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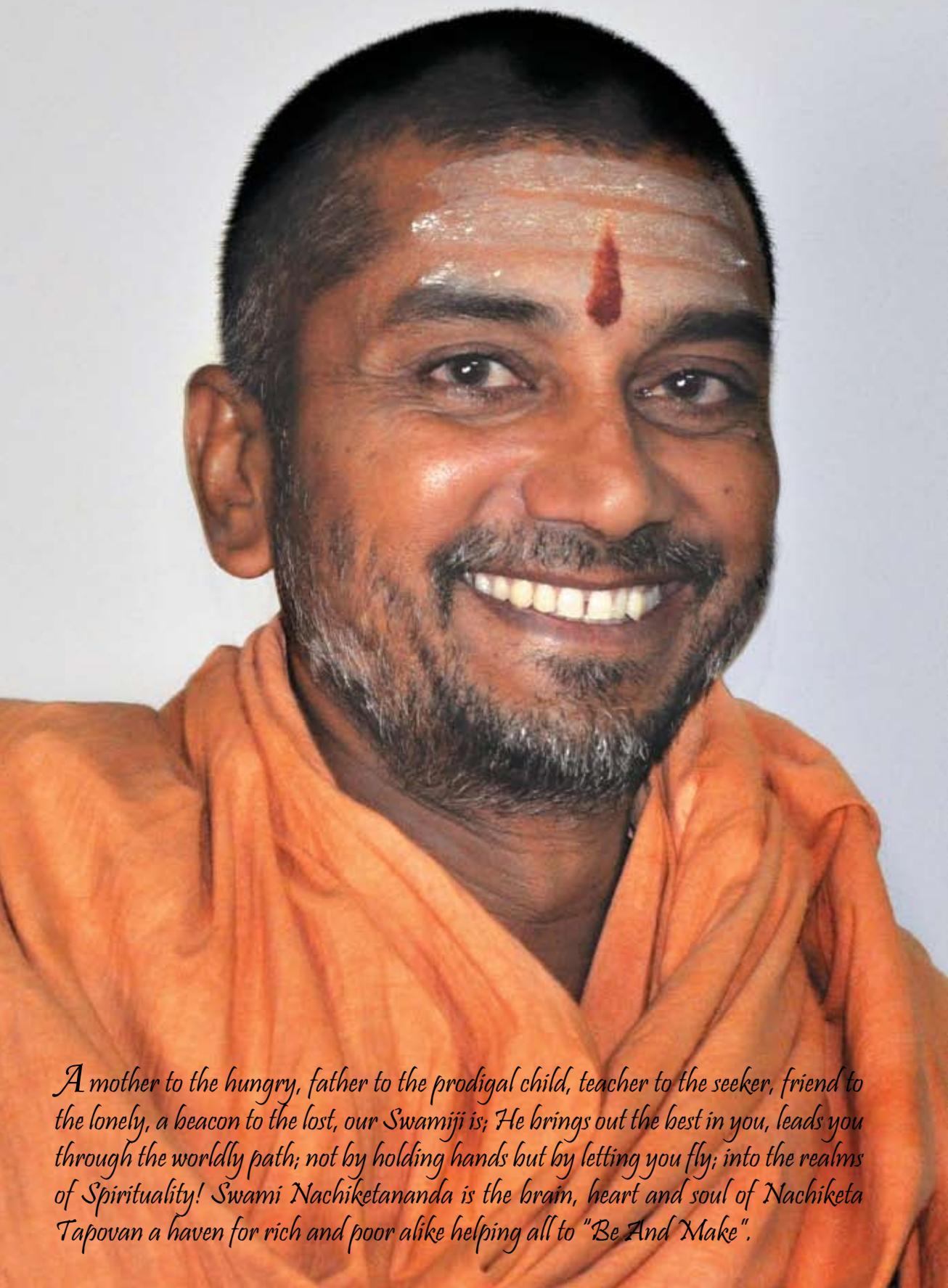
...an offering

A Journey Into The Spiritual Realm!

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July: 2011



A mother to the hungry, father to the prodigal child, teacher to the seeker, friend to the lonely, a beacon to the lost, our Swamiji is; He brings out the best in you, leads you through the worldly path; not by holding hands but by letting you fly; into the realms of Spirituality! Swami Nachiketananda is the brain, heart and soul of Nachiketa Tapovan a haven for rich and poor alike helping all to "Be And Make".

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Editor: Subhadra K.

SADHANA

Editorial

Every journey has to end at some destination. The goal is more important than the actual course of the journey. Selecting the shortest and easiest path is definitely our choice. The most wonderful journey in this world is of course the 'Spiritual Journey'- a journey into the Self, the path to Moksha, the Sadhana path. This is the ultimate path which ensures happiness even while undertaking the journey.

Bhakti, Japa, Yoga and Jnana are all the different vehicles that can carry us to our destination. All these sadhanas are filled with devotion and instill in us a strong urge to reach our destination early. Along with our sincere efforts we need Divine grace to travel on this path. Grace is a word pregnant with meaning. Every one wants it but most of us cannot define it though we intuitively know what it means. Whatever is in our past, whatever we have done, keeps throwing up in our face and we need to know that God was standing at the window and watching us. He has seen all our lives. But still He wants us to know that He loves us and that we are forgiven as long as we repent for our bad actions.

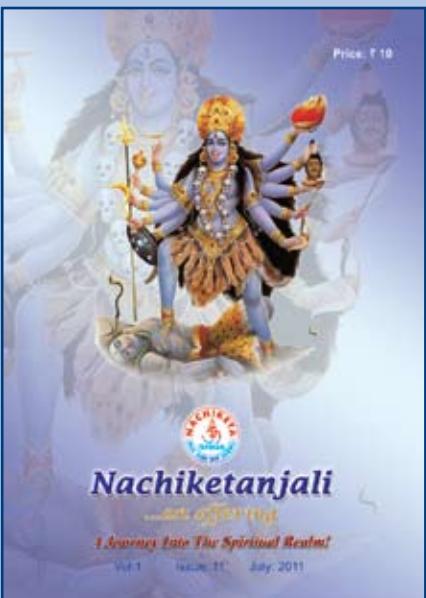
Sri Ramakrishna advised His devotees not to make a hasty journey and get lost in the path, but enjoy every moment of the expedition. We should set on our journey with total awareness of the path we have chosen and then start enjoying the sadhana phase. The resultant bliss will make our journey smooth.

As we approach a garden, we get the fragrance of the flowers even from a distance. The fragrance gives you a taste of the happiness you are going to derive when you enter the garden. Our sadhana is similar to this. Every moment should be filled with the fragrance of the Divine. Guru seva, Japa, Meditation, Sravana, Swadhyaya, Yoga, Pranayama, Parayana are all sadhanas for a true sadhaka. All these have yielded results. A wonderful world exists behind the closed eyes. Our hearts become the centre stage for the Cosmic dance. The song of Omkara resonates in our ears.

What else can we aspire for in this life or any life? Come...let us do SADHANA!

- Subhadra K.

Cover Story



"Who is it there that can understand what Mother Kali is? Even the six darsanas are powerless to reveal Her. It is She, the scriptures say that is the Inner Self of the yogi, who is Self discovers all his joy; She that, of Her own sweet will, inhabits every living thing."

-Sri Ramakrishna

Come! Let us walk together...



I was brisk, aggressive and full of vigor and vitality. I always felt I can do anything in my life without any support. Such wonderful power and stamina I had. I was never the second but always the first. No matter what the area of action is. Always ahead, far from ordinary reach. I was praised. Given rewards. Honored by people and society. Name it and I always had it under my belt. What a wonderful journey that was! I was amazed to see the potential within and great achievements that made me more proud. Perplexity was never known to me. I was always on my own. Ready to accept and overcome challenges that came my way without any hassles. Life was at its peak, so were the achievements.

I was happy and proud to have such a celebrity status. Days have passed, so the life. Precious life beautifully woven with the fabric of my own achievements was challenged by my trembling body and dazed mind. I was all alone. Plenty of time for contemplation but no energy. Those who were around me and praised me were not seen. The world that was big enough got reduced to myself and my achievements. Now there were hardly any to accolade me or my work. No friends and no relatives. This life seemed very terrible and non-acceptable. I was trying my level best to communicate with my achievements and rewards but failed to communicate with them directly or indirectly. This trembling body was not able to hold those trophies anymore. Eyes were not able to read what was written on the certificates. Mind was not cooperating nor accepting anything.

And one day, out of the blue I heard a voice, "Come! Let us walk together... Now we have to begin a fresh journey. Life is not meant to brood over past or future. You are not alone. It is due to loneliness you are feeling alone. Come! Let us walk together, so that the journey becomes full of enjoyment and happiness. You have forgotten in this journey that somebody else is constantly walking with you as a companion, as a silent witness, as a wonderful source of energy, as a mentor, as a wise adviser but hardly have you noticed me."

"Come! Let us walk together... at least now, so that you will not regret for whatever you have lost or whatever your achievements are, you will not create obsession for it."

"Come! Let us walk together... at least for your sake if not for God's sake. This journey needs to be tread all alone but not without me. My presence if felt, life gets charged with simplicity and happiness."

"Therefore, come! Let us walk together... who knows? Once again you may start your journey afresh, all alone without loneliness."

When I heard those words of wisdom, there was no frustration or agony in me. Mind was resting at peace. I was calm and happy. I realized that the real friend that was always with me as a silent witness, was never adored as a great companion and a true friend by me. There might be times when I must have had 'Divine call' but due to lack of purity and perhaps ego, I never tried to understand that there is somebody who is constantly calling me.

Once again I heard the same voice. "Come! Let us walk together..." and this time I was more conscious, more aware and more thoughtful to accept the command. I don't remember anything that happened in that moment but I heard down deep, telling myself, "Yes! Let us walk together". How long I walked, I do not know, but I saw from far, body is steady and firm, mind is more composed and silent and I am walking all alone but fully content and transformed, liberated forever.

- **Swami Nachiketananda Puri**

Yoga

Yoga for Diabetics

Diabetes is one of the major health problems faced by the society due to the fast growing and busy lifestyle. Psychosomatic disorders are the main cause of diabetes. Though science has developed to a great extent, there is only relief but no cure as such for this disease in medical science. But the regular practice of yoga can balance the sugar levels. Yoga is a science of the self which helps one to heal oneself. So now let us discuss about Hata and Japa Yoga practices which help in curing and overcoming diabetes.

Before commencing the below mentioned practices, please clarify your doubts with your Yoga teacher.

Asanas : After performing some warm-ups please start doing below mentioned asanas.

1. **Vakrasana**
2. **Ardhamatsyendrasana or Purna matsyendrasana.**
3. **Bhujangasana**
4. **Dhanurasana**
5. **Matsyasana**

Pranayama

1. Kapalbhati
2. Nadishodhana pranayama
3. Bhramari

Japa : 3 malas of your mantra or your beloved deity.

1. Vakrasana:

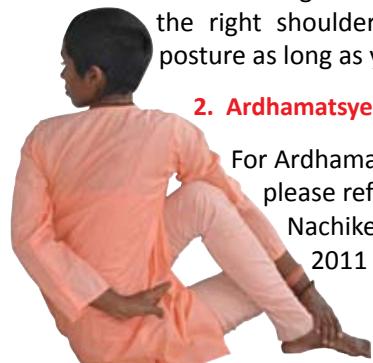


Sit down on the floor on the mat with legs stretched out, hands next to the buttocks. Perform the asana with normal breathing.

1. Fold your left leg at the knee and place left foot next to the right knee. Now pass the right arm over the left knee and hold the left foot or ankle with the right hand. So that the left knee is close to the right armpit.
2. Sit up as straight as possible. Take left palm with all fingers together and firmly place behind the left buttock, without bending the left elbow. There should be 7 to 10 inches gap between buttock and palm.
3. Turn head towards left and look back over the left shoulder. Maintain this posture for 1 to 2 minutes.

Repeat with the same instructions with your right leg.

1. Sit down on the floor with the legs stretched out, hands next to the buttocks.
2. Fold your right leg at the knee and place right foot next to the left knee. Now pass the left arm over the right knee. And hold the right foot or ankle with the left hand.
3. Sit up as straight as possible. Take right palm with all fingers together and firmly place behind the right buttock, without bending the right elbow. There should be 7 to 10 inches gap between buttock and palm.
4. Turn head towards right and look back over the right shoulder. Maintain this posture as long as you can.



2. Ardhamatsyendrasana

For Ardhamatsyendrasana please refer to
Nachiketanjali June,
2011 issue.

3. Bhujangasana: (Snake pose)



Lie down on the belly, place palm near the chest with all the fingers together and elbows bent. Inhale; raise the head and upper body simultaneously. Maintain the posture as long as possible. Exhale while coming down. Relax for a while.

4. Dhanurasana:



1. Lie down on the belly with legs and feet together and the arms and hands beside the body. 2. Bend the knees and hold ankle joints with the help of palm and fingers. 3. Pull back and ankles against each other. Try to maintain the posture as long as you can. Slowly come back to the position. Relax for a while.

5. Matsyasana:



Sit in padmasana (place right foot on left thigh and left foot on right thigh), hold right big toe with the help of left hand and hold left big toe with help of your right hand, both elbows resting on the ground and slowly slide the back on the ground. Rest head on the ground by giving maximum arch to the back, while raising your chest region upward. Breathe normally. And relax the whole body.

Kapalabathi : Sit in any meditative posture like siddhasana / padmasana/ vajrasana. Adopt chin mudra and start forcible exhalation by flapping your abdomen. There should not be inhalation, passive inhalation goes on naturally. In one minute you can do 100 to 120 strokes.

For other pranayamas please refer to our previous issues of Nachiketanjali.

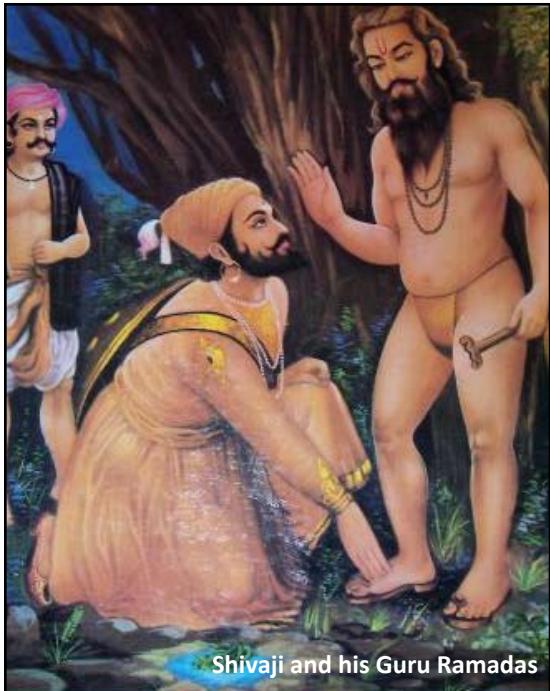
Please kindly note that all the practices mentioned above should be practiced according to one's own physical stamina. Do not over strain yourself. Gradually you can increase the time but be regular with your practice. You will find results in 2 to 3 months when you do it regularly.

All these above mentioned practices help in proper functioning of the pancreas. Hata yoga works on your physical level and subtle levels of consciousness. Japa directly works on your mental level and makes you free from psychosomatic disorders and makes you a complete and perfect human being. So combination of Hata yoga and japa yoga is essential for complete health and spiritual living.

- Swami Shivananda Puri



Is the Guru the pioneer of life?



Dhyanamoolam Gurumurti

Pujamoolam Gurupadam

Mantramoolam Guruvakyam

Mokshamoolam Gurukripa

Meaning: The Guru's form is the object of meditation. Real worship is of the Guru's feet. The basis of all mantras is the word of the Guru. The bestowal of liberation is the Guru's grace.

Who is the luckiest person on the earth? Can it be the one who has a loving mother, father, brother and sister... or the wealthiest person?

The answer is, the one who has a true Guru in one's life. Our shastras praise and glorify Guru as being equal to God. How far is it right to compare someone with God? Does a Guru play a key role in our lives? Without mother and father, it is very difficult to imagine one's life. Nevertheless, without Guru it is very difficult to imagine the accomplishment of one's life. Human birth is one of the greatest wonders of God's creation and we need to discover this great wonder and mystery before leaving this body. In discovering the truth about life, only Guru can help us. Therefore, Guru is essential in life and without Guru, life becomes

meaningless and purposeless. There is a vast difference between teacher and Guru. Teacher is an information box but Guru is an ocean of wisdom. Teacher has limited knowledge about a particular subject. However, Guru's knowledge and experience is unlimited. Teacher may have theoretical knowledge but Guru has practical and in depth knowledge about the subject as well as the object. Teacher helps you with your livelihood and Guru helps you to experience the truth of life. In this modern age, parents try to give their children, the best education. On the other hand, they totally ignore the necessity of having the Guru in their child's life. Parents find at a certain point of life, that their child is not able to cope up with the difficulties in life. The Guru's presence can bring tremendous change in life.

The one who has a Guru not only can manage his own life but the entire world. Chatrapati Shivaji Maharaj rendered the greatest service to Ma Bharati but with the guidance of his Guru Samarth Ramadas. Chandragupta Maurya became an emperor because of his Guru's blessings. Swami Vivekananda brought glory to India because of Sri Ramakrishna Paramahamsa's grace. Many great souls like Adi Shankara, Meera bai, Jnaneshwar and even Lord Krishna and Sri Rama had Gurus in their lives. Even in this modern world there are true Gurus but because of our ignorance, we are not able to identify them. God is very compassionate, He sends the Guru when the need arises but we need to recognize and accept him wholeheartedly. Once you accept someone as a Guru, then he is going to remove the layers of ignorance. Guru is the one who makes you realize the eternal world and eternal bliss. That is why when you realize the truth of life, there will not be any difference between you and God. Therefore, Guru is the knower of the ultimate truth. That is why we praise not the physical body of the Guru but the underlying Guru Tatwa. Physical Guru makes you realize the Guru Tatwa hidden in everybody.

Salutations to the Guru who is eternal, peaceful, unattached, full of light and knowledge, beyond the stages of Nada, Bindu and Kala, and who transcends the ether!

- *Swami Shivananda Puri*

Sri Ramakrishna's Amrita Dhara

Direct disciples of Sri Ramakrishna - Swami Niranjanananda

Swami Niranjanananda was known as Nityaniranjan Ghosh in his pre-monastic life and lived with his uncle in Calcutta. During his youth he was associated with a group of spiritualists and often acted as their medium. He obtained some psychic powers as a result and could miraculously cure illness etc. in people.

Niranjan was eighteen years of age when he met the Master for the first time. The Master immediately enveloped him with His love and grace. He advised Niranjan to sever his connections with the spiritualists. He said "if you associate yourself with ghosts and spooks you will only become that. And if you think of God, Divine you will become."

On his second visit to Dakshineshwar, the Master welcomed him with open arms and said, "My boy, days are passing, when will you realize God? Your whole life will be meaningless, I am extremely anxious as to when you will wholeheartedly devote yourself to God." Niranjan was wonder struck as to how the Master could have such deep feelings for him. He stayed with the Master and enjoyed His Divine bliss for four days. He was severely reprimanded by his uncle and was put under surveillance. Niranjan however could not stay away from his Master and was later allowed to visit at his pleasure.

He was frank and open minded by nature but had a violent temper. On one of his visits to Dakshineshwar he threatened to drown the passengers of a boat he was traveling as they spoke ill of his Master. When Sri Ramakrishna heard of this incident he took him to task. Niranjan had to accept a job to take care of his aged mother. He however could not stay long in service as the Master became ill and he was one of the disciples who nursed Him at Cossipore.

After the passing away of the Master he joined his brother disciples in Baranagore and later at Alambazar. He was Sashi Maharaj's (Swami Ramakrishnananda) peer in the extraordinary worship of the relic of the Master enshrined at the Monastery. It was due to his boldness that the major portion of Sri Ramakrishna's ashes was retained by the brother disciples.

When Swami Vivekananda returned from the West, Swami Niranjanananda received him at Colombo and accompanied him on his tour through North India. He stayed alone at Varanasi and performed tapasya and lived on alms. He suffered greatly during the last few years of his life from dysentery and passed away on 9th May 1904.

His last meeting with the Holy Mother was very poignant. He made no mention of his impending end but insisted on Her doing everything for him including feeding him, and wanted to eat only what She had cooked Herself. When the time came to leave he clung to Her feet and wept and then silently left knowing that he would never see Her again.

It was only through Niranjan's active preaching that many devotees came to recognize the spiritual greatness of the Holy Mother. Indeed his devotion to the Holy Mother was unsurpassable that Swami Vivekananda used to say, 'Niranjan has got so much devotion to the Holy Mother that I can forgive his thousand and one faults only because of that.'

His love for truth was supreme. He influenced so many devotees and some even renounced everything and joined the Ramakrishna Order because of him. The Master used to say that Niranjan was without any 'Anjan' that is, without any blemish in his character.

Compiled by - Geetha K.

Source: God lived with them by Swami Chetanananda,
The Disciples of Sri Ramakrishna by Swami Gambhirananda



All great things are only a number of small things that have carefully been collected together.

- Anonymous

The other day I was reaching into the shelves of my bureau trying to find something and laid my hands on an envelope containing my kids' drawings which I fished out and started to go through. I spent the next hour ruminating on the meadows of memories those sketches led me through and cherished every bit of that regurgitation. Then I started wondering as to how blank life would be without those small etchings which make up each page of this book called Life. Look at the big picture- we all take birth, grow up, go to school, marry or not marry, grow old and finally exit, dropping everything or being forced to drop everything that we clung to all this while.

What then is the purpose behind this parade? Is it just a farce? Is it a random happening? Or

on the contrary, is it a premeditated plan that fits perfectly like a piece of the puzzle? These are questions that we need to search and find answers to, on our own. And where do we search for the answers? Is there a prescribed book or two that we go through thoroughly and claim, "Eureka, found the answer"?

No. But the events- including the smallest one of them constitute the material that provide us the opportunity to find solutions to our queries and weave our way through this maze called Life. And as long as we learn and remember this secret we learn and thrive and get closer to the destination. When we fail to do so, we fret and fluster and falter from the path. It is up to us whether to pass little things as random happenings and ignore or sculpt them into momentous, life teaching experiences. Revel in the beauty of little things- persistence of a little spider, diligence of a minuscule ant, impermanence of a sand castle, selflessness of a tree, chirpiness of a bird, strength of a cobweb... because they all have something to teach us if we are ready to learn.

- Annapurna R.



A mountain is composed of tiny grains of earth. The ocean is made up of tiny drops of water. Even so, life is but an endless series of little details, actions, speeches, and thoughts. And the consequences- whether good or bad, of even the least of them are far-reaching.

- Sri Swami Sivananda



Prayer and Providence

A few months ago, thousands in the country and around the world grieved the earthly departure of the great spiritual leader and embodiment of love, Sri Sathya Sai Baba. While we watched the events unfold, when He was being treated in the hospital, a few like myself, felt that maybe the physical expiration date is nearing and we needed to accept. While some were waiting eagerly for a miraculous recovery, a few others fervently prayed days and nights for His physical health. Alas, the Divine hand had different plans.

Baba's Samadhi was a great loss to all of us and I reminded myself that the only way to feel a great soul's presence is by living His teachings more sincerely. After all, He is all pervading and not bound by the earthly shackles. In addition, what kept gnawing was the faith of those thousands of devotees whose prayers went unanswered.

Weren't we all taught that sincere prayers will always be answered, especially if it is for an unselfish or noble cause? Would skeptics now feel more correct to say: "Look all that really doesn't work?" Can we really intercede Providence with prayer?

Paramahansa Yogananda taught that true prayer is scientific — being based on precise laws that governs all creation — and is a daily necessity for harmonious living.

He says that — "As human beings, made in the image of God, we are different from the lower forms of creation. We have the freedom to use the powers of thought and energy. By the thoughts we habitually entertain and act upon, we create the circumstances in which our life unfolds. Scientific prayer is based on understanding of this truth, and on application of the universal

forces of creation. It tunes in with God's thought patterns of health, harmony and perfection — and then uses will power to channel energy to help materialize those patterns."

Many times, we misunderstand the above teachings and therein lay the flaw. Most of us resort to prayer only when in distress and when all other options have failed. But what is the best way to pray? First, if we develop the conviction that physical well being and material prosperity on earth are not ultimate goals of life, our prayers would be different. Physical well being and suffering-free living are not the pinnacles of spiritual success, as I understand. Since birth, death and even suffering are governed by complex laws of karma, we don't have much choice than being silent spectators to that drama. That is part of "prarabda karma", the results of past actions. How many times have we wondered as to "why bad things happen to good people?" or "why me?"

We can pray for granting us and others the strength to not erase but endure the effects of "prarabda karma". "Let Thy Will be done" and let me attune to Thy Will. Even great souls have said that they do not interfere with the laws of nature and karma. Besides, we can pray for help and grace to support our present efforts in becoming better human beings in truly transforming our inner lives, and thus carving our "sanchita karma" for future. Underlying both is the power of strong intention and that does vibrate with lot of power and can affect the intended change.

This is only my view as a seeker, but helps me a little in understanding and demystifying the power of prayer and its effect on Providence. If we lay more focus on attuning ourselves more to the will of the Divine Hand and the operation of the Cosmic laws than wishful thinking about the "world as I like it", we might avoid feeling dejected and deluded to some extent.

Finally, I would like to share this prayer for serenity: "God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference".

- Harini Nandakuru



Yuvanjali

Our Duty to the Masses

**Ours is to put the chemicals together, the crystallization
comes in the law of nature. Our duty is to put ideas into their heads, they will do the rest.**



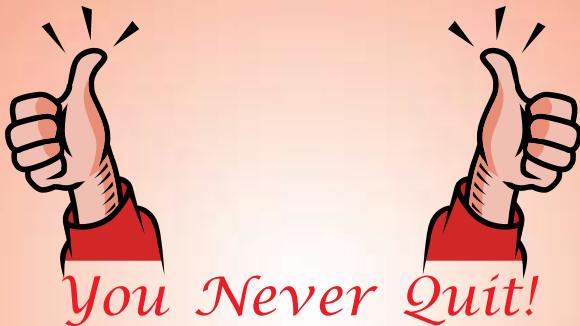
The only service to be done for our lower classes is to give them education, to develop their lost individuality. That is the great task between our people and princes. Up to now nothing has been done in that direction. Priest-power and foreign conquest have trodden them down for centuries, and at last the poor of India have forgotten that they are human beings. They are to be given ideas; their eyes are to be opened to what is going on in the world around them; and then they will work out their own salvation. Every nation, every man and every woman must work out their own salvation. Give them ideas — that is the only help they require, and then the rest must follow as the effect. Ours is to put the chemicals together, the crystallization comes in the law of nature. Our duty is to put ideas into their heads, they will do the rest. This is what is to be done in India. It is this idea that has been in my mind for a long time. I could not accomplish it in India, and that was the reason of my coming to this country. The great difficulty in the way of educating the poor is this. Supposing even your Highness opens a free school in every village, still it would do no good, for the poverty in India is such, that the poor boys would rather go to help their fathers in the fields, or otherwise try to make a living, than come to the school. Now if the mountain does not come to Mohammed, Mohammed must go to the mountain. If the poor boy cannot come to education, education must go to him. There are thousands of single-minded, self-sacrificing Sannyâsins in our own country, going from village to village, teaching religion. If some of them can be organised as teachers of secular things also, they will go from place to place, from door to door, not only preaching, but teaching also. Suppose two of these men go to a village in the evening with a camera, a globe, some maps, etc. they can teach a great deal of astronomy and geography to the ignorant. By telling stories about different nations, they can give the poor a hundred times more information through the ear than they can get in a lifetime through books. This requires an organization, which again means money. Men enough there are in India to work out this plan, but alas! They have no money. It is very difficult to set a wheel in motion; but when once set, it goes on with increasing velocity. After seeking help in my own country and failing to get any sympathy from the rich, I came over to this country through your Highness' aid. The Americans do not care a bit whether the poor of India die or live. And why should they, when our own people never think of anything but their own selfish ends?

My noble Prince, this life is short, the vanities of the world are transient, but they alone live who live for others, the rest are more dead than alive. One such high, noble-minded, and royal son of India as your Highness can do much towards raising India on her feet again and thus leave a name to posterity which shall be worshipped.

That the Lord may make your noble heart feel intensely for the suffering millions of India, sunk in ignorance, is the prayer of — Vivekananda.

Written from Chicago to H. H. the Maharaja of Mysore on June 23, 1894

From: Volume 4, The Complete Works of Swami Vivekananda by Swami Vivekananda



You Never Quit!

A few days ago, I was reading the book "It's not About the Bike: My Journey Back to Life" by Lance Armstrong. It is an amazing autobiography of a cyclist, Lance Armstrong who successfully fought cancer and went on to win the Tour-de-France, the most revered of all cycling events. The book involves the reader. It does not present itself as a cocky account of a person, but gets down to the minutest of details and narrates them in a manner to which the reader can relate. One line in the book that struck me is: "You never quit." In fact, this statement said by Linda, the author's mother, drove the author to toil hard and fight the factors which were pulling him back. I thoroughly enjoyed reading the book. It was a great learning experience altogether.

When we falter once in life, most of us sit back brooding over our failure. When we are troubled by something, the first question that comes to our mind is, "Why me?" When we are pulled back by a few factors, we simply cannot muster the courage to move ahead, lest we will have to face the same embarrassing factors once again. This is absolutely human.

The secret behind 'bouncing back' lies in the fact that we reconcile ourselves to the truth that feeling distressed is absolutely human. We are blessed with different capabilities. Some of us recover too soon, others at a normal pace and a few fail in their effort to make a 'come back'. Nevertheless, things which help us to go on are courage and self belief. When we are betrayed by circumstances, we should take time to introspect. Which step of mine landed me in trouble? Could I have avoided that act? This introspection most of the times gives the answer.

When threads of life seem scattered, it is important that we gather them all and make a garland out of them. Life does not end anywhere. If I fail to get into an IIT, that is not the end for me. May be I have something better in store, provided I sit back and do my homework effectively. Problems came to me because they thought they could defeat me. I just need to be patient and show the troubles that they chose the wrong person, that they will not find a soft target in me.

It is easier said than done. But for one more time every time, let us get up, even if it is only on our knees. Let us be firm and unrelenting. For one more time every time, let us stand up to show all those who scorned at us that we are not going to give up. A child falls many a time while learning to cycle. But he ultimately learns – after countless bruises and a lot of pain. All the suffering disappears when we succeed after an honest fight. That is why, "you never quit"...you work your way through!



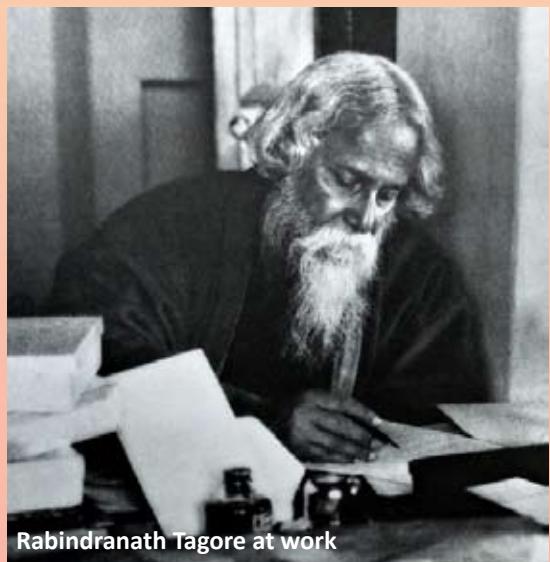
Neetika Gogula, 3rd year B.A., L.L.B. student has passion for writing articles on social issues.

Crusader of Humanity - Tagore

World's great personalities express themselves in a different tenor and for a man of general prudence it is impossible to perceive their ideology imparted through their writings and works in particular. Knowing it is beyond the perception levels of an amateur writer like me, however, I take the risk of attempting a series of articles on world's great personalities. I begin this series marking the 150th birth anniversary of Rabindranath Tagore. As long as man's quest for bliss and contentment continues and finds a resort in fine arts of writing and reading, as long as the human heart yearns for the beauty, serenity and soberness of the nature, inherently the writings of Rabindranath Tagore will be cherished.

He was a novelist, playwright, philosopher, educationist, freedom fighter, actor and artist. His was a versatile personality. Rabindranath Tagore has become part of the Indian Culture. He was the first person who called Gandhiji as "Mahatma" and Gandhiji addressed him as "Gurudev". These two great humanists, though their paths are different have laid a strong foundation for the renaissance of India.

Rabindranath was born on May 7, 1861 in Calcutta. Devendranath was his father, and Mother Saradadevi. Since childhood he was averse to pursue education in school that followed



Rabindranath Tagore at work

conventional methods and would spend most of his time in the lap of nature. No sooner he learned writing at the age of five, he penned his first stanzas "Black clouds and white rain". The creative pen started its epic journey at that tender age. Gitanjali had brought eternity to his writings. He has written Bengali Novels like Gora, Naukaghata, as well as famous stories like Kabuliwallah and Kshudit pashan. Janaganamana written by him has become the national anthem of India. He won worldwide recognition after winning the Nobel Prize for his Gitanjali. Tagore's writings reflect modernity coupled with patriotism. Rabindranath established an international institution of education called Shanti Niketan to forge a universal culture, mixing values of both the East and West. Later it developed as the Vishwa Bharati University. In recognition of his services, the British Government honoured him by conferring the Knighthood ("Sir"). But after Jalianwalabagh massacre in Amritsar in 1919, he returned that honour to the British Government. Tagore passed away on August 8, 1941 at the age of 80. Honoured as a world poet, he was a proud son of India.

"Where the mind is without fear and the head is held high; where knowledge is free. Where the world has not been broken up into fragments by narrow domestic walls; Where words come out from the depth of truth; Where tireless striving stretches its arms towards perfection; Where the clear stream of reason has not lost its way into the dreary desert sand of dead habit; Where the mind is led forward by thee into ever widening thought and action into that heaven of freedom; my father let my country awake".

The above stanzas from Nobel winning Gitanjali portray the soul of Rabindranath Tagore. Even today it holds profundity of this great personality. Let us resolve to endeavor to reach that level where we can speak our minds fearlessly, where we realize that we are all one though we are divided geographically. Let our eternal quest for bliss and contentment begin.

- M.Koti Rajasekhar

Dhigambara Dhigambara

SRIPADA VALLABHA DHIGAMBARA

Sri Dattatreya is a very ancient incarnation, highly venerated through the ages. He was a Universal Guru manifested on the earth to establish 'Satya' (the universal truth), 'Rta' (the cosmic order), 'Dharma' (the perennial principles), in its entirety. He later incarnated as Sripada Srivallabh in the village of Pithapur in the East Godavari district of Andhra Pradesh.

Appalaraju and Sumathi were the fortunate parents who gave birth to Sripada Srivallabh. They were devotees of Lord Dattatreya in their previous birth. One day a shraddh was being performed at their house and even before it was over and the guests could sit down for their meal a sannyasi appeared at their doorstep and begged for alms. On that day unless the invited priests who represented the pitrudevas took their meal, no one was to be fed. But Sumathi did not want to turn away the sadhu. It is a belief that Lord Dattatreya wanders in the guise of a random guest at noon. She considered him to be the priest and offered him the first meal. The sannyasi was very pleased with her devotion and showed her his true form of Guru Dattatreya. He also blessed her with the boon of being born to her as Sripada Srivallabh. When Sumathi narrated this incident, her husband was overwhelmed with joy. In the course of time Sumathi gave birth to a boy and seeing the various spiritual and holy signs in his body, particularly his feet, they named him as 'Sripada Srivallabh'. They already had two sons before Sripada was born but unfortunately one was lame and the other blind.

Sripada, started imparting Vedic knowledge, right from the time of his upanayana (the sacred thread ceremony) at the tender age of 8 years. It was all a purely Divine miracle. When he was 16 years old,

his parents tried to get him married. His opinion was sought and he said, "All women in this world are like my mother. I am married to sannyasa (renunciation). My mission is to give initiation and guidance to sadhus (holy men)." Speaking thus, he sought permission from his parents to become a sannyasi and leave the house. The parents were terribly upset, but Sripada consoled them and out of compassion, he called his blind and lame brothers and with his divine touch made them as normal human beings. He made them whole in a moment! What is impossible for the Almighty and the Lord of the Universe?

Sripada took blessings from his parents and with their permission set out on foot on a holy pilgrimage and visited Dwaraka, Kasi, Brindavan, the pilgrim centres in the Himalayas and finally halted at Gokarna kshetra, where he resided for three years. He glorified the place with his stay and penance. He performed many miracles to attract devotees and to make them tread on the right path. Then he proceeded to Srisailam and sanctified the place with his penance. From there he went to Kuruvapuram on the riverbed of Krishna and made it his abode for penance. Everyday he would cross the river Krishna and go to the northern bank and sit on a rock and perform Surya namaskar at dawn. This place is now called Srikshetra Sri Vallabhapuram.



Sripada stayed at Kuruvapuram for some years, and finally disappeared one day after entering the river. His devotees ever feel his presence and grace. His Divine spirit is ever manifest.

A compilation

"I can't. I can't"

"I can't. I can't." Her voice rang out in the deafening silence that followed. The two words were no more than a gasp of pain, a desperate plea for help. But they ricocheted off the walls of her heavy heart and resounded hauntingly in the auditorium. Not a whisper, not a murmur was heard. It seemed like not one of the 500 plus audience was present. But we were there, of course. I was seated in the front row, my breath caught unawares, like many others.

Arpita is an exceptionally pretty, charming young woman in her early 30's. She has short, jet-black, shoulder-length hair. She wears gold-rimmed spectacles which try but cannot conceal the enthused spark of life in her eyes. She dresses extremely tastefully- bright, pastel shades complemented with vibrant accessories. But I haven't mentioned one important detail here. And that could change your entire perspective of her.

Arpita suffers from Multiple Sclerosis. She is sentenced to a wheelchair. Maybe, for life.

Changes everything, doesn't it? Maybe. Maybe not.

Arpita stood on stage that day, speaking to a 500-strong congregation in Mysore. "I can't.



I can't," were the two (four) words she started with. But in a way, they echoed the whole story of her life.

Multiple Sclerosis (MS) is an inflammatory disease of the central nervous system. Researchers are not sure what triggers the inflammation. Symptoms vary from muscular spasms to bowel-bladder, eye, brain, nervous, reproductive and speech symptoms. Despite our 4G and mind-engineering-space-nano-nuclear technologies, there is no known cure for Multiple Sclerosis. Arpita is one of the 2 million people worldwide who are affected by MS.

The difference in the before and after of Arpita's story is shocking. Nightmarish, even. She was living a life that was as fulfilling as could be. At least, it appeared so. That was when MS struck. She was left without a job. She had to abort her unborn child. Her husband abandoned her.

BUT.

That day, Arpita had come walking onto the 4 feet high stage with the help of 2 volunteers, leaving her wheelchair far behind. She was welcomed onstage with a thunderous applause and a standing ovation before she had begun.

Then she stood up straight- without any volunteer or stick. And she started speaking. "I can't. I can't"

For the next 8 minutes, I saw not what my eyes were seeing. I saw only what Arpita showed me. Her words painted a picture of the millions of MS patients and even larger number of 'differentially-abled' men and

women around this world. Ripping apart the rose-tinted, song-n-dance, happily-ever-after sequences of movies on the subject, she scripted a film reel from her own life, shot on the sets of stark reality.

A story like this would logically progress into a moralistic monologue, where I tell you to be nice to them, look out for them and help them stand up, in every way possible. But that is precisely what you and I must stop doing.

Arpita had contested in the International Speech Competition at the India-Sri Lanka level and made a place for herself in the top 6 Finalists from among 8500 contestants. She did this without any reservation quotas or special privileges. And so can every one of the 'disabled' citizens of the world, in the field of their choosing. Maybe even better than the others.

Yes, they might need a walking stick, a wheel chair, hearing aids or another form of physical support. But please, that is all.

They do not need constant reminders of their differential ability. They do not need our sympathy or pity.

They want acceptance, just like anybody else.

They want love, just like anybody else.

They want equality, just like everybody else.

The shining story of Arpita is testimony enough to this. I can vouch for that.

Maybe that was why, after the ordeal of standing on stage for 8 whole minutes, Arpita concluded her fiery speech with the spotlight shining on her being like a mystic halo, both her arms raised shoulder-high, and the closing words, "I can. I can."

- **Avinash Agarwal**

currently lives in the city of Mumbai.

He works with SHOBIZ EXPERIENCE and is a Writer, by profession and by passion.



When you speak...

When you speak...

Eternity travels in eternity

When you speak...

Blessing dawns

When you speak...

Everything stops and love flows

When you speak...

A sound of silence is heard

When you speak...

Elevation is at its peak

When you speak...

Mind travels to Himalayas

O! Mother! when you speak...

I am not within and without but in you

O! Mother! When I see...

Depth in your eyes

Smile on your face

Love in your heart

Protecting hands and caring thoughts

Your mesmerizing golden glow

Pulls me over and over again

To get lost in eternity

Dear Mother,

Please let there be the same love

Same compassion

So that this child of yours

Can play on your body

Nap on your lap

Accept this prayer

O My dear Mother...

-Swami Nachiketananda Puri



Living with a Divine soul

Samarpan

A house without people is just a pile of bricks, a home without a mother's love is but a mere house, a temple without a deity is but a museum and a spiritual organization without a realized soul is a mere social organization. We at Nachiketa Tapovan are fortunate to have Swami Nachiketananda Puri and Swami Shivananda Puri as our guiding force.

Swamiji never liked the term social work. To Him every work is spiritual. Swamiji gave the same attention to all work whether big or small in magnitude. He gave His hundred percent concentration whether it was folding a plastic bag, spreading a yoga mat, or any work which we generally regard as insignificant. In His eyes all work was sacred and He would insist on us doing it with joy. Even repetitive and meaningless work will become meaningful if we develop His attitude towards work.

Swamiji gave utmost importance to Sadhana. He encouraged all the volunteers of Nachiketa Tapovan to do Sadhana to realize the truth. I heard Him stating to one of His devotees "I want to see all of you as dynamic spiritual souls. You will not derive any benefit clinging to me and discussing about me amongst yourselves. Reach the highest level, you all should become gigantic souls". Whoever came to Him to seek guidance in Sadhana He gave them the necessary help

whether they were beginners or advanced in their spiritual journey. He gave equal attention to both.

When I look back into my 12 years journey as a tapa with Swamiji, I witness the process of my transformation with the help and effort of Swamiji. He brought clarity in my life at every step of the way and made me realize my capabilities and enabled me to shoulder the responsibilities at Nachiketa Tapovan. As I witnessed my actions I realize how easily and silently He transformed my fear into fearlessness, my stubbornness to acceptance, my insecurity to surrender and my selfishness to selflessness.

As a son, He played Krishna's role in my life and gave me an opportunity to be His Yashoda Ma. With His childlike acts He made our lives colorful. As a mother, He stood beside us during our difficulties and gave inner strength and solace. As a Guru He removed obstacles and brought clarity in the path of spiritual journey. With His love and affection He changed many lives and brought Nachiketa Tapovan to what it is today. Himself staying behind the screen, He let us shine in the limelight of spiritual responsibility to serve the nation. On this auspicious occasion of Guru Purnima what can I offer to such a Divine Soul than dedicate my life to realize His dreams of Social upliftment and Spiritual enlightenment.

- Vasundhara P.



That Which Truly Remains



If we think this life is for eternity and there is nothing beyond it, we are totally mistaken. This life is given to us to analyze and understand the Absolute Truth. When we enter a temple, stopping near the first step, assuming we have reached our destination is not right. Our senses are limited only to the steps, but we need to climb the steps to enter the temple and have darshan of the Lord. So it is with realizing the Absolute Truth. With our sincere efforts we'll realize one day that we are specks of the Supreme Self. We'll realize that the supreme light is radiating within us too. We'll realize that we are not living in time, but in fact time is within us. We'll also realize that all Gods reside in us.

A father's ambition is to see his son surpass or equal his greatness. God expects the same from His creation. We are indebted to Him for giving us the mind, heart, soul and intellect. Only when we realize our True Self we are released from this debt. A Jnani is never satisfied by mere reading of books but only with what he perceives beyond this material world. Volumes of books cannot quench his thirst. He is not satisfied even with the beauty of all worlds put together. His thirst is quenched and his soul is appeased only when he realizes his True Self. His search ends when the duality is shattered under the wheels of introspection. For him it is only the SELF THAT TRULY REMAINS.

As ordinary human beings are we ready yet? In our childhood the opinions of our parents become our own opinions. And as we grow we are influenced by the opinions of our friends and the society. This leads to our identifying ourselves with the FALSE SELF. Weighed down by so much baggage, is it any wonder that we give up learning about our True Self? We might have the fear that we might not be accepted for our True Self. This is only because we have learned to adapt and change in order to fit into someone else's picture of reality in order to be accepted. We need to make attempts to free ourselves from this cynicism and move closer to our True Self step by step by choosing to heal ourselves, not only for our own sake, but for the world's sake.

There is this interesting story which reiterates the fact that it is essential to discover our TRUE SELF. Ten men were making their way across a jungle. When they arrived at a wide river, they started crossing it and once they reached the other bank, one of the men counted the members, forgetting to count himself. He shouted, "There are only nine of us! Someone is missing!" Another man decides to check, so he recounted the group, but also forgot to count himself. "Yes, you are right," he said, "There are just nine of us, so someone is missing!" One by one the others also counted, each forgetting to include himself. Soon they were crying because they suspected one of them had drowned in the river.

Story apart, let us take a moment off. Say, someone asked us to name five great people whom we respect and admire. Did we include ourselves in the list of five people? Surely not! Then aren't we just like the ten men in the jungle who failed to include himself? It is high time we get ready and embark on the journey of Self-discovery which is the greatest adventure that life has to offer.

- *Subhadra K.*

1

Early morning, on rising from the bed, look at your open palms and chant the following sloka:



**Karagre Vasathe Lakshmi
Karamadhye Saraswati**

**Karamule Tu Govinda
Prabhathe Kara Darshanam**

Meaning: Goddess Lakshmi resides at the tip, Goddess Saraswathi in the centre and Lord Govinda at the base of the palm. It is therefore auspicious to look at your hands first thing in the morning.

From Sunrise to Sunset

8

Before going to bed we should chant:

**Aparadha sahasrani
Kriyamthe Harnisam maya**

**Dasohamithi mam matwa
kshamaswa Parameshwara**

Meaning: Every day we commit so many mistakes. Please consider us as your servant and forgive us, Oh Parameshwara!

**2**

As we try to step down from our bed we have to touch the ground and chant the following sloka:



Samudravasane Devi Parvatastana Mandale

Vishnupatni Namastubhyam Padasparsham Kshamasva Me

Meaning: Oh Mother! The ocean is your home, the mountains your bosom, you are the wife of Lord Vishnu. I am about to step on you, so please forgive me.

3

As you take your bath, invoke all the sacred rivers into the water by chanting this sloka:



Gangecha Yamuna Chaiva Godavari Saraswathi

Narmade Sindhu Kaveri Jalesmin Sannidhim kuru

Meaning: All the rivers exist in this water with which I shall take a bath.

**4**

After bath pay obeisance to Surya, the sun God:

Hiranmayena Patrena Satyasapihitam Mukham

Tattvam Pushannapavrinu Satyadharma Drishtaye

Meaning: By a golden lid the mouth of the vessel of Truth is covered. Remove that veil so that I may have a vision of the true reality.

7

When you light a lamp at sunset:

Deepam Jyothi Parabrahma Deepam Sarvatamopaha

**Deepena Sadhyathe Sarvam Sandhya Deepam
Namostuthe**

Meaning: A lamp shatters the darkness of ignorance and is revered as Para Brahma. We pay obeisance to that light.



Before partaking food:

Brahmarpanam Brahmagavihi Brahmagnau Brahmanahutham

Brahmaivatena Ganthavyam Brahma Karma Samadhinam

Meaning: The whole creation being the gross projection of Brahman, the Cosmic Consciousness itself; the food is Brahman, the process of offering it is Brahman. It is being offered in the fire of Brahman. He who thus sees Brahman in action reaches Brahman alone.

**5**

During Puja:

Asatoma Sadgamaya Tamasoma Jyotirgamaya

Mrityorma Amrutangamaya Om shanti Shanti Shantihi

Meaning: Lead us from untruth to truth, from darkness to light, from death to immortality. Om peace, peace, peace.

A Spark of Inspiration

Syed Mumshad Ali

Menu

Mirchi bhajji w/Mint chutney (Speciality of the house)

Masala vada

Aloo bona

Mirchi Bhajji



Mysore bhajji

Mysore bona

Tea

This is the range of lip-smacking snack foods offered at the bandi of Syed Mumshad Ali, located on Road no.4, Banjara Hills, Hyderabad, opposite Casa Luxoria lane. From Monday through Saturday, the 28 year old S.S.C. graduate is seen handing over plates laden with mouthwatering food to the clientele on one hand and managing the cash box on the other. The efficiency and cheer with which the whole place is operating leaves no scope to guess that this is the work of a physically challenged person operating from a wheelchair. Helped by his father Syed Yusuf Ali, elder brother and helper Maharaj, Mumshad starts his work every day at 1:30 p.m., gets his supplies from a not-so-close farmers' market and starts to prepare and set the scene. Before you know, in that small space, the show is in full swing beginning from 5:30 p.m. until 9:30 p.m. with great precision and perfection. The food is served on newspaper paper plates thus not depending or wasting precious resources. Syed Mumshad's heavenly bhajjis attract patrons working for companies like Kenaxa, Gemini, IBM, IVRCL, drawing them from as far as Hitech city through the peak rush hour traffic.

The amazing part is that by 10:00 p.m the entire place is left so spic and span leaving no signs for one to even guess that hunger and taste buds of at least a 100 people were satiated in that spot until just an hour ago! With the income generated Mumshad Ali supports his 8-member family. He demonstrates a perfect balance of contentment and ambition of expanding his business. He nurtures the dream of opening vending kiosks in malls in the metro.

Life comes in different packages. For some it is luxurious for others it is a luxury. For some it is difficult while some make it difficult. Some are born with a silver spoon but some toil to and make every spoonful of it worthwhile. In essence, we need to understand that what we have is of less consequence than what we make of it with the right attitude. Syed Mumshad Ali is one Karma yogi who instead of cursing the darkness of his physical disability went on to light a few lamps with the spark of self reliance. The silence, grace, diligence, self-reliance and the awareness of responsibility to himself, his family and surroundings distinguish him from others. Next time you are in the neighborhood of Banjara Hills you can stop by and relish Syed's bhajjis or can call him on his Cell- 098665 44805.



Syed with customers from Kenaxa and IBM



Syed with his father Syed Yusuf Ali

Who is He?

Who is He? Who is He?
Where from has He come?
A Messenger sent by God?
To change my life to the core?

He came to collect rice
To feed the people in need
Oh! What calmness prevailed!
Oh! What joy and peace!

His eyes penetrated my soul
His smile lighted my house
My mind stopped its chatter
And my heart was lost forever

Magnetic pull He had
To lead me to my SELF
Service was what He preached
Silence in service too!

His footsteps I did follow
Follow I did like a lamb
He took me to a vana
It is our Tapovana

Tapas He made me do
Om Namah Shivaya was His chant
And He made me chant too
Awakening me to Shiva

My ego shed its tears
My body shook and shivered
A glimpse I had of my SELF
That glimpse made me flat

But He did not leave me at that
He did some chiseling too
Hope I would shine one day
For all His care for me

Garlands He did weave
With flowers grown in His vana
Our Nachiketa Tapovana
To serve the Lord in Jivas

But who is He? Who is He?
Who gave meaning to my life
He is none other than our Nanda
Our NACHIKETANANDA!!!

Master, go on and I will follow thee! But
forever bestow your grace on me!

- A Devotee



"Man's real nature is happiness. His search for happiness is a search for his true Self. When a man finds His true Self, he finds true happiness which does not come to an end."

- Ramana Maharshi

Everyone has the POWER to experience true happiness...it is the inner state of mind which you acquire when you are in tune with the God who dwells within you. It is the way you look at the world. You can attain this state of mind through practice.

Here are a few practices that keep you on the path to true happiness:

1. Have faith in God:

"It is faith in the name of the Lord that works wonders"

- Sri Ramakrishna

"God is ever after us. He wants to take us to Himself and grant us the highest beatitude (Supreme blessedness or happiness). But we try to escape from Him as a dirt covered child runs away from its mother who wants to bathe it. We are trying to run away from the Divine Mother who wants to purify us and give us the highest bliss. We like playing with the toys of the world, ignoring Her call."

- Swami Ramdas

2. Sing the name of God until you find satisfaction

"The singing of God's name is extremely victorious: it cleanses the mirror of the mind, it extinguishes the forest fire of samsara, it is the gift of moonshine for the lotus of the heart, it is the power of wisdom, it is a soothing bath for all Selves."

- Caitanya: Shikshashtaka 1 and 2

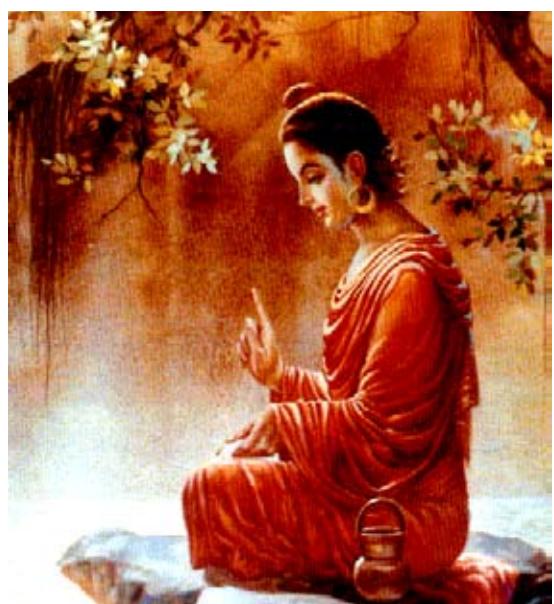
"As one gets the fragrance of a flower by handling it, or as one gets the smell of sandalwood by rubbing it against a stone, in the same way one gets spiritual awakening and supreme blessedness by constantly thinking of God."

3. Enjoy being quiet for a few minutes every day:

Spend a few minutes being both alone and quiet every day. Everyone of us experience constant and distracting mental chatter, such as what we should have said five minutes ago, what would others think of us, how would other people see us and what impression we are giving to all, politics at work place, tough clients to handle, payments to be made next month etc...

Quiet time allows you to cut through that noise to find out what really matters to you. When I discuss this with my friends and colleagues, most of them say they don't have the time. But we should realize that everyone on this earth have the same 24hrs per day. So it is not a matter of time, but "It's all about your priorities".

You can do some nice breathing exercises or Yoga. Yoga brings the mind to the present moment, improving clarity and alertness in the mind. The mind becomes peaceful and is able to deal with day-to-day stress. Learn to meditate. Meditation offers innumerable benefits. It is said that the rest you gain in meditation is deeper than the deepest sleep. You can light a candle, listen to some quiet music and sit quite for a few minutes everyday.





When you practice this quietness for a few days, you will see some amazing things happen in your thinking cycles, in your level of maturity and the way you see the situations drastically change from your earlier experiences. You really start realizing what are unimportant and what illusions you have made up in your mind that are really consuming your positive energies and making you weak. Unknowingly all of them will be removed and this makes your life very clear and in control. You will enter into a state of mind where you have more control over situations, over your emotions and your thoughts are more focused towards your real goals in life, which make you truly happy with yourself.

4. Being Generous:

“This is a door to true happiness. Goodwill toward all beings is the true religion; cherish in your hearts boundless goodwill to all that lives.”

- Buddha

The Buddha elaborately details in His teachings that if we understood the power of generosity to create happiness, we would never sit down to a meal by ourselves.

There are many ways and forms to reach and help the needy. Every one of us has natural impulses to be generous from time to time.

For beginners, if you feel like inviting some of your lonely friends to dinner, or your colleagues working hard in difficult situations for a cup of tea, don't hesitate; just do it . We might want to invite an elderly couple or senior citizens in our families. So don't cut down such thoughts, but just do it. You will taste the real happiness that comes out of serving and not restricting your family only to your spouse, kids or parents. As time passes on, open your arms and extend your services to the needy and the deprived.

These actions fill your heart with true happiness which will relieve your soul and render you the taste of eternal peace.

5. Savour one victory at a time like a true warrior would do:

Be more focused on the little victories you achieve in your day to day life than the problems. Try to see the good possibilities in each situation. Everyone experience fear and worry, but people

who are "Happy" don't get caught up in the stressing emotions. They move over with faith in God, sense of purpose and confidence in their abilities to handle situations.

6. Fine tune your outlook:

Happiness comes from within and depends on how you think about your life. Most of us tend to believe that happiness is something that comes from the outside. Sure, external events and material objects like a new car or an extra bonus can give you a rush. But those feelings don't last. We'll never be completely satisfied with what we have. For true happiness we have to search elsewhere and not in change of our circumstances. I have read some long time back, in a psychology book that researchers once compared

- i. lottery winners
- ii. average people
- iii. people who suffered accidents that rendered them paraplegic/ handicapped

Believe it or not, the paraplegic people were the most happiest. Over a period of time they developed a way of looking at the world that made them happy despite their difficult circumstances. Like them, you can tweak your outlook so that you feel self-confident and serene whether or not you get the hike in your salary, win the lottery, or lose weight.

7. Appreciate the small good things that happened to you during your day:

Rabindranath Tagore said "true happiness lies in small things like the sweet lemonade you drink on a hot day, the small nap you take after long hours of work, smile and sparkle in your mother's face, laughter of your loved ones & friends etc..."

You'll tap a limitless source of joy if you notice such happenings in your daily life and relish them.

So everyday make a list of things you have enjoyed and made you feel good. If not during the day time, try to appreciate and be grateful for few things everyday before going to bed and try to drift off to sleep with a positive note.

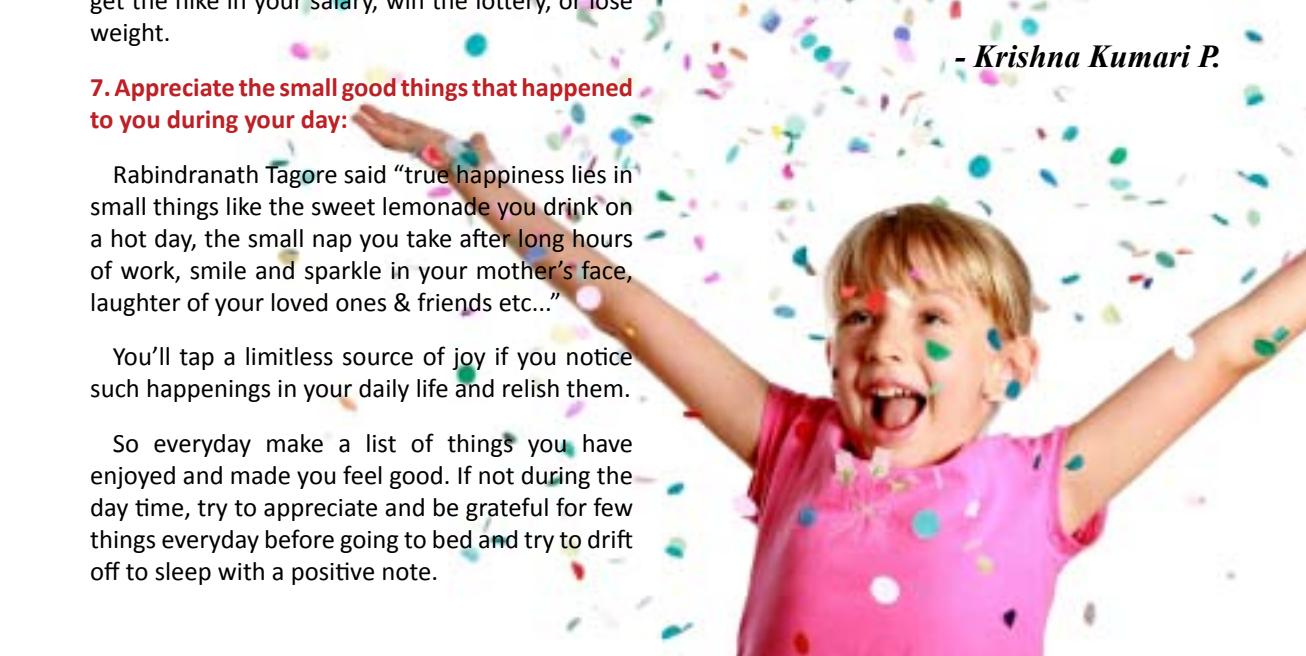
8. Treat yourself like a friend:

I was a worst critic of myself. I kept running a program of harsh criticism on myself. This created lots of uneasiness in the initial stages, but as years passed on this habit created huge levels of stress and tons of negative emotions even for small errors in my day to day work. This made me struggle for simple day to day activities and finally there was a stage when I lost confidence in myself. I have realized that the talk we have to our self has a direct impact on our moods, mind and body. So always try to treat yourself a pal, as a buddy. Appreciate the good nature of yours and self pat yourself for all your small achievements each day. Talk to yourself, sing some nice tunes for your self and pamper your mind and body with positive affirmations. This simple natural talk of happiness makes your spirits elevated and heart contented.

9. Learn about yourself:

Don't pay any heed to what others say about you. Discover your true Self. Make a list of the areas where you are very good at, a list of things in which you can do better and a list of things where you are bad. Plan your life more around your areas of strength and talents. Your talents are your gifts and they give you a sense of purpose. In due course of time, you will find yourself very happy getting up every morning for the bright days ahead.

- Krishna Kumari P.



Teacher & Guru

A teacher takes responsibility of your growth
A Guru makes you responsible for your growth

A teacher gives you things you do not have and require
A Guru takes away things you have and do not require

A teacher answers your questions
A Guru questions your answers

A teacher helps you get out of the maze
A Guru destroys the maze

A teacher requires obedience and discipline from the pupil

A Guru requires trust and humility from the pupil

A teacher clothes you and prepares you for the outer journey

A Guru strips you naked and prepares you for the inner journey

A teacher is a guide on the path

A Guru is a pointer to the way

A teacher sends you on the road to success

A Guru sends you on the road to freedom

A teacher explains the world and its nature to you

A Guru explains yourself and your nature to you

A teacher makes you understand how to move about in the world

A Guru shows you where you stand in relation to the world

A teacher gives you knowledge and boosts your ego

A Guru takes away your knowledge and punctures your ego

A teacher instructs you

A Guru constructs you

A teacher sharpens your mind

A Guru opens your mind

A teacher shows you the way to prosperity

A Guru shows the way to serenity

A teacher reaches your mind

A Guru touches your soul

A teacher gives you knowledge
A Guru makes you wise

A teacher gives you maturity
A Guru returns you to innocence

A teacher instructs you on how to solve problems

A Guru shows you how to resolve issues

A teacher is a systematic thinker

A Guru is a lateral thinker

A teacher will punish you with a stick

A Guru will punish you with compassion

A teacher is to pupil what a father is to son

A Guru is to pupil what mother is to her child

One can always find a teacher

But a Guru has to find and accept you

A teacher leads you by the hand

A Guru leads you by example

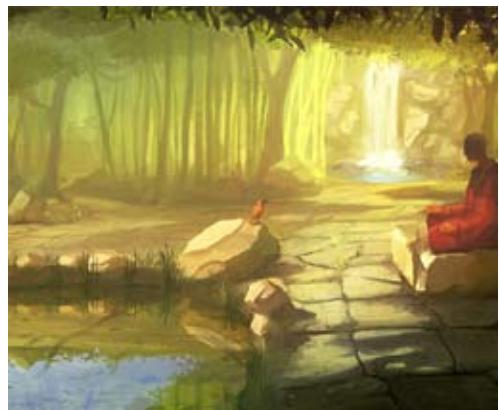
When a teacher finishes with you,
you graduate

When a Guru finishes with you,
you celebrate

When the course is over you are thankful to the teacher

When the discourse is over you are grateful to the Guru

Source: Unknown





The Supreme Mother



On the eve of Bonalu and Mahankali Jatara being celebrated in the Telangana states of Andhra Pradesh, it is interesting to learn about an ancient Bhadra Kali temple in Andhra Pradesh.

Warangal which was the capital city of the Kakatiyas is a historical place and here is the famous Bhadrakali Temple. Though the Kakatiyas were Shiva bhaktas, they worshipped Ma Kali in their daily lives. There is an interesting story relating to the significance of this temple and Goddess Bhadra Kali. A great scholar Sudarshana Mitra was very egoistic. He defeated some 100 scholars in a verbal duel and along with them went to Warangal where he was insulted by the local pundits. He wanted to take revenge on them and challenged them, "Today is Chaturdasi, is it not Amavasya tomorrow?" Thinking Sudarshana would win if they said yes, the local pundits argued that it was not Amavasya but Purnima the next day. To save their faces they visited the Kali temple in the midnight and prayed to Mother Goddess that they should win. They praised Her with Ekadasa slokas and the Goddess appeared before them and assured them that they would see the full moon (purnima) the next day. Sudarshana Mitra was surprised to see the Full moon on the consecutive day and accepted his defeat. Such was the Mother's grace.

After the decline of the Kakatiya dynasty this temple lost its significance and it was in 1950 that it was restored to its ancient glory. That year the Goddess appeared in a merchant's dream and asked him to renovate the temple. The previous idol had a red tongue hanging out and it is said

that when a devotee placed a silver yantra on which were inscribed the Amrita bijas, the face of the Goddess changed into a satvik form.

There are ancient Shiva Parvathi idols on the southside of the main mantap and at some distance there is a cave. It is believed that some great yogis visit this cave in an invisible form. There is a pond in front of the main temple and in the Garbhagriha (sanctum) a huge idol of Goddess Bhadra Kali measuring 9 ft is installed. Special prayers are offered in the month of Ashada (July). She is decked up with fruits and vegetables in the form of Shakambari and words fail to describe the Mother's beauty. Glory to Goddess Bhadra Kali!

- A compilation

Every female has in herself the Goddess Kali. Wherever there is a woman in any home doing her work screening her smiles with her veil, she is You, Ma; she is You, Black Goddess. Carefully rising with the light of dawn to attend with softened hands to household chores, she is You, Ma; she is You, Black Goddess. The woman who gives alms, makes vows, does worship, reads scriptures all correctly and with a smile who drapes her sari over the child on her lap soothing its hunger with a lullaby, she is You, Ma; she is You, Black Goddess. She can't be anyone else; Mother, sister, housewife all are You.

- Ramprasad.





Goodness is God

In this foreign land and abyss, every time I meet a new person, one of the first few questions they ask me after "Where are you from?" and "What is your name?" is "Are you a Hindu, Muslim or Christian?" or "What are you?" My quick answer would often be "I am none." The reason being, that I believe in God and God alone. Be it Krishna, Allah or Jesus, God is God. I go to the Mosque, Church, and Gurudwara as much as I go to a Temple. Who am I really then? Am I an atheist or an agnostic? No, not really. God is in everything you do and every person you meet. In fact, I say that goodness is God. God is one who heals your pain, makes you believe that everything will be all right and makes everything possible for you. God necessarily has no form and name. God takes the form you give and is what you believe God to be.

Few days ago, I was standing in an unknown place and counting numbers while the only thought running in my mind was "How do I reach my workplace? My friend was supposed to pick me from my place and drop me at work and the public transit is shut today. I am lost! I am in the middle of nowhere and late to work. I joined work just a week ago and I hope they do not dismiss me because I am late already. I cannot call a cab because I do not have any cash on me today. What do I do now?" I decided to call the cab and pay the cab man by borrowing from a colleague. The cab man who came to pick me was an Indian and when I was running out to pull out some money, he said,

"I am an Indian and so are you. It is all right, you do not have to pay." Well, I was not happy with it and so noted his number and promised to call him and hand him the cash for the ride. However, I was not still convinced that the whole event took place. No cab man, be it Indian or any other nationality, would ever agree to go without being paid. I understand strange things happen to everybody. However, miracles happen only when goodness is around you. The goodness you see in yourself and people around you is the God you ought to seek. As long as one believes in oneself and he or she can find God everywhere and in every person one meets. Someone told me that I should believe in some religion and one God who can give me assurance that I will be guaranteed heaven after this life. Well, God is no insurance company to assure you benefits after a life period and your investment. God is the goodness, which will mould you to be God yourself. God is the mirror that mirrors your deeds.

Therefore, trust thee and thou shall never be left alone. Trust the goodness in you and believe one thing and that is "God is within you and in every soul around you." You can choose to decline God, But not goodness. In my opinion, being good is being God. Give any name; give any religion, belief is the same and that is to be good, do good and seek good. Then, why decline any religion? Why decline any name for God? Acceptance of every religion is one of the basic things God preaches.



*I love writing poems, stories and songs; compose them and sing.
All I can write is about life because that is all I can experience.*

Ramya Manasa Kandala, 1st Year Undergraduate Student,
University of Alberta Edmonton, Alberta, Canada.

Lord Jaggaⁿath Rath Yatra



When Sri Krishna was being cremated in Dwaraka, Balaram overcome with grief, dashed into the ocean with Shri Krishna's partially cremated body. Subhadra too, followed both the brothers. At the same time, on the eastern shore of India, King Indradyumna of Jagannath Puri had a dream that the Lord's body would float up to the shores of Puri. He should build a huge mandir in the city and consecrate the wooden murtis of Shri Krishna, Balaram and Subhadra. The bones (asthi) of Lord Krishna's body should be placed in the hollow in the back of the murti. The dream came true. He found the splinters of bone (asthi) and took them. But the question was who would carve the murtis. It is said that the architect of the Gods - Vishwakarma - arrived as an old carpenter. He stipulated that while carving the murtis nobody should disturb him and if anybody did, he would stop work and leave. A few months elapsed. Driven with impatience, Indradyumna opened the door of Vishwakarma's room, who vanished instantly as he had stipulated. Despite the incomplete murtis, the king consecrated them, placing the holy cinders of Lord Krishna in the hollow of the murti and installed them in the mandir. Every year a grand procession is carried out with the murtis of Lord Krishna, Balaram and Subhadra in three gigantic floats. The floats are pulled by devotees from Janakpur to the mandir in Jagannath Puri. The murtis are changed every twelve years, the new ones being incomplete too.

(Rath yatra – 3rd July 2011)

Katha Upanishad (1/3/3-4) - the Body Rath

Yama, the Lord of Hell reveals to young Nachiketa, the Rath with which one can attain Brahma-vidya - knowledge of Brahman.

Shloka:

**Atmanam rathinam viddhi
shareeram rathameva tu,
Buddhim tu sarathim viddhi
manaha pragrahameva tu.
Indriyani hayanyahur
vishayansteshu gocharan.**

(Translation):

The atman is Rathi - owner of the 'chariot' - the body, The intellect is the Sarathi - driver, The mind is the rein, The senses are the horses, and The Panch Vishayas - material objects of the five senses - are the fields of pasture for the horses, i.e. The person whose Sarathi - intellect - is wise, whose mind fully controls the senses, can traverse Samsara to reach the desired goal - the Lord's abode.

Ramayana - The Samsara Rath

Lord Ramachandra describes His chariot to Vibhishan, with which He is always victorious:



Courage and tenacity are its wheels, Immutable truth and character are its flags. Strength, discrimination, self-control and charity are its horses. Forgiveness, mercy and equanimity are the reins, and Devotion to the Lord is its Sarathi. With such a chariot one can surely traverse Samsara.

Mahabharat- The Life Rath

Shri Krishna becomes His devotee, Arjun's Sarathi, leading him and the Pandavas to victory.

Shri Krishna says in the Gita (18/78) that, where there is Krishna and Arjuna, there's wealth, victory, power and immutable morality. This was borne out during the battle when the mighty warrior Bhishma vowed to kill Arjuna on the tenth day. Lord Krishna anxiously searched for Arjuna and found him asleep. Bewildered, Lord Krishna asked him how he could sleep with such a pledge looming over his life. To his astonishment Arjuna answered, "Because you are awake!"

The ultimate essence of the chariot stories is that the Jiva should unwarrantedly surrender to the Supreme Sarathi - God or the God-realised Sadhu, if he wishes to successfully traverse the yatra of life, Samsara.

Source: *Swami Narayan Samstha*



My trip to the Petrol Bunk

Swamiji takes His devotees on spiritual tours every year and I was fortunate to travel with Him on one such tour. At the outset, I started for the trip with a few apprehensions, a little hesitation and my emotional tank almost empty. The feelings I am left with after eleven days were one of gratitude to everyone I met during the journey, humility to God's creation (nature), assurance- an answer to my prayers that it was all meant to happen.

My impression- Swamiji through His actions and deeds showed us that the most noble thing is to give to others and by elevating their lives, your life is enriched as well. By constantly being on the move, He showed us that time is a precious commodity, like grains of sand slipping through our fingers, never to return again. Through His child like pranks and constant entertainment, He showed us that laughter is indeed the best medicine to soothe our souls.

My doubt- Is He a human being with a spiritual side?

My conclusion- He is a spiritual being with a human side. He never once, under valued any one's self-worth and did not care for any one's net-worth. He seemed to know everything but always eager to learn more. He showed me the power of deification by being able to see His deity 'Maa' in every idol and thing that He saw. One could after all see God in everything around them if they chose to.

Important Lesson:

When you confront the very thing that you fear, that thing becomes powerless. I am a bolder person now with my tank more than half-full and probably I would fearlessly lead a bhajan group during our next trip to the Petrol bunk.

- A. Lakshmi

A Beautiful Morning...

It was a beautiful morning... I was sitting outside and enjoying the sights and sounds of the day break. I heard the singing of the Koel which took me back to my childhood. I have always associated the sound of chirping of the koel with summer holidays and playing in the rain.

This thought took me into a contemplative mood... I realized that as a child hearing the chirping of sparrows and seeing hundreds of sparrows every morning was commonplace. But today, we hardly see any sparrows in big cities, only when we go away from the cities do we have the pleasure of seeing them.

Do you remember when you last saw hundreds of frogs during the rains and the din they create by croaking all night? In the last few years I have hardly seen any frogs because of all the construction that is happening!!!

Have you wondered how this could be affecting our ecological balance? Or are we too busy to notice the absence of such 'insignificant things' like creatures as sparrows and frogs? How many species will have to become extinct before we realize that we need to do something? How much damage will be done before we wake up and say this is not acceptable and we must make amends!!!

This raised another question in my mind... are we not doing the same thing in our relationships with people around us? Has this become our way of living and being? Is it necessary that we have to lose something or someone to realize their value??!!!

But, we are doing exactly that. We are too busy to notice anything when we have everything, but when we lose it, then we realize its value and complain about its loss...

As quoted earlier, "Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web we do to ourselves. All things are bound together. All things connect."

-Chief Seattle

Today, I feel it even more strongly and clearly than before. As I realize the truth in the words, I urge everyone that we need to

- be more sensitive to the people around us
- be alert to changes that are taking place in our environment and
- be responsible for everyone and everything that we come in contact with

That is the only way to live sustainably!!!

- **Gautam Vir**





ફકુલોક્રતિ હેડિન - હોંટેન

Krupalu Ogeti, Secretary, Samskrit Bharati, Hyderabad.
email:okrupalu@samskritam.net

By now you would have noticed 3 genders: पुंलिङ्गम्, स्त्रीलिङ्गम् and नपुंसकलिङ्गम्. The gender could be different from the sex of a living being. Recall some masculine gender words which are non-living: दीपः, प्रकोष्ठः (room), भारतदेशः. Look at some feminine gender words which are non-living: विद्या, नदी, लेखनी (pen). The following neutral gender words are living things: मित्रम् (friend of either sex) and कलन्त्रम् (wife).

Also notice different words in different genders to mean the same object: आसन्दः and आसनम्, in masculine and neutral genders, mean a chair. कण्ठः and ग्रीवा, in masculine and feminine genders, mean throat.

Let us now look at how plural number is used in Samskrit. The following are examples of 'akArAnta-puMli~gga' words.

बालः – बालाः

दीपः – दीपाः

In the above, notice that अः is for singular and आः is for plural numbers.

Corresponding verb changes are as below:

गच्छति – गच्छन्ति

ज्वलति – ज्वलन्ति (glow)

At the end of a singular verb, we have '-ati' and the end of a plural verb is '-anti'.

By combining them, we get simple sentences like:

बालः गच्छति – बालाः गच्छन्ति

(A boy goes / is going – Boys go / are going)

दीपः ज्वलति – दीपाः ज्वलन्ति

(A lamp glows – Lamps glow).

(To be contd in the next issue)



Celebrations

VIDYARTHI HOMAM

Nachiketa Tapovan- Vidya Mandir was reopened after the summer vacations on the 6th of June 2011. On this occasion our Revered Mataji conducted Ganesha and Saraswati Homam to invoke the Deities' Grace. I was privileged to perform the rituals as instructed by Mataji. We started with three Omkaras and offered dhoopa and deepa, flowers and holy water to Ganesha.

Then we began the Saraswati Homam and offered flowers and holy water to Saraswati Devi. After which we lit the Homam and Mataji instructed two other girls and me to offer Nava dhanyam and Puffed rice (Borugulu/murmura) to Agni. At the same time all the students and members present in the hall were told to chant the mantra "Om Saraswatyei Swaha." The students were also told to take a few puffed rice grains in turns and offer them to Agni. Mataji counted the number of times we repeated the mantra on her Japamala. After chanting the mantra 108 times, we took 5 solemn vows. Mataji explained the vows to us in English as they were in Sanskrit. The 5 vows were:

1. Vow for physical well-being by following rules of good health such as eating nutritious food, exercising regularly and playing every day.
2. Vow to be a regular and sincere student by adopting a systematic and persistent approach towards studies.
3. Vow to be truthful in word, deed and thought.
4. Vow to be unselfish and compassionate in one's thought, word and action.



Rohan performing the Homam



Vidya Mandir students offering rice grains

5. Vow to be a good human being by being dutiful and sensitive to the needs and challenges of the collective social good.

We ended the Homam by offering a coconut and chanting "Sarve Bavantu Sukhinaha". After that all the students went down to get their books as it was a good day to start classes. All along the ritual Mataji was explaining to us the significance of what we were doing. We felt very involved since Mataji conducted the Homam in this manner.

I wish all the students of Vidya Mandir a bright and eventful academic year.

- Rohan



Nachiketa Tapovan's Crafts and Sales

Exhibition Dates

| Date | Venue | Club | Time |
|--------------------------|--|---------------|--------------------|
| 20-21 st June | Road No. 12, Banjara Hills | --- | 10 am - 4 pm |
| 6-8 th July | Kamma Sangam Hall, Ameerpet Cell-093924 74760 | Craft Council | 11 am - 7:30 pm |
| 7 th July | Amazon, Hitech City | --- | --- |
| 15-17 th July | Jewel Garden, Sec'bad | Deep Mela | 10 am - 7 pm |
| 20-22 nd July | Taj Krishna, Road No. 12, Banjara Hills | Petals | 10:30 am - 5:00 pm |

Sponsor Options

Anna daanam maha daanam; vidya daanam mahattaram.

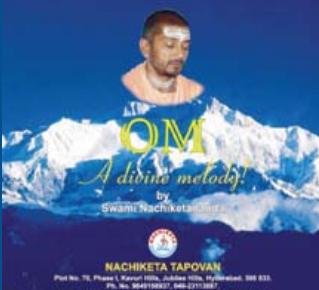
Annenka kshanika trupthihi yaavajeevanthu vidya.

Vidya Mandir at Nachiketa Tapovan is currently able to accommodate a family of about 210 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) | ₹ 5200/year/child |
| Anna Daanam (Mid-day Meals) | ₹ 4200/day |
| Alpa Aharam (Snacks) | ₹ 700/day |
| Vastra Daanam (Uniforms) | ₹ 800/2 pairs |
| Dinnerware (Steel Plates & Glasses) | ₹ 5000/ 50 sets |
| Stationery Supplies (Copier Paper) | ₹ 5000/term |
| Medicines (For needy people) | ₹ 5000/month |

Celebrate your Special Days with the Children at Nachiketa Tapovan!

PUBLICATION



A set of 8 'Yogic CDs'

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.

Cost of each CD is Rs. 20/-

Nachiketa Bala Vahini:

Bala vahini plays a great and important role in a child's life. Bala vahini is meant for kids of 5 to 15 years age group. As we have a proverb in telugu which says "mokkai vanganide manai vanguna," children need to be given the right knowledge of life and its management in this very age. Whatever they learn during 5 to 15 years is going to be the foundation of the child's life. So through Nachiketa Bala vahinis, we are going to impart spiritual knowledge to children through many fun filled activities like chanting, games, yoga, story and acharasamhita (child watches his everyday actions performed) and children will be made to understand about our rich culture, heritage and its scientific aspect etc. So through various activities, Nachiketa Bala Vahini will help your child to manage his life with great understanding and realize his role in the society.

Nachiketa Tapovan is launching Bala Vahini on Sunday 10th July 2011. Henceforth, Bala vahini will be held on all Sundays in a year from 10 am – 12 noon. Interested participants can enroll themselves by filling applications which are available at Nachiketa Tapovan at Kavuri Hills. Seats are limited, enroll as early as possible. We also offer to train people who are interested in conducting Bala vahinis in their respective areas.



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) Unpublished articles are not 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 300 (one column) to 600 words (two 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 have helped us accomplish our goals.



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AN APPEAL TO PATRONS & SPONSORS

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

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"To keep company with the Guru is not only to be in his physical presence (as this is sometimes impossible), but mainly means to keep him in our hearts and to be one with him in principle and attune ourselves with him."

- Swami Sri Yukteswar

With best wishes from Griha Constructions, Chennai



An Appeal

Dear Atman

"When a person really desires something, all the universe conspires to help that person to realize his dream." This is truer when a selfless desire is pursued by a group of ardent seekers. This was proven by the multifarious growth of Nachiketa Tapovan from a humble hut into a 3-storeyed building in Kavuri Hills and onto a 40 acre spiritual haven in Gairan Tanda in Jadcherla with His blessings and your good wishes.

Imparting literacy, combined with love, care and cultural values to children from impoverished families was in the fore front ever since the inception of Nachiketa Tapovan. Whether this objective has been accomplished or not, can be well illustrated by the progress being made by the children of Vidya Mandir who are winning accolades in all areas from academics to vocational skills to arts to yoga and chanting Vedas. The Vidya Mandir at Nachiketa Tapovan, Hyderabad is not satisfied with giving just breadwinning education but is striving to create a learning platform for each child to receive a man-making education. Thanks to the donors, well wishers, volunteers and teachers who are making this endeavor successful.

Nachiketa Tapovan's efforts to extend the same education to children from the rural areas of Gairan Tanda in Jadcherla, Mahaboobnagar are in full swing, with plans to start classes from June 2011. If Nachiketa Tapovan, located in the heart of HiTec city known for its sprawling growth, is benefiting 210 children, it is needless to mention how many will be benefited by another such Vidya Mandir in the rural areas far placed from technology, comfort and convenience.

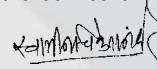
The Vidya Mandir being constructed is planned to cover an area of 50,000 sq.ft. around an extensive central play ground. The building will have two floors, the ground floor consisting of spacious classrooms (750 sq ft) and the entire top floor rooms devoted to laboratories like math Lab, Science lab, language lab etc. and a library. The two floors will enclose a copious 10 ft. verandah. The facility has been planned to provide character building education up to X class (progressively) under the S.S.C. board. However, materialization of this progressive project into a reality requires additional monetary and human resources.

Estimated cost of this project is ₹ 3.8 crores

In this time and age when people are far removed from truth and true spiritual values, the way to build a happy and healthy society lies in strengthening the spiritual base of the country and Nachiketa Tapovan has been trying to achieve this by exposing the children of Vidya Mandir to our great heritage contained in Upanishads, Epics and Puranas. We hereby fervently appeal for generous donations. Please participate in this Vidya Dana Yaga being performed to benefit the underprivileged children and thereby strengthen the cultural and spiritual values of our nation.

It may kindly be noted that donations to Nachiketa Tapovan are exempted from IncomeTax 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. We acknowledge the generous contributions made by donors.

Yours in the service of Motherland



Swami Nachiketananda Puri



Invitation

Guru Purnima Celebrations

We cordially invite you to attend the Guru Purnima celebrations

Venue:

*Nachiketa Tapovan,
Plot No. 70, Phase I, Kavuri Hills,
Hyderabad.*

Date: 15th July 2011 from 9:30 am
Havan and Satsang will be held by
Swami Shivananda Puri

Spiritual Prasad follows.

Acknowledgement

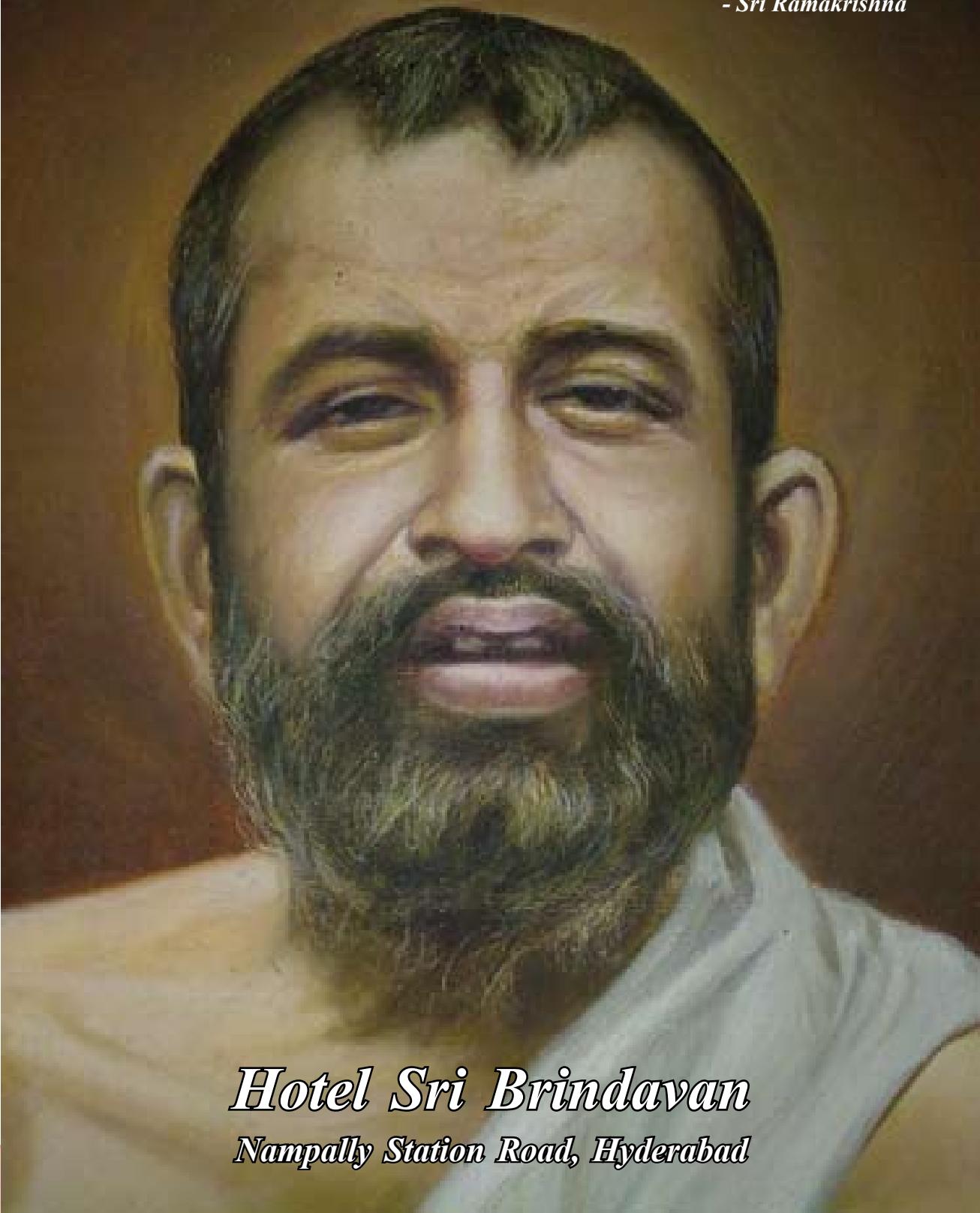
We thank one and all for the overwhelming response received towards this initiative from individuals as well as organizations. We are very happy to announce that 1650 kg of recyclable waste was collected within 2 months from the date of announcement. This means that,

- our landfills were spared from 1650 kg of waste material
- 1650 kg of waste was recycled properly and efficiently
- Vidya Mandir of Nachiketa Tapovan earned Rs. 8250/-



*If a man in the form of a Guru awakes spiritual consciousness in you,
then know for certain that it is God the absolute
who has assumed that human form for your sake.*

- Sri Ramakrishna



*Hotel Sri Brindavan
Nampally Station Road, Hyderabad*

*"Righteousness is eternal.
Pleasure and Pain are not eternal."*

- Vedavyasa

