



# *Nachiketanjali*

*...an offering*

*A Journey Into The Spiritual Realm!*

Vol:1

Issue: 3

November 2010

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*Dance is an expression of Divinity!*



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**Editor: Subhadra K.**



## EDITORIAL

Recently a friend of mine was describing the moonlight falling into her house through a void in the roof. That's real luxury, I thought to myself. Even to imagine the moonlight entering your house on a full moon day is a fantasy. I pondered over this which led to an inner quest.

Yes, we are fortunate enough to enjoy the moonlight if not from inside the house, from our terrace or the open courtyard. God has given us eyes to see and enjoy the beauty of His creation. But should we stop there? Don't we need to spread the joy and light to the less fortunate ones? A single lamp can light a thousand more lamps. Is it not true? Then how can we enlighten others lives?

There is a belief that in the beginning there was nothing but God in the universe. The need arose to create a world, but how could He when all the space in existence was filled with God? God needed to contract in order to allow a void within which the world could emerge. But when the Infinite contracted a great shattering occurred and fragments of the Divine scattered throughout the universe. These divine sparks are lodged everywhere, in both revealed and concealed places. The goal of human life is to help pick up these sparks and reunite them with the One that is their source.

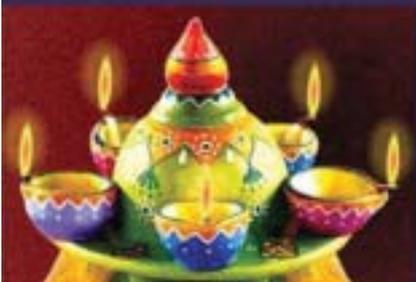
Let all the sparks that have fallen into the depths be raised, in order that they may serve the creator. The holy sparks are there lurking in the darkness, just waiting to be 'raised'. Let us ignite the spark of hope in them and may the world soon come to live in their light. Let us light a lamp in their lives this Diwali shattering the darkness engulfing them. A lamp will not burn long without oil. So let us look up to HIM to supply the oil through His grace. We can for sure trim the wicks and make the lamps shine bright.

HAPPY DIWALI

*-Subhadra K.*



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Dear friend,  
Om Namah Shivaya!



Think for a moment. There are many things in life which are not known to us. Even if we try to know sometimes something, due to lack of knowledge we are not able to perceive it- sometimes due to lack of interest and sometimes due to ignorance. But whatever might be the reason, we are not able to understand or perceive it totally. Probably that's when we say, "it is beyond our limitation."

But think for a moment. We are what we are. Many have said that the identity we carry in external world is not real identity and that we are souls. And soul doesn't have shape, size, color or gender. Soul is beyond human comprehension. Soul is beyond three qualities. Soul is as big as anything and as small as tiny atom. Soul cannot be seen but felt. They say this is our true identity. And that is beyond our limits due to ignorance.

But think for a moment. If we make an attempt to know, will it be possible for us to perceive that is beyond everything? Is it possible to make sincere efforts and try to understand the whole philosophy of soul? When it is said that our sense organs are not capable of experiencing soul then how to find out ourselves? Have we lost ourselves somewhere or we are there where we were, but not able to sense ourselves?



Think for a moment. If body, mind and intellect are the biggest hurdles in perceiving soul, then what is that within, through which we can break the boundaries and reach ourselves?

They say body, mind and intellect have limitations which we are not able to transcend and perceive the soul.

Think for a moment. Let there be nothing in that moment. Let there be silence within. Let there be happening in that moment. Then see, we will find out ourselves in that moment. We will be able to perceive ourselves in that moment. We will be able to see ourselves in that moment. We will be able to play our highest role in that moment. We will be able to encompass everything that we see and beyond. We will be able to see the Ganga of love and Ma Kali of compassion springing from there. We will be able to see that nothing is separate from us. We will be able to see expansion that is as big as anything and compression that is as small as atom.

Dear Sadhak, think for a moment. If we want to find out our true identity then let there be silence in that moment. If we want to live in that moment then let there be childlike innocence in that moment...let there be purity in that moment...let there be soul in that moment.

- Swami Nachiketananda

Think for a moment



# Tirtha Yatra

Tirtha Yatra is an important ritual of precious moments in Sadhaka's life. In Santana Dharma every ritual has a scientific and spiritual significance behind it. From the ancient times our sages, seers, kings and everyone used to go on Tirtha Yatra. Our sages have given us a beautiful and wonderful meaning to 'Tirtha Yatra'. "Tarati Anena eti Yatraha" means that which helps in crossing the ocean of Samsara (world) is called Tirtha Yatra. In this Tirtha Yatra man will be taken away from the physical world and be connected with spiritual world. When man completely gets immersed in spiritual world by forgetting all perishable things then man can experience the essence of Tirtha Yatra. Tirtha Yatra is a process of purification where the internal cleansing takes place. Wherever there is purity, Divinity is seen and experienced clearly. When all the vasanas of Jiva get exhausted then Shiva is experienced completely. Tirtha Yatra is a great event in one's life and should be performed according our sages guidance.





Recently we had the great opportunity to go on Tirtha Yatra to Gujarat with Pujya Swami Nachiketanandaji. A group of twenty three people accompanied Swamiji. All were very fortunate to have Swamiji's holy company. His marvelous presence was leading all the pilgrims to the higher plane of spirituality. All twenty three members enjoyed and derived the true happiness, every day and every movement. Swamiji's humbleness makes everyone very closer and dear to Him. He is always guiding every devotee and making them understand all actions not only ritualistically but also spiritually. From the day one everyone started feeling the spiritual bond among one another. More than physical and family relationship, the spiritual relationship is greater and purer. All the devotees consciously or unconsciously were going through purification process and started developing higher and spiritual relationship amongst them. This kind of miracle is only possible in the presence of a pure and great spiritual soul. All the devotees were not aware of how they passed all the ten days. Swamiji was spreading His fragrance of Divinity to all the Yatris, so that they can experience the true essence of Tirtha Yatra. Many of the devotees were completely connected to the Divinity. This is possible only in the Divine presence of Pujya Swamiji. Every Yatri was expressing his/her Divinity in many ways. A true seeker of spirituality can understand and experience the holy presence of any spiritual soul in jeevana Yatra or in Tirtha Yatra. When there is a true Guru in your life every moment of your life becomes Tirtha Yatra. So enjoy and cherish the memories of every Tirtha Yatra.

- *Swami Shivanandamayi*



*That which  
helps  
in crossing  
the ocean of  
Samsara  
(world)  
is called  
Tirtha Yatra!*





## *Sri Ramakrishna's Amrita Dhara*

### *The Direct disciples of Sri Ramakrishna*

Swami Vivekananda needs no introduction as every Indian is aware of His greatness as a Saint, Philosopher and Guide. He was passionate about his country and people and constantly strove to initiate the people of India to awaken from their slumber and free themselves from the shackles of British rule. He was the most famous of Sri Ramakrishna's 16 direct disciples.

Sri Ramakrishna had a vision before Narendra was born:

One day I found that my mind was soaring high in Samadhi along a luminous path. As it ascended I found on both sides of the way ideal forms of Gods and Goddesses. The mind then reached the outer limits of that region, where a luminous barrier separated the sphere of relative existence from that of the Absolute. Crossing that barrier the mind entered that transcendental realm, where no corporeal being was visible. But the next moment I saw seven venerable sages seated there in Samadhi. It occurred to me that these sages must have surpassed not only men but even the Gods in knowledge and holiness, in renunciation and love. Lost in admiration, I was reflecting on their greatness when I saw a portion of that undifferentiated luminous region condensed into the form of the divine child. The child came to one of the sages, clasped his neck with his lovely arms and addressing him in a sweet voice, tried to drag his mind down from the state of Samadhi. The magic touch roused the sage from his super conscious state, and he fixed his half open eyes upon the wonderful child. In great joy the strange child spoke to him: "I am going down. You too must go with me." The sage remained mute but his tender look expressed his assent. No sooner had I seen Narendra then I recognized him to be that sage.

Later Sri Ramakrishna disclosed the fact that the divine child was none other than himself.

Sri Ramakrishna once tested Narendra by ignoring him for a period of time. Finally after a month master asked Narendra, "Why do you come here, when I don't speak a single word to you?" "Do you think I come here just to have you speak to me?" Narendra answered "I love you. I want to see you. That's why I come." The Master was delighted "I was testing you", He told Narendra "to see if you had stopped coming when you did not get love and attention. Only a spiritual aspirant of your quality could put up with so much neglect and indifference. Any one else would have left me long ago."

Narendra once narrated how the master transmitted his power into him: "Two or three days before Sri Ramakrishna passing away, He called me to his side and looked steadily at me and went into samadhi. Then I felt that a subtle force like an electric shock was entering my body! In a little while I also lost outward consciousness and sat motionless. How long I stayed in that condition I did not remember. When consciousness returned I found Sri Ramakrishna shedding tears. On questioning Him, He answered me affectionately: "Today, giving you my all I have become a beggar. With this power you are to do much work for the good of the world before you return." I feel that the power is constantly directing me to this or that work. This body has not been made for remaining idle."

A couple of days before his passing away Sri Ramakrishna was suffering from great pain. Swami Vivekananda had a doubt whether he was God incarnate. "Well, now if you can declare that you are God, then only will I believe that you are really God himself." Immediately the Master looked up to Narendra and said clearly: "Oh my Naren, are you still not convinced? He who in the past was born as Rama and Krishna is now living in this very body as Ramakrishna-but not from the standpoint of your Vedanta (which posits that each soul is potentially divine) but actually so."

*-Compiled by Geetha K.*



# Spiritual Quest

*What is inner discipline and how to identify it?*

**Ans:** Dear Sadhak, 'Inner Discipline' means where soul guides. Inner discipline means where there is perfect harmony between mind, heart and intellect. Inner discipline means when we feel for others...when we work for others...when we eat for others...when we see for others...when we become the servant of the servant...when we simply live without expectations...when we do not have any enemy...when we are what we are...when we love others...when there is no 'I'...when 'All' emerges from the bottom of the heart...when divinity becomes the sole purpose of life...when life becomes journey...when journey becomes ultimate goal...Then we can experience inner discipline.

Inner discipline when reflects on our action, that action becomes spiritual action. Then we can see a wonderful world to live in. Then we can eat with thousands of mouths. Then we can work with thousands of hands.

We do dwell in two different worlds. To deal with these worlds we need inner discipline. External world demands physical strength and great mind stuff whereas internal world depends upon pure heart and calm mind. Inner personality reflects on our action that we perform every day. Hence it is necessary to have inner discipline. Inner discipline is that state when we feel oneness with the universe.

Swami Ranganathananda says, "Are you growing spiritually? Can you love others? Can you feel oneness with others? Have you peace within yourself and do you radiate it around you? That is called spiritual growth, which is stimulated by meditation inwardly and by work done in a spirit of service outwardly."

This shows real inner discipline. If we are able to inculcate any discipline from anywhere and able to make use of it, then the day is not far when we can experience inner integrity. Swami Ranganathananda was one of the finest souls India ever produced and presented to the world. His contribution to the world is unparalleled. This was possible for Him because He found Himself while serving this world unconditionally. For me this is the best example of a child like soul, who really enjoyed internal integrity.

Dear Sadhak, if you come across 'yourself' while struggling to live in this world, then you have found out what inner discipline is. Then for Mother India, time has ripened to produce once again, one more spiritual soul who will shoulder all the responsibilities without expectations. This is what we need today. This is what this world needs today.

- Swami Nachiketananda

*Inner Discipline  
means when  
we feel  
for  
others...  
when  
we work  
for  
others...*





# Beyond Fireworks

As India celebrates Diwali on November 5<sup>th</sup>, joy spreads all around. We will be lifting our heads towards the sky to witness the dazzling display of fireworks that marks the day. For us humans this can be a wonderful opportunity to reflect on our good fortune of being born on this holy soil - our *Punya bhoomi*. We pay very little attention to this gift given to us by God and also through the fruits of our own actions. If we pause for a while and take a peek into our lives we can look at the fireworks we have experienced at various stages in our lives.

Fireworks happen in our lives when we are newly married, when we hold our first child in our arms, when the little one smiles at you, when the child takes the first step, utters the first word, the first day at school, watching the child achieve small levels of successes, the list goes on. But hardly do we reflect on the possibility of enjoying the real fire works when we can have a vision of the Divine, when we can experience the bliss through our hard owned efforts, when we can taste the nectar of spirituality. We do not realize that the light from these fireworks can lit thousands of lamps and shed more light than millions and billions of fireworks put together.

A network of electricity may be necessary to give light for reading a book, but it takes just a valuable moment to experience the inner light. Just imagine our inner lives glowing with the light experienced through bliss, of the light engulfing our surroundings, spreading into the vast space, drowning you in the light of love and becoming one with the Supreme light! If the mere thought can give us immense joy then how about striving to experience the True Light?



How might we celebrate the Diwali accompanied by fireworks in our lives? Well we could spend a few minutes reflecting on all the people 'upstream' who have helped this life to happen. Let's see, we owe our gratitude to our parents who have given us this body, the *Pancha Mahabhutas* for making us survive in this world, our teachers for giving us wisdom and our Gurus for showing us what true knowledge really is. Lots of people... and let us realize how connected we are.



If we want to take a step further, let us realize how we can spread the light of fireworks into the lives of our fellow-beings. Wouldn't it be wonderful to see the fireworks in the face of an urchin when you thrust a packet of food into his outstretched hand? Small gifts of love through our good deeds can be sent upstream to allow everyone to enjoy the joys of fireworks. Instead of making the fireworks noisy, we can always create silent fireworks in the lives of the needy. Allow them to wonder how those shimmering bursts of blues, greens, reds and purples can enlighten their lives. Let us leave them mesmerized by the magic of the sparkling colours, all fireworks have to offer.

Let us also acknowledge the birth of our awareness. People everywhere can join us in celebrating the awareness that these fireworks can create and realize that they are gifts of God. Self-reflection and gratitude may not be as spectacular as fireworks. But they offer us human beings a better chance of transforming ourselves. And we need that now more than ever.

*Subhadra K.*





As I was following all the media coverage and sensitivity portrayed around the Ayodhya-Babri Masjid judgment, I started to ponder what it is about religion that we humans crave for and how and why it acts both as a dividing force as well as bonding agent. While the answers to those questions can be a bit more complicated, I tried to reflect within myself with the hope that once I understand myself, I can perhaps extrapolate it to many others like me.

I have heard the term 'God fearing' a lot and wonder if 'God' is someone we should fear. I think it may be related to the fact that most 'God fearing' people think God is the supreme lawmaker and actions that are wrong in 'His' eyes are bad and He has a way to punish us for those wrong actions. I am not entirely sure about 'Him' punishing us, but I think having this belief is good to instill some integrity and moral values. I think it is the 'unknowns' that I fear mostly and since I don't know what is in store for me (I know there are a lot of debates about how our destiny is in our hands, but I believe in some supreme power that has a hand in shaping my destiny), it turns out sometimes I fear Him too. All that said, when I read this below passage (from the Bible) on a friend's blog it reminded me of why I pray.



## Pray... Why do I do it?



*Jeremiah 29:11-14 For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you," declares the LORD, "and will bring you back from captivity.*

Like most other people when I am going through some turbulent times I tend to remember God and reach out for His helping hand a lot more. There are also times when I doubted him and wondered if I should even bother praying. But as I have grown in age and seen quite a bit of ups and downs in life, the latter is not happening as much or rather not happening at all. This is because I believe prayer gives me hope and strength to remain positive even in the most trying times.

I think what I seek in my prayers is peace and confidence and like to go to bed every night assured that there is God whose agenda is definitely to take care of me and give me the power and strength to live this life that he has given me.

It doesn't matter what religion one practices and who one refers to as 'God', just that strength and confidence one gets from this belief is enough to live this life. Each person pictures God in a form they are most familiar with and this familiarity is what gives them the comfort and confidence they need. Sometimes we tend to forget this and end up creating differences and boundaries amongst ourselves based on these different forms of God or different formats of prayers.

As we are now in the busy Indian festival season it is natural to be caught up in all the hustle and bustle of it. Instead let us try not to forget this essence of God and prayer as a source of hope and positive thinking. Let us take time to pause and understand the theme behind each festival, relevance to our day-to-day lives, true meaning and message behind these festivals and also try to teach our kids the true value of religion and prayer.

- Vasantha Gullapalli





# Yuvanjali



Men, men, these are wanted: everything else will be ready, but strong, vigorous, believing young men, sincere to the backbone are wanted. A hundred such and the world becomes revolutionized.

What we want is strength, so believe in yourselves. We have become weak, and that is why occultism and mysticism come to us- these creepy things; there may be great truths in them, but they have nearly destroyed us. Make your nerves strong. What we want is muscles of iron and nerves of steel. We have wept long enough. No more weeping, but stand on your feet and be men. It is a man making religion that we want. It is man-making theories that we want. It is man-making education all around that we want. And here is the test of truth - anything that makes you weak physically, intellectually, and spiritually, reject as poison; there is no life in it, it cannot be true. Truth is strengthening, must be enlightening, must be invigorating. These mysticisms, in spite of some grains of truth in them, are generally weakening...

Give up these mysticisms and be strong. Go back to your Upanishads - the shining, the strengthening, the bright philosophy - and part from all these mysterious things, all these weakening things. Take up this philosophy; the greatest truths are the simplest things in the world, simple as your existence. The truths of the Upanishads are before you. Take them up, live up to them, and the salvation of India will be at hand.



**Source: The Complete Works of Swami Vivekananda Vol.3**



## A New Earth

*When I close my eyes,  
I picture the first rays of dawn,  
A time when light breaks free,  
And triumphs over all hopelessness...*

*I see the clouds,  
Glowing with a yellow touch,  
And the golden sun peeping from behind*

*I see a jasmine- tender, white and soft,  
Begin to unfold within me,  
Like that of a baby's palm  
Opening to curl over a father's forefinger;*

*The jasmine opens up and looks around,  
Like a baby's eyes fill with love, at the  
sight of her mother;  
Like that of a baby's heart, resounding  
with the pulse of a new life;  
Unexplainable, isn't it?*

*Today, for once, I let go.  
I let the flower curl out, and allow myself  
to feel no fear.  
As sunshine beams on the heart of my  
flower,  
Slowly opening its white petals,  
Small droplets of dew perch fragilely at  
their tip,  
As if ready to fall with the sound of a  
single whisper...*



*As this flower opens up, its love seems to  
spread all through my being,  
It breaks free from all the bondages of my  
mortal body,  
And sets sail with the wind, catching the  
colors outside;*

*The Sun God seems to nod in approval, and  
flowers then bloom everywhere.  
White, tender, and so soft...*

*In every heart they bloom,  
In every pair of eyes they light up a sparkle,  
In every pair of lips they break into smiles  
of joy, and unconditional love.  
Unexplainable, isn't it?*

*The sky turns bright blue as this perfect day  
goes on,  
And then the ground starts turning green  
Brown sand breaks open like sprouting seeds,  
And roads are covered with carpets of green  
grass...*

*Barriers are broken, fences fall down, and  
walls start crumbling gradually,  
One after another, in perfect symphony,  
Just like a pianist turns the pages of his  
book,  
Without losing touch of the keys...*

*Cars stop moving; people drop their worries  
and stop their hustle, for  
Paradise has come*

*When the Wind sees this, it bows in  
reverence.  
It borrows the cold from the lakes and seas,  
and blows across the surface of the earth,  
Healing wounds,  
Bringing peace,  
Feeding the hungry,  
Blessing the newborn,  
Painting smiles here and there,  
Unexplainable, isn't it?*

*Trees grow, as does the grass,  
Lions roar, and deer run away,  
Waves break on rocks, playfully,  
But these are everyday affairs, isn't it?*

*The real miracle happens,  
When Man looks up,  
And sunlight touches his eyes, as if for the  
first time,*

*Sunlight touches the eyes of Man, who  
never saw,  
The blue of the sky in all that smoke,  
The shapes of the clouds from his tall  
buildings,  
Or heard the songs of the birds over his  
noise  
Today, he is born again;  
Unexplainable, isn't it?*

*Just like ants gather,  
After a hard days' work,  
To the shelter of their home tree,  
Men gather, women gather, children gather,  
All One in the yellow light, the blue wind,  
and green shade;*

*That, is my picture of a new Earth  
Explainable, isn't it?!*

**- Avinash Agarwal**



# Epitome of Motherhood



I was exasperated. Ten years of relentless work only for his sake and what do I get back from my son? "You are always scolding me." "You never let me do what I want to." But, I am saying all that I am, for his own betterment.

I was so wild that I said one night, "Sleep on your own. I have work downstairs." It was not a complete lie. I was putting the vessels out in the utility area. Suddenly, my husband and son came rushing down and showed me a mother cat that had brought its three kittens into our storeroom. The mother and her tiny kittens seemed so helpless that we decided to let them stay. I didn't know how big a decision it was, then.

The next day, when I went to the utility area, the mother cat meowed suspiciously. I registered an immediate oral objection. It was my house, you see. She then seemed to accept our movement around the utility area as a safe prospect, in no way a danger to the kittens.

The kittens suddenly became an integral part of the house. My husband would check on them every morning and night. My mother-in-law would open up the screen to the storeroom every morning explaining, "Some sunlight for the little ones" and close it at night. My son would go straight to the kittens every evening when back from school and then again when back from play. And I would stay at the door if they were playing; keep a watch now and then if they were sleeping; but always aware and conscious of them. I became a mother all over again.

But it was the mother that really fascinated me. Once the mother had found that the place was safe, she left her kittens in search for food. When she came back, she would call them and the kittens who were very quiet all this time would reply all at once. Then, they would have their milk and start playing.

Two of them would play together: hide-and-seek around the bucket of water or jump around and fight with each other. The third one was smaller but very curious. It would go around exploring and then come to fight with its mother's tail. Through all this, the mother would stay calm, licking them all through, feeding them, resting and even playing with them in-between. It was truly wonderful.

Then the day came. A male cat came around checking on the kittens. The male cat is known to eat up a kitten. The mother perked up her senses. The whole of the evening, the mother was with her children, not even moving out for her food. She was lying in a corner, with her paws over her three kittens. She looked like a tigress, a queen guarding her fort, Devi Maa protecting her devotees. I have never seen a sight more impressive. The power of a mother was all that I could see. But, being a lesser mother myself, I kept checking on the kittens. The mother was always there, hugging them to comfort and soothing them with her strength. There was absolute silence throughout the night.



The next morning, I rushed out to see if they were all fine after a disturbed night. They were sleeping in the corner and the mother had gone for her food. Then, I knew everything was fine and breathed freely.

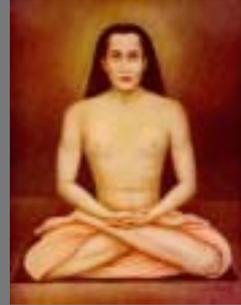
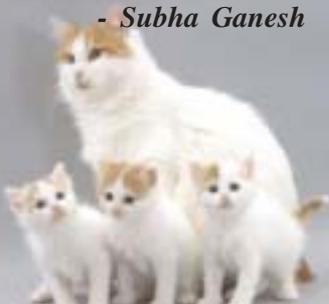
This was my night of reckoning. When a cat, an animal that has no sixth sense, no divine knowledge, that has no idea where or even if her next meal is going to come, treats her children with so much love and care, where do I stand? Will I, with all my degrees and gadgets and comforts, be able to be even half as good a mother as her, with all her uncertainties? I wonder. Do I give even half that kind of love, attention, guardianship to my child? The kittens felt so peaceful in their mother's bosom. Does my child feel that? Do I even take him to my bosom?

The mother was always available. The kittens only had to give one call for her to come running. But, she never interfered. If they fell, it was for them to get up, on their own. If they fought, it was for them to sort it out. But, she was always there, to protect them from the other dangers, like the cruel male or the meddlesome humans.

Is this what we call detachment in attachment? Or attachment in detachment? Is this what the Gita is teaching us? Are animals better followers of the Holy teaching than we are? Maybe the Gita was told to us so that we know when to let go. Or maybe it was never in our hold for us to let go.

I have tried to change myself since then. I have tried to control my anger and show lots of love towards my son. I am hoping to emulate the mother at least to some extent and someday be the epitome of motherhood as she was.

- Subha Ganesh



*“Your mind is a garden to you, which you may intelligently cultivate or which you may aimlessly allow to fallow. If no useful seeds are put into it, useless seeds or weeds fall therein, and produce their kind. You may make the garden of your mind a paradise by growing flowers and fruits of right and pure thoughts, conducive to the life of the truth, or a hell by allowing wrong and impure thoughts to grow more and more, a shortcut to perdition. You are yourself the master gardener of your soul. Don't imagine even for a moment, that any of your thoughts can be kept ineffectual. No, it cannot be. Thoughts crystallize into habit and solidify into circumstances. Good thoughts bear good fruits and bad thoughts bad fruits...”*

-Babaji



Human rights have emerged as an important branch of law in the recent times. There are international conventions which have been ratified by States of the world. Very often, we see reports of protests against human rights violations. So, what are human rights? Is it a concept with its foundations in our culture or is it a Western concept? This present piece, inter alia, explores these questions.

Human rights are regarded as the rights which are given to every human just by virtue of his being human. There are no other qualifications attached, other than the person being human. Human rights have been codified very recently, in the form of International Conventions, by the names International Covenant on Civil and Political Rights (ICCPR) and the International Covenant on Economic, Social and Cultural Rights. These are the basic Conventions and they, along with the Universal Declaration of Human Rights, 1948 constitute the International Bill of Rights. As for specific issues, there are specific treaties, for instance, the Convention on Elimination of all forms of Discrimination Against Women, 1979. India is a signatory to these Conventions and thus, they are a part of our domestic law. We have also made legislations like the Protection of Human Rights Act, 1993 for the purpose of safeguarding human rights of individuals.

Human rights as a concept are regarded to be Western. As per Sanatana Dharma there is no exact word for 'rights' in Sanskrit! What we refer to as 'hak' or 'hakku' in Hindi and Telugu respectively is of Arabic origin. To the sense that there was only individual dharma when performed smoothly and dutifully, that would take care of the society as a whole that there was never the need for asking one's 'rights'. Nevertheless, what has to be considered is whether this is applicable in the present day society also. What is so different in the present day society? Let us make a brief analysis.



## HUMAN RIGHTS AND INDIAN CULTURE

In the Vedic Age, we had a totally different kind of society. Emphasis was more on duties. We had our own social systems, be it in the form of caste or any other system. As time progressed, these social systems became more and more stratified and thus evolved social malpractices. One human began to consider himself superior than the other. This was followed by the phenomenon of imperialism in our country. It left its positive results in some ways and in others, left detestable marks. Some sections of society due to continuous exploitation became subjugated from the mainstream and there was a need felt for progressive measures. Thus, we became signatory to the Conventions which upheld the dignity of the human race. Internationally, the war torn world (post the World War II) felt the way in which treatment was meted out to the people, civilians mainly, during the war, mainly in Germany, to be inhumane and thus these treaties were framed by the United Nations.

It is definite that we need law to govern significant aspects of our life. This is because law brings with it uniformity, which harmonizes the variety that we have. We cannot expect the goodness of man to prevail in the present day circumstances where cut throat competition forces one to move ahead, even at the cost of others. What we can only hope is that man gives some importance to society and common good and at least does nothing that can harm others.

- Neetika Gogula  
IIIrd year B.A. L.L.B.



# *Life - A beautiful dream!*

Have you ever thought of this? Life is a dream, a beautiful one? When you awake in the middle of the night and look around and find yourself all alone, in a dark room, away from your home. How do you react to this? Think it is dream and get back to sleep or panic all around? It is quite obvious that you panic, but yes it is a dream. All you know now is life you lead is always better than reality. If not, how did the possibility of happenings change over time? How is it possible that a task was very much impossible to accomplish in the past and today it happens to be our achievement? Life is a dream that can make things happen.

Often people say that tasks very difficult to accomplish can happen only in one's dream. Then why not make life a DREAM. Live your dream than living life which doesn't give you the power to achieve great heights. Thank thee for giving you life that can be lived, that can let you achieve heights and live your dreams. There was a kid who often thought low of himself. He never knew what was hidden in him. Flying across the sky was a dream for him. He knew he was talented but never knew what his purpose in life was. One fine day a great man walked up to him and told him that he could fly across the world; and made him realize the purpose of his living. The kid was none other than Lord Hanuman and the great man was none other than the mighty Jambavan. Hanuman was just like one of us who never knew himself that he had the ability to grasp the world all in his hands. Likewise all of us have the power within to win the world. It can happen only in our dream though. So live your beautiful dream. Life is a dream that has to be dreamt.

Life is a beautiful dream. It is worth dreaming and living. All you have to do is explore within, in search of your life, your passion. The kid is you and the great person to make you realize the purpose of living is also you. So start dreaming and live the life which is meant just for you. Fly in the sky, win the world. Take pride, you are still and will always remain a child to the lord above and you have got to achieve all you wish to.

*Happy Dreaming!*

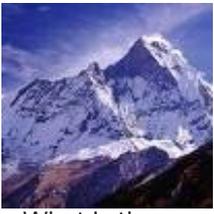
*- Ramya Manasa Kandala  
Student of B.A. Economics*



*Strength  
is  
life,  
weakness  
is  
death!*

*- Swami Vivekananda*





## *Eight steps to transformation*

What is the measure of one's spiritual progress? All we need to do is watch ourselves in the little interactions of everyday life. Are we Patient, Cheerful and Sensitive to the needs of those around us? Are we free from compelling likes and dislikes? Can we work harmoniously with others? If so, we are evolving, even if we never had a mystical vision or experience. But if not— well, we could have all the siddhis or occult powers in the world; it would add up to absolutely nothing.

Meditation is one sure path to transformation. Some have the notion that it means making your mind a blank. Some equate meditation to some kind of hypnosis. Some use the word *meditation* to mean introspection. A true master says that meditation is not any of these.

Eknath Easwaran, a spiritual master says it is a “systematic technique for taking hold of and concentrating to the utmost degree our latent mental power. It consists in training the mind, especially attention and the will, so that we can set forth from the surface level of consciousness and journey into the very depths”.

Not many of us analyze it that way. Many a time we wonder why when we have diligently done our meditation in the morning, we have lost it by the end of the day. We begin to think, “Of what use is this practice, when I feel good only a little while after and is not really indicating true transformation?” We are probably making the mistake of doing the practice in a vacuum. Easwaran points out that essentially the practice of meditation involves eight steps and sitting down to meditate is just one step among them. The remaining seven steps are used throughout the rest of the day to help us go deeper in our self-discovery. Though they may at first seem unrelated, they are closely linked. Given below are the eight steps that Easwaran has formulated.

**1. Meditate on an inspiration passage:** Everyday, regularly train the attention of the mind to turn inward and stay incessantly on a single focus (an inspirational passage from any religious

or spiritual background) until, after many years of daily practice, we become so absorbed in the object of our reflection that while we are meditating, we forget ourselves completely. In that moment, we have emptied ourselves and we are full of what we are concentrating on. The central principle of meditation being, we become what we meditate on.

**2. Repetition of a Mantram:** Silent repetition in the mind of a Holy Name or a sacred phrase from one of the world's great religions, practicing it whenever possible throughout the day or night. Whatever name we use, with the mantram we are calling up what is best and deepest in ourselves. The mantram has appeared in every major spiritual tradition, West and East, because it fills a deep, universal need in the human heart.

The mantram is most effective when repeated silently in the mind. Repeat the mantram whenever you get the chance: while walking, while waiting, while doing mechanical chores like washing dishes, and especially when you are falling asleep. Whenever you are angry or afraid, nervous or hurried or resentful, repeat the Holy Name until the agitation in your mind subsides.

**3. Slowing Down:** we must learn to slow down the pace of our lives. To do this it is a great help to start the day early; that is how you set the pace for the day. Have the meditation as early as possible. Allow enough time to get through every mundane activity like eating breakfast or going to work, without haste. At any time during the day when you catch yourself hurrying, repeat the mantram to slow down.

**4. One-pointedness (Ekaagrata):** Everything we do should be worthy of our full attention. Doing more than one thing at a time divides attention and fragments consciousness. When we read and eat at the same time, for example, part of our mind is on what we are



reading and part on what we are eating; we are not getting the most from either activity. Similarly, when talking with someone, give that person your full attention. These are not little things. Taken together they help to unify consciousness and deepen concentration. Thus, one-pointed attention is a powerful aid to meditation. Until it is trained, the mind will continue to go its own way, because it is the nature of an untrained mind to wander. Attention can be trained, and no skill in life is greater than the capacity to direct your attention at will.

**5. Training the senses:** Reducing conditioned likes and dislikes and enjoying what is beneficial. This plays a vital role in learning to live in freedom. Something as basic as learning to control the palate is a big step in learning to keep an even mind. When we talk about eating, it is not just through the mouth, it is all the senses. We have choices to make in what we eat, what books we read, what conversations we have and what kind of TV we watch!

**6. Putting others first:** The cell of our own 'separateness' is broken when we start considering the needs of others and showing our love towards them in different ways. A family environment offers a perfect setting and countless ways to reduce self-will. Many masters believe that spiritual life is best led in the midst of people. It is the daily interactions that help us smoothen the sharp edges of our ego.

**7. Satsang or Spiritual fellowship:** Nurture time with people whose companionship elevates you. It is especially helpful to spend time regularly with others who are basing their lives on the same spiritual values. When you are trying to change your life; you need the support of others with the same goal. If you have friends who are meditating you can get together regularly to share a meal, meditate, and perhaps read and discuss your spiritual reading. Share your times of entertainment too; relaxation is an important part of spiritual living.

One of the best forms of spiritual association is to work together for a selfless goal like relieving hunger or protecting the environment. Wherever people work, like this, without expecting any reward or recognition, their individual capacities are augmented and enhanced.

**8. Reading the Mystics:** Reading the scriptures or the writings of mystics can be a great source of inspiration on the path. There are many beautiful self-transforming stories from different spiritual heritages across the globe. These are meant to be read slowly and contemplatively, preferably before bed-time.

If we observe, all the above steps are linked with each other. For example, quieting your mind in morning meditation, for instance, will help your efforts to slow down at work, and slowing down at work will, in turn, improve your meditation. Hurry at work and your mind will race during meditation; skip meditation and you will find it difficult to be both slow and concentrated. Some of the steps generate spiritual power while others put it to wise use during the day. Practicing all eight creates a balanced approach to spiritual growth, yielding the greatest benefits.



Lastly, I would like to share a lovely passage (Prayer of St. Francis) that Eknath Easwaran suggests for the meditation practice.

*Lord, make me an instrument of thy peace.  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
Where there is sadness, joy.*

*O divine Master, grant that I may not so  
much seek*

*To be consoled as to console,  
To be understood as to understand,  
To be loved as to love;*

*For it is in giving that we receive;  
It is in pardoning that we are pardoned;  
It is in dying to self that we are born to  
eternal life.*

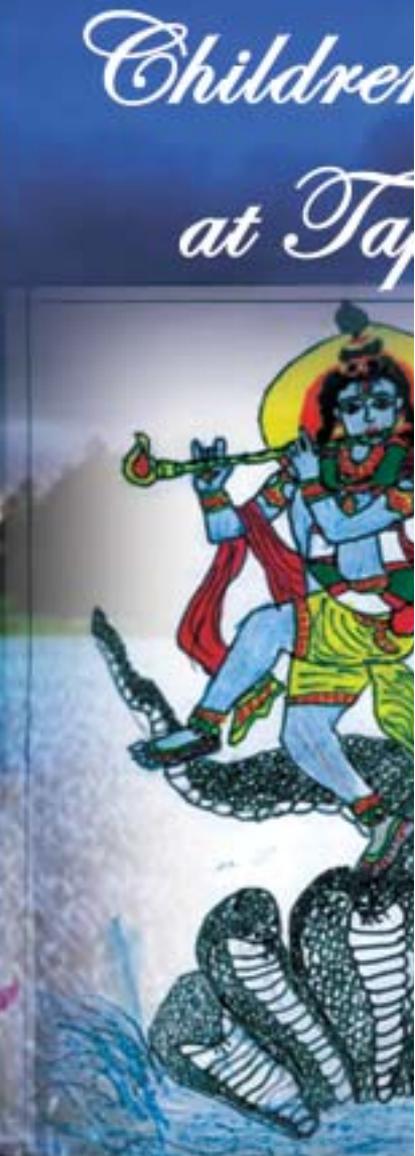
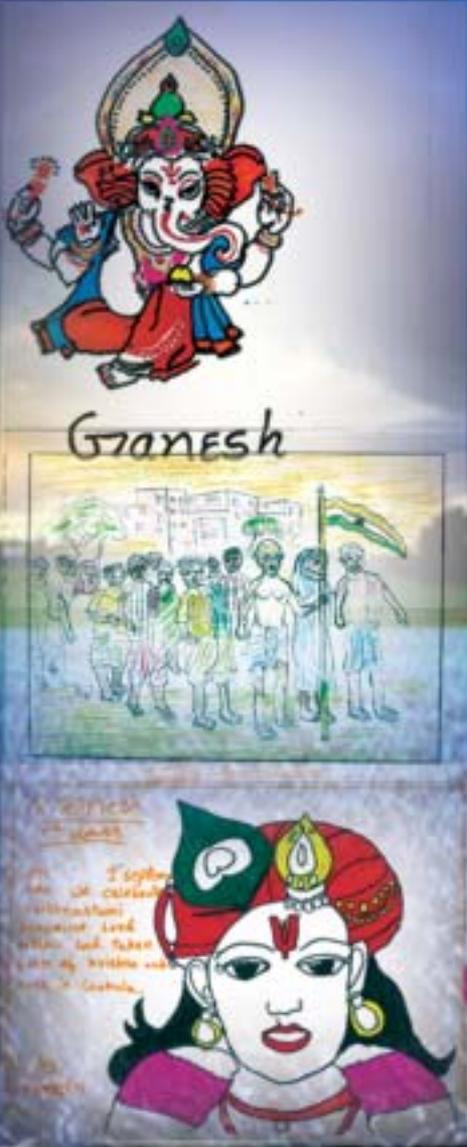
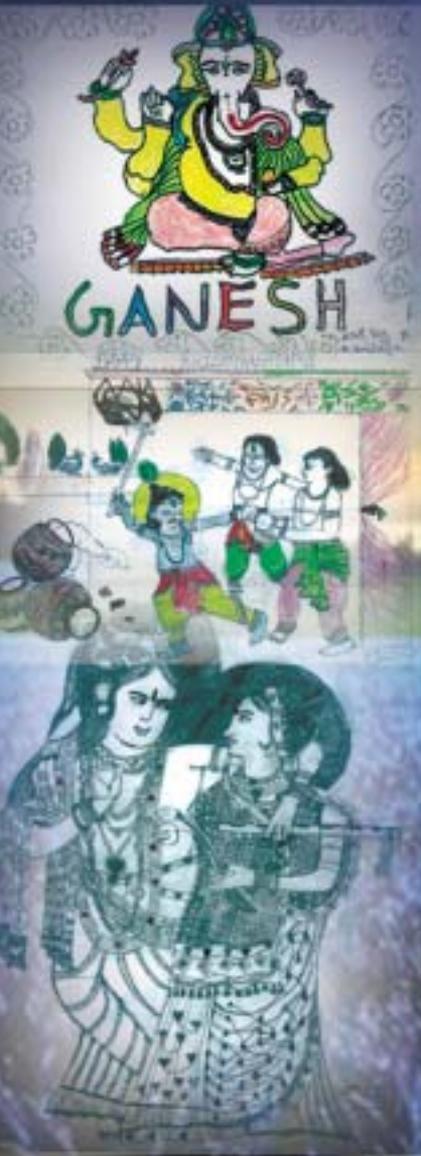


**- Harini Nandakuru**





Innocence, angel eyes, heavenly *smiles* are owned by children. Children are equated to God in many cultures because they are the purest forms of human beings. While the whole world celebrates childhood on the 20<sup>th</sup> November India celebrates Children's day on the 14<sup>th</sup> November as a tribute to our first Prime Minister Jawaharlal Nehru who was born on this day. It is a day to remember a leader who laid foundation to the



re-emergence of the nascent republic as a world power. Besides being a skilled statesman he was very fond of children and believed that they were little adults in making. The story also goes that he started to wear a rose on his jacket after a child pinned one on it. The children of Vidya Mandir at Nachiketa Tapovan offer a tribute with the roses of their works to Chacha Nehru!

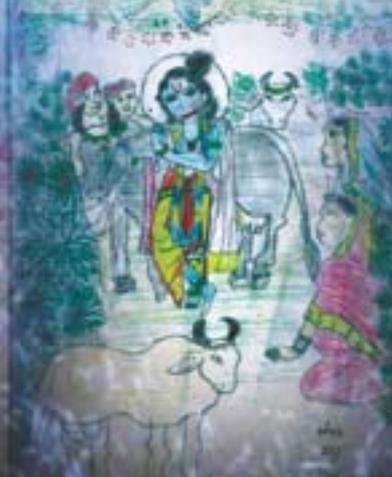
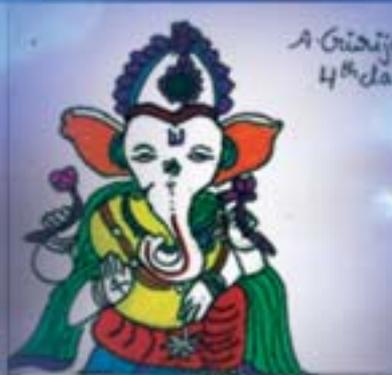


# Children's Day Nachiketa Tapovan

J. Ram Charan

V<sup>th</sup> class

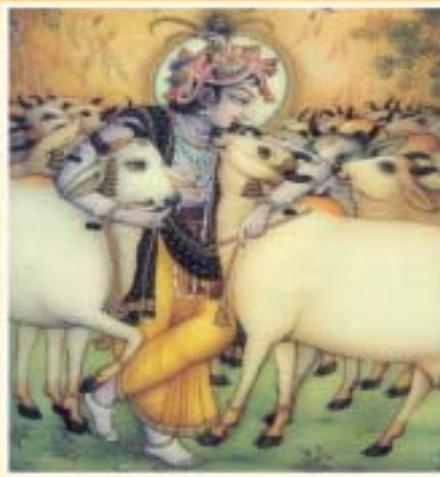
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# IN QUEST OF A NEW WORLD

What did we do during our childhood days? This is a straight yet complicated question I put to my age group of people (30-40 yrs). As most of us remember, after coming from school we used to throw our bags, have a grab of food and go out to play with friends till we got tired or until it was dark. We would come back to our homes get fresh and it was study time for one or two hours, have supper and go to bed, before we fell asleep we used to listen to some beautiful stories from our sisters or brothers or parents. During festivals and holidays it was a gala time for all of us, would plan regular outings to a nearby lake or a park or a movie in a nearby cinema along with all our friends or neighbors. During peak summer, we would stay indoors chitchatting, playing indoor games, trying to do some recreational works. Whenever relatives used to pay a visit, we would spend time with them, taking them to picnic spots, share experiences together, live merrily. There was a great feeling among us about our own family, our neighbors, and our relatives. We never used to part ourselves from others. We always felt we are all one. In times of hardships, though we could not understand how our parents managed running the family, only to realize the importance of neighbours and relatives who supported us during those troubled times after growing up. We have those fond memories still fresh in our memory lane. Now, the times have changed. Not exactly times but we should say our lifestyles. The time, which was utilized to build relations,



nurturing ideas of growth, learning various life skills from our elders seems to have gone into the deep realm of history and its return is uncertain. I should give you a live example of mine I have been to one of the relatives of late where people received me in a peculiar manner (at least it appeared to me). It was evening time every one was there but no was willing to spare their valuable time with me as they were engaged in a common activity called watching TV. Everyone was paying so much attention to the programme that was being aired on TV that they were oblivious to the surroundings at that time and would return to this world during commercial breaks and talked to me a word or two before the programme resumed. I have exaggerated a little bit and dramatized a bit to understand the present situation. Though it sounds ridiculous, it is only a tip of iceberg. Not only TV for that matter there are few other things around us that are dictating our lifestyles and our thinking. The instance of childhood days at the beginning was given with an intention to brush up memories of those days where we had our own time and would spend it according to our wish. Now, can you think of a world without a Television in a drawing or living room, it is impossible right? Further let me complicate the issue a little bit, think of a day without mobile phone, or a laptop, or a vehicle, voice chat over internet, without saying hello to your friends on facebook. I am sure, it is more daunting task than achieving targets set by





a reputable company to its new employee. Just press reverse button of your lifetime machine for a while and try to bring back the times of how our parents or teachers spent their time in offices and homes. My endeavour here is not to say that we are living wrong lifestyles but to introspect. Are we simplifying the life or simply flying the life in the name of comforts that silently enslaved us? Our perception has reached a level where it is difficult for us to imagine that we can live without all these comforts. In quest of happiness are we not surrendering our precious time to these trivial things? Let us try to create a new world where you will have everything referred above but under our control. There are people who have no time to say hello to their neighbor but keep on sending mails or SMS over mobile to people who are living on the other side of the globe. Let us think for a while how best we can manage our lives without these things. If a person who spends most of his evenings watching TV decides not to watch TV for one week, he may realize the importance of his family and how vital communication is between the various members of the family. He may find an option of spending most of the time with his parents and after dinner may play indoor games or he would have discussion on any topic, what was happening in the society in general, or how his father's day was at office. He may switch to radio to listen news (believe me radio does exist even today) or some melodies, in the process he may find more time for himself and his family. He may end up with a better relation with his own family. Similarly try to give a weekly holiday to your own vehicle, reach your office or college by public carriage like bus or train and understand how blessed you are than most people who cannot afford to own one and the hardships in reaching the office in time without much fuss. You may end up giving lift to the needy that had to reach office in time for an important presentation or a student appearing

exam and needless to say will bring down the environment pollution. I learnt some 15 years back that a European country had passed legislation for the welfare of its citizen's health. The legislation was about weekly holiday for one's own vehicle i.e. every citizen should commit himself not to bring his vehicle on the road once in a week. Experiment by switching off your mobile for one whole day and just switch on next day only to surprise yourself how many people around you called you up and be awestruck by their concern and care which would help build a better relation with them. Most importantly, realize that you reduced some pollution of your surroundings. Coming to the usage of laptop, declare a day off a each week to it and try to do office work with pen. You will be shocked to know how bad your writing had gone these days, the beautiful writing that fetched extra marks in your school and college exams and would encourage you to again attain the stage. In search of career success many of us finding it difficult to meet our well-wishers and friends personally, try to write a letter to your beloved (no mails or SMS) see the difference and get ready for appreciation. While experimenting you may find more things that proved hindrance to your happiness under the guise of providing comfort.

Keep them at bay weekly once. You will experience the change when these are done in good faith. Don't bother what others think of your status, always keep in mind you are doing for your well and better being. Be proud that you are attempting to do those simple, plain things that other people around have not even dared to think. The best part of it is, once you commit yourself, in no time you will be wondering as to why you refused to do this all these days of your life. Welcome to a new world where gadgets are used for our own comfort and not meant to consume our creativity. They are good servants but don't let them master us.

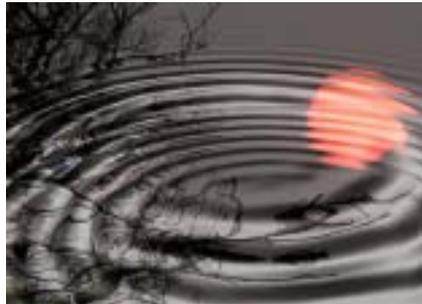
**- M. Koti Rajasekhar**  
*koti.rajsekhar@gmail.com*





# Just a thought

From the moment we are born, our body and mind go through this continuous process of gradual change or development. But is it the be all and end all of human life? Innumerable times have we questioned the very purpose of our existence but seldom did we find answers. One of the sensible answers we stumble upon is "Evolution", evolution of one-Self to reach perfection. On contrary to the physical and mental development this is not an inbuilt process. It needs tremendous amount of conscious effort in order to evolve spiritually. Means to achieve this may be many but one common and essential prerequisite is maintaining the quality of thoughts. Thoughts by their quality and quantity can make or break our endeavor of spiritual evolution. I compare thoughts to the demons that tried to hurdle Vishwamitra's yajna at Siddhasharama. And how it took Avatar Purush Sri Rama and Laxmana to destroy the demons and lead the yajna to culmination and establish peace in Siddhashram. Similarly it takes great valor, persistence, conviction, alertness and much more to achieve purer and fewer thoughts which leads to peace of mind to begin with.



For an untrained mind it is very hard to track the origin of thoughts but easy to perceive their prolific nature. We have all at one time or the other experienced the effect of a negative thought as well as the power a positive one. Recollect the story in which the mother goes to fetch water leaving her infant and the pet mongoose behind; on returning sees blood on the mongoose and hastily kills it thinking that it killed her child whereas actually the mongoose killed the snake that was about to bite the baby. Ghastly can be the effects of negative thoughts and we go through them day in and day out, living in today's

money driven society. Interestingly, unlike laws of magnetism, negative attracts negative and positive attracts positive in the realm of thoughts. Also, thoughts after a few repetitions get indelibly etched in that part of your mind that accompanies you beyond this life. Thoughts are transmitted into the surroundings and picked up by like minds. All these and more are enough reason to be on look out for negative thoughts.

As long as there is mind, thoughts cannot cease because they like Ravana's heads keep springing forth. However they can be cultivated. Bad ones can be replaced by good ones with conscious practice. Human tendency is to criticize others as pastime or to shift blame and feel better. This can be transformed into a constructive practice by reminiscing on the words of Holy Mother Sarada Devi- *"...If you want peace of mind, do not find fault with others. Rather see your own faults. No one is a stranger my child: this whole world is your own!"* By practicing this we don't just replace bad thoughts but also assess our own faults. Another

effective and commonly used approach is to chant mantra or God's name as and when negative thoughts spring in the mind. When a negative thought begins in mind, instead of participating in the gossip it invites you to choose to just witness it. This could be difficult but an effective way of cultivating thoughts. Each thought is like a pixel and many such in entirety make up what we are.

***"All that we are is the result of what we have thought. If a man speaks or acts with an evil thought, pain follows him. If a man speaks or acts with a pure thought, happiness follows him, like a shadow that never leaves him." - Buddha***

**- Annapurna R**





## Living with a Divine Soul

Sri Ramakrishna performed a Divine Leela with his devotees. When I read the Kathamritha (Gospel of Sri Ramakrishna) I had a strong desire that I should have been there as one of his devotees in His company. How lucky were those devotees who stayed with Sri Ramakrishna day and night floating with joy and drinking the nectar of his words!

By Sri Ramakrishna's grace my wish has been fulfilled in the company of Swami Nachiketananda. Many of us have taken this difficult and unknown path riddled with difficulties with him as our guide and in our own limited way tried to practise his teachings. He taught us simple approaches to sadhana and thus those who never experienced anything prior to this have gained some spiritual experiences.

He conducts annual yatras for us and they are a spiritual experience by itself. He prepares us prior to the yatra and gives us instructions from waking early, to going for a walk, doing pranayama, japa and generally preparing our body and mind to enable us to extract the full benefit of the spiritual journey. He also tells us not to overindulge in food and take a simple diet before and during the yatra. He himself fasts prior to and during the yatra for the benefit of our (yatris) health and well being.



When an ordinary tourist goes on a pilgrimage, his sole purpose is to seek darshan of the Deity. Whereas Swamiji ensures that we have not only physical darshan but also makes us look deep within ourselves and have the internal darshan. While visiting temples he tells us that simply performing archanas and abhishekams would not suffice but would instruct us to sit in the corner of the temple and perform manasopachara to the Deity. That is to visualise the Deity and perform padabhishekam, offer vastra, apply kumkum and offer flowers and naivedya and also visualise Him accepting all our offerings. This way we would derive the spiritual energy in the temple from the Deity. He also instructed us once we are away from the temple to visualise in our mind from the time we disembark from the bus till we reach the temple, do the pradakshina and see the Deity in the temple and offer pooja all in our mind once again. This would heighten our experience of visiting the Temples. This has enabled us who are eager to experience the Deity in his/her full form without just visiting the kshetras. He has never compelled any of us to follow him or his instructions but devotees who wanted to do all the religious rites and rituals were free to do so.

The presence of Pujya Swamiji charges us with His Divinity and takes us beyond being an ordinary tourist and makes us a real pilgrim. The very purpose of undertaking a Spiritual Yatra is fulfilled for us.

- Vasundhara P.





## *Save the WORLD ...It starts from here*

Saving the World begins right here, just like 'Charity begins at home'.

But the question is- WHY would I want to save the world? I'm very happy in my own little world, right? Wrong.

Life on the planet exists as a delicate balance of the 5 elements- Earth, Water, Air, Fire, and the Sky. So do our body and our surroundings.

- Observe the most vital element for life, without which we couldn't last more than a few minutes- **AIR**.
- The second most important element to maintain the balance of chemicals, liquids and temperature in our bodies- **WATER**.
- Next, the element giving warmth, safety and a way to eat healthy- **FIRE**. Some features of this element can also be found in the irreplaceable part of our modern lives called 'Electricity'. Think about it!
- Man only exists in harmony with other living organisms, whether he acknowledges the fact or not. Trees, flowers, grass, animals and birds all come together as parts of the biosphere and constitute the **EARTH** and the **ATMOSPHERE**.

When you start thinking and talking about it, there are a number of ways which open up:

- ◆ Recycling everything from the morning newspaper to old note books, aluminum cans, glass and clothes.
- ◆ Saving fuel and the environment by preferring public transport, walking short distances and using private vehicles judiciously.
- ◆ Making groups and communities to take up a common cause like saving animals, clean streets, planting trees, etc.

This is just a small list of ideas which awaits smart and innovative contributions from 'You'.

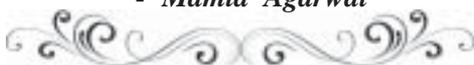
Once you stop thinking about your Family as your World, you begin to see that this whole World is your Family!

We are looking forward to your contributions, comments, thoughts and feedback! Mail us at [nachiketanjali1@gmail.com](mailto:nachiketanjali1@gmail.com). Remember, it starts right from here.

We are on a mission to Save the World. It's no small deal. Good luck!



- *Mamta Agarwal*



# Sanskrit in English

Sanskrit is called the mother of all languages. Sanskrit has contributed to the vocabulary of all languages in many ways. It has influenced the Greek and Latin immensely. Many western scholars had termed Sanskrit as the mother of Indo-European languages. Here's a basic compilation of some current English words and corresponding Sanskrit words that have possibly influenced their origin.

## Parts of Human body:

**Dant-** dental

**Nasa-** nose/nostril

**Atma-** auto

**Hasta-** hand

**Naka-** nails

**Chati-** chest

**Pada-** poda/ped(as tripod, pedal)

## Human Relations:

**Naam-** nym, name

**Pita-** pater/father

**Bhratru-** brother

**Mata-** mater/mother

**Mann-** man

**Swasar-** sister

## Numbers:

**Nava-** nine

**Tri-** three

**Chatur-** quarter

**Sapta-** Septi

**Pancha-** penta

**Dwa-** deo

**Dasa-** deca

**Ashta-** octa

## Miscellaneous:

**Nav-** new

**Sarpa-** serpent

**Yuva-** youth

**Maha-** mega

**Manas-** mental

**Kri-** create

**Kapala-** cap/capital

**Jana-** generate

**Gau-** cow

**Ga-** go

**Kal-** calculator(caluculare), calendar

**Dwar-** door

**Carya-** car, chariot

**Dham-** domicile

**Bandh-** band, bond, bind

**Antar-** inter

**Sakar-** sucra, sugar

**Vak-** vocal/vocabulary

**Pra-** pre/ preface/ preview

**Kon-** corner

**Lok-** look

**Pippali:** Pepper

**Gon.i:** Gunny (sack)

**Naranga :** Orange

**Palyanka:** Palanquin

**Sarkarâ:** Sugar

**Rutam:** Right

**Etad:** it

**Taru:** Tree

**Shash:** Six

**Uccher:** utter

**Madhyam:** Medium

**Madhya:** Mid

**Mukh:** Mouth

**Vaagvaikhary:** Vocabulary

**Phulla:** Full

**Vidhava:** Widow

**Avasoshanam:** Absorption

**Bahu:** Big

**Krura:** Cruel

**Mishra:** Mix

**Mantri:** Minister

**Divya:** Divine

**Kendra:** Centre

**Vahanam:** Vehicle

**Agni:** ignite

**Vaari:** Water

**Sam:** same

**Sarvopari:** Super

Many are words that resemble the words in Sanskrit;

Many are words that echo the words of Sanskrit; Many are the words that speak volumes about Sanskrit's glory.

This is just the tip of the iceberg. Readers are welcome to keep adding to this list showing the influence of Sanskrit on English as well as other languages and mail them to nachiketanjali1@gmail.com

*Adapted from: Eternally Talented India- 108 Facts*





## Sanskrit - Lesson Nine

As a result of the usage of  $\text{p\u0101\u014d\u0124}$ / $\text{p\u0101\u014d\u0124}$ , we need to learn only 2 forms of verbs (in place of 3 forms), namely,  $\text{A\u0124i}$  (for third and second person usages) and  $\text{A\u0124\u0124}$  (for first person usage). This helps us quite a lot to start with. As we progress, we can learn the third form too.

Look at the following examples in present tense. Notice the verb forms in Sanskrit and know their meanings.

$\text{a\u014d\u0124\u0124 a\u014d\u0124i}$ ,  $\text{A\u0124 a\u014d\u0124i}$  – *bAlaH gacCati, ahaM gacCAmi*

Boy goes (or Boy is going), I go (or I am going).

$\text{m\u0101\u0124\u0124 m\u0101\u0124i}$ ,  $\text{A\u0124 m\u0101\u0124i}$  – *putraH paThati, ahaM paThAmi*

Son reads (studies), I read.

$\text{m\u0101\u0124\u0124 m\u0101\u0124i}$ ,  $\text{A\u0124 m\u0101\u0124i}$  – *parNaM patati, ahaM patAmi*

Leaf falls. (As the first person sentence is quite easy to extrapolate, I am going to drop that meaning from now on).

$\text{a\u014d\u0124\u0124 a\u014d\u0124i}$ ,  $\text{A\u0124 a\u014d\u0124i}$  – *bAlika krlDati, ahaM krlDAmi*

Girl plays.

$\text{x\u0124\u0124 x\u0124i}$ ,  $\text{A\u0124 x\u0124i}$  – *saH vadati, ahaM vadAmi*

He says.

$\text{x\u0124\u0124 x\u0124i}$ ,  $\text{A\u0124 x\u0124i}$  – *sa pibati, ahaM pibAmi*

She drinks.

$\text{m\u0101\u0124\u0124 m\u0101\u0124i}$ ,  $\text{A\u0124 m\u0101\u0124i}$  – *kAlidAsaH likhati, ahaM likhAmi*

Kalidasa writes.

$\text{m\u0101\u0124\u0124 m\u0101\u0124i}$ ,  $\text{A\u0124 m\u0101\u0124i}$  – *karmakaraH nayati, ahaM nayAmi*

Servant (male) takes.

$\text{m\u0101\u0124\u0124 m\u0101\u0124i}$ ,  $\text{A\u0124 m\u0101\u0124i}$  – *patni paSyati, ahaM paSyAmi*

Wife sees.

$\text{v\u0101\u0124\u0124 v\u0101\u0124i}$ ,  $\text{A\u0124 v\u0101\u0124i}$  – *vaidyaH tatra bhavati, ahaM tatra bhavAmi*

Doctor would be there. I would be there.

$\text{v\u0101\u0124\u0124 v\u0101\u0124i}$ ,  $\text{A\u0124 v\u0101\u0124i}$  – *vaidyaH tatra asti, ahaM tatra asmi*

Doctor is there, I am there. Notice the subtle difference between  $\text{p\u0101\u014d\u0124}$  and  $\text{A\u0124i}$ .

$\text{m\u0101\u0124\u0124 m\u0101\u0124i}$ ,  $\text{A\u0124 m\u0101\u0124i}$  – *mitraM milati, ahaM milAmi*

Friend meets.



- *Krupalu Ogeti, Secretary, Sanskrit Bharati, Hyderabad.*  
*email:okrupalu@sanskritam.net*





## *Promises To Yourself*

Promise yourself...

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness, and prosperity to every person you meet.

To make all your friends feel that there is something in them.

To look at the sunny side of everything and make your optimism come true.

To think only the best, to work only for the best, and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear; and too happy to permit the presence of trouble.

To think well of yourself and to proclaim this fact to the world, not in loud words, but in great deeds.

To live in the faith that the whole world is on your side so long as you are true to the best that is in you.

*Published as "The Optimist Creed" almost a hundred years ago by Christian D. Larson, the words complement and provide inspiration to those reaching out for spiritual realms.*

## *Promises To Yourself*



# Kartika Maasam



“As *Sat-yuga* is the best of *yugas* (ages), as the *Vedas* are the best among scriptures, as *Ganga* is best of rivers, so *Kartik* is the best of months, the most dear to Lord Krishna.” (Skanda Purana). Kartika masam is the holiest month for Hindus as it is favorite month for Lord Shiva and Vishnu because during the month the Moon will be completely in Krithikas. In some places, Kartik month is dedicated to Lord Kartikeya, son of Lord Shiva. Kartik month in 2010 begins on November 7th and ends on December 5th as per the Hindu traditional calendars followed in Andhra Pradesh and Karnataka.

Performing any Sadhana or puja during Kartik maas ascertains immense and long lasting spiritual results to the devotee. During the month, water in the rivers, lakes and ponds gets a holy power to destroy ill effects; hence Kartik Snan (ritual bath in Kartik month) is one of the most popular Hindu rituals. Some of the other festivals of this month are Vishnu Puja, Kartik Somvar Vrat dedicated to Lord Shiva, Kartik Deeparadhana (lighting the lamps or diyas), Tulsi Puja, Nagula Chavithi, Amla Somavara Vrat, Vanabhojan (garden parties), Kartik Purana Parayana. Some practices which if observed during the month, benefit the devotee immensely are:

*Japa* – chanting the holy names of the Lord

Worship the Lord by offering ablutions, ghee lamps (*diyas*), flowers, incense, food, etc.

Practice *brahmacharya* (self-discipline)

Worship Tulasi plant by offering water and lamp

Light diyas or offer lamps every evening

Give charity

Perform austerities

“O Narada! I have personally seen that a person who happily reads the Bhagavad Gita in the month of Kartik does not return to the world of birth and death,” declares a Purana.



# Bestu Varas

The townsfolk of Vrindavan were mainly dependent on agriculture and therefore on rains for their livelihood. They were very grateful to Lord Indra for equitable distribution of rainfall, resulting in the thriving of flora and fauna of Vrindavan. At that time Lord Krishna illumined them with the teachings on Karma:

*Karmana jayate jantuh  
karmanaiv vileeyate /  
Sukham duhkham bhayam kshemam  
karmanaivabhipadyate||*

That is, all living beings are born according to their deeds and they die because of their deeds only. They experience happiness, sorrow, fear and blessings according to deeds only.

*Tasmat sampujayet karma  
svabhavasthah sva karmakrit /  
Anjasa yen vartet  
tadevasya hi daivatam ||*

Therefore it is desirable that man regards his duties as supreme in accordance to varna and ashram set by his earlier deeds. The deity to be worshipped by a man is the one through whom he is able to earn his livelihood comfortably.

Convinced by Krishna's arguments that it is because of the Govardhan that the ecology of Vrindavan is maintained and seeing with their eyes the gifts of Govardhan, in the form of fresh water from its fountains, vast grasslands, abundant fruits, grain and fodder grown in the orchards and fields around Govardhan, elders agreed to worship Govardhan and thus the tradition started.



Indra who felt humbled by this wanted to show his power over Krishna and brought about a cloud-burst which flooded the countryside for many days. People got terrified by Indra's wrath. But Krishna assured them that no harm would befall them. He lifted Mount Govardhan with his little finger and sheltered men and beasts from the rain. This gave him the epithet Govardhandhari. According to the Vedic scriptures Giri Govardhan is greater than even the transcendental kingdom of Vaikuntha, the eternal abode of Lord Vishnu. After this, Indra accepted the supremacy of Krishna.



The day after Deepawali, marks the beginning of the Gujarati New Year and is celebrated as *Varsha pratipada*, *Padwa*, *Bestu Varas*, *Annakoot* and *Govardhan Puja* when Mount Govardhan, near Mathura, is worshipped. Hindu Vikram Year 2067 begins on 6<sup>th</sup> November, 2010. In the temples

in Mathura and Nathadwara, the idols of the deities are given milk bath, are dressed in shining attires with lots of ornaments. Pious people keep awake the whole night and cook 56 (or 108) different types of food for the *bhog* (the offering of food) to Krishna. After the offering of prayers, sweets are raised in the form of a mountain (hence the name Annakoot) before the Deities as 'Bhog' and after that the devotees approach the mountain of food in order to take prasad from it. By obeying the commands of God and the Gunatit Sadhu, devotees receive a new, illuminative direction to live life contentedly and blissfully during the New Year. Therein they pray that through the whole year, they avail His sanctified 'prasad'.





## *Manava Seve - Madhava Seva*

*A 'Special Health Camp' was organised at Nachiketa Tapovan Ashram, Gairan Tanda, Kodgal Village, Jadcherla Mandal, Mahaboobnagar District on 19th Sep 2010. Dr. Ramesh - ENT, Dr. Rohini- Oncologist, Dr. Shiva Reddy- Radio Oncologist, Dr. Chendrayudu- Dermatologist, Dr. Kavita- Pediatrician, Dr. Sudhakar Reddy- Physician and Dr. Vijay Laxmi- Gynecologist who are highly qualified in their respective fields have rendered their free services to more than 700 needy patients. Free medicines were distributed to all the patients by Tapovan.*





*Dr. Kavitha*

*Dr. Sudhakar*



*Dr. Vijayalaxmi*

*Dr. Chendrayudu*



*Dr. Shiva*

*Dr. Ramesh*



*Dr. Rohini*



Selfless souls serving society!



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Annena kshanika trupthihi yaavajjeevanthu vidyaya.*

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- 2. Madhapur** – Nachiketa Tapovan, # 70, Phase I, Kavuri Hills, Madhapur, Hyderabad  
Balakendram – Thu only – 2.00pm to 3.00pm  
Saptahikam – Thu only – 3.00pm to 4:30pm  
Saptahikam – Sat & Sun – 10am to 12noon & 1.00pm to 3.00pm (Gita Sikshana)
- 3. Yousufguda** – Vivekananda Kendra, Near Sarathi Studios  
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- 4. AS Rao Nagar** – Tentatively at Sri VS Raju's House, Near Poulomi Hospital  
Saptahikam – Thu only – 6:30am to 8:30am

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## 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 1<sup>st</sup> Phase of construction. With the grace of the Almighty we have been moving forward towards the completion of some of these projects.

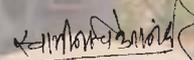
First we want to thank our supporters and well wishers for accomplishing our goals of constructing a Dhyana Mandir and Residential Campus at the Ashram. Your support was essential for meeting the substantial expenses of this Humanitarian work for which we are deeply grateful. At present our top priority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

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Yours in the service of Motherland



Swami Nachiketananda



# *Invitation*

*Nachiketa Tapovan is celebrating*

## **Diwali**

**4th Nov 2010**

**Time: 10.00 am**

## **Children's Day**

**12th Nov 2010**

**Time: 2.00 pm**



**Venue:**

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*Wish You A Happy Diwali*

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