saying that it was also a meditation. This family spent 3 years in Thiruvananthapuram happily. The disciples found Guruji's first lesson very tough. "I am not the body! Not the mind or intellect! Everything here is maya. Everything is changing each second. You, me and every living creature in this nature is changing each moment. The reason for all this is ever changing mind. Nobody has understood the mind. This is a wonderful creative power of god. In each one of us the mind has differently created its own world. All living beings are entangled in this dreamy creation. He who has understood the Truth is unattached to all these and looks at everything as a witness". Though this truth is read, but not properly understood. This was made known by Guru and with meditation, and experience, it was the beginning of the understanding. Because of this Raghunathan and Bhanumathi's lives were shaped beautifully. Raghunathan always remembers those 3 years as "golden time of our lives". During this period he used to meditate for 3 to 4 hours without fail. At that time he was transferred to Kollam, 30 k.m.

away from Thiruvananthapuram. In spite of his busy schedule being the Branch Manager, he continued to meditate.

Every Saturday, the family visited Guruji's Thiruvananthapuram house for meditation with Guruji. Usually there was whole night meditation on Saturdays. Meanwhile, Kinningoli Ashram was two years old. The Swamiji who was taking care of Ashram, did not turn up for six months. He informed that due to ill health, he was unable to continue. Because of this, Guruji had to take the responsibility of Ashram. In 1997 Guruji resigned from his job to devote his full time to Ashram. At the same time Raghunathan was transferred to distant Ernakulam branch. Wife and children were sent to his Chennai residence for latter's education. He started a lonely life. The pressure of official work increased. Household work also he had to do. The time for meditation also reduced. There were no meditators around. His tensions started increasing. Two years passed like this. One day at the time of going to office, he felt pain in the chest. Since the pain started increasing, he rushed to a hospital by a Rikshaw. But he did not lose courage. He went to the doctor saying that it might be a heart attack and was able to come till the hospital by remembering the Guru and always has his blessings. When he was examined the doctor was astonished. It was a severe heart attack. The chances of his survival was remote. But he is still alive! The doctor was surprised. He was kept in I.C.U. for thorough check-up. After 3 days, it was revealed that he had 6 blockages and surgery was impossible. The doctors left hopes and said only god should save him. He went back to Chennai and got himself checked at Apollo Hospital. There, the doctors confirmed the same as informed by the earlier doctors. They said he may survive for another six months. Raghunathan took all these happily. He decided that this is the right opportunity to do 'guruseva' and service to Ashram, till his end. He resigned from his job. For the next six months he made all arrangements at home so that his absence wont affect, and came to settle in Ashram. Five years have passed. Today Raghunathan is a healthy man. Meditation and Pranayama are his divine medicine. Blessings of Guruji, Saints and Ashram are with him. He has volunteered to work for Ashram for full time with total devotion and satisfaction.

He feels he has blessings of Guru and leading a happy life. His mother and wife also come to Ashram occasionally and participate in meditation & other Camps. In Raghunathan's opinion everything is because of Gurukrupa.