

Mahashivaratri 2013

Nachiketa Tapovan Ashram

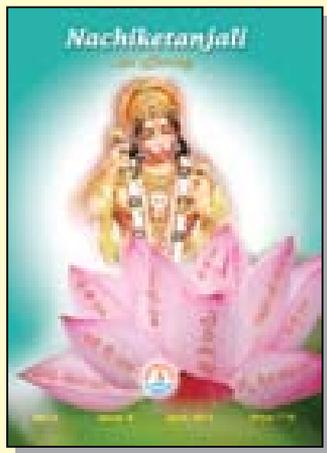
Yoga Lingeshwara



Contents

	Editorial	2	Divine love for real - Mooji	17	
	The ideal of giving	3	Bid Gadgets Adieu, Rejoice Anew	18	
	Inspiration or Influence	4	Saradassatam...	20	
	Sri Ramakrishna's Amrita Dhara	6	Come to think of it	22	
	Yoga for your health	7	Friends Forever	23	
	Parents - Role Models?	8	Keep Doing What Has To Be Done	23	
	Grace	9	Decide to save or to waste!	24	
	Vivekanjali	10	Never Underestimate...	25	
	Sabari	11	Who goes around whom...	26	
	Three types of Gurus	12	Sanskrit Lesson - Thirty six	27	
	A class society with...	13	Ashram News	28	
	The Plan	14	Events and Celebrations	32	
	Expansion and Contraction	15	How you can help	34	
	We are not what we are	16	Invitation	36	

Cover story



Sri Hanuman told Sri Rama, "O my Lord, there is something superior to Thee." Sri Rama was astonished to hear this and asked, "What is it Hanuman?" Hanuman replied, "Thou hadst crossed the river with the help of a boat, but I have crossed the ocean by the power and glory of your Name only. Hence Thy Name is superior to Thee!"

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Editorial

Find and pursue your passion

Everyone needs the passion, whether it is the aspiration of an athlete, or an artist, a scientist, a parent, or a business person. Without passion man is a mere latent force. Passion is one of the most powerful engines of success. When we do a thing we should do it with all our might. Nothing great was ever achieved without passion.

It is the power of passion that guides us in our life. A student has to have the passion to pursue higher education. An industrialist needs passion to stay at the top. An athlete needs the passion to win medals. The passion of exploring various planets has helped scientists in achieving their goals. It is the passionate research of doctors that helps them transplant organs and find cure for serious ailments.

And it is the same passion that leads a *Sadhaka* to self-realization.

In the spiritual world our passion leads to meditation and penance. If one desires to see God, primarily he has to understand *Bhagavad Tattwa* or the essence of God and for this he needs passion. Yogis divert their passion in this angle and try to explore their inner selves. This helps them transcend worldly pleasures and experience the mystic spiritual realms.

It is Sri Ramakrishna's passion for Divine Mother that made Him a Paramahansa. Passion never goes waste. It helps a student acquire knowledge, an artist bring out his best creation and transforms a spiritual seeker into a yogi. It is only the ignorant who misuse this passion for fulfilling their selfish desires.

We encounter inner dialogues and challenges when pursuing our purpose and passion. Let us not allow external forces to interfere with our purpose and passion of self-discovery. We should stay focused and experience our authentic self.

Let us take that plunge and pursue our passion. We can have our personal choices.

- **Subhadra K.**

The ideal of giving

dAtavyam ithi yaddhAnam diyathe anupakArinE

dEse kAle ca pAtre ca tad dhAnam sAthvikam smrtam– 17.20

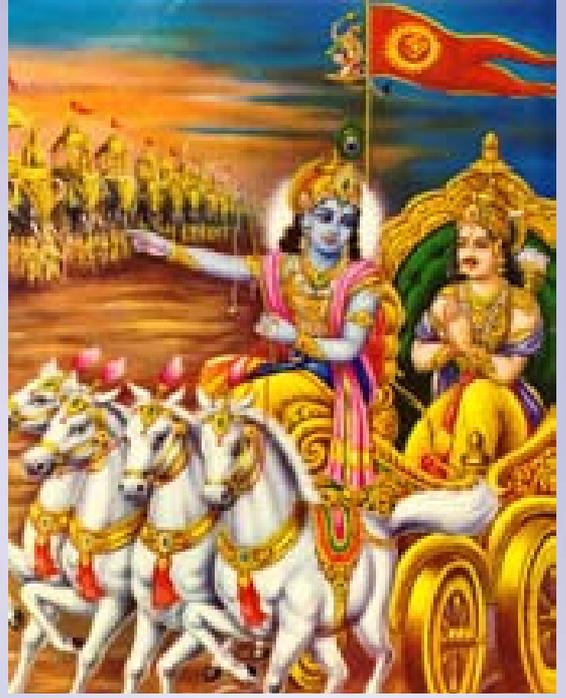
“To give is right”- gift given with this idea, to one who can do no service in return, in a fit place, time, and to a worthy person, that gift is held to be *sAttvik*.”

dAna was a great idea developed in India. Always share what you have with others. It is very much emphasized in all our literature. So, *dAna* has a high place: ‘I have something; somebody does not have it; let me share, let me give it to another who does not have it.’ India was known for this quality of charity and hospitality for centuries together. Anyone could travel all over India without carrying a single pie in one’s pocket. You would be looked after by people everywhere. That is the story of India.

Gifts are given with the attitude ‘to give is right’. To whom is gift given? *Diyate anupakArine*, ‘to one who cannot do service in return’. If you expect something from the served and if the served has the capacity to do that return service, then there is no *dAna* idea there. It becomes only a mutual contract, a business contract. That is all; there is not that high ideal of *dAna* in it. But, in true *dAna*, the recipient is not in a position to give anything in return; he or she needs service and I offer service or give charity to him or her with respect. *UpakAri* means one who gives something in return for the good you do to him or her. But, here it is *anupakAri*, which makes it negative, ‘one who cannot give a return gift’. Then only *dAna* is *sAttvik*.

Dese kAle ca pAtre ca, ‘taking into consideration *desa* or place, *kAle* or time, and *pAtra* or the particular individual’. These things should be taken into account. If you perform charity with right attitude and considering these three factors, then it is *sAttvik* charity.

Charity must be done with a generous mind, with an open hand, not with a hand that is drawn back. There is a beautiful exposition of this idea of *dAna* in the Taittiriya Upanishad where there is a convocation address of a Sanskrit educational



institution. It is a beautiful passage. Some of the universities in Nagpur and other places use it in their convocation today. The passage says about the subject of *dAna* as follows (Taittiriya Upanishad, I. xi. 3):

SraddhayA deyam, ‘whatever you give’ in charity, give it with *sraddhA*, with faith. *AsraddhayA deyam*, ‘without that *sraddhA*, don’t give; don’t do charity that way, for its value goes down. Then *sriyA deyam*, ‘give with a sense of plenty’. You may be giving only five rupees, but give it with a sense of plenty. *BhiyA deyam*, ‘give with fear’ for the cause is so great and the amount of donation made is so small. *HriyA deyam*, ‘give with humility’. *Hri* means humility. What a big project! And I am so small; how can I give so little? That sense of humility should be there while giving in charity. *SamvidA deyam*, ‘give with knowledge’. Give with the knowledge of the purpose for which the gift is being made. You appreciate the project and then give for that project.

When you give something to somebody, that somebody’s self-respect should not be wounded. Then only it is right charity. If it hurts the receiver’s self-respect, then it is bad. So, this kind of attitude must come to the mind so that this world can become a happier place to live in and we can achieve our fulfilment in society.

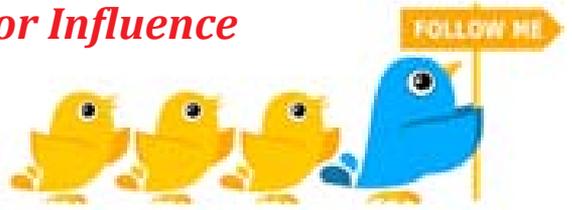
**Universal message of the Bhagavad Gita
by Swami Ranganathananda**

Inspiration or Influence

Dear Sadhak!

It is a well known fact that 'inspiration' is more important in life than 'influence'. Inspiration might appear as bondage initially but in the latter stage it liberates one from the bondage of this mundane world and gives immense joy and happiness. On the other hand influence might give happiness and joy initially but in the latter stage it brings only sorrow and unpleasantness in one's life. But unfortunately the majority love to indulge in influence rather than inspiration. We should always remember that influence demands external change whereas inspiration asks for internal change. Therefore we should be an inspirational person, not an influential one. Inspiration can be derived by anybody from anywhere without following a trend or a person externally.

If every person understands the importance of inspiration then, we will never see any cultural, social, political, or any kind of influence on anybody, anywhere. It is influence that



influences an ordinary person, therefore, we as a people, we as a society, we as a family should never get influenced but get inspired to inspire hundreds and thousands of people and generations, to charge generations together. Inspiration lasts forever whereas influence is temporary. We heard about following footsteps of great souls but that doesn't mean that we should simply try to follow somebody externally from attire to hairstyle. That is not the true meaning of it. Inspiration will never ask us to change externally whereas influence will make us follow externally.

Inspiration or influence can come from anything but it is up to an individual to get influenced or inspired. Inspirational person does service selflessly whereas influential person carries selfish motives. Very thin line can be



drawn between inspiration and influence. It is difficult to know whether we are truly getting inspired or influenced. But the one who knows what lies within knows very well whether it is inspiration or influence.

Dear Sadhak! Remember one thing that we are the best judge for ourselves. No one can understand ourselves better than we ourselves. If it is influence due to our understanding or magnetic pulls from the other end, then we have to understand ourselves than anybody else. It is our moral responsibility to make sure that we should not influence anybody, anymore. Inspiration transforms people whereas influence tries hard to convert everyone and never satisfied with the number. Therefore remember that, we are not here to convert people but to transform without discrimination of gender, caste, creed or religion. Please do not forget that as a human being we have higher responsibilities and one such responsibility is working untiringly for the betterment of humanity but due to our ignorance, unnatural living, unethical behavior, humanity is becoming the most endangered species on the earth. Therefore it is our highest moral responsibility to reinvent the lost human being through our own fabric to preserve and protect the very distinct endangered species on the earth called humanity.

Dear Sadhak! If we get inspired we will follow the philosophy of the person, not the person... we will follow the doctrine not the religious books... we will follow the life not the livelihood... we will follow the self not ourselves... we will derive inspiration not be influenced...!



- Swami Nachiketanda Puri



*Though we are
all made up of
Panchabuthas we are
unique in nature. You
cannot find identical
natures even in
twins. Then why that
difference? It is because
of our samskaras.*

**Paramahansa
Swami Shivananda Puri**



Ram Chandra Datta

Faith and devotion are two important mile stones on the path towards God. Faith removes worry, anxiety and fear, while devotion makes life smooth and joyous. Ram Chandra Datta, a householder disciple of Sri Ramakrishna, had unflinching faith in the Master. He used to say that any place Sri Ramakrishna visited even for a day became a holy place and that whoever came to the Master and served Him once was blessed. He was born in Calcutta on 30th October, 1851 to Nrisimha Prasad Datta & Tulasimani. They were known for piety and kindness. All of these good qualities Ram imbibed from his parents. From his boyhood Ram was very bold and straight forward about his convictions. He was deeply interested in science and studied chemistry under his English supervisor with great diligence. Ram extracted from an indigenous medicinal plant an antidote for blood dysentery which was approved by the Government and recommended by leading doctors. As a result he was appointed a member of Chemist Association of England.

Ram's great enthusiasm for science made him an atheist. The death of his young daughter was a terrible shock to Ram and a great change came over his life. He started to visit different religious leaders for answers about God and Religion. On 13th November 1879 he met Sri Ramakrishna. Ram noticed that Sri Ramakrishna did not look like a traditional ochre clad monk. On the contrary He was the embodiment of simplicity. From the very beginning Sri Ramakrishna made Ram His own. Soon Ram felt bold enough to ask the questions that had been haunting him, "Does God exist? How can one see God?" Sri Ramakrishna: "God really exists. You do not see any stars during the day but that does not mean that they do not exist. You can not realise God by a mere wish. Have faith in the instructions of a holy man. Make your mind like a fishing rod and your 'Prana' or life force like a hook. Your devotion and *japam* are like a bait. Eventually you will be blessed by the vision of God."

On 2nd June 1883 Ram invited the Master to his house. There Sri Ramakrishna entered into Samadhi. Sri Ramakrishna touched Ram's head with His right foot and Ram also lost outward consciousness. Gradually the Master came back to the normal plane of consciousness and took His foot away. Ram looked up and saw that Sri Ramakrishna took the form of his chosen deity.



His experience convinced him that Sri Ramakrishna was an incarnation of God. Ram purchased a garden house at Kankurgachi, an eastern suburb of Calcutta to hold *keertans* and practice spiritual disciplines. In sacred memory of Sri Ramakrishna he named the place "*Yoga Dhyana*". He named the mango tree "*Ramakrishna bhog*" and the lake where the Master washed His hands & feet "*Ramakrishna Kund*". In the north east corner of the garden, Ram planted a *Panchvati* at the Master's suggestion. Master's relics were enshrined on this spot. Ram was commissioned to teach and lecture by the Master. Later Ram compiled some of Sri Ramakrishna's important teachings in a Bengali book titled "*Tattvasara*". He also began to publish a Bengali magazine "*Tattvamanjari*" in order to spread the Master's teachings.

Ram's strenuous ascetic life at '*Yoga Dhyana*' eventually affected his life. In spite of the best available treatment and care, he breathed his last on 17th Jan 1899. His body was cremated on the bank of the Ganga and the relics were placed next to Sri Ramakrishna's temple at *Yoga Dhyana*.

**Source: 'They Lived with God'
by Swami Chetananda**



YOGA FOR YOUR HEALTH

SETUBANDHASANA

“Setu” means bridge. *Bandha* is lock, and *Asana* is pose or posture. *Setubandhasana* means construction of a bridge.

Instructions:

Lie down on the back. Stretch both legs parallel to the ground and place hands a bit apart from the body. Relax for a while by taking deep inhalation and exhalation. Slowly bend the knees perpendicular to the ground. Make sure that the toes, ankles, heels, and buttocks are in same line and there is a gap between the feet. Place the hands near the body. Try to hold the heels with palms, if not place the palms on the floor. Now while inhaling, slowly try to lift up the thighs, buttocks, and spine and try to expand the chest by holding the heels with the palm or by pressing the palm on the floor. Feel the expansion of the chest, stretch in the thighs, massaging effect in the organs of the abdomen. Feel the complete stretch of the spine. This is the final posture. In the final posture, maintain normal breathing. Maintain the posture for 5 to 8 counts. While releasing the posture, exhale and slowly release the posture, part by part. Stretch the legs, hands apart from the body and relax.

Benefits:

- Relieves symptoms of asthma and high blood pressure.
- Reduces fatigue, anxiety, and insomnia.
- Helps to alleviate stress and mild depression.
- Improves circulation of blood and aids digestion.
- Calms the mind and the central nervous system.
- Stretches the chest, neck, spine, and the hips.
- Stimulates lungs, thyroid glands, and abdominal organs.

Who should avoid?

Avoid this posture if you have neck, back and knee injuries and also the practice should be avoided when there is late pregnancy.

- *Maheshwari*
B.Sc. Yoga



Parents - Role Models?



Whenever we do something naughty at school, teachers scold us saying, "Is this what your parents teach you at home?" This itself shows, how important a role our parents play in our upbringing. All little children tend to imitate what elders do. So, parents need to be careful not only in speech, but also in action. Parents are the sculptors who mould the children into stars. So there is no room for error in a child's upbringing. Even if you do something wrong unknowingly, the children pick it up. A signal jumped or a bad word uttered can create an impact on the child. He will not know where he learnt it but will just do it out of habit.

It is the same as, how our parents kept on telling us since we were very small, "Don't play with your food; don't play with your food." When they repeat this again and again, we get it as a habit. Others get it out of fear but that is a different case. An example about how children might pick up bad habits from parents, could be something like these- if one of the parents smoke or drink, a child can pick it up from them and get into that habit when he or she comes of age; if the parents tend to be rash drivers or if they lose their temper easily, it has a similar effect on the child.

Recently, I went to write a competitive exam in a school where many children from other schools had come too. After the exam, there was some delay in some students being sent down as they didn't seem to have heard the announcement. Out of frustration, that their children hadn't come down yet, some parents made a big ruckus and shouted at the authorities. This is the kind of thing that parents should be careful about.

Parents are reflected in their children. In the same way, the children represent the parents. I quote our very own Swamiji, "The children are the parents' visiting cards." It is usually said that when we go out we represent our school and then our parents, but what we don't realize is that when in school itself we represent our parents, then when we go out, obviously we represent them first.

However, on our side, even if our parents do something wrong, we have the choice whether or not to be influenced by them. As human beings, we are born with the ability to make a choice. Even if the parents are bad but the children are good, the reputation of the family goes up because of the children. So parents, please remember that we are watching you, and kids, remember you have a choice. So next time when you do some monkey business, remember that it's your parents' reputation that goes down. So, make them proud.

Matrudevobhava Pitrudevobhava



Rohan Govind N.

8th Class,
GT Aloha Vidya Mandir,
Chennai



Grace...

I don't know what it is that I am feeling, I just know that I 'need' to write or may be it is that if I write now, I might be able to understand what I am feeling. I was in Delhi/Vrindavan recently; I needed to go to Delhi for some important work and the Radha Raman Mahautsav was taking place in Vrindavan at the same time, so I clubbed both the visits and my mother and I hopped onto a flight to Delhi.

The trip was worth it, worth making the effort even before I got to Delhi. Ma repeated at least 5 times that she couldn't believe that the captain was announcing our arrival into Delhi. This was the quickest flight to Delhi that she had been on and it was true, I often find my flight to Delhi longer than most...

It's a strange and interesting experience being here in Vrindavan. I have been wondering what this journey is about. I am here; the sensibilities of the people I see are totally different from mine. I only want to be in the temple with Radha Ramanji when I am here, not with these hundreds and yet, somewhere I feel a connect with them... a smile shared with someone, a meal served, a meal received, tears shed, a tear witnessed and I realize that we're all a part of this cosmic whole, on our independent journeys and yet connected and part of the same journey.

If I don't take my likes and dislikes too seriously, if I am not too quick to judge, if I am willing to be open; open to different views, open to the fact that people are different, have had different upbringings and different life experiences and therefore they have their own ideas. If I am able to take myself a little less seriously and say more often 'who the hell am I' and laugh out loud at myself, then life would definitely be more interesting, less cumbersome, more fun and lighthearted...I would be one 100% involved, yet not entangled.

All through these two days, I have wondered what 'He' (Krishna) thinks of this circus, this noise, this pretense. I also see that being 'Krishna' He probably is in every speck of creation and sees much worse and much more beauty in every moment. That this noise and pretense is still better by leaps and bounds, to expend one's energies than what we see happening on TV every day. Just as I wrote that, I had another thought; it is perhaps all the same to Him... the noise and the music, the pretense and the purity, the mundane and the magic...

I have seen much in these two days, I have learnt a little, cried a bit, become something more and dropped a little of myself.. I am looking forward to my tomorrow... for the promise it holds, the magic that is possible...

And my 'Krishna', I have you, to thank for it... and for everything else. Thank you for your grace and your love...thank you for being you...and I pray that your grace and protection be with me and everyone I love... As I reread this last line...the only thought that came to me was, "Let Krishna's grace be with EVERYONE".

- Gautam Vir

We thank a devotee for donating Rs. 1,00,000/- towards Sponsor a Child Corpus Fund





Hanuman's Ideal of Rama's Form

There is a story of Hanuman, who was a great worshipper of Rama; just as the Christians worship Christ as the incarnation of God, so the Hindus worship many incarnations of God; according to them, God came nine times in India, and will come once more.

When He came as Rama this Hanuman was His great worshipper. Hanuman lived very long, and was a great Yogi, and during His lifetime Rama came again as Krishna, and He, being a great Yogi, knew that the same God had come back again as Krishna.

He came and served Krishna, but he said to Him, "I want to see that Rama form of yours".

Krishna said. "Is not this form enough? I am this Krishna; I am this Rama; all these forms are mine".

Hanuman said, "I know that, but the Rama form is for me. The Lord of Janaki and the Lord of Sri are the same; they are both the incarnations of the Supreme Self; yet the Lotus-eyed Rama is my all in all".

This is Nishta; knowing that all these different forms of worship are right, yet sticking to one, and rejecting the others. We must not worship the others at all. We must not hate or criticise them, but respect them. The elephant has two teeth coming out from his mouth. These are only for show; he cannot eat with them; but the teeth that are inside are those with which he chews his food. So mix with all states, say yea, yea to all, but join none. Stick to your own ideal of worship.

By Swami Vivekananda from a class on BHAKTI YOGA,
Jan. 20th, 1896



Sabari

The story of Sabari starts with the ogre Kabandha whose hands have been severed by Rama and Lakshmana. Kabandha whose death at the hands of Sri Rama was foretold, realizes Rama is the one to give him final salvation after both his hands were cut off by Rama and Lakshmana. Telling Rama that he needs allies and Sugriva could be the one, Kabandha describes the way to reach Sugriva. Then he talks about the Pampa Lake and the Mount Rishyamuka and about a miracle in the Ashram there:

Kabandha talks about the miraculous powers of the sages there.

“The *Rishis* who resided there are no more. So great was their devotion that the sweat drops which fell on the ground from their body, as they brought water for their daily *pūja* have sprouted into unfading flowers shining like garlands. Their servant woman belonging to a forest tribe is constantly engaged in *Tapodharma* (Spiritual Austerities). Sabari is eagerly waiting to greet you as a Divine person and then ascend to higher worlds.

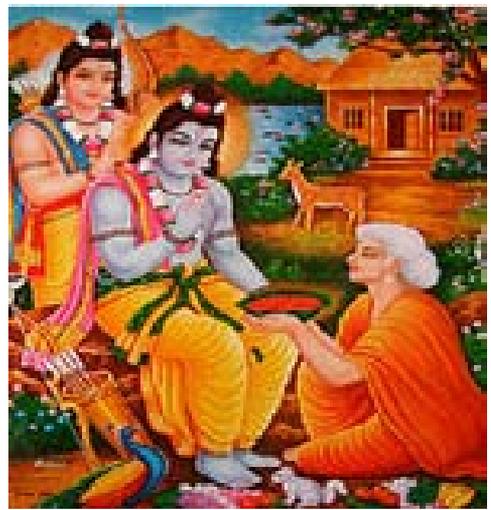
We are told that Sabari served Rishi Matanga for long in his ashram near Rishyamuka, and when he was ascending to heaven, he bade his disciple await the advent of Sri Rama who would come to her, bless her, and fulfill her *Tapas*. Telling her the story of Sri Rama, the sage departed, leaving Sabari alone at the ashram.

Sabari continued her tasks at the ashram, keeping it ready for Sri Rama’s arrival. She woke up every day wondering if this would be the day Sri Rama would arrive.

After completing her chores, she would make the place ready for Sri Rama’s arrival, and collect fruits and berries for him to eat as if he did come.

She spent hours removing the thorns from the bushes along the path and the stones on the path, so that her beloved Lord wouldn’t be hurt.

Thus, Sabari spent many years waiting for her Lord who was on his way to her abode”.



Thus the story of Sabari was introduced to Rama (and us).

Both the brothers approach Sabari as told by Kabandha.

One look at her made Sri Rama realize that Sabari had attained the highest stage of spiritual ripeness, ‘*Siddhahood*’.

She honors them as guests and expresses her desire to depart to the spheres where her teachers are.

When Sabari sees Sri Rama, she says that she feels the purpose of her birth has been fulfilled only upon seeing Sri Rama.

Sabari felt that her greatest desire had been fulfilled by meeting her Lord, and asking Sri Rama to give her salvation, she entered the fire.

As the old and emaciated lady wearing rags entered the fire, she was transformed into a beautiful young woman wearing silken cloth and many ornaments.

In this form, she gained deliverance at the hands of the Lord, as Sage Matanga had foretold, and joined her Lord and her guru in the heaven.

The story of Sabari teaches us the merits of unflinching devotion to the Lord.

It shows us that no matter what our caste or creed is, it is always possible to attain the Lord through pure devotion.

Source: Kasarabada.org

Three types of Gurus

There are three types of Gurus – *Meena Gurus*, *Kachhapa Gurus* and *Krauncha Gurus*.

Meena Gurus:



Meena is fish. Big Fish feed the small fish until they can fend for themselves. Similarly an ordinary guru guides his disciple through his preaching and gives all his guidance until the disciple establishes himself in his spiritual journey. From then onwards the disciple has to progress on his spiritual path on his own.

Kacchapa Gurus:



Kacchapa Gurus belong to a higher level than the *Meena Gurus*. *Kacchapa* means tortoise. The tortoise feeds its offspring by its mere looks. Their hunger is appeased by the love that the mother tortoise transmits through her looks. But if the need arises, the mother tortoise feeds even through her mouth. But a fish does not

have the capacity of feeding through her looks. Similarly *Kacchapa Gurus* shower grace on the disciples through their looks.

Krauncha Gurus:



Krauncha Gurus are placed on a high pedestal. A *krauncha* bird lays its eggs and once they are hatched leaves its nest and migrates to far off places along with other birds of its own sect. Unlike the fish and tortoise, the *krauncha* bird does not spend any time with its offspring even for a little while. But the little birds think of their mother when they are hungry. The mother bird has the power of sensitivity towards her little ones and through mere thought appeases their hunger even from a long distance. The power, that the Creator has bestowed on His creation is incredible! Similarly *Krauncha Gurus* come to this world with a pre-destined mission and work only for the fulfillment of that mission. To achieve their goals they do not mind severing their familial ties and pursue their mission. They leave their homes like the *Krauncha* bird. But they don't desert their disciples and guide them by all means even from a distance. They take care of their devotees by their mere will. Nothing is impossible for them. And when needed, they guide their disciples the same way as *Meena Gurus* and *Kacchapa Gurus*.

**Source: 'Gupta Yogi Sri Rakhadi Baba'
by Sai Das Swamiji**



A class society with 'classy' rituals and practices

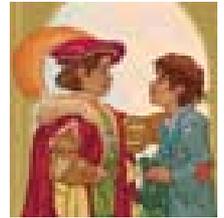
During the Mahashivaratri, which is a time for fasting as well as feasting for a few of us, I went to the market to purchase fruits, so that I too could partake the 'virtues and benefits' that religion says would accrue out of fasting (or rather, limited consumption of food). Their skyrocketing prices made me wonder if all these rituals are only for the rich. Can a poor person really afford not to eat or rather eat the 'privileged' food (also note that industry is cashing on these rituals by introducing foods especially to be consumed during 'Vrat') when he rarely gets even the normal food?

Let us take another simple example. At the Secunderabad railway station in Andhra Pradesh, autos are stopped at a distance away from the station entrance whereas cars are permitted till right before the entrance. This may be for simple administrative convenience. But persons who travelled by the auto also have luggage and also ought to have the 'privilege' of avoiding the ordeal of traversing the extra distance. They have also paid to avail the services. Isn't this discrimination on the basis of class?

Our Constitution which propagates equality is negated in a sense by laws made by the legislature. For instance, while in cases of

accident and death, say a rickshaw puller would get a paltry sum as compensation, a victim who travelled by train gets a lakh or two and the one who was in an aircraft would be awarded several lakhs! The Income Tax Act, 1961 exempts income earned from farm houses from being taxed under the head of income from house property. There are many similar waivers for the rich, whereas the middle class is made to pay for everything.

As we have seen in the examples above, there is an in-built class bias in our system, in addition to many other kinds of biases. As our Professor emphasizes to us in our classroom, "Equality is a myth." There are differences amongst us in many ways, some being continued from times immemorial and some orchestrated recently. Nevertheless, our culture is replete with many examples for us, the often-quoted one being the friendship of Lord Krishna and Sudama. Lore has it that God as a benevolent parent loves His devotees not on the basis of their social standing but by virtue of their *Karma*. Then why do we, who proudly boast about our culture, choose to ignore these golden strands in the rich fabric of our society? This is for all of us to introspect and subsequently implement changes in our lives. Though our law has done away with practices like untouchability, it is still practiced in our villages, in our own homes! Who are we to decide whether another human being is pure or not? With all sorts of pollution within and around us, are we ourselves 'pure'?!



Neetika Gogula, Final year B.A. L.L.B. (Hons) has passion for writing articles on social issues.

On a cold January morning in 2007, in a Washington DC Metro station, the usual morning humdrum was underway. People were walking about mechanically, with their newspapers tucked into their coats, sipping hot coffee and walking on with the crowds.

On one side of that busy platform, a violinist came down the stairs and looked around. Choosing a corner near the wall, he opened his case to take out his violin, took his position and started to play. Within moments, he was swept away with the haunting melodies of his beloved violin and became oblivious to the world around. But the organized chaos around him remained unperturbed.

After 3 minutes, a middle-aged man noticed that a musician was playing. He slowed his pace, stopped for a few seconds, then hurried on.

About 4 minutes later, the violinist received his first dollar, when a woman threw the money into his open violin case without stopping.

At 6 minutes, a young man leaned against the wall to listen to him, then looked at his watch and started to walk again.

At 10 minutes, a 3-year old boy stopped, but his mother tugged him along hurriedly. The boy stopped again, but his mother pulled hard and the child continued to walk, with his head turned the whole time. This action was repeated by several children, but every parent-without exception-forced their child to move on quickly.

The musician played continuously, with passion and skill, for 45 minutes. During that time, more than a thousand people passed through the station. Only 6 people stopped and listened for a short while. About 20 of them gave money, but continued to walk at their normal pace. The violinist collected a total of \$32 in those 45 minutes.

When he finished, the chatter and babble took over. No one noticed that a violinist had been playing, no one applauded when it was over, and no one recognized him. The next instant, he disappeared. He was gone, just another face in the tumultuous sea of people.

The violinist that morning was Joshua Bell, one of the greatest classical musicians in the world. During those 45 minutes, he had played some of the most intricate pieces of music ever written-including 6 compositions by Sebastian Bach. And he had played with a violin worth \$3.5 million.

Just two days before playing at the metro station, Joshua Bell had sold out in a theatre in Boston, where the average cost of a ticket to see him perform was \$200.

Joshua Bell's incognito performance in the Washington DC Metro Station had been organized by the Washington Post as part of a social experiment. The Washington Post later reported that,



Joshua Bell



Expansion and Contraction

"In the musician's masterly hands, the violin sobbed and laughed and sang- ecstatic, sorrowful, importuning, adoring, flirtatious, castigating, playful, romancing, merry, triumphal, sumptuous music." But no one had paid attention to this fiddler standing against a bare wall in the Metro.

This social experiment raised some very fundamental questions that concern all of us that I now pose to you: how much of life's beauty are we missing out on?

Here was one of the best musicians in the world, playing some of the finest music ever written, with one of the most beautiful instruments ever made- he had received a standing ovation after his performance two days ago- and here he was, playing in a metro station for them. Yet no one saw him- because they were not prepared for it. They didn't expect it. They didn't 'plan' to see Joshua Bell perform.

You see, we forget that life is not a plan that unfolds dot on schedule, at our whim and fancy, according to our convenience. The beauty of life is not in pre-defining and pre-deciding all of what is going to happen to us- the beauty of life is in the uncertain, the unexpected, the unanticipated.

And my message to you today, is this-

Don't be so busy running around making a living, that you miss out on life. Life is in that speck of beauty scattered around you- in its most naked, most natural form. It's so obvious that you look at it, yet look right past it- like a little butterfly fluttering somewhere, hopelessly lost in our overcrowded cities; a ray of sunlight bouncing off the sea, as the sun bleeds to a slow death in the evening; an orphan street child enjoying a Mc Donald's burger that somebody was kind enough to give him; a kiss on the cheek after a long, hard day; or a world-class violinist playing in a metro station, incognito.

Life is NOT a plan. Life is what happens to us while we're busy making plans. So how do you plan to live?

- Avinash Agarwal

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*We are extremely thankful to
Vasudha Pharma Chemical Ltd.,
for donating Rs. 1,00,000/-
towards Building
Construction
Corpus Fund.*



**Source: Seeing God everywhere
by Swami Shradhananda**

When we realize the Self, we will see the Self in everything. We will find ourselves in the sky, in the ocean, and in millions of other human beings. We will also find that the entire universe is within ourselves in the inmost core of our being.

Everywhere in this life one must endure suffering and frustration. Death is the inevitable end. No one can escape this rotation. When we think of this, the questions arise: What is life? Why do I exist? Why must I undergo all these troubles when the culmination of life is the disappearance of everything? That is when we seriously begin to ask the question, Why?

This is the beginning of our spiritual search. The search is for meaning- not merely in the external world, but in our own lives as well. We eventually reach the point when the terrible shocks and contradictions of life lead us to ask deeper questions about its true meaning.

We are a combination of body, *prana* (the life-force), mind, and ego. But all these elements of the personality are centred in the God that is within us- the *Atman*. Upon this *Atman*, layer upon layer of coverings have been added, and these coverings have deluded us. We must pray to God to solve life's mystery, to allow us to see His face, even while we are living in the body. When we are able to do this with sincerity, life becomes a life in God. Nothing disappears; our duties remain, and our external lives appear the same. But everything has changed colour. Our lives have become God-centered. Even when sufferings come, we are able to bear them patiently.

We are not what we are

What happens when a tail ender in a cricket match is asked to open the batting for his team? What happens when a singer who normally sings in a choir (group) is asked to perform as a lead singer? What happens when a 'nobody' is provided an opportunity to become a 'somebody'? It just happened with us of late. Though everyone in our team was aware that as individuals we all had some drawbacks, since we were succeeding as a team, no one bothered what it lacked. Our team was performing consistently well till it happened. One day we were informed that two among us who were major contributors to our success were not part of our team anymore. At first, it did not sink into our minds and when it did, we were almost at the fag end of our target period. For some time everything appeared bleak, hopeless and haphazard. It was imperative for us to regroup ourselves but time is a criminal it will wait for none. Days rolled by, we were together physically, but mentally down. There was no improvement in the situation, but our team spirit kept us together.

At that time we had only few choices to make; either to take up responsibility (optimistic) and the other to leave things to fate (pessimistic). To select the latter would prove suicidal to our very existence, so with no option left, we chose the former. Once it was resolved which path we should tread in achieving our goals, there was no looking back. The team that was cut to size did not appear to fade anymore. It is said 'smooth seas cannot make skillful sailors'. The situation though daunting, propelled us to prove ourselves. It was an ideal time to lay a platform for each one of us to show what we really possess. True potential unleashes in demanding times.

Firstly, we took stock of things. We never let negative thoughts enter our minds - that we are less in number and the task is beyond our individual capacity. A seed has potential of becoming a tree and so do we.

A few aspects that drove us as a team to reach the goal are: 1) Strong Self belief 2) Clarity on our own limitations 3) Courageous approach 4) 'Can do' attitude 5) Thinking of possibilities

6) Better co-ordination 7) Togetherness – work as a single entity 8) Taking things by smooth handle 9) Better perception.

With our sheer will and confidence, we transcended, keeping our individual interests at bay. We worked meticulously and in an organized way and one day we were surprised to learn, that everyone bears the potential of a team in ourselves. Prioritizing of our works and its execution in time formed the crux of our team's success. Everyone became responsible. Success is bound to happen when responsibility and prompt action are together. We could earmark where our physical presence is mandatory and we managed in proxy in other situations. Because of this planning and strategy we reached remaining targets in time and that too in one month, which in itself is a record.

The key factor that helped us in becoming successful as a team is that we did not do Result Oriented Work (ROW) but instead did Target Oriented work (TOW). We always feel proud and attribute the success to the time and spirit that prevailed then.

It made us better professionals. It made us gel together. It made us unveil our true self. It made us realize our true potential both as a team and also as individuals. After all Team is a group of people working for the same cause with a common goal. TEAM – Together Everybody Achieves More and when it did happen, we knew we achieved a lot more than tangible success. It taught us a lesson that we will never forget in the days to come.

Sow a thought and it reaps an action. Sow an action it reaps a habit. Sow a habit it reaps character. Sow character and it reaps destiny. As Dale Carnegie rightly put it "Success is your alertness meeting the opportunity". It just happened that way. In everyone's life comes a moment that challenges our abilities and compels us to improve and to stretch ourselves beyond our individual capacities. In the process it makes us realize that we are better than what we assumed ourselves to be. Look out for that telling situation and act. See the change yourself.

- Koti Rajasekhar M.



Divine love for real - Mooji

In this life we are given, unasked apparently, there seems the need for effort and more effort to arrive at a state of lasting happiness. The feeling of having to climb a tall mountain that has no peak in sight to scale. The mind has the tendency to find fault with the quality of life. How is it then that despite the unflattering and less than perfect circumstances we have created for ourselves, we feel immense gratitude several times a day, consciously or quite naturally? What makes us bow to the vaguest sign of goodness in people and places? How is it that we feel a strange sense of oneness with this universe? We like to think these moments are flashes of Grace; the invisible Power nudging us to look for ourselves.

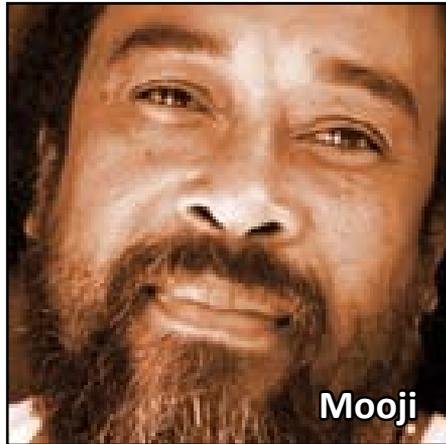
When the heart grows fond of the thought of a deeper meaning of our existence, life immediately leads our feet to the right places. Hilltops, books, vast moors, simple tunes, gorgeous paintings, and if we are blessed, to the holy presence of enlightened Masters. The yearning for the true experience deepens at the first sight of a Guru; Grace instantly picks us up and gives us a fair chance.

Oceans of compassion, patience, and selflessness come in the form of Divine Masters like Bhagawan Ramana, Swami Shantananda Puri Ji, Papaji, all our timeless Masters and our very own Mooji. Is it a fortuitous meeting then that we are drawn to Divine beings or does one know it is a Divine will? Sooner than later, the mind acknowledges in humility that when the time is right; we are indeed where we must be. The heart is seldom wrong.

The mind faces a good fight from the Self and won't give up yet. In all of this, we are constantly looking for more reassurances everywhere. We find ourselves seeking the company of Arunachala Siva, every Bhagawan Ramana piece of wisdom. We cry at the simplicity and devotion of Ramakrishna Paramahansa. We are deeply inspired by Paramahansa Yogananda's life of selfless service.

We secretly wish for Mother Teresa's heart. We long for Christ's big and beautiful soul and his capacity for forgiveness. We ache for the devotion of the saints from the Periapuranam. We dream of Rumi's clarity. We ask for Sabari's patience.

The heart begs for more. So, one day, we felt the need for Bhagawan Ramana's voice. Instinctively, we looked for Him on our familiar back garden - YouTube. Some things just happen. The search threw up the usual range of suggestions but what caught our attention on the right side of the page was a link with Bhagawan Ramana's photo and the caption 'Mind is not your enemy'. We went for it instinctively, and when we did, it was a presence called Mooji instead.



Not ones to rush into things (or are we?), we wondered who Mooji is. Before we could change our minds, we quickly read about his life. Musician. Artist. Enlightened. We made a friend in less than a moment.

We ran back to 'Mind is not your enemy' and heard his voice for the first time in our lives. Within seconds, we were struck by the warmth of his being and the fullness of his experience. You can tell when you are in the arms of our Divine Mother. You are flooded with this unimaginable sense of security, you feel accepted with all your failings, you want to change only because you are not judged. You receive without any delay; your heart is fixed on the Divinity that His Form exudes.

Since that massive morning of Grace, there hasn't been a day when we haven't looked for Mooji. He takes us through the day with his Love and Wisdom. He moves us to tears; we look forward to the laughs. We feel his Divine Love for real. Grace is such a magical thing when it descends as a Form; it is a wondrous experience that words could never quite get right. O Mooji, O Divine Love, you have allowed us to find you in this rather large universe. Thank you always.

– *Abir and Anisha Bordoloi*

Bid Gadgets Adieu, Rejoice Anew

With memories of togetherness this summer the games of tradition foster anew!



Cool waters



Didi, burning midnight oil



Yummm!



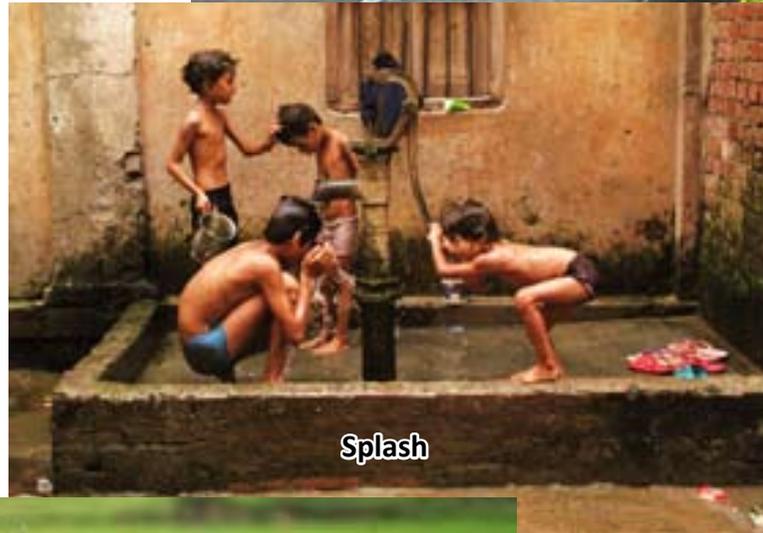
Everybody loves water



Satoliyan or Seven stones



Spin the top



Splash



Don't forget to leave some water for birds



Relish Amma's mango pickle!



Olden and golden carroms



Good for heart and great for friendship



Nothing like fresh fruit juice



On their way to Mom's Braid

Saradassatam...

100 years of my life's journey...

A100 years... a century's journey ... bond with five generations ... a bridge between ancient traditions and modern lifestyle ... witness to great changes that happened in Indian history ... a wholesome and successful life ... this is the *prasthan* of Sri Kalidindi Ranga Raju.

Born in a remote village Pedapulleru, in the West Godavari district of Andhra Pradesh, Sri Ranga Raju grew up in a big family, blissfully enjoying the pristine beauty of village lifestyle. Let us see what this centenarian has to say about his glorious life.

"*JeevEna Saradassatam*" ... live a happy, healthy and prosperous life for 100 years is how we are often blessed by our elders. The hidden message in their blessings is to lead a *dharmic* life and take care of all fellow beings. This is the true essence of life. I don't know if it is the blessings of my elders or the love and support extended to me by my immediate family but I can say with conviction that my 100 years *prasthan* has given me great joy and bliss. I do not want to take credit for this. It is my fortune that I have been associated with great people who believed in humanity. Many have shed rays of light in my life's journey showing me the best path to tread. I owe my success to my parents who gave me birth, to my wife who shared the joys and sorrows in my life, to my children who have increased my life span with their love and affection and above all to my village which has embraced me in her bosom.

Many were curious to know my success story. Living amidst nature, eating only what is needed and leading a disciplined life and above all having a heart to share all the joys with those around me is the secret behind my success.

God exists in all living beings. One might donate lakhs of rupees but if you cannot share love and warmth with those around you all your charity goes waste. In my childhood, before sitting down for a meal, the elders would check if any needy



Sri Kalidindi Ranga Raju

person was waiting for a meal at the doorstep. Only after feeding them would they sit down for their meal. Bunches of grains would be hung at various places to feed the birds. Birds were given the freedom to build nests in the house and nobody would disturb them. They became part of our lives waking us with their chirping even before sunrise. I learnt all these values from my elders. If we respect and care for God's children, God would become our caretaker and I have experienced this in my life.

My teachers at school taught me the value of time. Procrastination was never encouraged. Along with lessons, teachers would tell us stories from the *Puranas* and ancient scriptures. Selfless devotion, patience, forbearance and other human values were taught by quoting examples from these scriptures and their simple narration would create a tremendous impact



on our minds. In those days teachers would go to every house in the village to check if the students were studying. They would even take care of us when we fell sick and report to our parents. Such was their concern.

When Mahatma Gandhi visited our nearby town in 1930 we were all thrilled to the core. We donated all the coins from our kiddy banks to the freedom struggle fund. I was moved by the simplicity and humbleness of the Mahatma. Only after seeing him did I believe that there are Gods among men.

Any issue that would arise in the village was unanimously resolved through talks. And the whole village united when it came to helping farmers, or getting electricity for our village, or other welfare schemes like having a cooperative bank, cooperative rice mill, drinking water etc. With combined efforts our village stood foremost in availing these benefits. I am grateful to God for making me an active participant in all these welfare schemes.

Jnana, compassion, love and charity are all Divine qualities and the one who exhibits all these is the true Guru. God resides in the hearts of these Gurus. I have found all these qualities in Sri Sathya Sai Baba. Those who strive for the welfare of society and world peace are equal to God in my opinion. "LOVE ALL, SERVE ALL, HELP EVER, HURT NEVER!" are the Mahavakyas of Sri Sathya Sai and they have become Taraka Mantras to me. I am fortunate to have received his blessings on various occasions.

It is not that my life was only a bed of roses. I have experienced some tragic moments too. Even though we know that nothing is permanent we tend to forget it at times and develop strong attachments. It is only later that we realize that time and tide wait for no one. I was shattered with grief on four occasions. I lost my mother at a very young age and she remains as only a memory to me. My wife who shared 50 years of my life left this mortal world. My eldest daughter and my second daughter-in-law died in

succession. Nobody can escape fate but the love and affection that these four people showered on me made me feel forlorn.

Life is very short. Every minute runs in a fast forward mode and before we realize, we reach the fag end of our life. But for the one who has understood the true meaning of life there is no fear because he enjoys life till his last breath. He is not disturbed by the fears of life and death.

Life is like an ocean. How much ever you swim there are still many shores that you have to reach. I have seen five generations of my family in this journey. Age is catching up but it pertains only to my physical body. No one can disturb my internal peace. I never allow indolence and apathy override me. Even in my 100th year I do my own work without seeking support. Disciplined life, knowing the value of time, healthy eating habits and distancing myself from bad habits have given me a good stead. I am indebted to God for giving me this precious birth.

"You have to take birth as my child Thathayya (grandfather)..." request my grand children and great grand children. I laugh and say, "Again? Aren't you all part of me...?"

When a thorn pricks us we make several attempts to remove it. We suffer till it is removed. To ensure that the same thorn doesn't prick others is Life's principle. As long as we are not the cause of others sufferings we can lead a happy life.

I have one thing to say to my family. "What I have achieved in this 100 years of life I really do not know. The fruits speak of the tree, the juice speaks about the sweetness of the fruit. You are the juice as you represent today's generation. Your efforts and success in working for the welfare of the society will reveal the category of tree I represent... Forget anything but never forget God..."

- Sri Kalidindi Ranga Raju

(Translated from his autobiography
'Saradassatam' written by Krishna Sairam)

Come to think of it



*jAtiryAthu rasAthalam gunagunasthathrApyadho gacchathAth|
shlLam shailathatpathvabhijanah andhahyathAm vahninA|
shaurye vairini vajramAshu nipathathvarthoathu nah kevalam|
yainaiken vinA gunAsthrunavaprAyah samasthAime||*

People who assume that money is all that is important, think this way, “Let the name of the race go down to hades, let all good qualities get destroyed beyond hades, let good behavior slip off a mountain, let the clan and caste be destroyed, let courage be hit by thunders, the only thing that matters is money. Once a person has money, all others will fall in place”.

This gem by king turned ascetic *Bharthrihari's Neethi Satakam*, written more than a thousand years ago is a great proof that truth is timeless. This verse that warns us of the vagaries of an untrained human mind could never be more relevant than in today's world. It is a commonplace to see VIPs walk into police custody waving hands like it is an achievement, and walk out of prison only to be greeted by cheering and celebrating crowds as if they are returning from battlefield after putting up a fierce fight for motherland!

Money has been put on the highest pedestal in most societies of the world. One cannot defy the indispensable role that money plays in day to day life. Here we need to understand that money is essential, and needs to be valued, but it isn't be-all and end-all of human existence. The means of earning money should be fair and square. Just like any other material and sensual pleasure, there is no limit to how much we can possess. It helps to understand and realize that.

“He who is not contented with what he has, would not be contented with what he would like to have.”

- **Socrates**

The responsibility of trivializing the pomp and prestige bought with money rests not only on an individual but the entire society. While the parents

need to set an example to their young ones on the importance of living within means, children should take a cue and rethink about adding value to parents' hard earned money by learning to discriminate between needs and wants. There is nothing fancy about borrowing money following the credit card culture of the Western world in order to lead a “luxurious” life. Don't you agree that being free from debts is the ultimate luxury? Chasing an exorbitant lifestyle puts undue stress on oneself robbing him/her of sleep, peace, health, ethics, morals and self-esteem. Corruption, greed and degradation of values are all but the products of ambition to live beyond one's means.

Distinguishing threadbare between need and want might sometimes be difficult in real world scenario but setting certain principles, within practical limits and implementing them could be a good start. Just for starters:

1. Live by your standards not trends; take one step at a time to resist peer pressure
2. Work through craze for designer and name brands
3. Think of less expensive yet creative and memorable ways of celebrating birthdays
4. Give weightage to content than cover
5. Look at functionality than the image
6. Be proud to be what you are because we come in all shapes and sizes. The most beautiful ones are those who are comfortable with themselves.

- **Annapura R.**



Friends Forever



Friends are like gems, bond them with fence of loyalty and love,

or else they can fly away like a dove. Do not hurt them in any way because they always shine like a ray,

of home and happiness of joy and togetherness, they can help and make you shine

and do not change even after decades as a wine.

I too have a flock of cozy friends who never change with trends

We are seven in number, always cool like a cucumber

for them I can die without asking why,

I don't want to lose them for anything on earth,

for my life will always have a dearth

I will be of no worth and curse myself for my birth.

We are troublemakers for teachers and others as we laugh and talk chat and mock we get punishment for having fun

and cry for having all the assignments done,

but at the end of the day we leave our tensions at bay and accept whatever comes in our way.

One best book is equal to hundred good friends they say

but one best friend is more than a library.

Friend and friendship are the very sweetest things in life.

I am not your first friend nor the last friend but I hope I am always your "Best Friend."



Tejaswi
8th Class
Nachiketa Tapovan Vidya Mandir

Keep Doing What Has To Be Done

If one visualized and saw problems, he would be paralyzed emotionally. Children when they see their voluminous text book get discouraged to read them. But when they start reading a few pages daily, in time the book is read. This is true in every sphere. One should keep doing, what has to be done. One should not worry whether the problem will be solved and things can be accomplished. Lord Rama, Lord Krishna and Lord Buddha all did great work but still did not solve all the problems for good. What is to be done should be done. One should not let procrastination and complacency do anything with him. Our spiritual wealth is like the wealth of Lord Padmanabha Swami. It has been there and not known outside. The riches are amazing. One should keep exploring the vision, depth and expanse of the spiritual explanations. The simple rangoli indicates a culture of reverence for Gruha Lakshmi and Bhootha yagna of feeding small ants. By a process of cultural osmosis the children absorb the art, discipline and cultural attitude. The broad structure should not be changed. It should be retained. Riches of our culture can be made available for further exploration. There is a move to preserve antique. The most antique thing in the world is our culture and it should be preserved. One should do bigger that what he can comfortably do. That is how one grows big.



One should be a consistent contributor in different spheres. Our mother land is more sacred than Heaven. The culture is rooted in religion. The religion is rooted in wisdom. Hindu dharma is a big tree. It has many branches. It has parasites. There are trees within trees. The tree is thriving and very much alive. There can be some dead branches. There are live branches. There are flowers with different colours. We should do our best to protect this tree.

An excerpt from the keynote speech by Swami Dayananda Saraswati on the occasion of Pujya Swamiji's Satabishekam on 20 July 2009



Decide

TO SAVE OR TO WASTE!



farmers – those farmers who till the land and nurture our food; those farmers without whom we would all be hungry; and those farmers whom we so easily forget. Imagine the rate at which prices shall go up if crops of these farmers fail!

Recently, an article published in one of the reputed monthly magazines highlighted the plight of farmers in the Marathwada region of Maharashtra. Their fields bore a parched look in the month of January itself. People were leaving their villages in search of livelihood; those left behind were the old and the infirm. Fodder and water for the cattle were being provided by the Government through camps set up for cattle, and there was not enough to feed all the animals. The farmers, whose principal crop is sweet lime, were cutting down a few trees so that there is sufficient water for the healthier ones. The locals recalled the drought of the 1970s and said the situation now is worse than then as back then there was little water available. Now their lands and throats are parched. Their blood is trickling while trying to pay off the mountainous debts they have incurred, but they simply cannot pay them! This is the situation with many of our

If even for a moment, we feel their pain and empathize with them, we would resolve to alter our lifestyle. Brushing teeth with a mug of water and not using water from a running tap, using a bucket of water to take bath and clean our vehicles in place of showers and pipes, diverting kitchen-used water for plants in the garden, etc. are a few ways of putting the precious resource to judicious use. We must insist that our representatives make adequate provisions for safeguarding the interests of the needy populace. Let us stand up for and with our fellow-citizens with whom we share a symbiotic relationship.



Neetika Gogula, Final year B.A. L.L.B. (Hons) has passion for writing articles on social issues.



We thank 'Uma Children & Women Welfare Association' for donating Rs. 1,00,000/- towards 'Sponsor a Child' Corpus Fund.



Never Underestimate the Power of One!!

One Indian Man Plants 1,360 Acre Forest single-handedly!!

A little over 30 years ago, a teenager named Jadav “Molai” Payeng began burying seeds along a barren sandbar near his birthplace in northern India’s Assam region to grow a refuge for wildlife. Not long after, he decided to dedicate his life to this endeavor, so he moved to the site where he could work full-time creating a lush new forest ecosystem. Incredibly, the spot today hosts a sprawling 1,360 acre of jungle that Payeng planted single-handedly.

It all started way back in 1979 when floods washed a large number of snakes ashore on the sandbar. One day, after the waters had receded, Payeng, only 16 then, found the place dotted with the dead reptiles. That was the turning point of his life.

“The snakes died in the heat, without any tree cover. I sat down and wept over their lifeless forms. It was carnage. I alerted the forest department and asked them if they could grow trees there. They said nothing would grow there. Instead, they asked me to try growing bamboo. It was painful, but I did it. There was nobody to help me. Nobody was interested,” says Payeng, now 47.

While it’s taken years for Payeng’s remarkable dedication to planting to receive some well-deserved recognition internationally, it didn’t take long for wildlife in the region to benefit from the manufactured forest. Demonstrating a keen



Payeng busy with his plantation

understanding of ecological balance, Payeng even transplanted ants to his burgeoning ecosystem to bolster its natural harmony. Soon the shadeless sandbar was transformed into a self-functioning environment where a menagerie of creatures could dwell. The forest, called the Molai woods, now serves as a safe haven for numerous birds, deers, rhinos, tigers, and elephants — species increasingly at risk from habitat loss elsewhere.

Despite the conspicuousness of Payeng’s project, Forestry officials in the region first learned of this new forest in 2008 — and since then they’ve come to recognize his efforts as truly remarkable, but perhaps not enough.

“We’re amazed at Payeng,” says Assistant Conservator of Forests, Gunin Saikia. “He has been at it for 30 years. Had he been in any other country, he would have been made a hero.”



Hero of ‘Molai woods’

Who goes around whom, Earth vs Sun?

Heliocentric theory of our solar system was first propounded by Copernicus in 1453. He propounded that the Sun is the centre of our universe and all the planets revolve around it. As it was against the views of the holy Bible, he had been persecuted. Afterwards in the year 1632 Galileo, supported this view and became a sinner in the eyes of Church.

But, Indian perception about our solar system is clearly stated in Vedas and other oriental Astronomical texts.

Ancient Vedic knowledge is very lucid in its expression about Sun being the centre of our Universe (Solar system).

Let us analyse few Vedic verses in the regard,

Mitro dadhara prthavimutadyam mitrah krstih (Rigveda 3.5.59+.1)

Sun, with his attracting force is holding this earth and the other celestial bodies.

Trinabhicakramajaramanarvvam yenema visvva bhuvvanani tasthuh (Rigveda 1.164.1)

All the celestial bodies (Planets) are moving in elliptical orbits.

Ayam gauh prsnirakramit asadanmataram purah pitaram ca prayantsvah (Rigveda 10.189.1)

Moon being the sub planet of earth, is revolving around its motherly planet earth and earth is revolving around its fatherly planet sun.

Sun never sets or rises, (because of earth's movements, it appears to us as sun rising in the east and setting in the west. (Rigveda-Aitareya Brahman)

Aryabhata, had clearly explained this phenomenon with a logical principle called,

“Laghu-Guru Nyaya.” Laghu means small or light weighted object, Guru means big or heavy object. It implies that a small object revolves around a big object, like a disciple going around a Gurur or Teacher.

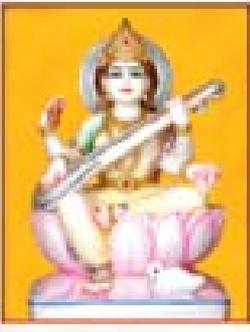
He had also stated that Moon gets Light from the Sun and so shines. He is the first person to propound that each planet moves around itself and he had accurately calculated the time taken for Earth's rotation around itself and Earth's revolution around Sun.

In the Indian view, the Sun and the moon were also considered to be “Graham” (The meaning of the word should not be mistaken for Planet). “Graha” in Sanskrit means that which influences or which gets influenced.

Many Astronomical and Astrological calculations of various Indian Astronomers were based on the relative positions of various celestial bodies. Hence these calculations should not be interpreted as “Earth centered universe”. There was a crystal clear clarity among Indians that Sun is the centre of Universe. The Vedas, and the above-referred Indian Astronomical texts, substantiate this fact.

**Source: Eternally Talented
India 108 Facts
Ancient Indian Science and
its relevance to modern
world P-27; Published
by Rashtriya Sanskrit
Vidyapeeth, Tirupathi**





इवलङ्करो इड्डक = त्थोत्पु इत्र

Krupalu Ogeti, Samskrita Bharati, Hyderabad
email:okrupalu@sanskritam.net

Addressing others

Look at the following Sloka in mukundamAIA:

हे गोपालक! हे कृपाजलनिधे! हे सिन्धुकन्यापते!
हे कंसान्तक! हे गजेन्द्र-करुणा-पारीण! हे माधव!
हे रामानुज! हे जगत्त्रयगुरो! हे पुण्डरीकाक्ष! मां
हे गोपीजननाथ! पालय, परं जानामि न त्वां विना॥

In the above, apart from 'मां पालय, त्वां विना परं न जानामि' (Protect me, I don't know anything other than you), all the remaining words are for addressing the Lord Mukunda (or Vishnu) by various adjectives. Though the word 'हे' is used in this, we get the same meaning without the 'हे'. We have a few other such words to attract the attention of the one being addressed, for example, 'भोः'.

सः गोपालकः। तस्य सम्बोधनं 'गोपालक'! (विसर्गः नास्ति)

सः कृपाजलनिधिः। अतः 'कृपाजलनिधे' इति सम्बोधनम्।

सः सिन्धुकन्यापतिः (इत्युक्ते लक्ष्मीपतिः)। अतः 'सिन्धुकन्यापते' इति सम्बोधनम्।

सः कंसान्तकः (इत्युक्ते कंसहन्ता)। अतः 'कंसान्तक'!

सः गजेन्द्र-करुणा-पारीणः (इत्युक्ते गजेन्द्र-करुणया भवसागरात् मुक्तं कृतवान्)। अतः 'गजेन्द्रकरुणापारीण'!

सः माधवः। अतः 'माधव'!

सः रामानुजः (इत्युक्ते बलरामस्य अनुजः)। अतः 'रामानुज'!

सः जगत्-त्रय-गुरुः (इत्युक्ते जगत्त्रयस्य गुरुः)। अतः 'जगत्त्रयगुरो'!

सः पुण्डरीकाक्षः (पुण्डरीकं इव अक्षं, नेत्रं यस्य, सः)। अतः 'पुण्डरीकाक्ष'!

सः गोपीजननाथः (इत्युक्ते गोपीजनानां नाथः/भर्ता)। अतः 'गोपीजननाथ'!

Likewise, the following are for addressing the Gods and others by their names: Notice that there is no visarga at the end which is found when the word is used as the subject of a sentence.

राम! कृष्ण! अर्जुन! भीम! शिव! गणेश! नारायण!
दशरथ! विश्वामित्र! वसिष्ठ!

Look at the following popular Sloka which we say when we take bath.

गङ्गे च! यमुने चैव! गोदावरि! सरस्वति॥

नर्मदे! सिन्धु-कावेर्यौ! जलेऽस्मिन् सन्निधिं कुरु॥

In the above, apart from 'अस्मिन् जले सन्निधिं कुरु' (Appear here in this water), the remaining words are for addressing famous Indian rivers. All rivers are our Goddesses and we worship them in female form.

गङ्गायाः सम्बोधनम् - 'गङ्गे'! (आकारस्य एकारः भवति सम्बोधने)

यमुनायाः सम्बोधनम् - 'यमुने'!

गोदावर्याः सम्बोधनम् - 'गोदावरि'! (दीर्घः ईकारः सम्बोधने ह्रस्वः इकारः भवति)

सरस्वत्याः सम्बोधनम् - 'सरस्वति'!

(सिन्धुकावेर्यौ इति द्विवचनम्। Let us defer the discussion on this for now.)

(To be contd. in the next issue)



Health Camp

at Modhampalli, Jadcherla Mandal



Dr Chendrayudu, examining a patient

Nachiketa Tapovan Ashram at Kodgal organized a health camp on 3rd February 2013 in the village of Modhampalli. Dr Chendrayudu, Dr Rohini Reganti and Dr Sivaram gladly spent their Sunday morning examining and comforting about 150 patients seeking medical help for various health related problems. Medicines prescribed by the doctors were distributed among the patients. Thanks to the young volunteers- Krishna for registering the patients, Manga for dispensing medicines, Shivani and Kshema for checking vital signs and Seenu for directing patients to each doctor. Swamiji, Mataji, in addition to coordinating the event in an organized way, oversaw the health camp, talked to each patient and comforted them.

Saraswathi Pooja & Aksharabyasam



Mataji performs Saraswathi Pooja

On 15th February 2013, Sri Panchami, Saraswathi Pooja was performed at Nachiketagni Yagnashala at Nachiketa Tapovan Ashram. Swamiji and Mataji performed Saraswathi pooja and homam with the participation of students of Vedavyasa Vidya Mandir and volunteers. Aksharabyasam was performed for Riya, a volunteer's child. Prasadam was distributed.



Swamiji & Mataji perform Aksharabyasam to Riya

Val & Terry's visit to Ashram



Val & Terry Leievers interact with the children

Mr. & Mrs. Val & Terry Leievers from UK visited Nachiketa Tapovan Ashram on 13th February 2013. They interacted with Vedavyasa Vidya Mandir Students and were awe-stricken with the spiritual essence of the ashram. They desired to come back to the ashram for a longer stay.

Sri Ajit and his colleagues from TatvaSet visited the Ashram on 2nd March 2013. They interacted and entertained Veda Vyasa Vidya Mandir students and distributed chocolates. They participated in the Annadaanam. We thank them for their 10 subscriptions for Nachiketanjali Magazine.



Team members of TatvaSet



Shivaratri

1st Anniversary of Nachiketa Tapovan Ashram

The sun rose on 10th March with beautiful hues welcoming the festive spirit of Maha Shivaratri. *Sadhakas* who were participating in *Nachiketa Samarpan Sadhana* since the last three days had darshan of *Yoga Lingeshwara* at Ma Yoga Shakthi Peetham and broke their *Maun* in the presence of Swami Nachiketananda Puri.

The day was also significant as Nachiketa Tapovan Ashram celebrated its 1st Anniversary.

Homam was performed in the day by Paramahansa Swami Shivananda Puri which had the participation of volunteers and villagers. Swamiji explained to the locals about the Ashram's progress and future plans. After the *homam* there was excitement all round as children and youth involved themselves in decorating and beautifying the Ashram with floral garlands and mango leaves. In the evening *Godaan* was performed by Smt. Prema Bansal followed by cultural programs. There was *Bhajan Sandhya* and the audience was treated with beautiful dance performances by Tapovan's Vidya Mandir children who came all the way from Hyderabad to enthrall the audience at the Ashram in Nachiketa Adhyatma Puri. The villagers who turned out in large numbers applauded their wonderful performances.



Mataji offers dhoop to Lord Shiva

Professional *Bhajan* singers from Sadashivpet sang beautiful *bhajans* till the early hours. Another *homam* was performed followed by *Japa* and meditation. Mataji spoke on the significance of Maha Shivaratri and when the clock struck 12 there was *Lingodbavam*. Chants of "HARA HARA MAHADEV" rent the air as villagers were in

a devotional frenzy. *Panchamrita abhishekam* was performed to *Yoga Lingeshwara* and Swamiji ensured that everyone got the opportunity to perform *abhishekam*. *Alankarana* was done to the Lord while the devotees were entertained with devotional music. *Puja* was performed to Lord Shiva followed by *Aarti*. Many devotees broke their day long fast after the *puja* and had Divine *prasad* that was served and kept a night long vigil observing austerities. They left the premises just before sunrise after receiving the blessings of *Yoga Lingeshwara*.

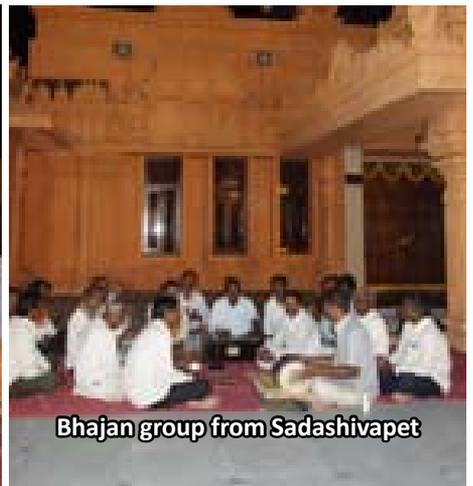
The festival did not end there for Swamiji served everyone a hot breakfast as they had to travel far. A mother will never let her children leave in hunger and so did our Divine Mother!



Dance performance by Vidya Mandir Students



Swamiji playing to the rhythm of music



Bhajan group from Sadashivapet



LEARN TO LIVE Personality Development Camp for Children

Meditation



Creativity



Yogasana



Residential Summer Camp

21st-28th April, 2013

Age Limit : 13-15 years

Reporting time: 21st April, 2013 by 4:00 p.m.

Venue: Nachiketa Tapovan Ashram, Kodgal Village,
Jadcherla Mandal, Mahaboobnagar Dist.

Pranayama



Public Speaking



Power of Prayer



Caring and sharing



First come First serve

Last date for Registration 14th April, 2013

Registration forms are available at

Nachiketa Tapovan Ashram

Kodgal Village,
Ph : 8008882828

Nachiketa Tapovan

70, Phase I, Kavuri Hills, Madhapur,
Hyderabad. Ph: 9849168937



Turn around their future!

For ₹ 1 Lakh

Your donation will last a lifetime

Appeal for Sponsor-a-Child Corpus Fund

Nachiketa Tapovan runs a free Vidya Mandir for 230 children from poor families. They receive all-round, holistic academic education in English medium (LKG to 10th std.), including **arts, crafts, spiritual and culture lessons.**

Sponsoring a child is a great opportunity to help protect a child in need whilst seeing in return the real effect that your support has. Make a difference in a child's life- the chance to form a lasting, meaningful relationship with a child. All your kindness will add up to a bright future.

- ✓ *Nachiketa Tapovan is working hard to build a CORPUS fund to meet the ongoing expenses and expansion needs at a consistent pace. Donating to a Corpus Fund is a great way to sustain our efforts.*
- ✓ *Interest accruing from the investment made out of the Corpus donations, is only used without touching the principal itself. This way your DONATION remains forever, strengthening the cause and the organization.*

✓ *Being a charitable institution, we earn an interest of 9.25% annually from a Govt Bank. The annual interest on 1 Lakh will fully support one child's education for one year.*

✓ *Your donation will come a long way by meeting our expenses that include Teacher's Salaries, Uniforms, Educational material, Building Maintenance and Housekeeping, Salaries for support and administration staff, Field trips and Excursions, Celebrations and Extra Curricular activities.*

✓ *At present, we only have 28 corpus sponsorships, help us reach all of our 230 children!*

✓ *Bring hope and light into their lives – as a group or individual or in the name of a loved one.*

✓ *Donors receive annual report card and are welcome to interact with our children.*

✓ **We express our thanks to Corpus Donors by permanently inscribing their names on our recognition board in the school.**



Students of Nachiketa Tapovan Vidya Mandir

Events & Celebrations

Sri Rama Krishna Paramahansa's Birthday:

On 18th February 2013, Sri Rama Krishna Paramahansa's Birthday was celebrated at Nachiketa Tapovan's Vidyamandir. After prayer and bhajans, children got to watch a film on the life of Thakhur. Lunch sponsored by one of the donors followed the viewing of the film.



Sri Sitarama Raju garu addressing the students

A Trip to Zoo

On 23rd February 2013, Class 5 students of Vidyamandir went on an outing to Zoological park, Hyderabad. The field trip along with packed lunch was sponsored by one of our volunteer Mrs. Gita Gupta. The children were accompanied by their class teacher T. Jyothi. The trip was not only thoroughly enjoyed by all but also proved to be a learning experience to them.

Satsangs

A satsang was held in Smt Sandhya and Dr. Jyothi Reddy's residence at Ayyappa Society on the evening of 8th February 2013 and was attended by more than 100 aspirants. Swami Nachiketananda Puri in his discourse urged devotees to make Sadhana a part of daily schedule in order to advance spiritually. Discourse was followed by guided instruction on Maha Chaitanya Kriya and meditation. Mataji's words of wisdom enlightened the audience. Aspirants got an opportunity to mingle over a sumptuous dinner arranged by hosts.



Meditation session at Smt. Sandhya's Residence



A satsang was held at Senior Citizens Welfare Association Hall, KPHB Colony, on 9th February 2013. The participants benefitted by learning Mahachaitanya Kriya.



A satsang was held at Ruchira Kabra's residence on 19th February 2013. Swamiji and Mataji taught Mahachaitanya Kriya to the participants of the satsang.



Volunteers' meet

16th Feb 2013



Smt. Swathi briefs the gathering

Almost 50 volunteers gathered at Smt. Vasundhara's residence on Saturday to meet and to get acquainted with each other. Nachiketa Tapovan has grown over the years with several volunteers, many of whom do not know each other. Swamiji spoke to us regarding further growth and outreach of our organization, he invited volunteers and their friends to visit the Ashram at Kodgal Village, to participate in the three-day Meditation Camp, to encourage children to join the Personality Development, and Residential Camps slated for the summer holidays. While agreeing with Swamiji, Mataji exhorted all of us to include spirituality in, not only our service at Tapovan, but in all our day-to-day activities.

We have to take our hats off to our volunteer Swati who conducted the whole programme in a spirit of easy camaraderie. Though fairly new to the organization, she had done her homework, and introduced each volunteer with a brief resume of their field of work, encouraging them to tell us more.

Volunteers included those who come to Tapovan daily or a few days a week. A lot of volunteers teach academics, and others help with administration. Talented people, who teach craft, draw out the talents in the children. There are those who do not visit but work silently from home, spreading the word, introducing friends who contribute donations. We met volunteer doctors who work at the free clinic on Sundays, and also the dedicated team who write, edit, print and publish Nachiketanjali every month.

As Tapovan has grown and needs to have a coherent form, corporate executive volunteers have offered to organize it, to give it shape and form. This is greatly welcomed. And very soon we should see Nachiketa Tapovan and its logo occupying a well-marked place in the form of donation boxes in shops and offices, and its magazine prominently displayed in school and college libraries.

Vasundhara, further explained how volunteers can help in several areas clearly listed. These areas of work include becoming Vidya Mandir's

Goodwill Ambassador and Fundraiser

Good Health and Spiritual Mascot

Art Champion and Waste Recycling Crusader

Book Lover, Facilitator and Guide

At the end of the meeting we had a photo-session on the broad steps leading to the garden, followed by lunch as *Prasadam*, leaving us both physically and spiritually enriched.



Broadly speaking, it was a successful, informative, illuminating and inspiring meeting. There were a few people who came for the first time, out of curiosity. We are sure they came away with the feeling that they can do so very much to help the neglected half of society, and here is an organization, an outlet for their services.

- Lakshmi Naik

HOW YOU CAN HELP

*Anna daanam maha daanam; vidya daanam mahattaram.
Annena kshanika trupthihi yaavajjeevanthu vidyaya.*

Vidya Mandir at Nachiketa Tapovan is currently able to accommodate a family of about 230 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.

Donations towards operation costs

Sponsor a Teacher (Dance & Music)	₹ 5000/Month
Vidya Daanam (Education)	₹ 5700/year/child
Anna Daanam (Mid-day Meals)	₹ 4700/day
Alpa Aharam (Snacks)	₹ 700/day
Vastra Daanam (Uniforms)	₹ 800/2 pairs
Stationery Supplies (Copier Paper)	₹ 5000/term
Medicines (For needy people)	₹ 5000/month
Sponsor a Festival in temple	₹ 3000

*Corpus Fund Options

Sponsor a child	₹ 1 Lakh
Anna Daanam (Mid-day Meals)	₹ 50,000/-
Alpa Aharam (Snacks)	₹ 10,000/-

* With the accrued annual interest the following will be achieved every year, respectively.

- One child's education annually.
- Mid-day Meals for the whole school for one day annually.
- Snacks for the whole school for one day annually.

Donations within India- Details

Donations can be made directly by cheque or DD in favor of "Nachiketa Tapovan". The donations in India are exempt under the U/s 80G of IT Act, 1961. PAN No. AAATN2406K

Donations can be also directed through bank account as below

Bank Name	: Bank of Baroda
Branch Name	: Jubilee Hills, Hyderabad
A/c Name	: Nachiketa Tapovan
A/c No	: 18090100004093
IFSC Code	: BARBOJUBILE

(Note: IFSC code contains the number "zero" not letter "O")

Overseas Donations- Details

Donations can be made directly by cheque or DD in favor of "Nachiketa Tapovan". Nachiketa Tapovan has permission to receive donations from abroad under FCRA act

Bank Information

Bank Name	: State Bank of India
Branch Name & Code	: Kavuri Hills-12655
A/c Name	: Nachiketa Tapovan
A/c No	: 30953215793
IFS Code	: SBIN0012655
SWIFT Code	: SBININBB214

(Note: IFS code contains the number "zeros" not letters "O")

SUBSCRIPTIONS:

WITHIN INDIA

Single copy	₹ 10
1 year	₹ 100
3 years	₹ 280
5 years	₹ 450

OVERSEAS

1 year	₹ 1500 (only in INR)
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NACHIKETA'S GO GREEN CLUB...

We convey our thanks to all the participants of WOW initiative. You helped us earn Rs. 11,767/- in the month of January and saved Mother Earth by recycling about 1668 kgs of plastic and paper waste material.



FREE SUMMER CAMP

Character Development Camp for Children

Nachiketa Tapovan's Summer Camp will be held
from 5th-12th May, 2013 for the 14th year.

Time: 8 a.m. to 4 p.m.

Age Limit : 12-15 years

Last date for Registration 30th April, 2013

This program helps your children learn

- ★ Positive Thinking
- ★ Self Confidence
- ★ Creativity
- ★ Decision Making
- ★ Yogasanas
- ★ Pranayama
- ★ Meditation
- ★ Power of Prayer
- ★ Values

First come First serve

Registration forms are now available at the Venue:

Nachiketa Tapovan, # 70, Phase-1, Kavuri Hills, Madhapur, Hyderabad

For details call : 9849168937

11



Vijayanama Ugadhi & Gudipadwa

14



Ambedkar Jayanthi

Festivals & Events of April 2013

19



Sriramanavami

25



Hanuman Jayanthi



Invitation



We cordially invite you to attend our celebrations



Sri Rama Navami

on 19th April 2013

At Nachiketa Tapovan Ashram

Kodgal Village, Jadcherla, Mahaboobnagar Dist.



Mahashivaratri 2013

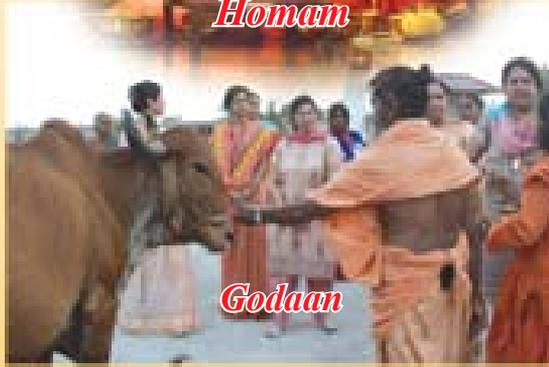
Nachiketa Tapovan Ashram



Public gathering



Homan



Godaan



Cultural performance by Vidya Mandir Students





"Water is life's matter and matrix,
mother and medium.
There is no life without water"

- Albert Szent-Gyorgyi



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