



Nachiketanjali

... an offering



A Journey Into The Spiritual Realm!

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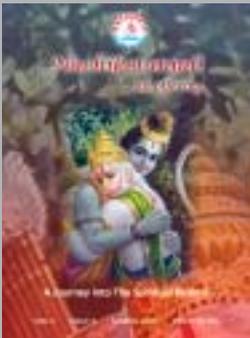
No one can defeat us unless we first defeat ourselves. - Dwight Eisenhower

EDITORIAL



Cover Story

Shortly after He was crowned emperor upon His return to Ayodhya, Rama decided to ceremoniously reward all those who had helped Him defeat Ravana.



When it was the turn of Hanuman, an emotionally overwhelmed Rama took Him into a warm embrace and said that He could never adequately honour or repay Hanuman for the help and services He had received from the noble vanara.



Spirituality is by no means dull and dry stuff, meant only for those with one foot in the grave. Spirituality is what gives true meaning to life, making it worthwhile and a joyous experience. We hope this journal would help you discover that. Our aim in bringing out this Nachiketanjali is to allow more readers to take a journey into the spiritual realm. The magazine itself is fine tuned by Swami Nachiketananda, Adi Praneta of Nachiketa Tapovan, who is also the mastermind and designer of this project.

Our first journal, released on January 26th 2010, would have given you an idea of our essence and we invite our readers to come up with suggestions to enhance the magazine's flavour. The cover page of our first issue with Swamiji and the Himalayan peaks was well appreciated by our readers.

Swamiji's answers for Spiritual aspirants should be used as pointers to get to the core of your questions and find the answers that satisfy you. All the answers are within you. Dive deep inside and all doubts shall vanish! Apart from this, we have many features to meet the interests of people from all walks of life. Our young writers have firmly declared that spirituality is not giving up our worldly identity, it is just to bring out the better person in you.

Many readers are sending good articles. We thank them for their wonderful efforts. Enjoy the reading and do get back to us on what you feel about this magazine. We invite and accept contributions from readers, except that our orientation is entirely spiritual.

We thank all our readers who have sent their best wishes along with their compliments. One such compliment gave a big boost to our morale. "Our magazine, a simple, lucid, straight, heart touching, what not all good features in a bouquet called Nachiketanjali. I am greatly privileged to be associated with it." This is a fitting tribute to all the sincere efforts that went into making Nachiketanjali...an offering.

- Subhadra K.

You make the world a better place by making yourself a better person. - Scott Sorrell



DEATH WINS OVER LIFE...

There lived a short tempered Sage. He was famous for his Mantra Shakti. He had a wife and two sons studying in the same Gurukul along with other children. He

was always concerned about his students but at the same time was very strict. In the same Gurukul lived the brightest boy, Shravan who was looked down by other students because of his poverty and backward class.

One day, all the students go to the river to take a bath and while playing, few children accidentally push the Guru's sons into deep water, where there was a strong current. When they see the Guru's sons drowning in the water, they go back to the Gurukul and tell the Guru that Shravan has pushed both his sons into the deep water.

Meanwhile, seeing this tug between life and death, young Shravan without a second thought jumps into the river to save the Guru's sons. With great difficulty he saves one boy, and to save the second, once again he enters the water.

At the Gurukul after listening to the children, the Guru gets angry and chants a Mantra cursing Shravan to drown in the water and die and starts running towards the river to save his sons. Just before the Guru's curse started taking effect, Shravan pushes the Guru's second son towards the bank and saves him, but because of the effect of the curse, Shravan slips into the water and he finds no strength to fight for his own life. He tries to shout but cannot, as water starts getting into his mouth and nose. The savior of two lives feels helpless and slowly starts losing consciousness. He pathetically looks at both the boys, who were standing on the

bank, looking at him helplessly. Then he sees his Guru coming towards the river bank and he gathers all his strength and shouts "Gu....ru.....Ma...ha...raj...Please save me...My mother is alone in the house...She must be waiting for me...I want to see my mother...Please save my life!"

The Guru hears nothing except the cries of his own children. When he finds his sons alive, he hugs them and greets them with tears in his eyes. The sons with choked voices narrate all that had happened and beg their father to save Shravan.

The Guru, who realises he cannot recall his curse, stares helplessly at the river with tears in his eyes...looks at the face of Shravan, slowly drowning in the water and then looks at Shravan's tiny folded hands...begging for life, slowly disappearing in the water.

My dear Sadhakas, please do not try to find out what happened to that Guru or Shravan, but find out who is hidden in us. Don't you think that we also often get very angry and out of hastiness and ignorance we take similar decisions? Dear ones, death wins over life when we are not conscious... death wins over life when we are ignorant... death wins over life when we have limited knowledge...death wins over life when we are jealous of others...death wins over life when we are not composed...death wins over life when we are more crooked...death wins over life when we are not really what we are.

Therefore dear ones, if you think that life should win over death then we need the heart of Shravan not the mind of the Guru...the hands of Shravan not the mantra shakti of the Guru...!

- Swami Nachiketananda

Motivation is what gets you started. Habit is what keeps you going. - Jim Ryon



PRANAYAMA

Let us learn the basic necessities for practicing Pranayama.

Sit in Padmasana, Siddhasana or Vajrasana. You can adopt any one of these asanas, but make sure that the spinal cord and the head are straight.

Adopt Chinmudra; bring thumb and index fingers together and place both the palms on the knees, palms facing upwards.

Now concentrate on your belly and chest.

Take a deep breath and observe your body from toe to head.

Observe all the body parts; relax your body completely.

After relaxing, observe breathing; don't slow down breathing.

Observe natural breathing. Observe the exhalation and inhalation.

Let it go on for a few seconds. After observing for few minutes, your mind becomes calm and quiet.

If you want to prolong that state of calmness, then try to prolong it for a few seconds.

In Pranayama or in any sadhana, Awareness is the key.

So with the help of your awareness, try to chant which ever Mantra you like. If you don't know any Mantra, chant OM. Om is the mother of creation.

When you inhale, chant Om and when you exhale, chant Om. Continue this as long as you can.

This may lead you to a meditative state.

When you want to come out of this state, then slowly observe your body once again and slowly open the eyes.

This practice brings awareness of prana and when done properly, there is a possibility of experiencing prana in the body.

Pranayama with Mantra has many benefits. In this Pranayama you are taking the help of a Mantra. Mantra has a certain impact on the mind. It changes chemical patterns in the brain. A regular practice of Pranayama keeps you away from stress and tension and helps in controlling B.P, Diabetes, Ulcer, Asthma, Arthritis and many other diseases. Apart from curing many ailments, Pranayama helps you to experience the spiritual energy within you. It makes you more relaxed and when you are relaxed, the best of you comes out.



- Swami Shivanandamayi

*Great ideas often receive violent opposition
from mediocre minds. - Albert Einstein*

PANCHA SUTRAS FOR SADHAKAS.

Through out our lives we try to give importance to our family, husband, wife, children, relatives and society. We hardly pay attention to ourselves. Paying attention to ourselves doesn't mean being selfish. It only means paying attention to our true self which helps transform ourselves into selfless and pure souls. Discovering one's true self is called Sadhana. As we discussed in the previous issue, one should take up a particular stream of Sadhana according to one's nature and experience the change in his/her life. To become a good and successful Sadhaka, there are no set rules and regulations but a few ingredients are necessary to make our Sadhana colorful, beautiful and fruitful. They form the basic pillars of Sadhana on which a massive structure can be built.

1. Shraddha: A sadhaka should have Purna Shraddha on Guru, Ishta daiva or in himself. Without faith, Sadhaka cannot be successful in his Sadhana. Complete surrender makes Shraddha blossom from within. Shraddha helps sadhaka tread on the path of Satya.

2. Satya or Truth: Sadhaka should have a strong desire to know the truth or the ultimate reality. So Sadhaka should always walk on the path of truth.

We tend to speak lies to save our skin, paying no heed to our true self. But in order to save your true self, we should pause and think before uttering the lie and then express. Being true to yourself is the first and foremost quality of a Sadhaka.

3. Ahimsa: Ahimsa is an important ingredient in Sadhana. In the process of purification Ahimsa makes you more pure. Our sages prescribe that you should not harm anyone by speech, thought or action. Ahimsa expresses on its own when you have a pure heart.

4. Acceptance: This quality alone brings beauty in life. Many people cannot progress on the path of Sadhana because they lack this

quality. Sadhaka should accept his strengths and weaknesses as they are. Generally we find sadhakas not happy with themselves and complain about what they have. Sadhaka should not blame or curse others. A true Sadhaka accepts people as they are. He accepts everything as God's Prasada.



5. Atmaparikshan: This is a necessary ingredient in a

Sadhaka's life. A Sadhaka should analyze each and every thought and action of his. He needs to be watchful about the intention behind every thought and action. Whenever he gets evil thoughts or selfish motives or finds himself expecting a return, then he should take a pause and do Atmaparikshan. Self analysis gives insights that reveal the state of your mind, so that you can start working on yourself.

This human birth is the biggest laboratory. All these ingredients make your experiment of discovering your true abode easier, purposeful and most successful.

- Swami Shivanandamayi

Courage is fear that has said its prayers. - Dorothy Bernard

SRI RAMAKRISHNA'S AMRITA DHARA VANI ON RAGA BHAKTI

Sri Ramakrishna says that it isn't any and every kind of bhakti that enables one to realise God. God cannot be realised until one has raga-bhakti other wise also known as Prema-bhakti. Raga-bhakti is pure love of God, intense and spontaneous, a love that seeks God alone and not any worldly end. You simply love God and don't want anything from Him in return.

Bhakti as we know it is Vaidhi-bhakti i.e. formal devotion, so much japa, so much meditation, so much sacrifice and homa, so many articles of worship, and the recitation of so many mantras before the Deity depends on scriptural injunctions.

It comes and it goes. Many people say: "How many times we have worshipped the Deity at our home! And what have we achieved?"

But there is no falling away from raga-bhakti. Such actions as japa and austerity drop away when one spontaneously feels love and attachment for God. Who indeed, will perform the ceremonies enjoined in the scriptures, when mad with love for God?

And who gets this passionate love for God? Those who have performed many meritorious deeds in their past births, or those who are eternally perfect. But some acquire raga-bhakti directly. It is innate in them. They have it from their very childhood. Even in an early age they weep for God. An instance of such bhakti is to be found in Radha.



Raga-Bhakti is like crossing a paddy-field after the harvest. You don't have to walk along the balk. You can go straight across the field in any direction.

Raga-bhakti is like a stone emblem of Siva that has sprung up out of the bowels of the earth. One cannot find its root. "When the devotee develops raga-bhakti, passionate love of God, he realises Him."

Only those who have developed raga-bhakti for God may be called His sincere devotees. God

becomes responsible for them. If you enter your name in a hospital register, the doctor will not discharge you until you are cured. Those who are held by God have nothing to fear. The son who holds to his father, while walking along the narrow ridge of a paddy field, may slip if he absent-mindedly lets go his father's hand; but if the father holds the son by the hand, there is no such danger.

Sri Ramakrishna used to sing to His devotees:

Though I am never loath to grant salvation

I hesitate indeed to grant pure love

Whoever wins pure love surpasses all;

He is adored by men;

He triumphs over the three worlds....

Let us go forward from Vaidhi-Bhakti to Raga-Bhakti and nurture passionate love for God.

**Compiled by -
Vasundhara P. & Geetha Laxmi K.**

Everything's got a moral, if only you can find it. - Lewis Carroll

SPIRITUAL QUEST

Swamiji answers questions from the seekers. Questions are welcome from everyone. They can be e-mailed to nachiketananda@gmail.com

'Good' and 'Bad' being such relative terms, what are the standards for present day society? What would the Rama of today be like?

Ans: The moment we talk about Lord Rama, we experience His 'Divine Leela' in the form of disciplined life and dharma. He, in fact demonstrated dharma as per situation and demand. There is no comparison drawn between Sita Ma and society, but when it is living for the higher purpose, Sri Rama lived for the society. That doesn't mean that He never loved Ma Sita or never recognized Her. In fact, He is the same person who cries for Sita, when He loses Her in the forest. When He sees a lady like Sita, He recognizes that She is not Sita but Ma Parvati in the form of Sita, testing Rama's insight. That shows His spiritual association and tremendous understanding towards Ma Sita. He was not just looking at Her physical form but was aware of Her true Self.

Conflict will be there when we have a split personality. If we decide to dedicate our lives for any spiritual cause - the cause becomes bigger than the individual. If we are working for an organisation - the organisation becomes bigger than us. That's what Sri Rama did.

Things are changing in the universe whether we are aware of it or not...things are moving, whether we are moving or not...the earth is revolving around its own axis, whether we are revolving around our own axis or not...the nature is offering, whether we are offering anything or not. Therefore, Dear one! In this changing universe, everything is relative and if we analyze it sincerely then there will not be any doubt while living in this world. That's how Sri Rama lived in this world.

Situation is the best judge and a wonderful healer that can heal everything. Good and bad exist in every situation. There is no conflict for

the person who is functioning from the higher level of reality and that's how Sri Rama functioned. That's why His dharma still echoes louder than his action.

Suppose a young boy is drowning in the sea and we know swimming, what would we do? Our first reaction would be to save the boy. Dear one! Who knows, in the future this boy may become a criminal and destroy the entire world or he may become a great soul like Swami Vivekananda and save the world. But in any case our first reaction is to save this boy...that's it! We just need to do our work and leave the rest to take care



of its own. An ordinary person thinks a lot and wise too, but a spiritual person doesn't need to think. He just acts, without any expectation, that's it. No particular guideline is necessary, if we are spiritual. A spiritual person is like the substance which can get dissolved in anything...leaving no trace of existence but felt strongly...incense stick burns and leaves the fragrance behind, so does the spiritual person. Spiritual world lies beyond conflict...Therefore one who dwells in the spiritual world will never have any conflict. Let us carry the spiritual flavor and live beyond all conflicts. Let us not quarrel but live in peace. Let us not see the face and work, but work and not show the face...!

- Swami Nachiketananda

Opportunity often comes disguised in the form of misfortune, or temporary defeat. - Napoleon Hill

BRAHMA SUTRAS

The three authoritative sources of Vedanta philosophy comprising Prasthanas traya are Upanishads the sruti prasthanas, Bhagavad Gita the smriti Prasthanas and Brahma sutras the nyaya prasthanas which is the logical text that sets forth the philosophy in a systematic order. The Vedanta-sutra of Badarayana is more commonly known as the **Brahma sutras**.

Brahma sutras are a classified and condensed presentation of eternal, limitless and abstruse Vedas. What is expressed in the least possible number of words to convey an idea or truth is a sutra, an aphorism. Therefore sutras are very densely packed strings of unlimited insight that need to be unwound to understand their full import. This conciseness of Sutras calls for lucid commentary for better understanding. Many Commentaries have been written by commentators of various philosophical schools on Badarayana's sutras. However, Adi Shankara's *Sariraka bhashya* rooted in *Kevala Advaita* or monism is known to be the prevailing and exemplary one.

The Brahma sutras are organized into 4 chapters, each of which is subdivided into four padas each, 223 adhikaranas or topics and altogether 555 aphorisms. Each sutra is a

complete discourse on a certain topic rather than a statement. The first chapter *Samanvaya* (harmony) explains that all the Vedantic texts talk of Brahman, the ultimate reality, which is the goal of life. The



second chapter *Avirodha* (non-conflict) discusses and refutes the possible objections against Vedanta philosophy. The third chapter *Sadhana* (the means) describes the process by which ultimate emancipation can be achieved. The fourth chapter *Phala* (the fruit) talks of the state that is achieved in final emancipation.

Identification of the pure atman with body, limits the soul and is the root cause of all suffering. The object of Brahma sutras is to remove the erroneous identification of the soul with the body through knowledge of Brahman leading to liberation. Sankara's commentary is called the *Sariraka Bhashya* according to which individual soul is identical with the Supreme Self and is in agreement with Badarayana. The *Bhashya* of Sri Ramanuja who founded the Visishtadvaita School is called *Sri Bhashya*. Sri Ramanuja's Brahman is a Personal God with attributes and the individual souls will never be entirely resolved in Brahman. The commentary of Sri Nimbarkacharya is known as *Vedanta-parijata-saurabha*. Sri Vallabhacharya expounded his system of philosophy of *Suddhadvaita* (pure monism) and his commentary on the Brahma Sutras is known as *Anu Bhashya*. Different schools and cults cater to different temperaments, tastes, capacity and stage of evolution of the aspirants. They have their own place and scope. No matter which school one follows, a seeker has to have faith, perseverance and determination to reach the peak of perfection.

अथातो ब्रह्मजिज्ञासा ॥२॥

Athato Brahma Jignyasa

"Now (while one has a human birth), one should inquire into Brahman."

Vedanta Sutra 1.1.1 (1)

- Annapurna R.

Failure is success if we learn from it. - Malcolm Forbes



1. Who is the poet and author of Ramayan, who helps Sita and her twins?
2. Who is the brother of Ravana and Shoorpanakha?
3. What are the names of Rama's and Sita's twins?
4. Who is the brother and enemy of Sugriva?
5. Whose devotee was Ravana?
6. Rama is the avatar of which God?
7. How many kandas are there in Ramayan?
8. Who was Mareecha's mother?
9. Who was Ravana's wife?
10. Who took the form of a golden deer?
11. Who was dressed as a begging hermit to deceive Sita?
12. Who was the first one to hear Sita's cry and come to help?
13. Who is Ravana's brother who sleeps for six months?
14. Who was the devotee of Rama who offered fruits to him?
15. What is the name of the historical bridge between Sri Lanka and India?

Answers: 1. Valmiki 2. Khara 3. Luv & Kush 4. Valli
5. Siva 6. Lord Vishnu 7. Seven 8. Tataka
9. Mandodari 10. Mareecha 11. Ravana 12. Jataayu
13. Kumbhakarna 14. Sabari 15. Ramasethu
- Gayatri N.

SHIVA MANASA PUJA

Ratnai kalpitam asanam
himajalaih snanam cha divyambaram
Nanaratnavibhushitam mrigamada
modankitam chandanam
Jatichampakabhilvapatra rachitam
pushpam cha dhupam तथा
Dipam deva dayanidhe pasupathe
hritkalpitam grihyatam

I have imagined a jeweled seat for you, cold water for you to bathe and lustrous clothes studded with jewels for you to wear, kasturi and sandalwood paste, jasmine and champaka flowers with bilva leaves to adorn you, incense and a lamp. Oh God, abode of mercy! Accept this which I have imagined in my heart.

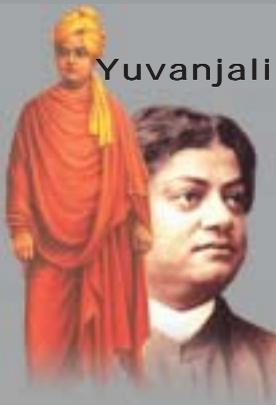
A true devotee recognizes the fact that the Lord installed in the image is available in his own heart also. In addition, since everything in this universe is His creation only, they belong to Him alone. So there is nothing that we can offer Him. The devotee recognizes this limitation. So he creates items required for the worship with his mind and performs the puja. But to be effective this kind of puja requires total involvement and sincerity. The wandering mind has to be controlled and focused on the image of the Lord seated in our heart. This is stated in detail in Shiva Manasa Puja. As one reads the verses one will be moved by the devotion of the composer Sri Adi Shankaracharya. He says:

"You are the Atman, the Self. My mind is Parvati. All my sense organs are your attendants. This body is Your temple. Every sense experience is a form of worship to You. My sleep is Samadhi, where I unite with You. Whenever I walk, it is pradakshina around You. All my words are hymns in Your praise. Whatever action I perform, O Sambho, is only Your worship."

- Compiled by Subhadra K.

It's not what you look at that matters, it's what you see. - Henry David Thoreau

The spell of imitating the West is getting such a strong hold upon you that what is good or what is bad is no longer decided by reason, judgment, discrimination, or reference to the shastras. Whatever ideas, whatever manners the white men praise or like are good; whatever things they dislike or censure are bad! Alas! What can be a more tangible proof of foolishness than this? What is meat for them may be poison for us.



Yuvanjali

We must grow according to our nature. Vain is it to attempt the lines of action that foreign societies have engrafted upon us; it is impossible. Glory unto God that it is impossible, that we cannot be twisted and tortured into the

shape of other nations. The one was founded upon religion and the other on social necessity, the one upon spirituality, the other upon materialism; the one upon transcendentalism, the other upon realism. Of the west, the goal is individual independence, the language, money making education, the means, politics; of India, the goal is Mukti, the language, the Veda, the means, the renunciation.

All drift towards the strong. That the light of glory which shines in the glorious may anyhow fall and reflect on one's own body, i.e., to shine in the borrowed light of the great, is the one desire of weak.

"And I am anxiously waiting for the day when mighty minds who will be ready to go forth from India to the ends of the world to preach spirituality and renunciation- those ideas which have come from the forests of India and belong to Indian soil alone."

From "Rousing call to the Hindu Nation" by Eknath Ranade.

ACTS OF LOVE

I wonder if Mother Theresa would have sent a get-well soon card with a few notes to all the needy children in Kolkata, would their world be the same as it is today? The thought I agree, is absurd. But it does set us thinking, "Can materialism alone transcend the realms of suffering?"

In the hectic lives we lead, wishing a dear one, gifts on special occasions and not to forget the trifling charities surely do not doubt our ulterior motive. The countless romantic flicks, rose stalls at every nook and corner, the numerous card galleries and the innumerable charity-boxes set up at shop counters strongly profess the presence of love. It is all love, indeed. But is that all? We live in a world where the facts are all that matter and not the folklore.

History says Mahatma's selfless love for his country gave his countrymen the much cherished "Independence." Mother Theresa's good motives, sincerity and infinite love conquered millions of souls. A country or culture different from her own stood no barrier for her love.



A goal without a plan is just a wish. - Antoine de Saint-Exupery



Preachings alone would never have attained universal martyrdom to Prophet or Jesus Christ. Their great deeds which we presume as Acts of Faith when seen in a broader perspective are all "Acts of Love." But where does all this spiritual jargon lead to?

Check this out! Think of the first hand that comforted you in your testing times. By all means, a bunch of roses or a beautiful craftsmanship can never be a replacement. When single minded pursuits have turned mere family gatherings into treasured occasions, where does one find time for others? A tree gives shelter not to one, but anyone who seeks it.

The facts have been laid in front of you. Think of those millions living in the darkness of suffering. "Things are not bettered, but we are bettered by making changes in them." The power of reasoning lies in us. The Nature has followed the Law. Great men have tread on it too. How about us?..... Do give it a thought. Won't you?

"Wealth goes, beauty vanishes, life flies,
Powers fly- but the Lord abideth forever,
Love abideth forever." - Swami Vivekananda

- Veena B.

SANKALPA SIDDHI...

Today the entire world is going through a tremendous change and that is echoed everywhere. Whether we are rich or poor, some amount of pressure is certainly felt. Pressure of recession, exam, finance, share market, inflation and what not. Due to this change or fluctuation we feel tremors after tremors within and without. If this pressure is from outside we can try out many things and avoid that pressure to some extent, but when we find the same pressure from within then it becomes very difficult to bear.

If change is a natural phenomenon then how to cope up with this change?

Dear ones! This pressure is created when we try to set goals without knowing our strengths and weaknesses. Those higher goals sometimes severely damage our entire being. Then in order to relax ourselves we try to practice techniques from as simple as counting numbers to advance ones like Dhyana, but without any preparation.

Dear ones, then is there any technique to relax and withstand such pressure without losing self identity and self-esteem?

Yes, there are many techniques and one such technique is 'Auto Suggestion'. But to practice this simple, yet effective technique, we need to have Sankalpa Siddhi...i.e. faith in ourselves...faith in our action...faith in our inner strength...faith in our presence...faith in life...faith in truth...faith in all that is within and without.

Yes! I can do! Yes, I know! Yes, I can move the mountains! Yes, I can recall on my own! Yes, I will produce whatever is necessary! Yes, I can! Yes I can! Yes I can! This affirmation leads to Sankalpa taking form.

So let us practice this simple technique while taking bath or after taking bath or while going out on work. Say to yourself that I will complete the task...I have the capacity and I know I am divine and today I am going to make my day. This simple 'Auto Suggestion' will strengthen your Sankalpa Siddhi (Will Power) and certainly will make you feel better and relaxed.

- Swami Nachiketanda

*Perseverance is not a long race, it is many short races
one after another. - Walter Elliott*

JAGADISH CHANDRA BOSE



On May 10, 1901, the hall of the Royal Society in London was packed with eminent scientists. They were watching Jagadish Chandra Bose conduct experiments to show that plants and metals have feelings.

Among several experiments he conducted was this one: A highly sensitive instrument—one of Bose's inventions to record the "pulse" of plants—was connected to a plant. The plant, with its roots, was carefully picked up and dipped up to its stem in a vessel containing bromide, a poison. Bose looked expectantly at the light spot on a screen meant to indicate the pulse of the plant. So also did everyone else.

The plant's pulse beat, which the spot recorded as a steady to-and-fro movement like the pendulum of a clock, began to grow unsteady. Soon, the spot vibrated violently and then came to a sudden stop. It was almost like a poisoned rat breathing heavily and jerking its legs and tail in its struggle against death. The plant had died because of the poison. The experiment was greeted with thunderous applause.

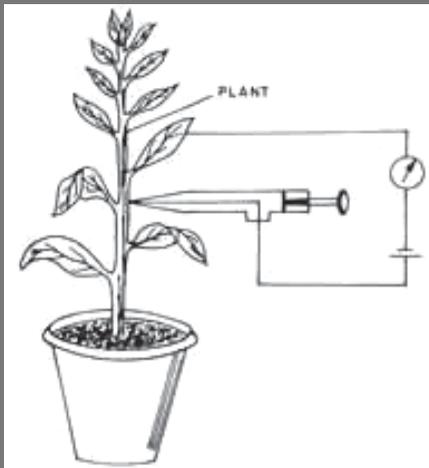
Born on November 30, 1858, at Mymensingh, now in Bangladesh, Bose was brought up in a home steeped in Indian tradition and culture. Bose's education started in a vernacular school as his father believed that one must know one's mother tongue before and above all, and that one should know one's own people. He used to read the Mahabharata and the Ramayana. Karna, who struggled throughout his life to achieve success, inspired him. He thus came to believe that "true success is born out of defeat". He was a great fighter for justice.

Sri Jagdish Chandra Bose was a phenomenon: a physicist, biologist, botanist, archaeologist and writer of science fiction. He pioneered the investigation of radio and microwave optics, made very significant contributions to plant science and laid the foundations of experimental science in the Indian subcontinent. He is considered one of the fathers of radio science and is also considered the father of Bengali science fiction. He was the first from the Indian subcontinent to get a US patent, in 1904. Bose also invented several sensitive instruments. The most wonderful was the crescograph, an instrument to measure the rate of growth of a plant. How sensitive this instrument was can be imagined from the fact that it could measure plant growth that was 20,000 times less than snail's speed. Bose also fabricated a highly sensitive "coherer", the device that detects radio waves. It was while working with the coherer that he made certain observations which clearly indicated that metals have feelings and memory. The metals that are used daily, such as a knife, are not dead but unconscious, like a badly beaten man. They enter this state when they are heated and moulded. He was the first to fabricate the device that generated microwaves—radio waves of very short wavelength. Also, he was the first to use these microwaves to understand the structure of materials. One of

Pessimism never won any battle. - Dwight D. Eisenhower

the devices he had fabricated, now called the "wave guide", forms an essential component of several sophisticated electronic and nuclear equipment.

Although Bose did most of his experiments in Calcutta, not many of his countrymen recognized their importance. Notable exceptions were Mahatma Gandhi, Rabindranath Tagore and Swami Vivekananda. His work was applauded in the country only when the Western world recognized its importance. Before Bose died on November 23, 1937, he founded the Bose Institute at Calcutta. It was then devoted mainly to the study of plants. Today, research on several other related subjects is also in progress at the institute.



*Electric Probe Apparatus
of Sir J.C. Bose*

- Compiled by Annapurna R.

Jokes

A guest at a concert turned to Mullah Nasruddin sitting next to him and criticised the voice of the woman who was singing.

"What a terrible voice," he said. "Do you know who she is?"

"Yes," said the Mullah. "She's my wife."

"Oh," said the embarrassed guest, "I beg your pardon. Of course, it is not her voice that is bad; it is that awful song she has to sing. I wonder who wrote it."

"I DID," said Nasruddin.



A friend asked the Mullah, "How old are you?" "Forty", replied the Mullah. The friend said, "but you said the same thing two years ago!" "Yes", replied the Mullah, "I always stand by what I have said."

One day Mullah Nasruddin entered his favorite teahouse and said: "the moon is more useful than the sun". An old man asked "why Mullah?" Nasruddin replied, "we need the light more during night than during day."

***Pessimist: One who, when he has the choice of two evils,
chooses both. - Oscar Wilde***

WHISPERS OF MY SOUL

...a leaf from my travelogue

Sacred places are considered gateways to the higher realms and to a higher consciousness. In Nachiketa Tapovan, Swamiji makes spiritual tours an essential part of Sadhana. Our trip to Kollur in the year 2007 was one such attempt which turned out to be sublime.

Kollur is one of the seven Muktisthals of Parasurama Kshetras situated in Karnataka. The sacred shrine of Devi Mookambika is at the foot of a hill known as Kudashatri. River Sowparnika, flows by the side of the temple. Yogis and Rishis have performed penance on this holy soil. All the three Shakthis – Mahakali, Mahasaraswathi and Mahalakshmi are enshrined in this sacred idol of Mookambika.

A visit to Kollur Mookambika temple was on our itinerary today, the 8th day of our tour and also the 10th day of Navarathri 'Vijaya Dasami.' I was ready by 5:30 a.m. and switched on the T.V. to catch up with some programme on Shirdi Sai Baba as it was the day of His Samadhi. I was glad to see a direct relay from Mookambika temple on 'Kairali' channel. There was a heavy rush and many Aksharabhyasams were being performed at the temple.

We assembled in the hotel lounge and when Swamiji came down, we took His blessings. At 7:30 a.m., we headed towards Mookambika temple. In the bus, without wasting any time, I started doing my Sadhana. I started with Manasa puja and in a short while I was tuned with the Divine.



Though, I am not supposed to reveal my visions, I thought it would be ideal to mention a few of them as they are a prelude to a great event. It will give a clear picture of my state of mind as I witnessed the Cosmic drama.

Coming back to my visions, Devi Mookambika showered Her Divine grace on me by appearing in all three forms. Now it was the turn of Ma Kali and our Swamiji sitting in front of Her at Her feet. She did not come alone; She came with Her son in tow. His face was dark hued like that of Kali Ma. I was

mesmerized by the Divine look in His eyes. It is so hard to describe in words. Many other visions followed and again it was the Goddess showing me Her Divine feet, asking me to sit at Her feet and do Japa. Needless to say I followed Her instructions and reaped rich benefits.

When I came out of my Sadhana state, I could see reflections of the same beauty in the surroundings. Such was the intensity of Divine grace. Nature played its role by sending Divine messages. Whether we realize it or not, our fortune is incalculable, unimaginable. Swamiji has been immensely graceful to me, giving me all those chances to explore myself and so it went on.

After stopping for breakfast at some place midway, we proceeded to Kollur. Swamiji led our group directly to the temple and we had a long wait because of the rush, the Palki utsav, Aarthi and Naivedhyam. We were fortunate enough to see the Palki Utsav which went past us, not once but thrice. Swamiji looked at me with raised eyebrows, as if to say, "See, even in this rush, we are able to have a good darshan."

Positive anything is better than negative nothing. - Elbert Hubbard



I nodded in appreciation. I never missed the chance of finding a place beside Him, which turned out to be His Blessings in disguise. I enjoyed the fruits.

Reminds me of Baba's saying which I would like to quote here:

"Don't walk before Me... You may miss Me."

"Don't walk behind Me ... you may not catch up with Me."

"Walk with Me ... I will take you to the other side."

Coming back to my narration, as we stood there waiting for darshan, chanting our Mantra, I noticed Swamiji's eyes were scanning through our lines, noticing every minute detail. Hardly did I realize He might be selecting people to witness the Divine drama which was going to unfold in a short while from now.

The Temple doors opened and we streamed in, along with a group of V.I.P's. I went in with Swamiji for darshan. "Stand here!" He showed me a point beside Him and we had darshan together. Aarthi was given and Subha got the opportunity to ring the temple bell and she was very excited. Devi Mookambika was looking magnificently beautiful. "Come with me," He ordered and took me for another darshan. My joy knew no bounds. It was joy indescribable. He turned around to look at me.



I saw cascades of energy flowing out of His body. I was awe struck looking at the Divine radiance engulfing His entire being. I shall cherish this moment forever. "I am so happy Swamiji!" I shrieked in delight. He looked right into my eyes with the world's most beautiful smile, acknowledging my feelings in His subtle language. He gave me a third darshan as a bonus. We took tirtham and I took His blessings on coming out of the temple.

Swamiji led us to the river bed and selected a place for us to sit and do our Sadhana. He went further ahead with some of the men-folk. Shivanandamayi (Mataji) wanted to go with Him, but He stopped her, asking her to sit with us. It was a beautiful spot on the bank, overlooking a stream and had lush green surroundings. The perfect setting for a Cosmic drama which was to unfold. Mother Nature had her role to play too!

It so happened, Vasu, myself, Subha, her mother, Shanti and Lakshmi sat in one place for meditation. There were three stone blocks in the stream and Shivanandamayi chose to sit there right in front of us.

Swamiji had earlier, asked us to recollect the darshan memories when we meditated. After a while, I heard a splashing sound in the water as if someone fell into the water and I heard Subha's shriek. I opened my eyes and saw a sleek, black snake in the water going towards Shivanandamayi. It was moving with lightening speed. She too saw it and suddenly turned the other way, her back facing the snake.

I was enjoying this moment. I was sure the snake would not harm her and was



If I keep a green bough in my heart, the singing bird will come. - Chinese Proverb

watching the Divine play. There were audible gasps around. I gestured them to remain silent and asked them to watch the beautiful event.

The Snake raised its hood and was just a few inches behind Shivanandamayi's back, watching her



silently, sending Divine grace. After a while, it suddenly took a turn around, looked at us and swam back with the same speed. It was such a beautiful scene and was reminiscent of Puranic times when stories revealed such incidents. The feelings in everyone who witnessed the Divine play were profound and sublime. We were as thrilled as we were astounded.

It is only the experience of the heart that counts and it is faith alone that leads to the experience. This experience can be considered the fruition of the wait of lifetimes.

When Subha announced the Snake had left, Shivanandamayi climbed on to the bank and sat with us. "I am very fortunate to see this great miracle, Shivanandamayi! And I will never forget it in my life. You are a Blessed Soul...." I appreciated her. By now her body was vibrating with Divine energy and she was shaking like a leaf. She closed her eyes in meditation. Others wanted to meditate too. But I was in no mood

for that. My heart was filled with joy and ecstasy dancing to Divine beats.

I just sat there drinking the nectaral beauty of Mother Nature. I looked at the hills, trees, the green surroundings and the stream which served as a stage for the Divine

drama and was enjoying every moment of it. They were all mute witnesses to this great incident. Shortly thereafter, it dawned on me that this was part of the Lord's master plan. Thrills of excitement were running down my spine.

Suddenly, I heard Swamiji's voice and saw Him coming from the other side. His beautiful face shimmered like the late afternoon sun, filling me with bliss and peace. I was sure, He was watching us all the time.

"Swamiji!!! We have just seen a great miracle happen" I blurted out in excitement, unable to withhold myself. I was anticipating the secret to be unveiled. He looked the opposite side, throwing pebbles in the water and said; "Ma will come like that, what will she do? She has to come and Bless." He turned back.

His eyes emitting divine rays met mine – an eternity passed! The spell was broken by the soft tone of His voice, "Come, let us go."



If they can make penicillin out of moldy bread, they can sure make something out of you. - Muhammed Ali



"Swamiji! We will stay for some more time. I really like this place. Why can't we stay for a while?" I pleaded. "Come Ma, there are many other places to see, you shouldn't get stuck in one place. There is more to see and experience. Come, we will go." I followed Him though reluctantly.

As we walked back, Swamiji was giving a hint to me, saying, "Ma will manifest in different forms. What do you say? She will reveal Herself to great souls." I understood what He said. He is all the time teaching us, training us and transforming us, just like a perfect Guru.

He led us to a nearby canteen, where we had lunch. "Eat only as much as you can. Even if food is wasted it is ok for today." These words from Swamiji were surprising as He hates wastage of even a tiny morsel of food. Maybe, He sensed we couldn't eat much in our excitement. But food is not our present topic of discussion.

Our core group huddled around a table, pulling chairs and started discussing this great event.

We gave our own interpretations, which turned out to be very emotional. We were apparently shaken by this incident. Vasu gave some surprising news. Lakshmi, who sat with us, was totally oblivious to this

incident. She was meditating and did not open her eyes until Swamiji arrived. Even more surprising was, Vijaya had seen this snake, though she was sitting on the other side of the bank and my sister Rama had seen the snake in her vision as she sat there meditating. What a Divine drama indeed! Finally we came to a conclusion that this incident is an eye opener for us. It allowed us to perceive the hidden but vibrant energy in Shivanandamayi. It was well-planned, well-

designed and targeted at us for certain reasons.

"Glory to Goddess Mookambika who made audible the whispers of my soul!"

- Subhadra K.



If you are going to walk on thin ice, you might as well dance. - Unknown Author

UGADI

16th March 2010



Ugadi is the New Year's Day for the people of the Deccan region of India. While the people of A.P and Karnataka celebrate it as Ugadi, people of Maharashtra term the festival as 'Gudi Padwa' and Sindhis as 'Cheti Chand.' Ugadi falls on Chaitra Suddha Paadyami. It is believed that the creator Lord Brahma started creation on this day. In A.P, the festival is celebrated by making a special preparation using six ingredients- tamarind, jaggery, neem flowers, mango, green chillies and salt. These ingredients give six different tastes (shadruchis).

The philosophy in eating this Ugadi pachadi is to say that life is not a bed of roses. It is a mixture of sadness, happiness, anger, fear, disgust and surprise which has to be accepted together with equanimity. There is a myth that how one lives on this day of Ugadi, similar will be the way one lives throughout the year. More than the myth, the philosophy is we reap what we sow as the old saying goes. We are the makers of our own destiny. We should rise above sorrow and happiness, success and failure. This is the primary message of Ugadi festival.

SPIRITUAL SIGNIFICANCE OF OUR FESTIVALS

**SRI RAMA**

24th Mar

Ramaya rama bhadraya

Raghunathaya nathaya



Rama's birthday as well as marriage to Sita is celebrated throughout the world as Rama Navami which falls on the ninth day of the Navami of Rama's life and journey is one of perfect balance of life and time. As a person, Rama personifies all the virtues of a person (Purushottama) who is to be emulated. He has all the virtues that any individual should seek to attain. He has all the obligations (Maryada). Hence He is right in His marriage to Sita has a spiritual significance. It is a reminder of the Atman. With meditation our intellect becomes balanced.

Rama is not just a name. It is a Taraka. He always keeps meditating on this Taraka. He is Rama Himself! Let us celebrate the festival of Rama. He is the symbol of Moksha. Glory to

If you can imagine it you can achieve it. If you can dream it, you can become it. - William Arthur Ward



NAVAMI

March 2010

Rama chandraya vedhase
sitaya pathaye namaha



to Sita is celebrated by Hindus across the
the Sukla Paksha Navami in Chaitra Masa.
adherence to Dharma despite harsh tests
personifies the characteristics of an ideal
lated. He had within Him all the desirable
k to aspire and He fulfills all His moral
ntly called "Maryada Purushottama". His
ance. Sita is the Buddhi and Rama the
and Atman are united and we become

ka Mantra. It is believed that Lord Shiva
Mantra and His Nama is mightier than
tival, worshipping Rama who is the very
Sri Rama! - **Centre page theme by Subhadra K.**

HANUMAN JAYANTI

30th March 2010

Yatra yatra Raghunathakirtanam

Tatra tatra kritha mastha kanjalim

Bhaspavari paripurna lochanam

Marutim namata rakshasanthakam

Meaning:

"We bow to Maruti, Sri Hanuman, who stands with His palms folded above His forehead, with a torrent of tears flowing down His eyes wherever the Names of Lord Rama are sung".

Hanuman is the living embodiment of Rama Nama and a true Karma yogi. His exceptional qualities of devotion, humility, desirelessness and bravery are to be emulated. His humbleness moved Rama who bestowed Him the boon of an everlasting life.

According to the legend Sita was applying sindhoor to Her head. Hanuman asked why and was replied this would ensure a long life for Her husband. Hanuman then smeared His entire body with sindhoor, in an effort to ensure Rama's immortality. Devotees visit Hanuman temples and apply tilak of sindhoor to their foreheads to imbibe this spirit.



Let us celebrate
His birthday or
jayanthi falling on
Chaitra Shukla
Purnima, reading
Hanuman Chalisa
and spend the day in
Rama Nama Japa.
Glory to Rama
Bhakta Hanuman!

Believe that man will not merely endure; he will prevail. - William Faulkner

Thoughts and Reality



As you go ahead reading this page, a *miracle* will happen. Something so magical, so unbelievable, that we won't even recognize it for the miracle it is. A thought will arise in your subconscious brain, a few electrical signals will be generated, which will travel across your body at lightning speed, and that simple thought will cause your entire hand to move. In short, you will turn the page. Now, that's no miracle, you would think. But look at it this way- all it took for your physical hand to move was the power of *one thought*. This, however, was a very simple, everyday-life example. There are so many astounding miracles that thought can achieve, when properly focused and concentrated.

The basis of this principle is simple- Everything is energy. The walls around us, the clothes we wear, the air we breathe, the food we eat, the stars we see in the sky are all essentially made up of the same matter-atoms and molecules. And those atoms are nothing but empty spaces with small sub-atomic particles like electrons, protons, neutrons and others, which are either negative, positive or neutral charges. In short, they are all energy. The reason some things are solid, liquid, or gaseous, heavy or light, red or green color, is all because of the different energy

frequencies they are in, i.e. different energy levels.

In the 21st century, human mind and its workings have become the favorite topic for experimentation for scientists and researchers. Experiments have been conducted on minds trained in meditation, in various environments- for example, a group of Tibetan monks, wearing just a thin cloth, meditating at freezing temperatures in the Himalayas, yet managing to keep their body temperature at normal. How would one explain that? So, this question was taken into the laboratory- highly powerful detectors and instruments were connected to the heads of these monks, and when they meditated, the readings were recorded. And the results shook the world of science.

Thoughts were found to be signals of energy emitted by the brain, at different frequencies. The mind was like a radio station that continuously emitted 'thought-waves' into the universe. And these little packets of energy we call thoughts are responsible for making the entire world around us, little by little, bit by bit.

There are a number of ancient sayings, like '*You are what you think you are*' or '*Think Positive*' or '*Have faith, and everything will turn out all right*'. At the bottom of these very wise sayings, is one common message- *you are in control of your own life*, because the thoughts you think define the state of mind that you are in- happy thoughts, sad thoughts, negative thoughts, loving thoughts, and so on. And every such thought affects the quality of the work you do, every single moment of your life.



- Avinash Agarwal

Big shots are only little shots who keep shooting. - Christopher Morley

VIDYARTHI PANCHA LAKSHANAM

It is our birthright to dream. Everyone is entitled to dream lofty. But working towards realizing them is what distinguishes a dreamer from just a day dreamer and makes him an 'achiever'. Youth is the golden age of every human being. By and large what we sow in our youth, we reap in our later lives. So every moment of youth needs to be frugally UTILIZED to give a form to their visions and ensure a fulfilling life. Else, one might be left ruminating on the lines- 'bachpan khel mein khoya, jawani neend bhar soya, budapa dekh kar roya...' at the verge of exhausting this coveted gift called human life in vain!

To help maximize the scholarship of students our ancestors have suggested the following five qualities as pointers:

***Shwana Nidra, Bako Dhyanam,
Kaka Cheshta Thathaivacha,
Alpa Haari, Griha Tyagi,
Vidyarthi Pancha Lakshanam.***

One who is a very light sleeper like a dog, one who is vigilant and attentive like a crane, one who continues making efforts like a crow, one who eats less, one who stays away from home (sacrificing the luxuries of a home).

Convergence of all your thoughts on one idea like a crane and working on it persistently like a crow paves a royal path to victory. Rest of the three traits will be part of the play. Guess whose words these are: *"Take up one idea. Make that idea your life; think of it; live on that idea. Let the brain, muscles, nerves, every part of your body be full of that idea and just leave other ideas alone. This is the way to success and this is the way great spiritual giants are produced."* Yes, you are right, Swami Vivekananda's. Archimedes had utilized all the

energies of his mind in his effort to find the answer to a question (about the purity of a golden crown) teasing his mind. He had reflected on it day and night until he discovered the truth-'Eureka'!

The 'present' is the only time on hand. Today has to be used fruitfully by all means. Rather than imagining dimly about many things yet to be done or brooding over the mistakes already committed, sticking to the present- 'one thing at a time' with clarity is an approach to make the journey to success enjoyable.

What makes a genius? Genius is one percent inspiration and 99% perspiration. In the words of Thomas Alva Edison, the genius with more than two thousand inventions, "Inventions are not accidents; they are rewards for unceasing effort." Success and industry are inseparable companions. Sri Lal Bahadur Shastri who hailed from a poor family became the Prime Minister of India only because of his industriousness, determination and clarity.

Last but not least students should guard themselves from the seductress called procrastination. As they say Procrastination is the thief of time. As Srimat Swami Ranganathanandaji Maharaj says, "Take time by its forelock ...A trained mind will achieve much in twenty-four hours...Winston Churchill, you and I have twenty four hours a day. But Churchill does so much in twenty four hours and we do so little. We don't know how to train the mind. That is one lesson to learn."

- Annapurna R.



By perseverance the snail reached the ark. - Charles Haddon Spurgeon

RANGOLI

We see trends come and go every day and that is why we call them fads. But the innumerable customs and rituals of our culture have sustained thousands of years. It is because they were designed meticulously and weaved seamlessly into everyday activities by the architects of Indian Civilization for the well being of their descendants.

A custom means a group pattern of habitual activity usually transmitted from one generation to another. Due to change in life style and constant pursuit of convenience, many of the time-tested customs are getting diluted or even obsolete. But knowing or reminding ourselves the science behind these well thought out rituals might motivate us to keep them alive for our own benefit and also not to transform them into superstitions.

One such ritual is drawing Rangoli. Rangoli is a pattern, hand drawn in front of the entrance to a house. This chore is performed in the early hours preceding sunrise. Before drawing Rangoli the ground is prepared by sweeping clean and sprinkling with water into which cow dung has been mixed. To this simple ritual which seems to be of decorative purpose, a great deal of significance encompassing several aspects of life is attached.

Early morning is called Brahma Muhurtham which means that it is the time to worship God. The atmosphere is sacred because it is not polluted by the radiations of worldly feelings. At that time devotees awake and pray God. Their pure

mental rays pervade all over the world and make the time sacred. Thus it becomes a congenial and encouraging atmosphere for spiritual quest. The need to wake up early to draw Rangoli aids women in inculcating spiritual discipline. Kneeling down on the floor to draw Rangoli serves as a beneficial asana. Drawing has its own therapeutic effects on the artist.



The cow dung water used to prep the ground serves the dual purpose of caking the loose soil thus keeping dust under control and also sanitizing with its antiseptic properties. Conventionally flour used to draw patterns attracts the insects, provides them food and keeps them from entering into the house. It gives that householder the credit of feeding animals and thereby fulfilling the *Bhutayajna* aspect of *Panchamaha yajnas*.

Traditionally the patterns drawn as Rangoli were those of Sri Chakras. Originally Lord Shiva gave 64 Chakras and their Mantras to the world and Sri Chakra to His consort Devi, which is the equivalent of all the other 64 put together. Apart from that the Sri Chakra also embodies countless number of deities and represents the whole of creation. Significance of Sri Chakra has been established by Sri Adi Shankaracharya, who placed the potent Sri Chakra yantra with the Mother bringing down Her fury across the lands. This also marked the end of possible sacrifices and brought into existence a more potent and friendly form of ritual practice that appeased the Goddess and depicted Her as a Divine mother within her shrine chamber. Thereby the Rangoli pattern calms down the energy vibrations to conducive ones.

Above all the pattern at the entrance gives the house a very kempt, hospitable and auspicious look, welcoming the inmates as well as visitors into the family. Thus a simple daily chore has so much purpose and value to it. Whether we use it to our benefit or not, is our choice!

- Annapurna R.

Champions keep playing until they get it right. - Billie Jean King

MIRROR, MIRROR ON THE WALL...

Which is the best anaesthesia of all?

-A pinch of prayer, an ounce of faith and a bundle of love.

Faith, leads us to a higher form of prayer where God says, "Ask and it shall be given," but you don't. He allows chaos for us to thirst for peace, He gives pain for us to crave for relief....you still don't ask, because you know that He knows it all and you love Him as much as He loves you.

Let us draw our attention to the fact that a dentist who administers lignocaine is not actually taking away the pain but is only temporarily keeping it away. Prayer also is a sort of lignocaine. Our prayers, the blessings from others, the get-well cards and good wishes help us to rise above the pain temporarily, though we have to go through the operation. "The illusion of pain is more painful than 'pain' itself." A painful abscess in the tooth which hurts so much that one can't sleep, slowly slips away when sleep drips in. The tooth and the abscess are still there but one doesn't feel the pain till the minute he wakes up again. The pain temporarily eloped with the mind. The treatment for a scorpion sting on the hand is to put a drop of salt water in the eye. The sting in the eye is much greater than the sting on the hand, so the pain in the hand is forgotten and the mind is diverted to the pain in the eye. After a little while tears flush out the eye and that pain goes away. You have forgotten this pain due to that pain and because that pain went away, you don't go back to this pain. So a pinch of prayer would nullify



our pain though the problem is still there to be taken care of.

An ounce of faith - Illness can be karmic, the reaction to your past actions. The illness becomes painful when you deny it and don't want it. Accept the illness and seek help. The mere acceptance of the karmic reaction with faith will take away half the pain of illness. For the other half of the pain we seek help and do what we can, with faith.

A bundle of love - It was always in the air. Love is the answer we always seek; it is the language that every heart speaks. A simple way of finding out how far away we are from it - Take a pencil and paper and start writing down all the things that we call "mine." However long the list is, that's how far we are away from love. Reduce the list and we are coming closer to love. Let's remember, when we label so many things as "mine", we have thrown mines

all around us ready to explode at any moment that we cannot even walk with ease. Let us recognize that we are all married to one another in spirit and that we are essentially not man, not woman, not scholar, not fool but an image of love. We are all lights, burning, shining

through different bulbs. Some are 110 volts whereas some are 108. The minute we forget that, we revolt, so let us keep up the voltage.

- Dr. Surendra A.

Character consists of what you do on the third and fourth tries. - John Albert Michener

FACT IS A FACT

Chemistry known as Rasayan Shastra, Rasa-Vidya, Rasatantra and Rasakriya all of which roughly mean 'Science of liquids' was invented in India. In India, chemistry was practiced as early as 3000 BCE as a paramedical science. The period between 600 BC and 800 AD can be called as the Golden period of Indian Chemistry.

The fact that Indians knew the art of glass making is supported in Ramayana, Bhrhat Samhita and Kautilya's Artha Shastra. Ample references of gold, silver and alloys can be seen in Vedas (Rig Veda 1-22-14, Shukla Yajur Veda 8-13) while the process of making alloys and converting them into products is dealt with in Rasarnavam (11.2213.17). There were more than 32 types of apparatus called 'yantras', including several types of furnaces like Koshti yantra (the closed furnace), Dheki Yantra and Tiryak-patana-yantra (the slanting distillation vessel) which were being used to conduct processes like melting, vaporizing, solidifying and distilling metals and other products in their laboratories. Earthen-copper vessels called Sikhi grivah were used to generate electricity. Explosives like Agni Churnam and pigments like Indigo were prepared in ancient India. Ancient Indians knew how to prepare the sulphate of copper, zinc and iron and carbonates of lead and iron. Methods for the extraction of metals like gold, silver, tin and copper from their ores and their purification were mentioned, in Rasaratnakara written by Nagarjuna (born in 931 AD) who later turned to organic chemistry and medicine.

The knowledge that "Paramanus" (atomic particles) of "padarthas" (matter) are the basic building blocks of universe can be found in Vaiseshika Sutras of Acharya Kanad (6th Century B.C.) who says that 'every object of creation is made of atoms which in turn connect with each other to form molecules'. The basic five elements (Pancha Bhutas) and their intermingling properties were clearly mentioned in many

Indian books of varied branches of science. The rust proof Iron Pillar at Delhi and the copper statue of Gautama Buddha found at Sultan Ganj in Bihar, testify to the fact that Indian metallurgy and chemistry had reached a stage of perfection more than 1500 years ago and that the technique that had been perfected over many generations before that.

Ref: Eternally Talented India 108 facts

BE YOUR OWN DOCTOR ! ! !

SUJOK ACUPRESSURE

"Sujok Therapy" was found by Prof. Parke Jae Woo from Korea in 1983. In Korean language, 'Su' means hand and 'Jok' means feet. It heals any type of chronic or acute diseases by pressuring points on hand or feet.

The structure of hand & feet strikingly resembles that of human body. The thumb resembles the head & neck. The palm is the trunk and the four fingers are the legs and hands. The index and little fingers are two hands of the body. Middle and ring fingers are the two legs.

These are highly active points of correspondence (similarity) to every organ in the body. The stimulation on this produces a curative and preventive effect. If in some part of the body there is a disorder, an energy signal is immediately transmitted to all the corresponding points. In case of sufficient stimulation or pressure on the specified area on the hand or feet, curative energy waves go back to the affected body part, removing the cause of the disorder and restoring the body to its health and stability.

e.g. A simple headache can be relieved by massaging the top of the thumb.

This therapy has no side effects. Learning this therapy does not require any science background, however to apply these therapies (not only Sujok but also seed, magnet, colour therapies etc.), one requires good knowledge and practice, before application.

- Mamta Agarwal

Decide carefully, exactly what you want in life, then work like mad to make sure you get it! - Hector Crawford

A BEAUTIFUL DREAM CALLED LIFE

Our world is becoming smaller and smaller day by day. With the latest trends in the field of information, technology had brought the entire world just a click away. In this scenario the human relations instead of reaching their zenith have started declining gradually! An unconditional love between the people that was the character of the previous generations, now seems to be a distant mirage. No one person in particular can be blamed for this disastrous trend. The career driven lives have left us with the option to think of others only in the time of our selfish needs. Every day is more or less the same for success-starving people. The talk between people earlier used to be a whole hearted communication.

Now, people are finding it difficult to make even courtesy calls. People have so many friends not personal, but virtually on Facebook. The warmth a good friend radiates cannot be done by a monitor because it is just a tool devoid of emotions. The joys were celebrated and sorrows were shared. The people had long healthy lives compared to the present generation. Now, the younger age group is suffering from different ailments both physically and



mentally. The blues of stress filled jobs is taking its toll on the health of the people. This needs to be addressed on priority. The man is treated as a money minting machine and his growth is rated purely on his performance. We are struggling hard to prove a point that we are also human beings. The dreams of achieving success at any cost had left the people in lurch.

The emotional attachment towards work is letting the people down. The sense of oneness had disappeared and instead 'I am' the only one tendency had taken deep root. We admire the achievements of a celebrity but find no time to say even a hello to our neighbour. Surely this is not life. This is high time for a constructive introspection. The ancient man in search of new vistas of life had come across many inventions. It was done and experimented with a sole intention of making life simpler and happier. Today in search of finding joy, the man has started losing himself. These short lived joys are making people weaker than stronger thus, making life more and more difficult. With so

many material comforts and information on finger tips, man is finding it hard to lead a happy life. He has no time to spend for himself. Life is not just achieving success in one's career and making money. It has got another and important dimension called SATISFACTION. We must learn to realise that real happiness in life lies in making others happy. Satisfaction comes when success is enjoyed. But, we are not in a position to enjoy, as we are surrendering to competition. We should

try to learn to lead life as the way it comes. The most fickle thing in life is material success. This is why a HAPPY LIFE is slowly becoming a Dream these days. Life is not just setting goals and striving for it but also a bouquet of small joys, sharing and supporting each other in distress. Lives of great people like Gandhiji, Swami Vivekananda, and Mother Teresa are still

Defeat never comes to any man until he admits it. - Josephus Daniels

remembered with great reverence for their contribution to mankind. They lived life to the core by dedicating themselves for the upliftment of the people. These people practiced than merely preaching. They succeeded in attaining



oneness between thought, word and deed. To enjoy life we need not make such great sacrifices in our lives but we can draw some relief by leading a humble life. We know it is not as easy as it appears; the reason is we think something, say the other and ultimately end up doing the contrary. We lack the will to retain the enthusiasm which we boast at the beginning, it slowly recedes and touches rock bottom finally. Self centered thoughts are propelling us nowhere but to despair at the end. We blame others for all these, conveniently forgetting our involvement we try to buck push the responsibility. Consistency of positive thought will do the trick. Let us accept the fact we are all ordinary human beings but God had been so generous on us and bestowed us with the boon of thinking and discrimination from other living creatures on earth. To live happily we need not renounce everything but the evil of selfishness and greed. To lead a lively and lovely life we need not stop striving for growth in our careers, our academics, and our thought process. We must not do these at the cost of

losing ourselves but for realizing *the beautiful dream called Life* with positive outlook. Positive outlook also includes staying active intellectually, maintaining a wide variety of interests, observing everything and learning from that to improve the quality of our life. A happy life is the Best Gift we can give to ourselves. A person with an inclination towards social interest tends to enjoy higher levels of mental health. The best way for a person who has an inferior feeling that something is missing in his life, is watching terminally ill people and realize how lucky he is. Such privilege can be turned into a blessing by serving the underprivileged unconditionally.

Simple tips for a happy daily life:

- 1) Try to lead an honest life
- 2) Tell yourself to spend the day with enthusiasm
- 3) Begin the day with a positive thought of doing something good
- 4) Ensure you will bring smile on the face of at least one person
- 5) Spend time with yourself alone as much as possible, to know the strengths and weaknesses
- 6) Try to observe silence for a few moments and feel the presence of divine within you and around
- 7) Try to take part in philanthropic activities
- 8) Avoid procrastination of works
- 9) Do not make decisions when you are emotional
- 10) Try to stay positive, cool and cheerful always.

This is the best possible way to make the beautiful dream called LIFE true. Else we will just end up as a re-searcher of happiness like a Kasturi Deer which searches elsewhere for fragrance that emanates from itself. As Swami Vivekananda said, "You are the Creator of Your Own Destiny". Choice is in our hands.

- Mudigonda Rajsekhar

Failure is the path of least persistence. - Unknown Author

NACHIKETANJALI



Nachiketa Tapovan witnessed the confluence of many noble and kind hearts on the bright morning of the 26th January 2010. All the members of Tapovan were anxiously waiting, planning and working for this day since many weeks. The flag was hoisted at 9:30 a.m. sharp and the national anthem was rendered filling the air with patriotism and jubilation, celebrating the anniversary of India's sovereignty.



The gathering moved on into the Dhyana Mandir without any delay. Chief guests Sri Prakash Rao garu and his wife Smt. M. Latha lighted the lamp to mark the start of events. The children of Tapovan enthralled the spectators with their heart winning performances which included songs, skits, speeches, plays, dances and jokes. The programs were not only entertaining but also enlightening. Nachiketa play was unequivocally the best of all while the highlights were a skit on secularism and 'All is well' dance. Three cheers to the performers, choreographers and coordinators.

Swamiji, Sri Prakasa Rao garu and Mataji passed on their wisdom to the gathering. Sri Prakasa Rao garu was very happy and impressed at the "exemplary service of



Tapovan in inculcating values and imparting character building education to children". He requested the children to look beyond and develop a vision for their future and form goals for themselves and work towards reaching those.

Prakasa Rao garu launched the magazine Nachiketanjali and ceremoniously handed copies to the members working closely for the magazine. Swamiji announced the names of the core editorial team which by all means would expand depending on the

commitment and interest of more members. The speciality of Nachiketanjali is that, it is a magazine for the readers and by the readers too. So readers were urged to voice their

ideas through the magazine and mould it for the betterment of the society, based on the guidelines set by Pujya Swamiji.

The guests partook the Spiritual Prasad while mingling and filled the courtyard with cheers and laughter!

We were born to succeed, not to fail. - Henry David Thoreau

SHIVARATRI CELEBRATIONS

Maha Shivaratri, the much anticipated festival at Nachiketa Tapovan was successfully organized with the blessings and guidance of Swami Nachiketananda. The celebrations of the 'Great night of Shiva' started at 10 pm on Friday, February 12th 2010, with bhajans followed by Swamiji's Divine Discourse. When it was time for Lingodbhavam the activity shifted to the veiled Shivalinga.



It was our great fortune to witness two Udbhavas- the Lingodbhava and Swamiji's Premodbhava. Swamiji performed the Abhishekam as Mataji, Volunteers and the Little Champs of our Vidya Mandir chanted Rudram, radiating confidence with their mellifluous voices wafting into each ear, cooling the hearts, raising the temper of excitement to an unknown realm of ecstasy. We sat through the entire procedure, watching silently, trying to imbibe the meaning of Swamiji's every gesture and act ...trying to understand Him a little. The subtler significances,

the inner patterns of the fabric, were beyond our understanding.

After the Abhishekam, Archana and Aarti, Prasad was distributed, followed by a night-long vigil with meditation and sadhana. The Little Champs experienced the pulsating feeling that the festivities of Shivaratri has injected. Some of them went into a trance enjoying the Divine essence till the crack of dawn. The Little Champs chanted...Little Champs regaled...Little Champs conquered!!!



Victory is sweetest when you've known defeat. - Malcolm Forbes

SRI RAMAKRISHNA JAYANTI CELEBRATIONS



Purest things come in the simplest form. Most sincere gestures spring from the core of our heart. Likewise Sri Ramakrishna Jayanti was celebrated on 18th Feb 2010 by the children of Tapovan with great sincerity and simplicity. The little ones presented a drama and read some parables and quotations by Paramahansa. The best part of the programme was when Baswaraj came up and sang 'Happy Birthday' to Sri Ramakrishna. At that lively moment it seemed like the saint's eyes twinkled pleased with the children's innocence.

SPIRITUAL INVITATION

Please join us in our Spiritual Yaga! As small as it could be each drop is essential in filling the ocean. Cash or kind, craft or skill, art or technology combined with a spoon of love will go a long way in realizing our dreams. Your contribution is much needed for our continued success in serving the needy.

To be a part of Nachiketa family visit us anytime or contact our

Adhyatmik Praneta at

040-23113887, 098491 68937

email:n_tapovan@rediffmail.com, nachiketanjali1@gmail.com

nachiketananda@gmail.com, mataji19@gmail.com

He who is filled with love is filled with God himself. - Saint Augustine

Mr. R.K. Trikhaji conducts a camp every year for selected students of NCC (Army, Airforce and Navy). Swami Nachiketananda and Swami Shivanandamayi were invited by Mr. R.K. Trikhaji to conduct this year's workshop on Personality development programme. The event was held on February 17, 2010 from 9:00 am to 12:30 pm at Polo Ground, Secunderabad.



Students from different schools attended the programme. Swamiji shared His spiritual wisdom with the young minds and captured their attention with His natural love for children. His definition for personality development was remarkable. Swamiji enlightened the audience by giving the scientific reasoning behind yogic techniques. Children were taught Maha Chaitanya Kriya by Swamiji.

WORKSHOP AT NCC CAMP



When they were practicing the Kriya, some children went into meditative state while some experienced wonderful vibrations. All the children and the senior officers enjoyed the program. In spite of the large number of students, perfect discipline prevailed. As the program was drawing close, Swamiji received more invitations from other organizations to conduct more such programmes.

Everything that irritates us about others can lead us to an understanding of ourselves - Carl Jung

HELPING HANDS

Anna daanam maha daanam; vidya daanam mahattaram.

Annena kshanika trupthihi yaavajjeevanthu vidyaya.

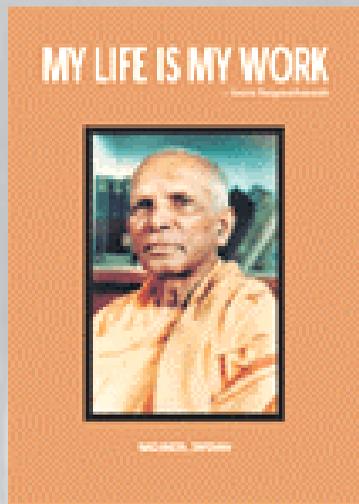
Vidya Mandir at Nachiketa Tapovan is currently able to accommodate a family of about 150 children who receive all-round nourishment from man-making education to milk-n-meals and basic health-aid in an atmosphere of genuine love. Kind-hearted Well wishers have been the unseen force behind this offering to God. We thank you for your continued support.

Vidya Daanam (Education)	Rs. 3500/year/child
Anna Daanam (Mid-day Meals)	Rs. 3000/day
Ksheera Daanam (Morning Milk)	Rs. 600/day
Vastra Daanam (Uniforms)	Rs. 600/2 pairs
Dinnerware (Steel Plates & Glasses)	Rs. 5000/ 50 sets
Stationery Supplies (Copier Paper)	Rs. 5000/term
Festivals Celebration	Rs. 1500/festival
Oushadhi (Medical Supplies)	Rs. 5000/month

Celebrate your Special Days with the Children at Nachiketa Tapovan!



"My life is my work" is a pictorial biography that leads the reader through different dimensions of Srimat Swami Ranganathanandaji Maharaj's life providing a glimpse of his oneness with the nature through His teachings. First edition of this book was released on 1st



March 2006 followed by the second edition on 11th July 2006 and 3rd edition on 22nd November 2007.

The Books are available at Nachiketa Tapovan at Kavuri Hills and Ramakrishna Math, Hyderabad for a subsidized price of Rs. 250/-.

**Trees are the earth's endless effort to speak to
the listening heaven - Rabindranath Tagore**

AN APPEAL



Dear Atman,

Nachiketa Tapovan has launched a massive Ashram project in Kodgal village, Jadcherla Mandal in Mahboobnagar district with a noble vision of providing Free Education, Medical aid, Vocational training and Spiritual upliftment for the underprivileged. Temples, Dhyana mandir, Residential Campus, Vidya Mandir and Dispensary are given priority in the 1st Phase of construction. With the grace of the Almighty we have been moving forward towards the completion of some of these projects.

First we want to thank our supporters and well wishers for accomplishing our goals of constructing a Dhyana Mandir and Residential Campus at the Ashram. Your support was essential for meeting the substantial expenses of this Humanitarian work for which we are deeply grateful. At present our top priority is the major Temple Project and Vidya Mandir which are under construction. The total cost for these projects is estimated at **Rs 2.9 Crores**. Currently we have collected **Rs 1.19 Crores**. The rest of the funds have to be raised to inaugurate the Ashram. For the coming year, our goal is to continue reaching out to more and more souls

with our basic spiritual services, programs and publications and also to accomplish a number of smaller projects at Nachiketa Tapovan, Kavuri hills and Ashram at Jadcherla.

We hereby make a fervent appeal for generous donations. You can contribute to the project in any manner possible. Please participate in this noble task so that our cultural heritage and religious traditions will be safeguarded for the coming generations.

It may kindly be noted that donations to Nachiketa Tapovan are exempted from Income Tax U/S 80 G of IT Act, 1961 of Govt of India. Donations in the form of cheques/ Demand drafts may please be drawn in favour of Nachiketa Tapovan.

Yours in the service of Motherland

Swami Nachiketanda

*It's not whether you get knocked down;
it's whether you get up. - Vince Lombardi*

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(Plus Rs. 50/- for outstation cheques)

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Ashraydatas are encouraged to become patrons of the magazine by joining Nachiketanjali's Patron's Scheme. You can become patrons by donating Rs. 5000/- which will be deposited in the magazine's corpus fund. We express our thanks by announcing their names in the following issue of the Magazine and the patron will also receive a 5 year subscription of the same.

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Show me a sane man and I will cure him for you - Carl Jung

A NOTE TO WRITERS:

- a) You can send articles by email to nachiketanjali1@gmail.com or by post to Nachiketanjali, Nachiketa Tapovan, Plot No.70, Phase I, Kavuri Hills, Madhapur, Guttalbegumpet, Serilingampally, Ranga Reddy District. A.P., with your full name, address and contact details.
- b) No article is returned.
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- e) Word limit for an article varies from 250 (one column) to 1000 words (four columns).
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- h) Unsolicited articles are not acknowledged.
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BOOK REVIEW

We request Publishers to send two copies of their Spiritual, Philosophical and Religious books for publishing a Book Review in our "Nachiketanjali" - monthly Magazine.

ACKNOWLEDGEMENT

Nachiketa Tapovan is indebted to all the well-wishers, donors, patrons and advisors whose immense help and cooperation in multiple ways has helped us accomplish our goals.

"Be Good and Do Good" - Swami Vivekananda

with best wishes from

Griha Constructions, Chennai

It all depends on how we look at things and not on how they are themselves - Carl Jung

MA SARADA DEVI

*Everything, no doubt,
happens by God's will, yet
man must work because
God expresses His will
through man's action.*

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