



Nachiketanjali

...an offering



a journey into the spiritual realm!

Vol: 1

Issue: 4

May: 2010

Price: Rs. 10/-





Volume: 1

Issue:4

May 2010

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Single Copy - Rs. 10/-

Subscription

1 year - Rs. 100/-

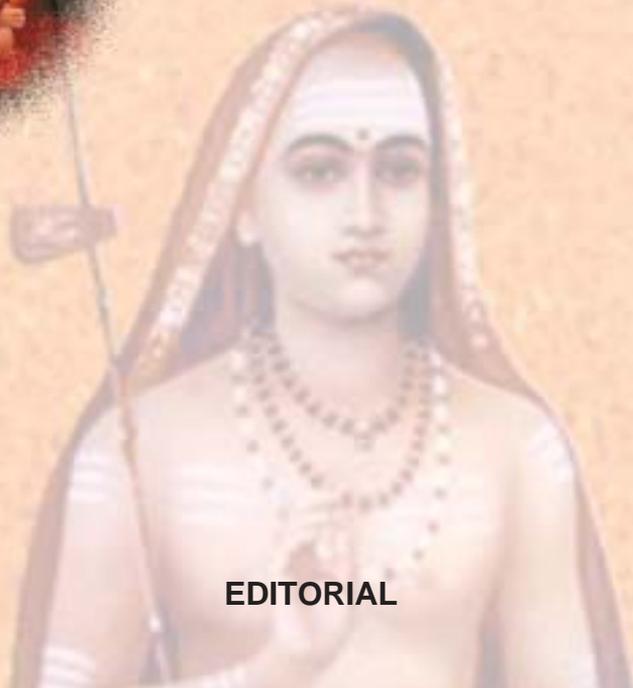
3 years - Rs. 280/-

5 years - Rs. 450/-

Subscriptions can be sent by
MO/DD/Cheque/Cash in favour
of "Nachiketa Tapovan".

(Plus Rs. 50/- for outstation cheques)

Printed & Published by Subhadra K., owned by Nachiketa Tapovan Trust and printed at Kala Jyothi Process Pvt. Ltd., Suburban Press, S. No. 185, Kondapur, R.R. District. 500 081 A.P. and published at Nachiketa Tapovan, Kavuri Hills, Madhapur, Serilingampally, Ranga Reddy District. A.P.



EDITORIAL

The cross-currents in which a man gets caught in his lifetime and the staggering problems he is made to face, may often lead him to wonder whether there is no way to avert the grief and to enjoy peace. The journey in life is bound to meet with ups and downs. Pitfalls will be there and we cannot avoid them. Even on slippery surfaces, we have to tread with great care with the help of some kind of support. Likewise, when we face problems, we should seek the aid of a dependable guide who can help us to tackle them. It is indeed rare to obtain the assistance of such men of extraordinary wisdom who can give us advice in times of expediency.

How to spot these visionaries and approach them? Can they be categorized as "Elders" merely by their age or academic excellence or wealth or positions they occupy? The only criterion is their strict

adherence to the cause of righteousness, their godly pursuits, their impeccable character and absolute piety. By associating ourselves with such men of caliber, it is possible for us to shape the course of our life. Since they have no personal interest or ambition, they render disinterested counsel.

No doubt, it will be very difficult to come across such great men, but to those who are in need and are genuine in securing their services, God will send them. These men of virtue will not hesitate to administer warning and reprove us, unmindful of the outcome because candid words may not be palatable to those who commit wrongs. Their statements will be prophetic and by securing the guidance of such pure souls, it is possible to gain moral strength. We at Nachiketa Tapovan are fortunate indeed for God has sent us a savior in the form of our Swamiji.

- Subhadra K.



Masks!

We all live in this fast growing and developing world with many masks on our faces. We are always sporting an artificial smile on our face because of these masks. We live in this mundane world and will die in this world because of these masks. The true meaning of life has totally been forgotten and left without any trace because of the masks. Such is the situation everywhere. Whenever we meet anybody, we see the mirror image of our own, in many ways. We feel that somebody from our own planet is greeting us. If there is a little bit of change here and there in character, we feel that there is something wrong at the other end. The right person becomes wrong, just because of our own mask. And with this outlook, we do not know, where we are heading today.

There lived a person who always used to sport a beautiful but artificial smile on his face. Just to see his smiling face people used to visit his house. But one day when the whole village comes to his place, they find the doors closed from inside and he is not to be seen. Then the villagers get concerned and they open the door to find him lying on the bed with a paralyzed body. This person tries to smile but in vain. The more he tries to smile the more ugly his face looks. People who always wanted to be around him are now not in a mood to spend time with him. After a few minutes he finds himself all alone, contemplating on what he has done to himself.

But the time will come and at one point, we will get completely exhausted, to see ourselves kneeling down, with folded hands, just waiting for something to happen. What a wonderful situation! Probably that would be the greatest moment in our lives. Who knows that very moment each and every mask may get dropped and we may see our true face.

Hari Om Tat Sat!!!

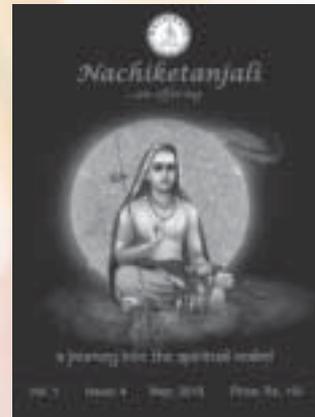
- Swami Nachiketanaanda

COVER STORY

Na janaami sabdham,
na janaami cha artham,
Na janami padyam,
na janami gadhyam,
Chideka shadaasyaa
hrudhi dyothathe may,
Mukhanthissaranthe
giraschapi chithram.

I know not the science of musical sounds, I know not the meanings of complex texts either, I know not the nature of slokas made of four types of padaas, nor do I know the intricacies of the gadhyam style! But in my heart, shines an effulgent light with six luminous faces, and because of that, from my mouth, amazing phrases with musical tone and meanings pour out in extempore.

(Above is the verse-2 from Sri Subrahmanya Bhujangam, supposed to have been composed by Adi Shankara who was filled with emotion when He visited the Subrahmanya temple at Thiruchendur. It is also believed that the Lord personally approved this great stotra and gave darshan to Adi Sankara at Thiruchendur.)



Nation building - Chaturvidha Purusharthas.



Look at today's society and the evils present in it. From personal life to social life, we find many difficulties and almost every field is tainted with crime. We say that "Youth are the creators of the nation," but then why are their energies going in vain? Then what is the remedy for it?

Today's society is going in the wrong direction. Then where does the problem lie, in the society or in personal life? Let us look at our personal life, we know that today's science and technology may give us all comforts and a luxurious life, but it cannot resolve the existing problems. Though we are living in AC rooms, having different modes of transportation and ample wealth, we are not healthy physically as well as mentally. Where does the problem lie? If we look at the Vedic times, we didn't enjoy a luxurious life and people used to walk for miles together. For the common man there was no mode of transportation like Bus, Auto, Car and Flight. Still they had good physical and mental health. Their life span was longer. Not only that, the major aspect of each and every field, from education to politics had values and was full of life. Then why don't we have the same values and life in the present society? Groups of individuals are called society. So if the individuals are happy, the entire society is happy. If the individual starts imbibing values the entire society will be filled with values. That's why our sages say that "You need not help the society but you

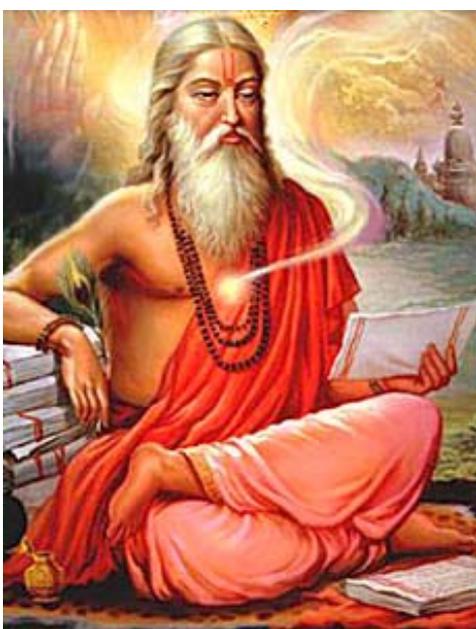
need to help yourself. Self help is the best help." Swami Vivekananda says, "Be good and do good, this is the whole religion".

In this modern world we give importance to wealth to fulfill our desires. So today's society gives importance to money and desires. Neither today's man nor the society has any common goal. Today the individual and social energies are getting saturated. But in our Vedic times apart from giving importance to money and desires, they gave more importance to *Dharma*, and *Moksha*. Here *Dharma* means Swadharma (Self) knowing about the Self and fulfilling the purpose of human life. That's why whatever their individual goal might be they had a common goal of Dharma and Moksha. That's why we had individuals and society filled with values and spiritual fragrance. According to Sanathan Dharma in the marriage ceremony the *Veda pandit* makes the bride and bride groom to repeat *Dharmecha, Arthecha, Kamecha and Mokshecha*.

They have given first preference to *Dharma* rather than money and desires. Our sages asked us to earn money in the right way and spend for our needs. Once we fulfill all the needs and responsibilities, we should not forget to fulfill the very purpose of life.

Today we all have forgotten the natural and true way of living. Our sages performed severe austerities and only after touching the supreme consciousness, have given us the beautiful system of right living and they were well aware of





modern science. Today we separate science and spirituality. But in the vedic times science was a part of spirituality and our seers never separated science from spirituality. Not only that, in astronomy, agriculture, civilization and in other fields Vedic culture was more advanced compared to today's modern world. We find many evidences in Vedas and one such evidence is Sage *Aryabhata* who belonged to the 4th century discovered that the *earth is round* without the help of any sophisticated instruments. In our *Vedic* culture they have given importance to *spirituality* rather than *materialism*. So when we forget the source, certainly we are going to go in the wrong direction. Follow the Chaturvidha Purusharthas of Dharma, Artha, Kama and Moksha in order to eradicate selfishness, greediness, crimes and all the evils of the society. Each and every individual has the responsibility to pass on the heritage of our saints and sages in order to make a better nation. If you don't practice and follow Chaturvidha Purusharthas, it is difficult to imagine a healthy nation. So it is in our hands to make a better or a weaker nation.

- Swami Shivanandamayi

Bhramari Pranayama

The word Bhramari means bee and in this pranayama one has to produce a sound like a humming bee. Hence the name Bhramari pranayama. There are many variations in this pranayama and we shall discuss one of them. This is a simple and powerful pranayama which you shall certainly experience when you practice. Most pranayama practices have some restrictions but to perform Bhramari, there are no restrictions. **Who should perform Bhramari: Any body**
When to perform Bhramari: Any time
How to do Bhramari Pranayama?

Adopt any meditative pose. Sit on a mat in any comfortable posture-**Padmasan, Vajrasan or Siddhasan.**

Keep your head and backbone straight. After sitting in any meditative posture, **adopt chinmudra** or **chinmaya mudra** and keep your palm on your knees. Keep your eyes closed. Relax your body from toe to head. With your mouth closed inhale deeply through nose. While exhaling through nose create a sound like a bee from the throat, let the humming be louder. When you continue this humming, after some time you may hear the Omkara. Repeat this practice as long as you want from 5 minutes to 30 minutes or as per your convenience. With eyes closed observe the changes in the body.

Benefits — Physical: The constant humming is beneficial for the nervous, endocrine, respiratory and circulatory systems. This is a very good pranayama especially for singers because it cultures the vocal cord. The beauty of this pranayama is, you can experience vibrations in the body in whichever part you concentrate. It revitalizes and rejuvenates the entire system.

Therapeutic: It is good for those who are suffering from stress, tension, diabetes, heart disease, hypertension, epilepsy, asthma and migraine. This pranayama develops concentration and memory.

Spiritual: Bhramari sounds like Omkara, so it has a certain effect on the consciousness. It purifies many samskaras. It relaxes body and mind and brings calmness. The level of awareness increases and regular practice brings clarity in thought and action.



Sri Ramakrishna's Amrita Dhara On Ego

Sri Ramakrishna has given us the different types of ego that man exhibits. He has then elaborated on the ones that we need to shed to reach him and the ones we can retain to live in this world.

The worldly man's ego, the ignorant ego and the unripe ego, is like a thick stick and it divides, as it were, the waters of the ocean of Satchidananda. But the servant ego, the child ego and the ego of knowledge, is like a line on the water. One clearly sees that there is only one expanse of water. The dividing line makes it appear that the water has two parts, but when in fact it is only one expanse of water.

He said to Keshab Sen, the celebrated Brahma leader that he would have to renounce his ego to realise God. To which Keshab replied, "Sir, in that case I should not be able to keep my organisation together." Thereupon, He advised him to give up the unripe ego, the wicked ego and to retain the ripe ego, child ego, servant ego and the ego of knowledge.

For instance Sankaracharya kept the ego of knowledge in order to teach people. God keeps in many people the ego of jnani or the ego of bhakta even after they have attained Brahmajnana. Hanuman, after realising God cherished toward God the attitude of a servant, a devotee. He said to Rama, "O Rama, sometimes I think that You are the Master and I am your servant. And sometimes, Rama, when I contemplate the Absolute, I see that I am You and You are I."

Master related a story. Once a woman went to see her weaver friend. The weaver, who had been spinning different kinds of silk thread, was very happy to see her friend and said to her; "Friend, I can't tell you how happy I am to see you. Let me get you some refreshments." She



left the room. The woman looked at the threads of different colors and was tempted and hid a bundle of thread under one arm. The weaver returned presently with the refreshments and began to feed her guest with great enthusiasm. But, looking at the thread she realised that her friend had taken a bundle. Hitting upon a plan to get it back, she said; "Friend it is so long since I have seen you. This is a day of great joy for me. I feel very much like

asking you to dance with me." The friend said, "Sister, I am feeling very happy too." So the two friends began to dance together. When the weaver saw her friend dance without raising her hands, she said: "Friend, let us dance with both hands raised." But the guest pressed one arm to her side and danced raising only the other. The weaver said, "How is this, friend? Why should you dance with only one hand raised? Dance with me raising both hands." But the guest still pressed one arm to her side. She danced with the other hand raised and said with a smile, "This is all I know of dancing."

The Master continued: "I don't have to press my arm to my side. Both my hands are free. I am not afraid of anything. I accept the Nitya and the Lila, both the absolute and relative."

All of us are deeply immersed in I and mine and press our hands together and like the dancer can never raise both arms and dance with free abandon. Even in choosing our Guru we look for attributes both in knowledge and behaviour that we like. Hence we often end up getting hurt when things don't go in accordance with our expectations. We need to think beyond the I to realise God. Lets work towards shedding the unripe and wicked ego and go forward!

- Compiled by Gita K.



SPIRITUAL QUEST

What is the significance of different Kingdoms?

Ans: There are four types of Kingdoms such as Man Kingdom, Animal Kingdom, Plant Kingdom and Stone Kingdom. They are all interlinked and intertwined with the fabric of divinity. This divine thread is more important in life and through all the kingdoms we can try to find out the real stuff which binds everything. Sometimes their presence is more significant than God Himself. Sometimes it indicates the evolution process. Sometimes it is very symbolic and sometimes it is point blank. Our sashtras say that in this world nothing is insignificant, everything has got its own role to play and to create a congenial situation for all. We cannot dream of our lives without any kingdom. I have always experienced that nothing is imperfect in this world or in His creation. Everything has got its own significance. The only thing we need to find out is our own role towards other kingdoms. If we are able to take care of nature...nature will take care of all our needs. If we are kind towards animal kingdom, then this kingdom will take care of eco-socio balance in the universe. God is beautiful without all kingdoms, but all the kingdoms cannot be beautiful without God. God is without Kingdoms but kingdoms cannot be without God. Therefore, in order to experience Him, we need to love Thy creation!

How can we make a difference in the society?

Ans: We do not need to be a different person to make a difference in the society but by doing things spiritually we can make a difference in the society. Mahatma Gandhiji's "Simple living and high thinking" could be an eye opener to those who want to create a wonderful world around. Is it possible for us to sacrifice ourselves for the betterment of the society? Do we really, willingly, honestly, sincerely want to make a difference in the society? Then there is a single solution...we should dedicate ourselves for the noble cause. Then we should not see where we are working. Then we should not bother whether we are going to get the next meal or not.

There is an organization called Abhaya Kshetram at Renigunta, near Tirupati run by a pious family. They started picking up children, youth and old people from the streets, giving them food and shelter and taking care of their health and education. What a wonderful work! The family might not be having a very good financial background but their hearts are filled with love and compassion towards the society and that makes them billionaires. For me the family of Dr. S. A. Thasleem Sultana is one of the richest families on the earth. Do you know who are rendering selfless service to their Home...their Sweet Home...? They are Barbers, Tailors, Rickshaw pullers and small vendors. What a great contribution! I feel they are the true pillars of the society. Being a human being and rich in every sense our contribution towards society is nothing, compared to all those who are simply drenched into simple acts and contributing whatever possible they can. If we find ourselves from that category then, yes, we can proclaim that, we have made a difference in the society...!

Sarve Bhavantu Sukhinah...!

Swamiji answers questions from the seekers.

Questions are welcome from everyone.

They can be e-mailed to nachiketananda@gmail.com

Best of the two worlds

It is not uncommon to find parents complain to their peers about their offspring. The aspects of disagreement could be a great many but reasons are few and the predominant one of them is imitation of the West. This trend of aping western culture blindly is one of the adverse side effects of Globalization and has sadly been equated to technological advancement. It should be kept in check from engulfing our own time tested, highly advanced and unfathomable heritage. Like Swami Vivekananda says, "What is meat for them may be poison for us".

Self-control, self-esteem, national pride and discretion are the vitamins that can help our country overcome this weakness. In order to develop these strengths we need to have a basic idea of what the riches of our heritage are. Many of us are so caught up in learning English and Science and Math from text books which portray Newton, Wright Brothers and Archimedes as the inventors of Technology underplaying the role of their Indus Valley precedents. Hence the parents and educators have to give a thought about this and educate the future generations on the achievements of India and instill national pride.

Each practice has its own social, financial, cultural and geographical reasons for coming into prevalence. When we borrow a trend without considering the above reasons and practice it for the sake of fashion, then it is nothing but foolishness. Every culture has its strengths and weaknesses. The wisest option is to pick up the positive elements of one and apply it to the indigenous tradition and enhance it than replace it. Late night partying, pubbing, discotheques, etc. were not as common as they are now. The Indian system permitted minimum diversions and maximum learning during the student life. It also expects discipline and demanded good amount of self-control from the learner which are important aspects that needed to be inculcated for conducting future life smoothly. There is no end to temptations and having taken a human life it becomes essential that we rise above anything less-than-human



behavior. In order not to fall prey to impulses and temptations, setting goals and sticking to a plan helps.

In Western society dating and dancing are more like an integral part of growing into an independent adult. Individuals, families and society endorse and accept this "trial and error" method. As a result the consequences are met with greater strength and maturity from all fronts. So we don't see them commit suicides at every small failure. In West it is not unusual to find people spend most of their lifetime in search of perfect partners, with great conviction. But the truth is-Perfect relationships are built not found. It is impossible to make a relationship work without love as well as understanding on both the sides. Whenever you are asking for your right, remember to give a privilege too.

On the positive side, Westerners by large are very good in organization, innovation, punctuality and courteousness, with excellent presentation skills. We can by all means use these elements to enrich the Indian culture and enhance our skill set. Like a swan we should try to pick up the milk and discard the water. We can select the gems from all over the world and embellish the rich silk fibre of our culture.

- Annapurna R.



The Eternal Journey



There is an inspiring Persian story titled "The conference of birds" which recounts the longing of a group of birds who desire to know the great Simorgh- a mysterious bird in Iranian mythology which is a symbol often found in Sufi literature. "Si morgh" also means "thirty birds" in Persian. A group of birds start their journey toward the land of Simorgh under the guidance of a leader bird. One by one, they fall out, each offering an excuse and unable to endure the journey.

The birds must cross seven valleys in order to find the Simorgh: Yearning, Love, Gnosis, Detachment, Unity of God, Bewilderment and finally Selflessness and oblivion in God. These represent the stations that a Sufi or any individual must pass through to realize the true nature of God. Eventually only thirty birds remain as they finally arrive in the land of the Simorgh - all they see there are one another and the reflection of the thirty birds in a lake - not the mythical Simorgh. It is the Sufi doctrine that God is not external or separate from the Universe, rather is the totality of existence. The thirty birds seeking the Simorgh realize that Simorgh is nothing more than their transcendent totality.

This story is very symbolic of human nature and the journey a soul undertakes. We all begin our journey the same way. We are born with a one way ticket. We have no idea how long it will take to reach our final destination. For some it is a short trip, leaving behind heartbreak and unbearable pain for the mothers who bore them. But for others the journey can be long, for some too long, for others not long enough. It depends on our celestial travel agent.

When we set out, we have no idea what detours will sidetrack us, or why we have even been chosen to be these travelers. We are also in inexplicable ways, pre-packaged. We appear with certain characteristics, defined personalities, traits, physical features and no one can explain who gave such gifts or curses to us. We have puzzled over the reasons for this journey ever since man began to think. We have soared to the moon, invented all gadgetry to make believe we are the pilots on this journey, but in the end we have no control over our mission.

Of course in Hindu mythology too we have invented our way stations. From childhood to pupil to the householder and then to the final preparation to de-plane from this life that has been granted to us. But these are our duties at each stage of our existence, they explain nothing as to why we are on this momentous journey. The journeys take on shapes and directions that we can't foresee. Very few learn from their journey.

Every religion has the promise of migration into a different world. In Christianity we travel on into heaven or hell. In Hinduism reincarnation is the return ticket, back to where we began, though maybe not in the same form. We begin the long journey all over again. Our journey can only end when we realize that we are not separate from the universe and this is possible only when we see our own reflection in the universe like the birds in the story.



- Subhadra K.



Universal Existence

When a kettle of water is coming to boil, if you watch the phenomenon, you find first one bubble rising, and then another and so on, until at last they all join, and a tremendous commotion takes place. This world is very similar. Each individual is like a bubble, and the nations resemble many bubbles. Gradually these nations are joining, and I am sure the day will come when separation will vanish and that oneness to which we are all going will become manifest. A time must come when every man will be intensely practical in the scientific world and in the spiritual, and then that Oneness will pervade the whole world. The whole of mankind would become Jivanmuktas-free while living. We are all struggling toward that one end through our jealousies and hatreds, through our love and cooperation. A tremendous stream is flowing toward the ocean, carrying us all along with it; and though like straws and scraps of paper we may at times float aimlessly about, in the long run we are sure to join the ocean of Life and Bliss. (2:187-88)

The whole universe is one existence. There cannot be anything else. Out of diversities we are all going towards this universal existence. Families into tribes, tribes into races, races into nations, nations into humanity-how many wills going to the One! It is all knowledge, all science - the realisation of this unity.

Unity is knowledge, diversity is ignorance. This knowledge is your birthright.

The soul in its own majesty is rising up every moment and declaring its own intrinsic Divinity.

From "Living At the Source" - Yoga teachings of Swami Vivekananda

How OLD are you?

How old are you? 15 years? 20? 30? 40? ..or 50? Without even guessing what your answer would be, I can say, you are Wrong! The options I have for you are answers you would not even believe.

Think of this in terms of pure Science. Your body is made up of atoms at the simplest level, which, for example, are Hydrogen and Oxygen. These two are the components of water, which makes up 70% of our physical body. Now, how old do you think these atoms are? As old as you? No way! These atoms are *millions* of years old, and have been changing form and shape as time passes, whether as water, food, air or parts of your body. So, in a way, more than 70% of your body is *millions* of years old!

Now, the second answer. How often do you breathe? Let's estimate every breathing cycle to be three seconds long. Every three seconds, old and waste particles from your body are thrown out through your breath and fresh, new air is inhaled. So the second answer is *three seconds!*

It may sound a bit too idealistic when you look at your solid, visible, tangible body in front of you in the mirror, but just pause for a moment and look *beyond*. What you see is not what really is. Beneath your skin, there are billions of tiny chemical reactions occurring every second that produce little sparks of energy to run your system. When you cut yourself, something miraculous takes place- self healing. When you eat, the potatoes and rice, pizza and soda, chocolates and ice creams miraculously become parts of your blood, brain, skin, muscle, hair and so much more! Have you ever seen a machine that could perform such a feat?

The skin replaces itself every month, the stomach lining every five days, the skeleton every three months and 98% of the atoms

in your body will be new in *one year's time*. It has been scientifically proven.

Look *beyond*. Close your eyes and feel the subtle, all pervasive, super-intelligent life force vibrating through your body. It is this *prana* or life force that is really YOU. It is what drives you through every passing day, makes you feel happy or sad, tells you if you are hungry or sleepy and is still working when you are lost in the busy schedule of your daily routine.

Your body is not like a piece of bread that goes stale in two days' time. In order to stay alive, your miraculous body lives on the wings of *change*.

Every burst of emotion triggers hundreds of millions of chemical reactions through your body that, gradually over time, become more permanent and visible. For example, have you ever observed how your face or ears turn red when you are angry? Or how light and energetic you feel after a good, hearty laugh? Some smiling people have eyes that always twinkle and laugh-lines around their mouths!

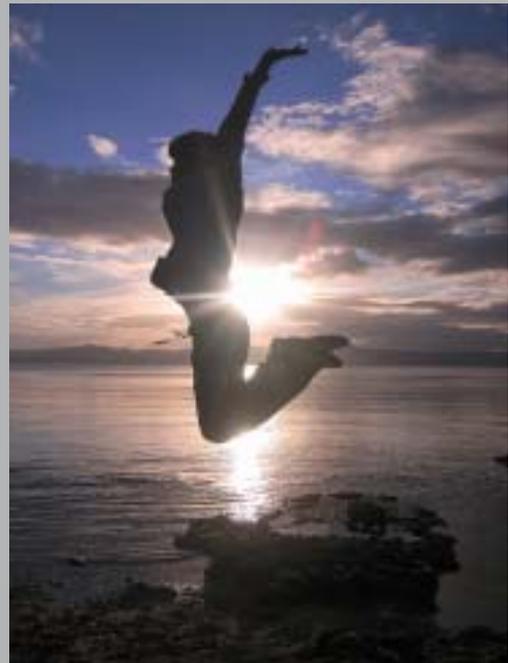
Do not be misled by the surface signals, there are *huge* processes going on in this never-tiring, obedient machine that is our home. We make ourselves anew every instant. Age is but a number to fill in forms and on ID cards. A 12 year old can feel 80 years old after a week of bed rest and a 60 year old can feel like a 6 year old after a walk on the beach, a bunch of balloons and a nice chocolate ice cream!

So, the real question is- How OLD do you *feel*?

Before you answer take in a deep breath, close your eyes, allow yourself to be awestruck by the billions of functions going on inside your body, and then breathe out. You are new again. Happy Birthday!!



- Avinash Agarwal



Spirituality
is neither a
privilege of
the poor nor
the luxury of
the rich. It
is a choice of
the wise
man.

- Swami Chinmayananda



The Vantage Point

During one of our summer sojourn we were staying at Thekkady right in the midst of river Periyar in the Palace Guest House. Indeed Thekkady could be the perfect get-away to the urbanite seeking escape from the stress and pressures of daily life. Viewing wildlife was top priority or indeed the only agenda, for I little realized that Thekkady could offer a lot more.

I woke up early that morning just as the sun was beginning to rise and looked out for signs of animals in the wild, in their natural environment. In the deafening silence of the forest, even the lightest sound, the crackle of leaves under the animals' feet could be heard. To experience the woods in total silence is magical. From my vantage point, the guest house balcony, I could see a herd of deer jumping around and their sudden stiffening made me sense there were more animals in sight. As my eyes adjusted to the dim environment, a grey shape that seemed to blend with the jungle slowly became visible through the clearing mists. As I peered to look at it, many more shapes emerged and suddenly I could gaze at a big herd of elephants. They slowly walked their way to the river front and one by one got into the river and seemed to enjoy the cool water. I watched in awe, the way they took their bath and the pranks of

the little baby elephant amused me to a great extent. After a long bath they emerged from the water looking spick and span, their bodies glistening with droplets of water that dripped down their bodies. I was thrilled to the core though not for long. The elephants pulled out huge chunks of mud with their trunks and poured over their bodies which were still wet. One after the other performed the same act and as I watched in astonishment their bodies were fully covered with red mud.

I tried to figure out their silly act. Indeed it was with a pang that I realized they acted according to their animal instincts. But what about us humans? Don't we do the same thing to our souls? We make attempts to purify our souls. We perform certain spiritual practices, visit temples, do japa, dhyana and what not? We are convinced and make ourselves believe that we have purified ourselves by doing such acts. To a certain extent it might be true. But the next moment finds us dumping garbage and dirt on our minds with our negative thoughts. Thoughts are so powerful that a single negative thought can drench your mind with all the impurities like the mud on the elephants' bodies. We should make sincere attempts to purify our thoughts. We can now explore our lives from a different vantage and discover our flaws.

This is not an attempt at armchair criticism or an offering of easy advice, neither is it an argument. Rather a well planned form of life that leads us to our goal is the sure key to success. Spiritualism gives us the best opportunities to have a glimpse into our SELF and with awareness we can try to reform ourselves. All it needs is the capacity to dream and a desire to turn the dream into reality.

- Subhadra K.





The Tame Bird Was In A Cage

THE tame bird was in a cage, the free bird was in the forest.
They met when the time came, it was a decree of fate.
The free bird cries, "O my love, let us fly to the wood."
The cage bird whispers, "Come hither, let us both live in the cage."
Says the free bird, "Among bars, where is there room to spread one's wings?"
"Alas," cries the caged bird, "I should not know where to sit perched in the sky."

The free bird cries, "My darling, sing the songs of the woodlands."
The cage bird sings, "Sit by my side, I'll teach you the speech of the learned."
The forest bird cries, "No, ah no! songs can never be taught."
The cage bird says, "Alas for me, I know not the songs of the woodlands."

There love is intense with longing, but they never can fly wing to wing.
Through the bars of the cage they look, and vain is their wish to know each other.
They flutter their wings in yearning, and sing, "Come closer, my love!"
The free bird cries, "It cannot be, I fear the closed doors of the cage."
The cage bird whispers, "Alas, my wings are powerless and dead."

"The tame bird was in a cage" is reprinted from *The Gardener*.
Rabindranath Tagore. New York: The Macmillan Company, 1913.

A Tribute to Rabindranath Tagore on his birthday, May 7th 2010

Blessed Lives

shaping them in the mould of others and not in their own.

As a part of my profession I visit various corporate houses which call me for some legal advice or the other, which had become almost part and parcel of my daily routine. During one such visit to an office I read a beautiful quotation hung on a wall which says "don't compare yourself with anyone in this world. If you do so, you are insulting yourself." I thought for a while if it is displayed for me alone or for everyone? The simple question has a profound meaning in itself. This evil called comparison has made us bankrupt of our thoughts. Once we start comparing ourselves with others, we forget for a while who we are. We all know that we all are beautifully different from other, despite this we commit the mistake. This is a malady whose root is not visible but its effect is seen and it disturbs us mentally. The root cause is our mindset.

The comparison is creating havoc in all walks of life. It is pathetic to know that we are almost playing our happiness into the hands of others. We purchase a latest model of cell phone and before that joy evaporates from our minds we see another cell phone in other's hand which appears sleeker and loaded with more modern features and that is enough to pull us down. We have almost every comfort to lead a happy and peaceful life but we grumble for want of other things possessed and enjoyed by others. The reason is simple- we are day by day increasing our needs and wants have become needs for us. There is nothing wrong if an owner of a two-wheeler aspires to own a four wheeler! But in the process losing peace of mind is meaningless. As a family head, providing all things required for a happy living is not wrong but not at the cost of losing private time which is normally deserved for our own people. Parents want to make their children successful and help them achieve higher goals in their lives. But they should think for a while - are they making their children imitate others or emulate others? In the name of making them successful they are

We have a house to live in, a good family to look after. We own almost everything required for a happy living yet we struggle to enjoy them. Evil of comparison had taken us to such a level that happiness seems to have exhausted from our hearts. In quest of winning over others materially we are losing our own peace of mind. The material objects are truly discovered for the enjoyment depending on one's own capacity of purchasing and affordability. Yes, today's media both print and electronic are commanding our choice of selection. We almost left the habit of making our decisions and are relying on other sources, conveniently forgetting the fact whether they serve our needs or not. It is horrifyingly true that our happiness is dictated by somebody else or source. To realize how blessed we are and our lives, look at the road side vendor or a rag picker who ekes out his living by selling day to day. He toils day and night to fill his belly and of his dependents. He has no time to compare his nature of work with others; he is more concerned about his survival and happiness. He knows what he does to live is temporary, he is unsure about his tomorrow yet he tries to make best use of it. He starts his day with a hope that he will get his mouthful. Every day he starts from scratch, this is the paradox of their lives.

Fortunately our lives are not that uncertain or not that pathetic that we need to struggle for our survival. Our basic needs are fulfilled without much difficulty, as we are fed by our parents or making our own bread with a decent job, sitting in a cabin well furnished. We struggle only for the betterment of our lifestyles. As we cleared the hurdle of belly filling, we are in search of satisfying our material needs. Is there any limit for achieving this? No, because our minds do not satisfy that easily and the evil of comparison comes into the picture at this crucial phase and robs the idea of making our own choice. Try to be a witness to ourselves and realize that we



act keeping what others have chosen and what others decided for their children's future in mind. With such a mindset we take decisions totally forgetting our own choice of making ourselves and our children happy. We ignore what our heart says and land in trouble. Thus, we get deprived of true happiness and joy when struck with the tempest called comparison.

The real happiness and joy come from the special capacity to enjoy small things in life around us. People who have this capacity are rarely bored and unhappy for long periods of time. A sad phase can quickly be diverted into spurts of happiness by seeing something as small as a line of ants busily transporting a piece of bread or a parrot outside the window preening herself feather by feather. An extension of this love and fascination for all things around and the happiness that comes from it, is seeing divinity in everything. Our vedic ancestors called it *Virat Bhakti*- seeing God in everything around us and therefore loving nature and revering it. It is love and happiness that can be cultivated. All that one has to do is to learn to observe the life around you, get interested in what you observe and without even being aware we begin to love these little things and beings, some of whom are true charmers. Ultimately we discover our true self. As it is said in Vedas we are children of immortal bliss. When the very purpose of life is bliss, we mistake happiness for bliss. The bliss is a state of mind that keeps us in the realm of joy always irrespective of conditions; whereas happiness always demands a reason to make us

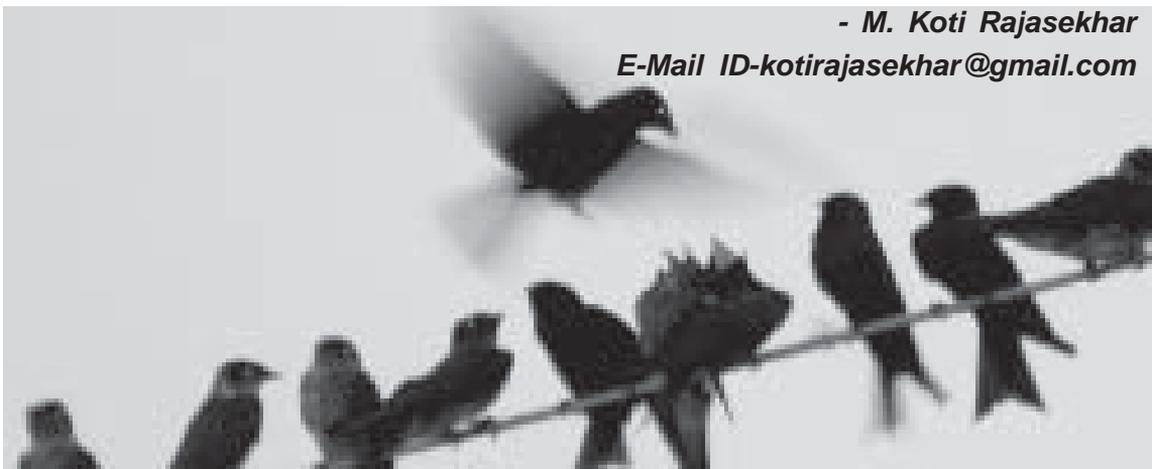
happy. We should decide whether to lead a blissful life or happy life. I suggest a few simple techniques to feel how blessed we are:

1. Try to be content with what we have
2. Strive hard for betterment but not at the cost of losing your peace of mind
3. Never compare with others
4. Always feel and realize that you are unique in this universe
5. Always feel you are leading a better life than most of the people around you
6. Ensure material comforts do not command you
7. Tune your mind to the fact that happiness is a state of mind not a material thing
8. Don't imitate but emulate
9. Always realize the secret of happiness lies in you alone.

We enjoy when we get heartfelt blessings from our parent or teacher and we realize the importance of it. Similarly when we understand that God, the all pervading has enriched our lives in the form of beautiful nature, five elements to live happily and peacefully in this universe, what else do we require but to explore the beauty of it day to day. It is said "Life can't give me joy and peace; it's up to me to will it. Life just gives me time and space; it is up to me to fill it". The will of God is to give us joy and peace through His creation and our Life gives us the rare opportunity of time and space to fill it with God and Gumption.

- M. Koti Rajasekhar

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Akshaya Tritiya

When we begin a new venture we look for auspicious muhurats and timings and 'Akshaya Tritiya' is one such auspicious occasion. It falls on the third day of the bright half of Vaishakh month, when the Sun and the Moon are in exaltation. Traditionally Akshaya Tritiya is the birthday of 'Lord Parashurama,' the sixth incarnation of Lord Vishnu.

The day also marks the beginning of 'Satya Yuga' or the Golden Age. According to the Puranas it was on the day of Akshaya Tritiya Sage Veda Vyas along with Lord Ganesha started writing the great epic Maha Bharata. Ganga Devi or Mother Ganges also descended to the earth on this day. Many luminaries were born on this auspicious day. In fact Nachiketa Tapovan inaugurated its official Head Quarters on Akshaya Tritiya on May 11th 2005 and since then its service activities have grown multifold benefiting a large section of needy people.

The word 'Akshaya' means imperishable or eternal, that which never diminishes. But unfortunately Commercialization and Consumerism has a far reaching effect on this festival. The most telling benefit out of this

day is reaped in the Gold business and all the gold retailers go all out to promote their products and "Make money while the Gold shines." They create a hype stating, jewellery bought on this day would bring the buyers good luck. Can a piece of jewellery change our lives for the better? If that is the truth, the Jewellers' families should have been the happiest people on earth. Does your wealth or gold really multiply? It is just a marketing campaign unleashed on the unsuspecting consumers. 'You make your own luck. No specific days can alter things for you.'

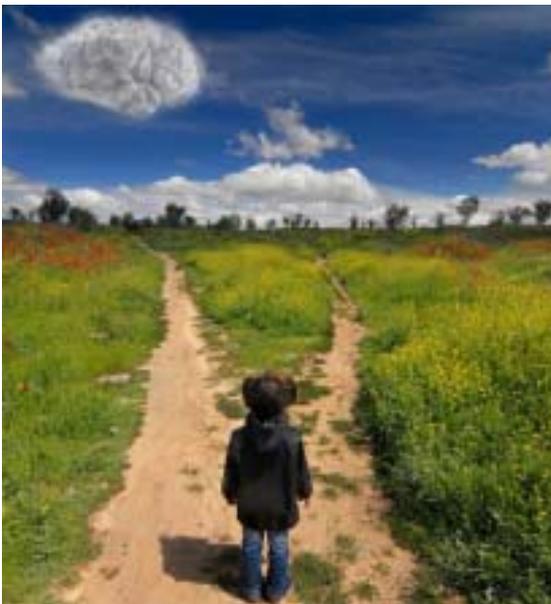
Commercialization has polluted the true religious meaning and traditional customs. In other words, festivals are no longer simple religious practices but are ways when manufacturers make their fortunes. In course of time, the true meaning of festivals will remain confined to the history books. Buying gold should not be the only objective. People should utilize the day for doing a lot of charity which would promote material richness in others' lives, making their lives Akshaya, simultaneously enhancing our own spiritual richness. Think over it and give it a try.

- Compiled by Subhadra K.

The Mind And The Heart Debate

The other day, my friend and I were discussing as to how mind and heart are two separate entities. My friend held the view that the heart does not say anything but it is we who condition it. I held a view contrary to that. Our discussion went on for hours and I assured my friend that one day she would definitely get to face a situation where she would be guided by her heart.

That discussion churned my mind. Is the heart a really pure entity, different from mind? Sometimes, we do not understand how we took a decision in a particular situation. We believe in a particular person, we completely believe in something. We proceed with immense conviction, not understanding the source of our strength. The answer that immediately comes to us is that we just did it. Was it our heart that was directing us to act in a particular way? How do we distinguish between the mind and the heart?



The heart is as pure as the soul. Just as the soul is unaffected by the injuries to the body, the heart is totally an alien to the judgment of the mind. So, how do we make a distinction? I feel the moment judgment enters in; it is the mind which is dominating. The moment one starts evaluating the pros and cons of a particular

thing; it is the mind that is playing the role of a master. So does that mean that we should never judge a thing or think about the positives and negatives of our acts? In other words, should we always follow our heart?

It is often advised that we follow our heart and if we do so, we are sure to win. But humanly, it is not possible to always do so.

Suppose X's father is ailing and he needs medical treatment, which X can afford only if he accepts a job which his heart does not permit him to take up. In this situation, it would be incumbent upon X to think with his mind and keep aside his heart for some time. But when one has an option to follow the heart or the mind, it is always advised that the call of the heart is attended. This is because the heart is pure and impartially expresses the real thing we are supposed to do. If my heart says I should undertake law as my field of study, I should definitely undertake it. If I do so, then there are minimal or rather zero chances that I regret later, provided I do justice with my choice.

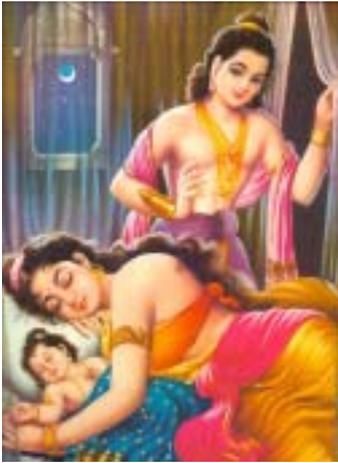
Therefore, let us follow our heart and conquer the world.

- Neetika G.



BUDDHAM SHARA

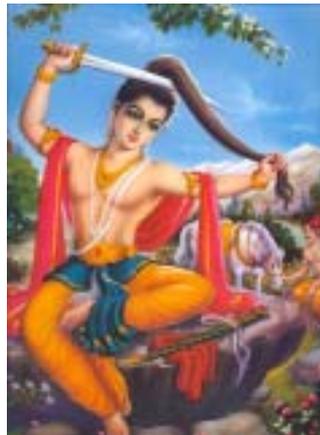
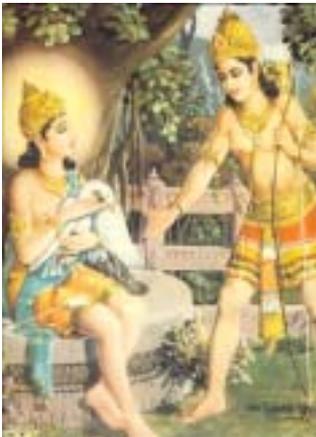
Buddha said about himself, "Buddha is the I, Gautama, have reached that state; you



Bereft of all motive power, he did not want to go to heaven, did not want money; he gave up his throne and everything else and went about begging his bread through the streets of India, preaching for the good of men and animals with a heart as wide as the ocean.



"... oh, if I had only one drop of the world ever saw."



Perfection does not come from belief or faith...Perfection comes

through the disinterested performance of action. He was the only man who was ever ready to give up his life for animals to stop a sacrifice. He once said to a king, "If the sacrifice of a lamb helps you to go to heaven, sacrificing a man will help you better; so sacrifice me." Buddha never bowed down to anything — neither Veda, nor caste, nor priest, nor custom. He fearlessly reasoned so far as reason could take him. Such a fearless search for truth and such love for every living thing the world has never seen. When kingdoms were at his feet, he was still the same man, maintaining, "I am a man amongst men."



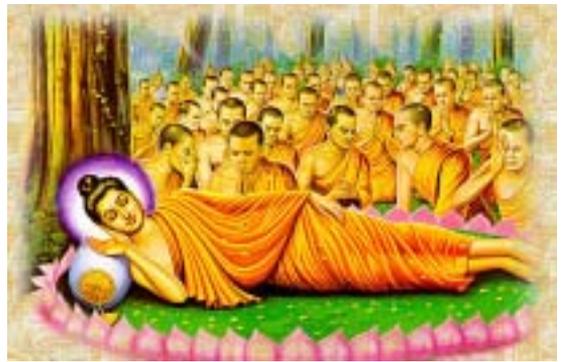
ANAM GACCHAMI

name of infinite knowledge, infinite as the sky; will all reach that too if you struggle for it."



at strength! The sanest philosopher
-Swami Vivekananda

Buddha the teacher of equality accepted the invitation of a poor Chanda, a despised outcaste to a meal of rice and pig's flesh; ate it quietly in spite of knowing that it would hurt Him just not to let him down. And on his death bed the first thing He said: "Go to that Chanda and tell him that he has been one of my greatest benefactors; for his meal, I am going to Nirvana."



...The dying Lord said: "And O, thou Ananda, I am passing away. Weep not for me. Think not for me. I am gone. Work out diligently your own salvation. Each one of you is just what I am. I am nothing but one of you. What I am today is what I made myself. Do you struggle and make yourselves what I am..."



These are the memorable words of Buddha: "Believe not because an old book is produced as an authority. Believe not because your father said [you should] believe the same. Believe not because other people like you believe it. **Test everything, try everything, and then believe it, and if you find it for the good of many, give it to all.**" And with these words, the Master passed away.

- **theme by Annapurna R.**

Adapted from

"Complete works of Swami Vivekananda"



Adi Shankaracharya

As the nation celebrates Sri Shankara Jayanthi on May 18th 2010, Nachiketa Tapovan pays a tribute to the great Indian philosopher, Sri Adi Shankaracharya who consolidated the doctrine of Advaita Vedanta. His teachings are based on the unity of the Soul and Brahman, in which Brahman is viewed as without attributes. He founded four mathas (monasteries) which helped in the historical development, revival and spread of Advaita Vedanta. He is believed to be the organizer of Dashanami monastic order. The four mathas are at Sringeri in Karnataka in the South, Dwaraka in Gujarat in the west, Puri in Orissa in the east and Jyothirmath (Joshimath) in Uttarakhand in the north. He put in charge of these mathas his four main disciples: Sureshwaracharya, Hastamalakacharya, Padmapadacharya and Totakacharya respectively. It is very interesting to note how some of them derived their names.

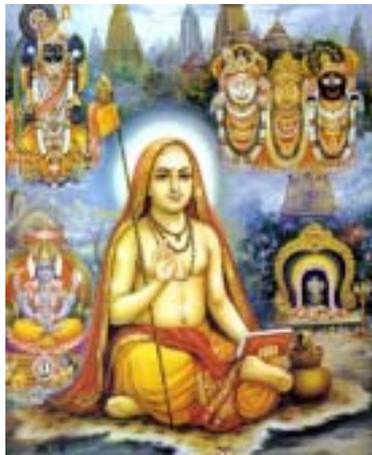
Sureshwaracharya: Sri Shankaracharya was redirected by Kumarila to Mandana Mishra, a great scholar. Shankara defeats him in a debate, makes him his disciple and names him Sureshwaracharya. He was made the head of Sringeri Peetham which is presently headed by Sri Bharathi Tirtha Swami.

Hastamalakacharya: He was extremely skilful in doing work as easily as holding an



Amla (gooseberry) in his hands. He never spoke a word to his parents but when he met Adi Shankara, he chanted

Hasta Malaka stotram, which in just a few verses talk about the sublime Advaita philosophy. His Guru put him in charge of the Kalika peeth in Dwaraka. The Dwaraka peeth is



the keeper of Sama Veda and related rituals. Swami Swaroopananda is the presiding head of Dwaraka peeth.

Padmapadacharya: Adi Shankara was once travelling and set up camp at a beautiful lake. Padmapada was on the opposite bank of the lake, when suddenly the Guru called him. He just ran across the

lake on the water to where his Guru was. It is said wherever Padmapada's feet touched the water, a Lotus sprang up to support him. And hence he got the name Padmapada. He was later given the charge of Govardhana peetham at Puri which was established by Sri Adi Shankaracharya. Swami Nischalananda Saraswathi is the present head of this math.

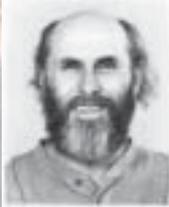
Totakacharya: He was the dullard. He was least interested in knowledge and spirituality. But he loved his Guru Adi Shankara and wanted to do everything he could for Him. One day all the disciples had gathered together to hear the Guru talk and as usual Totakacharya was washing clothes and doing other chores. Adi Shankara refused to talk without him being there, much to the chagrin of other disciples for they considered him as a dull-head. Suddenly they heard him coming, whistling and singing a song. The song expounded the knowledge in a deep and profound way, to the astonishment and marvel of the other disciples. The simple minded Totakacharya made his way to the Guru's feet and was eventually made the head of Jyothir math. Located near Badrinath in Uttarakhand this math is presently headed by Swami Swarupananda Saraswathi.

We pay our humble tribute to the great saint Sri Adi Shankara and His four disciples who spread Advaita far and wide.



- Compiled by Subhadra K.

Punya Bhoomi



Dr. David Frawley

American Teacher, Doctor, Author, Speaker, Historian

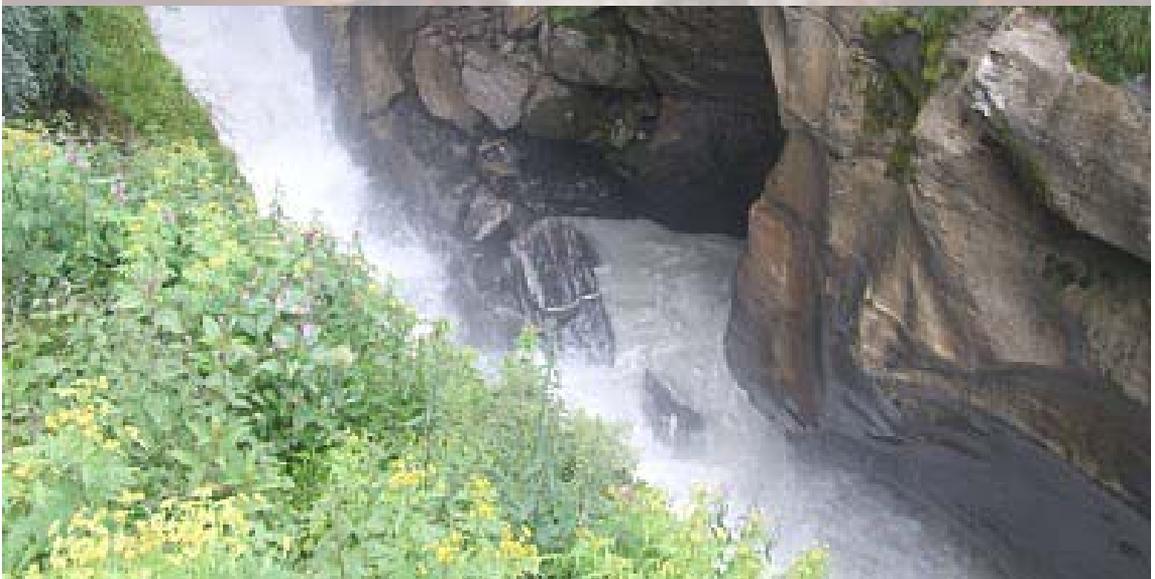
"India possesses a great indigenous civilisation dating back to 7000 BC, such as recent archaeological discoveries at Mehrgarh clearly reveal. It had the most extensive urban culture in the world in the third millennium BCE with the many cities of the Indus and Sarasvati river.

When the Sarasvati river of Vedic fame dried up in the second millennium BCE, the culture shifted east to the more certain rivers of the Gangetic plain, which became the dominant region of the subcontinent.

Gone is the old idea of the Aryan invasion and an outside basis for Indian culture. In its place is the continuity of a civilization and its literature going back to the earliest period of history.

Unfortunately, over the first fifty years since Independence, India has not discovered its real roots. Its intellectuals have mimicked Western trends in thought. They have forgotten their own profound modern sages like Swami Vivekananda and Sri Aurobindo who projected modern and futuristic views of the Indian tradition.

While westerners come to India seeking spiritual knowledge, Indian intellectuals look to the west with an adulation that is often blind, if not obsequious."





**He Who Came As Rama,
He Who Came As Krishna,
He Himself Has Now Come As Ramakrishna**

I offer my heartfelt prayers and express my gratefulness to the Lord for having placed me on the soils sanctified by the foot prints of Lord Rama.

Sage Valmiki states in his work Ramayana that Lord Ramachandra passed one night in the city of Vaisali on his way to Janakpura (Mithila) and enjoyed the hospitality of the then ruling king, Sumati. This historical city of Vaishali, the land of world's first democratic republic, is situated 30 kms from Muzaffarpur. The route to the city of Vaishali from the ashrama of Viswamitra known as "Charitra-vana" (the present Buxar) is described in Ramayana as, from Charitra-vana to the Sona river, a journey of 12 hours, then along the Sona's west bank northwards, a journey of 6 hours, to where Sona joins the Ganga, thence crossing Ganga to its north bank where lay Vaishali city. The landing place of Sri Rama on the north bank appears to have been Hajipur from where Rama had a glimpse of the towers of Vaishali, a beautiful, celestial capital of Vaishali rajas. This landing place of Rama is said to be the present Rama temple to the west of Hajipur. It is also believed that the Lord visited for 3 nights the Gajendra-moksha-tirtha in Visalaksetra, which is now marked by the Sonapur temple. Proceeding north from Vaishali, Rama, Lakshmana and Viswamitra came to Ahalyasrama (modern Ahisri) 24 miles south of Janakpur and saw Mithila city (the present Janakpur in Nepal).

The seeds of spiritual power sown by the foot prints of Lord Himself in this land of Vaishali are still yielding its fruits in the form of love for His holy name and holy life story.

"Our life-blood is spirituality. If it flows clear, if it flows strong and pure and vigorous,

everything is right; political, social, any other material defects, even the poverty of the land, will all be cured if that blood is pure" says Vivekananda.

These words of Swamiji uttered after travelling the length and breadth of the whole country, 100 years ago are applicable today and will hold good in all the days to come. The unlettered ones forget themselves in listening to Ram katha and reciting his holy name. His name is the "*taraka mantra*". Lord Shiva utters this mantra in the ears of the departed ones in Varanasi and gives final liberation to the departed souls. Thus, the name of the Lord is mightier than the Lord Himself.

The Lord, in his Avatara as Rama, showed the ways of following the values of human life. In the whole of Ramayana, Hanuman tells Sita on two occasions about Rama's avatara.

The sloka is as follows:

***Raksita svasya dharmasya,
svajanasya ca raksita
Raksita jiva lokasya,
dharmasya ca parantapa.***

"Sri Rama is the protector of svasya dharma (his own dharma). He is the protector of svajana (those who seek his refuge). He is the protector of jivaloka (every created being in the universe). He is the protector of Dharma."

In this sloka, the word 'svasya' refers to dharma as a kshatriya prince whereas at the end the word 'dharma' refers to the concept of dharma in the larger sense. The Lord has laid down the rules of good conduct for the world, by precept and example.

In her farewell blessing to her son, Kausalya says that Rama followed the way of Dharma,

not only with discipline but also with Preeti or love.

The role of Rama and Sita in the relation of husband and wife is an ideal role model to all men and women of the world. Sita says to Kausalya: "How can a veena produce music without strings or a chariot move without wheels? So a wife, even if she has a hundred sons, cannot attain happiness without a husband. A woman receives affection from a father, a brother, or a son, there is always a limit, but when the affection proceeds from her husband, it knows no limit."

While she was in the clutches of Ravana, as she used to sit for meditation with the image of Rama in her heart, she saw neither the flowering trees around her nor the Rakshasas in Lanka, for her mind and heart were fixed on her beloved lord and she saw him alone and nothing else.

About this limitless affection of her Lord she says to Hanuman, "Neither to his father nor to his mother, nor to any one else, is my Lord's affection shown in a measure either superior or equal to what he showers on me. It is the recollection of this unbounded affection of my dear Lord that sustains my life, in this dreadful ordeal and in the hope that some tidings of his will reach me."

The Lord's birth and as well his marriage with Sita are celebrated throughout the globe on Rama Navami day. Rama is our Self while Mother Sita is our intellect. It is with the help of our intellect we give up the non-essential ones and experience our true self.

The all-pervading supreme power assuming a human form is called the Avatar. By his mere look, wish or touch people are saved.

These memorable references about the establishment of dharma prove the loving title in which he is addressed – Ramo vighrahan Dharma.

This Maryadha purusha Rama has come again and lived on the earth in the year 1836.

"He who came as Rama, He who came as Krishna, He Himself has come now as Ramakrishna". These were the words of Bhagavan Sri Ramakrishna Himself.

Nistarini, wife of Shri Navagopal Ghosh, had the darshan of Lord Rama while she was doing her prayers. Nistarini bowed down and when she got up, she saw Sri Ramakrishna who asked her, "Do you know by now, who I am?"

A holy man of Ramavat community once visited Dakshineswar. His devotion to Lord Rama brought life to the image Rama. But the child Rama always remained with Sri Sri Thakur. After many days the sadhu decided to leave Dakshineswar leaving behind his child Ram with Sri Sri Thakur. Since then Ramlala had been with the Master Himself.

On another occasion a different sadhu visited Dakshineswar with a water pot and a book. He used to worship that book daily with flowers and one day the Master asked him to lend him the book. Inside the book he saw that the only thing written in it with red ink in big letters, was "Aum Rama". The visiting sadhu said: "What is the use of reading a large number of books? It is from the one divine Lord that the Vedas and Puranas have come out; He and His name are non-separate. Therefore, what is contained in the four Vedas, the eighteen puranas and all the other scriptures, is there in any one of His names. That is why His name is my only companion. Such was the Sadhu's faith in the name of God!

Once, a devotee of Lord Rama visited Dakshineswar. It happened after the Maha Samadhi of Sri Sri Thakur. The devotee got the information that his chosen God Ramachandra has again taken birth in another form and living in Kolkata. But when informed about Sri Sri Thakur's Maha Samadhi, he started weeping and crying. After a few days, Ramlal saw him full of happiness. Asked about the reason, he told that Sri Sri Thakur appeared and also fed him. He also showed the bowl given by Sri Sri Thakur to him.

May the invocation "Sri Rama Jayam-Victory to Sri Rama" be constantly on the lips of us all as the guiding star!

I pray to the Lord to make our hearts the permanent abode of Him in place of wasting our short life span trying to raise a temple with bricks.

- **Swami Nishthatmananda, Muzaffarpur**





Sanskrit - Lesson Three

qÉqÉ aÉWqÉç **AŞÉ** AĪxiÉ| mama gRuham atra asti.

My home is here.

qÉqÉ aÉWQ **MİŞÉ** AĪxiÉ? mama gRuham **ku**tra asti?

qÉqÉ aÉWqÉç **AŞÉ** AĪxiÉ| mama gRuham atra asti.

Where is my home? My home is here.

AqoÉÉ **iŞÉ** AĪxiÉ| ambA **tatra** asti.

Mother is there.

qÉqÉ AaÉÉÉ **AirŞÉ** AĪxiÉ| mama agrajaH **anya**tra asti.

My elder brother is elsewhere.

pÉaFuÉÉÉç **xÉuŞÉ** AĪxiÉ| uÉÉÉÉÉ xÉuÉŞÉ AĪxiÉ| bhagavAn **sarvatra** asti. vAyuH sarvatra asti.

God is everywhere. Air is everywhere.

oÉÉÉÉÉ **LMİŞÉ**, oÉÉÉÉÉMuÉ LMİŞÉ| bAlaH **ekatra**, bAlika ekatra.

Boy(s) at one place, Girl(s) at one place.

xÉÉ qÉqÉ AĪÉÉÉÉÉ| **iÉxrf** ÉÉÉÉÉ MāwhÉqÉÉÉÉÉ| saH mama anujaH. **tasya** nAma kRuShNamUrti.

He (that person) is my younger brother. His name is Krushnamurti.

Mİxrf ÉÉÉÉÉ MāwhÉqÉÉÉÉÉ? **kasya** nAma kRuShNamUrtiH?

iÉxrf ÉÉÉÉÉ MāwhÉqÉÉÉÉÉ| tasya nAma kRuShnamUrtiH.

Whose name is Krishnamurti? His name is Krushnamurti.

LwÉÉ qÉqÉ ÉqÉŞÉqÉç **LiÉxrf** ÉÉÉÉÉ UÉqÉxUÉÉqÉÉ| eShaH mama mitram. **etasya** nAma rAmasvAml.

This person is my friend. His (this person's) name is Ramaswamy.

LwÉÉ MuÉ? LiÉxrf ÉÉÉÉÉ İMüÉçç? eShaH kaH? etasya nAma kim?

LwÉÉ qÉqÉ pÉÉÉÉÉ? LiÉxrf ÉÉÉÉÉ A[pÉÉÉÉÉ] eShaH mama bhrAtA. etasya nAma abhinavaH.

Who is this person? What is his (this person's) name?

This person is my brother. (He could be elder or younger.) His name is Abhinav.

xÉÉ qÉqÉ qÉÉÉÉÉ| **iÉxrfÉÉ** ÉÉÉÉÉ eÉÉ»wÉÉ| sA mama mAtA. **tasyAH** nAma jAhnavi.

She (that person) is my mother. Her name is Jahnavi.

LwÉÉ qÉqÉ xÉZÉÉ| **LiÉxrfÉÉ** aÉWQ iÉŞÉ AĪxiÉ| eShaH mama sakhl. **etasyAH** gRuham tatra asti.

She (this person) is my (female) friend. Her house is there.

MİxrfÉÉ mÉĪkiÉMüqÉç LiÉÉÉç? **kasyAH** pustakam etat?

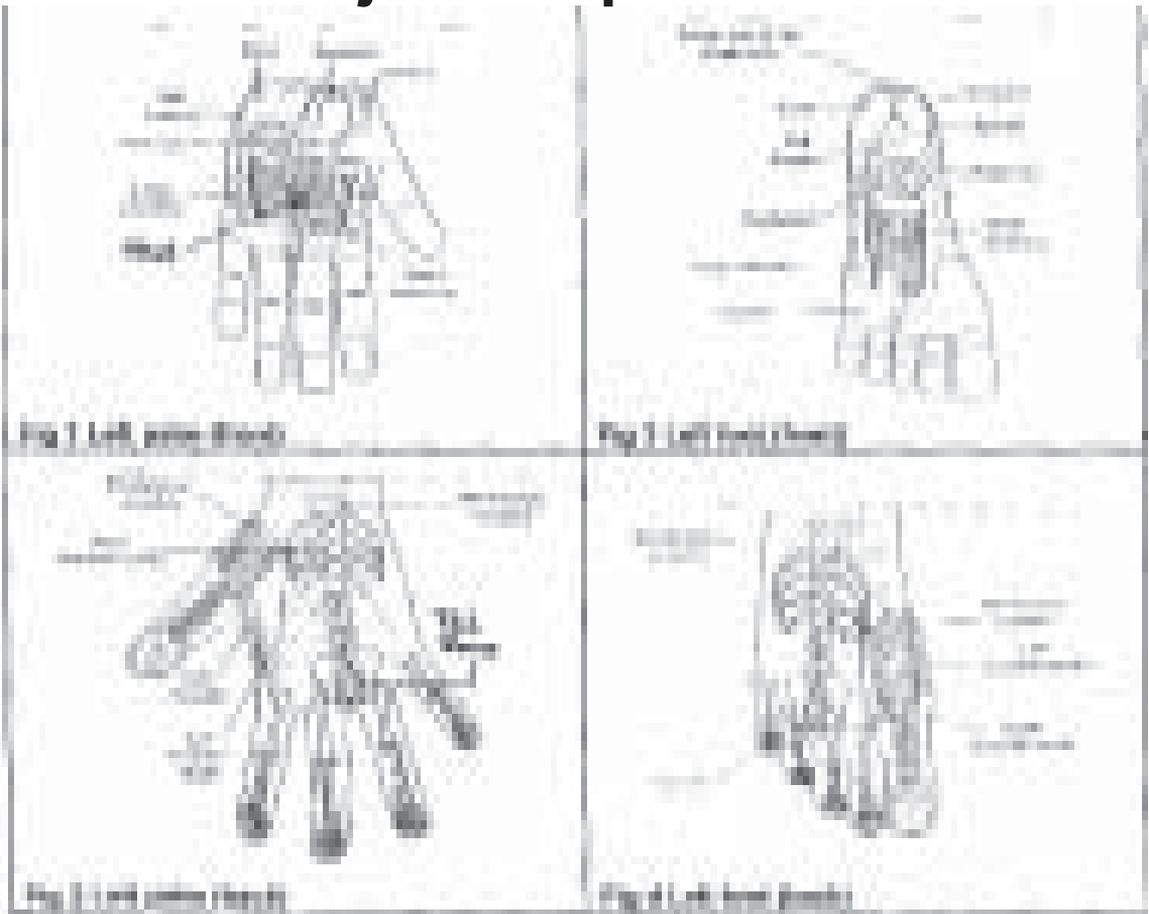
LiÉxrfÉÉ mÉĪkiÉMüQ İÉÉç etasyAH pustakaM tat.

Whose (female's) book is this? This person's book it is.

By Krupalu Ogeti, Secretary, Sanskrit Bharati, Hyderabad

okrupalu@sanskritam.net

Sujok Acupressure



As mentioned in earlier article, the palm and foot resembles the human body. It is clearly shown in the above figures left palm and foot, front and back with body organs or its correspondence (respective similar part in palm/feet)

For Treatment- When any part of the body is suffering due to pain, cut, blood clot, blister, burn etc.

Point 1- Search for the correspondence (similarity) in palm/ feet with the help of pen/ pencil. Rub it on the correspondence to warm up that area like a roller.

Point 2- When you feel pain in that area, next you take the rear or blunt part of pen/pencil to get the accurate exact painful point.

Point 3- After getting the exact painful point, apply seeds- green whole moong seed or fenugreek (methi) seed on that point, with the help of adhesive medical paper tape. You can give little pressure on the seed at your comfort level. Remove the seed after 6-7 hrs and throw it in the dustbin, not in the soil.

The above application can be done for any type of ailment (disease) on a very basic level. To get the best result try to search for the most accurate painful point.

- Mamta Agarwal
+91- 9390002218



Festive time

It saddens me that during festivals all over India, so much money is wasted on things which are meaningless and could be avoided. So many crackers are bursted, lights are illuminated, streets decorated, lakhs are spent in beautifying pandals. But is this required? Did God want us to spend money mindlessly? We do it all in God's name. Cannot we stop to think of the poor children who do not have two square meals a day, a proper dress to wear and a school to go to? It saddens me deeply. To pray to God, to celebrate with all our heart what is required is the participation of all in the joyous gathering and taking His name with a clear conscience. Wastage cannot please God. He cannot be appeased by the way money is laundered in His name. He would be more happy to see the children smiling and old people being cared for. Our Motherland is for all, joy should be experienced by all or else it has no meaning. I cannot be happy unless all are happy. We should try and try to make everybody happy. A little love and understanding can change the world.

- Sukanya Ghosh



Do's and Don'ts

After a meal

1. Eating fruits immediately after meals will result in a bloated stomach. Therefore take fruits 1-2 hours after a meal or one hour before a meal.
2. Loosening the belt after a meal will cause the intestine to be twisted and blocked.
3. Bathing immediately after a meal will cause an increase of blood flow to the hands, legs and body leading to a decrease in the amount of blood around the stomach. This will weaken the digestive system.
4. Immediate walking will stop the digestive system from absorbing the nutrition from the food we take in.
5. Sitting in Vajrasana after having a meal will help in proper digestion.
6. Drinking water one hour before a meal and 30 minutes after a meal improves your digestion.

Food should be taken like medicine and it is always better if we take six small meals instead of three square meals.

Spherical Earth – Who knew it first?



Who had discovered that Earth is a sphere?

Our books teach us that it was Kepler, Copernicus and Galileo. They all belong to 16th and 17th century AD. What was ancient India's Knowledge in this regard? Didn't they know that the earth was round? Yes, they did. Indians knew this fact for ages, even from ancient times.

Here are a few references to substantiate this fact...

The renowned Indian astronomer ARYABATTA (476AD) had said

"Bhugolah sarvato vrittah" the earth is round from all sides.

(Aryabattiyam, Golapada, 6th sloka)

He had also accurately calculated the diameter of the earth. **(Aryabattiyam, 1st chapter, 5th sloka)**

Another Indian astronomer **Varaha mihira** who belongs to (6th century AD)

In his text "Pancha siddantika" said " Pancha mahabutamayastrarangana panjare mahigolah."

The spherical Earth made up of Panchabutas (five elements) is hanging in the space studded by twinkling stars like an iron ball hanging in a cage.

Let us observe this *vedic* mantra of **Rigveda(1.33.8): chakranasah parinah prthivya.** It says "People who reside on the surface of the earth's circumference." There are many vedic verses; many of them proclaim the spherical shape of the earth.

Surya siddantha an ancient Indian astronomical text reveals that "**Madhye samantandasya bhugolo vyomni tisthati (12th ch-32 sloka)** "In the midst of Universe (Brahmaanda), the spherical earth stands firm in the space."

Bhaskaracharya(11th century AD), the famous **Mathematician**, in this book titled "**Leelavathi**", answers a question posed by the little girl Leelavathi,

"Whatever your eyes see is not the reality. Earth is not flat as you see it. It is a sphere. If you draw a very big circle and look at the one fourth of its circumference, you see it as a straight line. But in true sense it is a circle. Similarly earth is spherical in shape."

Aryabhattiyam the book written by **Aryabhatta** had been translated into Latin during 13th century. This book would have influenced the Western Astronomers.

Aryabhatta had even explained in this book the reason for eclipse

Chadayati sasi suryam sasinam mahati cha bhuchhaya (Aryabhattiyam, Gopalpada, sloka 37)

"When moon shadows the sun, solar eclipse occurs, when earth shadows the moon, lunar eclipse occurs."

He had also calculated accurate occurrences of the eclipses; Number of days earth takes to revolve around the sun (365 days 6 hours 12 minutes and 30 seconds) and the number of hours that earth takes to revolve around itself (23 hours 56 minutes 4.1 seconds).

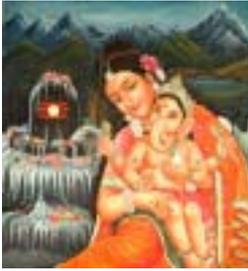
Even today in most of the Indian languages the term "Geography" means **BHUGOLA SASTRA**. The very word " BHUGOLA means SPHERICAL EARTH. This shows that ages ago Indians knew that earth was spherical in shape.

Then why do we teach our children in schools that western scientists had found this great discovery about the shape of the Earth?

From

Eternally Talented India - 108 facts

Salutations to you, O Mother!



Devi Parvati's motherly instinct made Her fight with Lord Shiva to restore Ganesha's head and to win Him the status of the Commander of Shiva's troops, the lord of success and the destroyer of evils and obstacles.



No amount of time can dampen the sublime feeling evoked by the mere mention of the word Yashoda. She has shown a new dimension of how motherly love can be a path to experience the ultimate reality.



Shakuntala one of earliest known single mother bears and nurtures her son in exile and presents her husband with strong and valiant Bharata who ruled the country happily everafter.

"I am always with you. I am the mother who feeds you, the sister who supports you, the daughter who charms you, and the nymph who enchants you...

...My essence is present in every woman. They, like me, are vessels of fertility, sources of love and life."

- *The Devi Mahatyam*

Kunti Mata, the proud mother of five sons of King Pandu, fought against all odds, showed great integrity in enduring life as his widow and yet emerged successful in moulding her sons to be the emblems of dharma.



Salutations to you, O Mother!

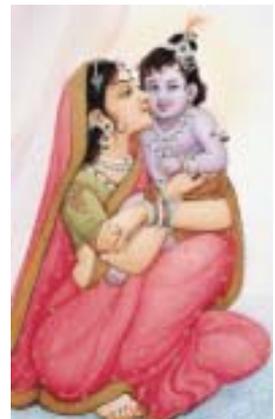
the biological strings to experience this divine endearment. Motherhood is not a status but it is a state of mind that surpasses the limitations of selfishness and elevates one to Godliness. It is not possible to grade and rank mothers since no meter can yet measure love. However we can revisit a few of the legendary epitomes of motherhood.



The modern day moms in no way fare less than their archetypes in playing their roles par excellence. Through the gales of changes that have been blowing on the society, the modern mother has emerged all honed and hardened to meet the needs of today's world. She has proved that she is capable of being a juggler in multitasking and Mozart in conducting the symphony of life. In addition to being a caregiver in all stages of her life, she has left no stone unturned, from cleaning and cooking to fashion and business to sports and politics. Kudos to the Indian Mother of 21st century for reviving the glory of Vedic woman!



Sita maiya has exhibited exemplary strength, composure, endurance and ultimate love for Sri Rama in bringing up the twins Luv and Kush after abandonment by Rama into the forests. She became an embodiment of Self respect by gently refusing to join Rama at the final juncture of their lives.



Kausalya the blessed mother who bore Sri Rama, maintained the dignity through the travails of life by being a loyal wife, supportive and unperturbed mother and gifted mankind with Maryada Purushottama. Yet another form of motherhood, painted with hue of pure sacrifice is seen in **Sumitra** who gladly lets Lakshmana accompany Rama to jungles.

Theme by Annapurna R.



SUMMER CAMP

CHARACTER DEVELOPMENT CAMP FOR CHILDREN

Children have unlimited energy and Nachiketa Tapovan endeavours to tap the source of this energy. The Non-Residential children camps are designed to achieve this objective.

Efforts are made to bridge the gap between the privileged and underprivileged children by making them participants of these camps and providing them the opportunity to establish a good rapport with all communities. Active participation of the children is ensured. Volunteers closely monitor the aptitude and skills of every individual participant. Punctuality and Discipline are emphasized.

Campers are exposed to Group work, Team building, Leadership and Communicative skills, Positive thinking, Decision making, Exam preparation, Goal setting, Time management and Memory skills. Special attractions are Meditation, Devotional Singing, Vedic (shloka) chanting, Creative workshops, and fun filled games. The programmes are conducted by experts in various fields.

Play forms one of the important elements of child's personality and development. Children are given the opportunity of expressing their various emotions through their motor skills. Swamiji is tactful in allowing them to bring these emotions to the surface and attempts to heal them, thereby giving them a positive approach in life.

One of the unseen results of NRCC(Summer Camp) is the extraordinary sense of unity and co-operation that it produces among the campers.

**Swami Vivekananda said,
"This world is the great
gymnasium where we
come to make ourselves
strong." So dear
children
make yourself strong
physically, mentally,
morally & spiritually
through...**



- ◆ Positive Thinking
- ◆ Self Confidence ◆ Creativity
- ◆ Decision Making
- ◆ Yogasana ◆ Pranayama
- ◆ Meditation
- ◆ Power of Prayer ◆ Values

Age Group:

12 to 15 years

Date:

2nd May to 9th May 2010

Time:

8.00 a.m. to 4.00 p.m.

Fee:

Your hearty involvement and personal commitment.

◆ Admissions: Only for new applicants.

◆ Limited entries only.

◆ Please arrange your own transportation.

◆ Kindly bring your lunch box.

Venue:

Nachiketa Tapovan

Plot No. 70, Phase-I, Kavuri Hills,
Jubilee Hills, Hyderabad - 500 033

Ph. No. 040-23113887

09849168937, 08008882828



***Krishna is an
ocean of love!***

*Arbuckle
Shales*

SPONSOR OPTIONS

Anna daanam maha daanam; vidya daanam mahattaram.

Annena kshanika trupthihi yaavajjeevanthu vidyaya.

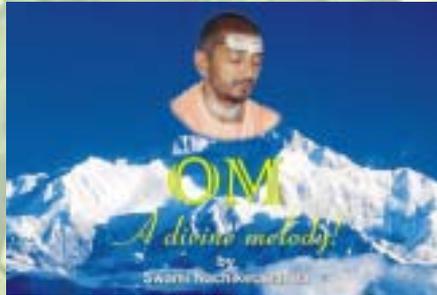
Vidya Mandir at Nachiketa Tapovan is currently able to accommodate a family of about 150 children who receive all-round nourishment from man-making education to milk-n-meals and basic health-aid in an atmosphere of genuine love. Kind-hearted Well wishers have been the unseen force behind this offering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

Vidya Daanam (Education)	Rs. 4500/year/child
Anna Daanam (Mid-day Meals)	Rs. 3500/day
Ksheera Daanam (Morning Milk)	Rs. 700/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!

PUBLICATION

*A set of 8 'Yogic CDs'
were released on
1st April 2007.*



*Cost of each
CD is Rs.35/-*

The CDs comprise instructions given on different yogic techniques based on an extensive research done by Swami Nachiketananda and assisted by other Swamis and volunteers. 'Om' - A divine melody is first of the series. All the CDs are available at the Nachiketa Tapovan premises at Kavuri Hills, and also in leading bookstores.

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.

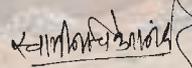
First we want to thank our supporters and well wishers for accomplishing our goals of constructing a Dhyana Mandir and Residential Campus at the Ashram. Your support was essential for meeting the substantial expenses of this Humanitarian work for which we are deeply grateful. At present our top priority 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

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"You have to grow from inside out. None can teach you, none can make you spiritual. There is no other teacher but your own Soul." - *Swami Vivekananda*

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, Guttlabegumpet, Serilingampally, Ranga Reddy District. A.P., with your full name, address and contact details.
- b) No article is returned.
- c) Your article should be reader friendly with a positive view point.
- d) No controversial or political issues are published.
- e) Word limit for an article varies from 250 (one column) to 1000 words (four columns).

Writers can contact the editorial team for further details.

- f) The styles of references should be as per the 'Documentation of Sources' given at the end of the *Merriam Webster's Collegiate Dictionary*.
- g) Editor reserves the right to accept/ reject articles and edit the selected articles.
- h) Unsolicited articles are not acknowledged.
- i) The Editor does not accept responsibility for the author's views.
- j) Articles received will be published in one of the forthcoming issues.



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

**A monk
should be
above
attachment
and
jealousy.**

- Ma Sarada

WITH BEST WISHES FROM
VASAVI PRINTS, HYDERABAD

*Pluck this little flower and take it, delay not !
I fear lest it droop and drop into the dust.*

*It may not find a place in thy garland,
but honour it with a touch of pain from thy hand and pluck it.
I fear lest the day end before I am aware, and the time of offering go by.*

*Though its colour be not deep and its smell be faint, use this
flower in thy service and pluck it while there is time.*



*Rabindranath Tagore
Gitanjali*

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What we think, we become.



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