

# *Nachiketanjali*

*...an offering*



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# SRI ADI SHANKARACHARYA



*punarapi jananaM punarapi maraNam  
punarapi jananii jaThare shayanam  
iha saMsaare bahudustaare  
kRipayaa.apaare paahi muraare .. (21)*

Born again, death again, birth again to stay in the mother's womb!  
It is indeed hard to cross this boundless ocean of samsara.  
Oh Murari ! Redeem me through Thy mercy.

*- Sri Adi Shankaracharya's Bhaja Govindam*

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## **Cover Story**



## **Play, Play, Play Away**

Delectable mangoes, heavenly jasmines, ice cold palm fruits ... there are lot of great things about summer season but for kids, free playtime is the best part of summer. Childhood and playtime are inseparable like two faces of a coin.

Unstructured, spontaneous, child-led play which is becoming a rarity in today's world, aids in their physical, intellectual, cognitive, emotional and social development. Studies indicate that child's self-regulation capability is aided by 'play' more than 'discipline'. Parents, instead of seeking out and splurging on specially structured summer classes, can facilitate play groups which could help children learn to work in teams, share, negotiate, organize, lead, resolve conflicts, speak up for themselves and regulate behavior.

Play is productive. It makes children creative and stimulates social and intellectual growth which in turn affects their success in school. Play... shapes the brain, unfolds the imagination and invigorates the soul! So go out and get playing!

**- Annapura R.**

# Wake up! Mother Nature is calling!



The lavishness of nature is amazing and nature is not independent of its creator. God exists in every form of His creation. If we follow our heart for a moment, we can see God everywhere - in a flower blooming, in the gurgling rivulets, in the shining star and in the baby's innocent smile. Have we ever tried to hear the divine melody in the song of birds, the sound of grass blades swaying in gentle breeze, the sound of lashing waves in blue seas or in the sound of water cascading down the hills- each having a unique sound? God has given this golden opportunity only to mankind, which we ignore.

Can't we develop the sensitivity to look at water gushing down a waterfall and feel Mother Ganga is flowing down from Lord Shiva's hair locks? Has the soft breeze from bamboo trees ever reminded us of Lord Krishna's flute? In fact all elements of nature are messengers of God.

The morning sunrays and the chirping of birds wake us from our slumber. God has chosen nature to make us realize His existence. Every facet of His creation can turn out to be our Guru. He sends all His messages through His creation. The flower He has created might last only for a day. But doesn't it convey to us His message that one should lead a life filled with glory even if it is for a day? The flower lives its day filling the surroundings with its sweet fragrance.

God has created clouds to give us water in the form of rain, illustrating the act of charity. Envisage the situation if the clouds decide to retain water for themselves. Rivers flow without any hindrance. They do not flow backwards but always flow ahead, conveying the message that one should move forward in order to accomplish his goal. Blocks could be created to stop the flow, but finding some gap, the rivers flow ahead and finally merge in the ocean. What a great message!

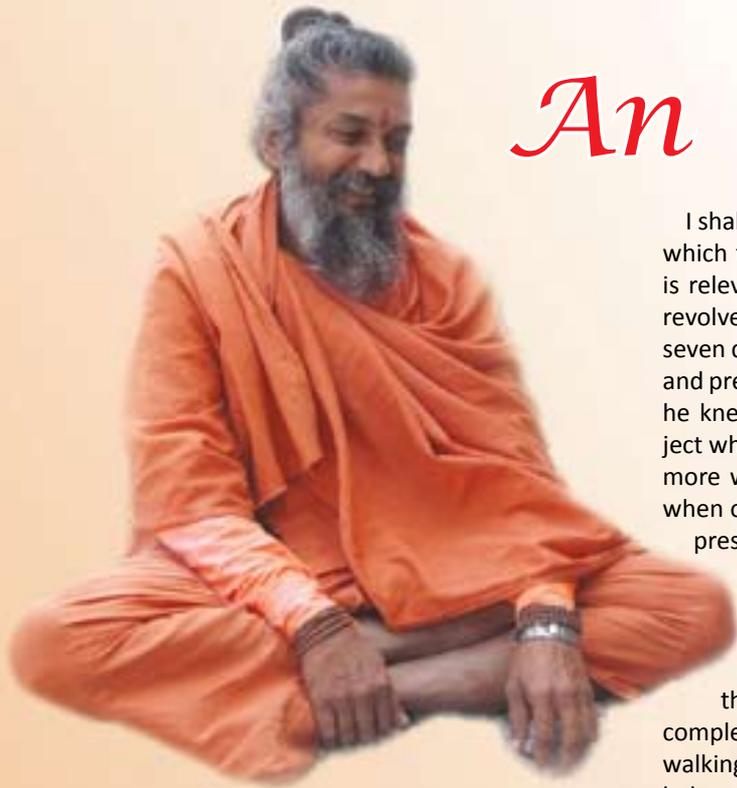
Nature is full of lessons we can draw from, lessons which can inspire our daily lives. Just stop and listen to the songs of nature and watch the fullness of universal truth unfold before you. Nature is always ready to cuddle us in her bosom, but are we ready to hear her call- the call of a mother waiting for her child?

By birth we are all lovers of nature, but gripped by our mechanical lives, we turn a deaf ear to Mother Nature's call. So much of our daily lives are spent indoors and we are missing the beauties of nature.

Wake up! The sun is rising spreading its golden light in the eastern horizon, birds are chirping wanting to communicate with you.

Wake up! Mother Nature is calling, asking us to retrace our connection with God. Wake up and experience the oneness!

- Subhadra K.



# An Element

I shall narrate one of my favorite stories of Birbal which though irrelevant in today's external world is relevant to our inner world that makes one to revolve around truth always. Once the King gave seven days' time to Birbal to pick out the best child and present in the court. It was a difficult task since he knew that the King can find any fault and reject whoever he presents as the best child. He was more worried but was in search for the child. So when on the seventh day, the King asked Birbal to present as promised or else get ready for punishment, Birbal asked everyone present in the court to look towards the entrance. All eyes turned towards the entrance to see the best child in the world. But to their surprise they saw a tribal lady with dark complexion, covering her arm holding something, walking in. Birbal informed the King that now the lady was going to show the best child in the world. All eyes turned towards that tribal lady. Slowly she removed the covering and said "this is the best child in the world" and to everyone's surprise they saw a dark complexioned child whose facial features also were not in great shape and yet was considered the best child in the world. And do you know dear friends, who this lady was? She was the mother of that child.

*When* I see the world around and observe it through a critical perspective, I see many contradictory events going on without any fuss. I have seen the best combination of worst opposites. I have seen greater bond than bondage between ugly and beauty. I have seen simplicity hugging complexity of life without an utterance. And when such many things started happening around me, my puzzled mind grew keener to know the facts about it. It is strange, so wanted to know the truth that makes everything revolve around in that way. So took a break from daily chores and added patience and keen observation along with certain degree of awareness and openness in my observation; and let me tell you that, to my surprise, I found that there is 'an element' that shapes everything and brings everyone more closer than anything else.

Though I found it strange initially, but to me now, it is something more interesting and elevating than getting caught in mere physical presences and appearances. It is mind boggling but at the same time mind blowing as well. I never thought that a little bit of search for an element can shower ultimate reality and bring myself face-to-face with it to make me understand this world like never before.

The King was annoyed with Birbal for his ugliest prank. Birbal looked at everyone and then said to the King, "Your majesty, for every mother her own child is the best child in the world hence it is irrelevant to know who the best child is." On hearing Birbal, the King once again praised him for his wonderful answer.

The story though simple conveys the highest truth in the light of relationships but let me ask you, "Is it only relationships that brings us closer to somebody or else is there a certain element that brings us closer to ourselves than anything else? A mother has long back cut the umbilical cord and hardly is physically attached but then what is it that makes her so concerned about the child? And there are hundreds of Mothers like Ma Sarada who have felt strong connections with the world without giving birth. Strange! No direct

relationship but their concern is felt tremendously and gone even beyond mankind. This is all because of an element that they have found out and also allowed it to flow smoothly and swiftly in their lives. They never resisted anything since everything that was springing forth from their hearts was as pure as divinity and that's how they have contributed whatever best they can towards the world.

Yes! There is 'an element' that makes everyone to think that way. This story is not only to prove that everyone likes their own world but it also talks about that which is something more subtle and divine. It is all about an element that brings ugly and beauty together. This is that special bond we carry with everyone. There is an element... that moves everyone around... a single tear, a simple smile, an innocence, a simple pat, a simple hug, a kind gesture, a helping hand, a kiss, a send off, a message, a simple word, a praise, a nature's melody, a gentle touch, a friend, a mother, a father, a brother, a sister, a beautiful song, a silence and so on and so forth... and all these expressions are carrying an element... every moment...!

Dear One, have we ever tried to sense 'an element' in our action when we seek something higher, more profound and ultimate? Remember, it is an important journey to all of us to know what the perfect journey is and how to journey into it. If an action needs to be handled carefully then much before that, the thought that takes place in the mind needs to be addressed well. And above all 'an element' has to be sensed and perceived even before the thought that takes place in the mind itself, since it plays a major role in shaping the destiny of one's life. Therefore we shall understand it, because when one starts reflecting it around through action, everything becomes more prominent. Hence, in order to bring harmony in life, to bring fragmented world together and to see people happier than ever before, one should dwell in an element rather than the results of the action...!

Dear Sadhak! Now it is time to ponder over an element than mere reflection. Always remember, whatever appears physically in the world is mere reflection of an element... So, take care of an element since that is going to be an element of an element...!

- Swami Nachiketananda Puri

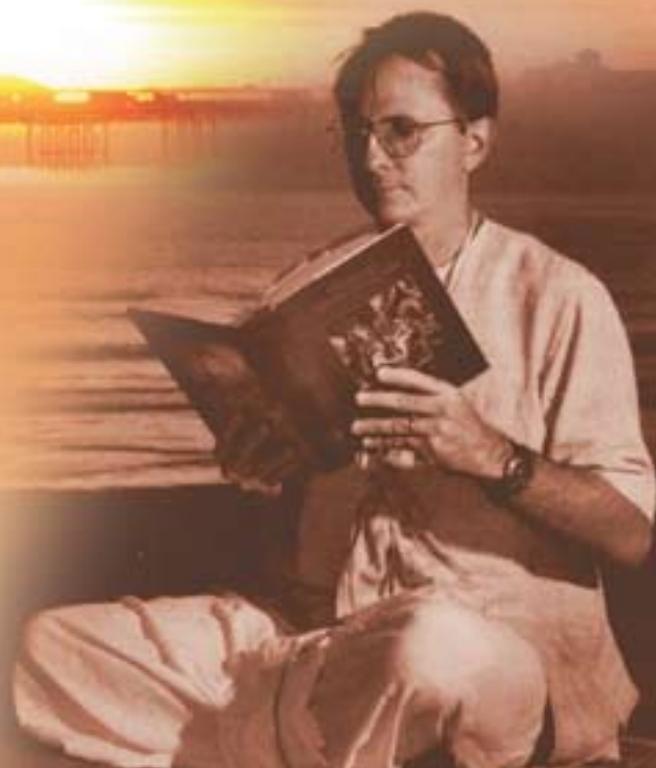
*“Like Swami  
Vivekananda, all  
of us should have a  
reason to drop this  
body. Have one-  
pointed awareness of  
your life. You came  
into this world with a  
purpose, not for mere  
enjoyment. Make  
a resolution to find  
out that purpose,  
accomplish it and  
then cast your body.”*

– Swami Nachiketananda Puri



**“ONE MAN MAY READ THE BHAGAVATA BY  
THE LIGHT OF A LAMP, AND ANOTHER MAY  
COMMIT A FORGERY BY THAT VERY LIGHT;  
BUT THE LAMP IS UNAFFECTED. THE SUN  
SHEDS ITS LIGHT ON THE WICKED AS WELL AS  
ON THE VIRTUOUS.”**

**– Sri Ramakrishna Paramahansa**





“Can I see my baby?” the happy new mother asked.

When the bundle was nestled in her arms and she moved the fold of cloth to look upon his tiny face, she gasped. The doctor turned quickly and looked out the tall hospital window. The baby had been born without ears.

Time proved that the baby’s hearing was perfect. It was only his appearance that was marred. When he rushed home from school one day and flung himself into his mother’s arms, she sighed, knowing that his life was to be a succession of heartbreaks. He blurted out the tragedy. “A boy, a big boy ... called me a freak.”

He grew up, handsome for his misfortune. A favorite with his fellow students, he might have been class president, but for that. He developed a gift, a talent for literature and music. “But you might mingle with other young people,” his mother reproved him, but felt a kindness in her heart. The boy’s father had a session with



the family physician. Could nothing be done? “I believe I could graft on a pair of outer ears, if they could be procured,” the doctor decided.

Whereupon the search began for a person who would make such a sacrifice for a young man. Two years went by. Then, “You are going to the hospital, Son. Mother and I have someone who will donate the ears you need. But it’s a secret,” said the father. The operation was a brilliant success, and a new person emerged. His talents blossomed into genius, and school and college became a series of triumphs.

Later he married and entered the diplomatic service. “But I must know!” He urged his father, “Who gave so much for me? I could never do enough for him.” “I do not believe you could,” said the father, “but the agreement was that you are not to know ... not yet.” The years kept their profound secret, but the day did come ... one of the darkest days that a son must endure. He stood with his father over his mother’s casket. Slowly, tenderly, the father stretched forth a hand and raised the thick, reddish-brown hair to reveal that the mother had no outer ears. “Mother said she was glad she never let her hair be cut,” he whispered gently, “and nobody ever thought Mother less beautiful, did they?”

#### LESSON LEARNT

Real beauty lies not in the physical appearance, but in the heart. Real treasure lies not in what that can be seen, but in what that cannot be seen. Real love lies not in what is done and known, but in what that is done but not known.

- [heart-touching-love.blogspot](http://heart-touching-love.blogspot)

# Shiva

## THE EVER PURE BLISSFUL CONSCIOUSNESS

*Hum* Namah Shivaya!

On the auspicious day of this wonderful night called Shivaratri, I bow down at the lotus feet of Lord Shiva who is the ocean of love, ever blissful and merciful.

Whenever I try to express about Shiva, I always find that I fall short of words. There is a lot of information about Shiva and about His attributes which can quench your intellectual thirst. But Shiva is not discovered or known by mere information. If anybody says that they can portray Shiva as He is, it is absolutely a big lie. Because Shiva though worshipped in form, yet He is formless. He is pure consciousness which can only be experienced. Shiva is beyond body, mind, intellect, sense organs... He is beyond delusions. He is ever free from pain and pleasure.

As Adi Shankara narrated so wonderfully about Shivatvam

*नमृत्युर्नशङ्कानमेजातिभेदः  
पितानैवमेनैवमातानजन्मः।  
नबन्धुर्नमित्रंगुरुनैवशिष्यं  
चिदानन्दरूपःशिवोऽहमिशिवोऽहम्॥५॥*

Na Mrtyur-Na Shangkaa Na Me Jaati-Bhedah  
Pitaa Naiva Me Naiva Maataa Na Janmah |  
Na Bandhurna Mitram Gurur-Na-Iva Shissyam  
Cid-Aananda-Ruupah Shivoham Shivoham || (5)

### Meaning:

Neither am I bound by Death and its Fear, nor by the rules of Caste and its Distinctions,

Neither do I have Father and Mother, nor do I have Birth,

Neither do I have Relations nor Friends, neither Spiritual Teacher nor Disciple,



### Mataji performs Abhishekam to Yogalingam

I am the Ever Pure Blissful Consciousness; I am Shiva, I am Shiva,

The Ever Pure Blissful Consciousness.

The wisdom in this verse is like the highest peak of Himalaya ... which is ever pure and eternal.

After reading this wonderful meaning, many think they know Shiva, they start preaching about Shiva. They are not only cheating themselves, but are also cheating others. It is not a mere understanding, it is an experience. Let us understand better.

Where does Shiva reside? In the Kailash. He is not only in Kailash. When He is pure consciousness, He is present everywhere. Then you might have a question. Why can't I see him? As long as you pamper your body, mind, ego and intellect, you are bound to forget the fact that this body is a vehicle and mind is an instrument to know the Shiva who dwells in you...

Animals lead a life according to the laws of nature. They hunt, eat and sleep. They are happy with whatever they have. This is the life of animals.

Let us look at man's life. You dress up the body so beautifully with designer garments. You eat food at five star hotels to fill your belly. You sleep on a very comfortable bed... That is how every day takes place... Life goes on. The entire life is spent under the influence of mind and ego.

Man is superior to animal kingdom, but is he leading his life different from animals? Possess-

ing a greater intellect and many more great faculties than animals, is man ever happy and contented? After much scientific and technological advancement, man is not yet free from the fear of death and the miseries of life. Man needs to discover the world beyond body, mind, ego and intellect.

We can evoke Shiva by taming mind, ego and intellect with the help of right *Sadhana* for example *Japa*, which is done with the help of Mantra. *Japa* helps in the process of cleansing our mental modification. It alters our personality.

In reality you are Shiva. Everything existing in the world is Shiva. You will realize Shiva in every moment when you become Shiva. Everyday should be *Shivaratri*. The night which breaks the boundaries of inertia and destroys all inner enemies called *kama*, *krodha*, *lobha*, *moha*, *madha* and *matsarya*.

These enemies are dangerous than external enemies. When they raise their hood then man transforms into an animal. Shiva being a *Pashupati* destroys these enemies, all the negativity and makes you free from all miseries of life and frees you from the fear of death, provided you take refuge in the lotus feet of Lord Shiva with a pure mind and without any doubt. The *mantra* of Shiva- Aum Namah Shivaya is a magical and magnificent sound which connects a *sadhaka* to the *Shivatattva*. It connects one to higher realms of consciousness. I fell in love with this *mantra*. Whether an aspirant wants to worship Shiva in form or formless, he gets the desired fruit. Shiva gets pleased by few drops of water and leaves.

Shiva being a *Mrityunjaya* protected Markandeya from the God of death. Being *Vishweshwara*, He showered His abundant grace on Murthy Nayanar. Murthy Nayanar was a *sanyasi* and he became a king.

Being a destroyer of poverty, he was pleased with another devotee for his incense offering. And Shiva blessed him with unlimited wealth. Shiva fulfils all your wishes, if you can offer yourself at His lotus feet to destroy the inner enemies. These enemies would not allow you to explore the unknown world within us where Shiva is performing a divine dance to make you one with Him. These enemies get destroyed when you chant a divine sound, a *mantra*, Aum Namah Shivaya. When this *mantra* transforms

you from negativity into positivity ... from humanity to divinity, divinity to infinity, then you would certainly enjoy Shiva in true sense. When He blessed many devotees, He will certainly bless you, if you can synchronise consciously, Aum Namah Shivaya with your breath.

Merge in Him. No separation. Be one with the Shiva consciousness. Become a Shiva to worship Shiva who is present everywhere. Chant "Aum Namah Shivaya" with *Shradda*, *Bhava* and *Bhakti*. Aum Namah Shivaya! Aum Namah Shivaya! Aum Namah Shivaya!

- Paramahansa Swami Shivananda Puri



# Jnana Yoga

*Om Tat Sat!* To know the *Om* is to know the secret of the universe. The object of *Jnana-Yoga* is the same as that of *Bhakti* and *Raja Yogas*, but the method is different. This is the *Yoga* for the strong, for those who are neither mystical nor devotional, but rational. As the *Bhakti-Yogi* works his way to complete oneness with the Supreme through love and devotion, so the *Jnana-yogi* forces his way to the realisation of God by the power of pure reason. He must be prepared to throw away all old idols, all old beliefs and superstitions, all desire for this world or another, and be determined only to find freedom. Without *Jnana* (knowledge) liberation cannot be ours. It consists in knowing what we really are, that we are beyond fear, beyond birth, beyond death. The highest good is the realization of the Self. It is beyond sense, beyond thought. The real "I" cannot be grasped. It is the eternal subject and can never become the object of knowledge, because knowledge is only of the related, not of the Absolute. All sense - knowledge is limitation, it is an endless chain of cause and effect. This world is a relative world, a shadow of the real; still, being the plane of equipoise where happiness and misery are about evenly balanced, it is the only plane where man can realize his true Self and know that he is *Brahman*.

**The Complete Works of Swami Vivekananda  
-Volume 8**

# See the **BIG** picture

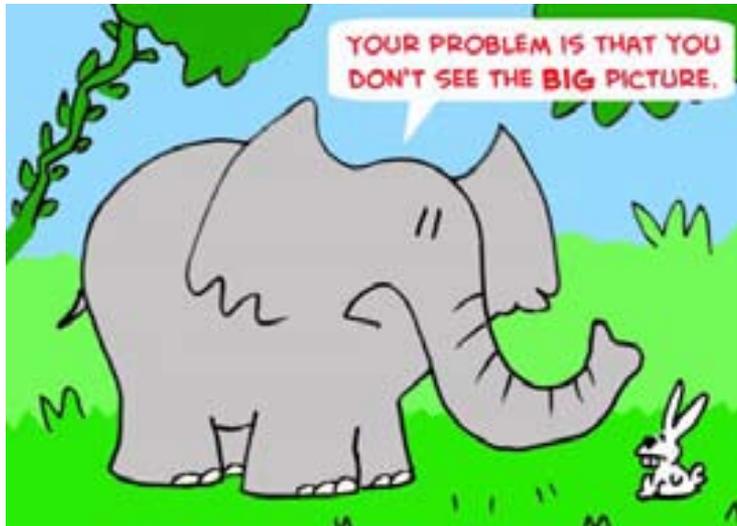
Kids Corner



It's never really easy to see something that is very close to your face, but when you go further away it becomes clearer. Similarly, when there is an issue, you can't analyze it if you concentrate on one small part. You need to see the whole problem and then analyze it as a whole and solve it step by step.

As I have said in many of my previous articles, don't react ... respond. If you can see the big picture, then you can solve all your problems by

It is always important to be broad minded. It can help you think better. You should be broad minded towards the many things that occur around you. For example when your parents scold you or tell you not to do something, you should not think that they don't like you or don't care about you. Look at the big picture. Then you will understand that they are far elder than us and have far more experience than us, and so, they are just telling us for our own good; and if we are smart enough, we will know that it is better to learn from others mistakes and experiences before we have any of our own.



responding to them. For example, when a lot of parents see their children getting low marks, they immediately put them in tuitions. They don't see where the problem is or why the child isn't performing well. They need to analyze where the child is going wrong, what are his strong and weak points and where can he correct himself. There is no use of making the child go to tuition classes without analysing where he is lacking, as the child might not even need it and might just need to be coached in certain key points like time management or word limits etc.

Have you ever heard a person say, that something was right under his/her nose but they never even found out? This in fact is not just a figure of speech but also makes sense literally and tells us the importance of looking at something in a broader view.

Though our politicians are not people whom we can look up to anymore; there is a thing about their job that is very interesting and worth looking up to. Did you know that all the ministers' advisers are PhD's and graduates and very well read people, whereas the minister himself may not have all these qualifications, yet he is the minister? Do you know why? This is because an expert can analyze a situation very well but will not listen to another's analysis. Therefore a

person who can take all the various advices and analyses, listen to them and can make a final proper decision is the one who does not have an expertise in the field but does have great decision making skills.

So, seeing the big picture can help you in oh, so many ways, some of which I can't list out here and some which I can't even think of.

But the message to be taken here is-

Seeing the big picture,

Can save you from a big lecture.



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# Many Apples had fallen before Newton's Gravity Laws

Yes, many apples, especially many Indian apples had fallen down before Newton had discovered Laws of Gravitation. Ancient Indian Astronomical texts are replete with Gravitational laws. It is not fair to say that Newton had discovered them first without giving due recognition to great Indian Astronomers.

*Surya Siddhantha*, the classical Indian Astronomical text says "because of the *Dhaaranatmika Sakti*, Earth is standing firm in the space without falling away"

***madhye samantandasya bhugolo vvyomni tisthati***

***bibhranah paramam saktim brahmano dhaaranatmikam***

(*Surya Siddhantha* 12th chapter 32 sloka)

Varahamihira (6th century AD) had said "it is an experience of everyone that on any part of the earth, that the flames of the fire go up and the objects that were thrown up fall down."

***gaganamupaiti sikhisikha ksiptamapi kstimupaiti guru kincit***

***yadvadiha manavvanam a suranam tadvvadevajghah***

(*Pancha Siddhanthi*, 13th chapter 4th sloka)

Bhaskaracharya (11th Century AD), the famous Indian mathematician in his text "Leelavathi" explains, "Earth has *guruthvvakarsana shakti* (Gravitational force). Due to mutual attraction between the planets, they (planets) are able to hold themselves firmly in space."

In his other text, "Siddhantha Shiromani," Bhaskaracharya reveals that, "Earth naturally attracts every object in the space towards itself.

Because of this attracting force, all objects fall on the earth. When there is balance in attraction among planets where would they fall?"

***akrsta saktisca mahi taya yat svastham guru svabhimukham svasaktya***

***akrsyate tatpatativa bhati same samantat kva patatviyam khe***

(*Siddhantha Shiromani*, *Bhuvvanakosa*, sixth sloka)

Brahmagupta (7th century AD), renowned Mathematician in his famous text "Brahma Sputa Siddhantha," discloses "like water having natural downward flow, Earth also has similar attraction power, because of which all objects get attracted towards it."

Jagad Guru Sri Adi sankara in his commentary on Prasnopanishad has said, "As earth attracts the up going (thrown up) objects, so do the ever elevating *Pranashakti* in the body, is being pulled down by the *Apanashakti*."

***tatha prithivyamabhimanini ya deata prasiditha saisa***

***purusasya apana vvrthtimaastabhya krsya vasakrityadha eva***

***apakarsena anugraham kurvati vvarata ityarthah***

***anyatha hi sariram gurutvat patet savvakase odgacchet***

(Commentary of Adi Sankara for 3Ch-8th sloka of *Prasnopanishad*)

Many Indian texts had similar references about Gravity Laws. All these facts were revealed centuries before Newton.

**Source: 108 facts**



## Small Joys of Life...

Heading back home, I saw a huge boulder lying on the road, probably fallen from a truck that was transporting it. It lay at a narrow, steep, uphill curve, which was a blind turn. Immediately I knew that this would cause harm to the motorists. I pulled over and talked to the traffic cop. He said he saw it and called the concerned department to remove it as it was rather large. I asked if he would assist me in removing it as it

would be dangerous, if not removed at the earliest. He agreed that it was dangerous, but that he would not be able to help as it was not part of his job.

I decided that I must do it alone. As I placed my hands on the boulder, I prayed a silent prayer that I would be successful in moving this boulder. I knew it was too large to be moved even by two people, but I hoped against hope that I would not fail. The policeman seeing my pathetic attempt, even laughed at me.

Regardless, I still tried and to my own surprise, I was successful in moving to the centre of the median and out of harm's way for maintenance wing to remove. I could see that the traffic cop was embarrassed but I was happy that I could prove to him that if you believe, you CAN move mountains!

We must try and do these little things that might save the lives of many people. It gives complete and utter joy.

- *Suresh Raju*

## WHO AM I?

As I sat listening to the enlightened Master, I realized, more than ever, that I don't know anything, not even the most basic and yet the most essential question, "Who am I"?

Doing a lot of things right, having learnt to play my part and do the dance, is essential ... but, it also comes with an equal risk, the risk of becoming the biggest stumbling block.

The biggest stumbling block, in the path of 'knowing', a hindrance to 'growing', an obstacle to 'flowing'...

He spoke about different levels of 'knowing', the highest being, where one is in constant communion with one's divinity within and yet is able to manage the outside, with equal grace and ease.

For a while now, I have felt the need for silence and being alone ... where the focus is within, not without.

There is too much noise and strife on the outside. It doesn't allow me to listen to my voice from within.

Only when I am able to dwell in the temple within, will I know who I really am.



- *Gautam Vir*



# Pranayama

and thousands of such subtle channels in the body and one can purify it by practicing proper *pranayama*. There are various ways to perform *Nadi Shodhan* and as one advances into *sadhana*, one understands it better. Just to begin with, I am sharing this wisdom with beginners.

How to perform?

1. Adopt *Nasika Mudra* by folding index finger and middle finger together and resting on the palm. Or, index and middle fingers resting in between eyebrows.
2. Use right thumb to close or open right nostril and ring and little fingers to close or open left nostril.
3. Inhale through right nostril while closing left nostril with the help of ring and little fingers and then hold your breath to utmost capacity while keeping position of fingers and thumb as it is or by closing both the nostrils and then release ring and little fingers and exhale through the left nostril slowly.
4. Then inhale through left nostril and hold the breath as long as you feel good then slowly release through right nostril.

This will complete one round of *Nadi Shodhan*. So you can begin with 9 rounds and slowly instead of increasing rounds we can try to concentrate on advance practice by following the ratio prescribed in our spiritual treatises. In simple word formula, the ratio for **Inhalation: Holding breath: Exhalation** could be **10:40:20**. It is to be noted that, increase in time proportionately or in other words, increase in length of each round would be more effective in cleansing the system

Vidya Mandir Student Anuradha demonstrates Nadi Shodhan Pranayama

We should really bow down in respect to our sages who have given such a beautiful tool called **Nadi Shodhan**, an important *pranayama* that doesn't belong to any religion, caste, creed or gender and whoever practices it gets benefited. They never discriminated anyone and whoever approached them were given this most beautiful and practical knowledge that can not only take care of physical health but also take extreme care of mental health. But such a simple *pranayama* has become a sleeping partner in life due to our own understanding and so called latest development and modern technological support. We hardly notice that, that is more natural and real and can be practiced without spending even a rupee or greater involvement. But alas, no matter how important this *pranayama* is we always rely on quick fix only. This lethargic attitude towards *pranayama* needs to be changed if we are all seeking a healthy body and mind. And as far as spiritual benefits are concerned, they are bound to be part of *pranayama* always.

This *Nadi Shodhan* is easy to practice. *Nadi* means channels and *shodhan* means to purify or churning. So *Nadi Shodhan* means purification process of subtle channels. There are hundreds

than increase in number of rounds. Therefore progressively, an advanced *sadhak* can reach upto a ratio of **20:80:40**, to get maximum benefits. Here first numeric stands for inhalation, second stands for holding breath and third stands for exhalation.

Beginners can try counting numbers than chanting *mantra*. Advanced practitioners may use *mantra* or count numbers for *sadhana*. Once one establishes into proper *sadhana*, *mantra* would do great help since it is directly related to *pranayama*.

### Benefits:

1. Purifies all channels (*nadis*) of the body
2. *Prana* flows smoothly without any hindrance
3. It pushes one into meditative state
4. Person becomes more healthy and strong
5. Excess fat will be removed from the body

6. Develops greater capacity to assimilate food
7. Toxins will be removed as they form
8. Both the hemispheres of the brain start functioning well
9. Breathing pattern changes. It slows down to increase the life span and also develops a greater capacity of lungs
10. It cures asthma and bronchitis or other breathing related ailments

There are various other benefits and dimensions as well and whenever it is possible we shall discuss it without fail. Till then please continue your *sadhana* since a lot has been discussed in our previous issues keeping layman in mind. I wish you all the best!

- *Swami Nachiketananda Puri*



## From Silence He Flees...

Spontaneity on wings  
A clouded yellow stood  
Adorned in patterns sublime  
Motionless  
A contemplative butterfly  
Graced our path  
Delicate in its stillness  
Perfect poise  
Lazy strollers; their feet shuffled  
The morning sun looked on  
Time turned in wonder  
The kind wind paused

A sage in disguise perhaps?  
No, it must be dead certainly!  
Only man questions perfection  
Loud feelings of sympathy  
Empty words of concern  
Silence broken in haste  
Let's carry it to a corner

Grand funeral rites?  
The moment of beauty  
Ruined by a thought

This exquisite one rose  
Gorgeous artwork flapped  
Unconcerned  
And swiftly so  
Toward its friend it fluttered  
A red hibiscus  
"Oh, the same ol', same ol' -  
Restless is man!  
Far from himself  
Hasn't he travelled?  
To conflict he clings  
From silence he flees  
Pity! Pity!"

**Abir & Anisha**

India to an onlooker is a land where diversification of culture is rampant, as unification of public demeanor towards creating an identity of its own is quite peculiar. It is a land where we can watch the variety not only in its geo-cultural aspects but a visible oddity in the fate of people too. This multifariousness makes the country queerly interesting too.

Hari is a porter, transporting cargo from one place to another. He is a graduate from Ravi Shankar University of Chhattisgarh. Destiny has not been kind to him as he was unemployed in spite of his educational qualifications. The call of hunger forced him to venture the job of a porter. He has been reticently following the schedule without any complaint. He is grateful for being healthy enough to work as he is able to earn for his square meal.

Shaleen is a business man with two sari showrooms to his credit in the city of Jaipur. He started off as a salesman, visiting home to home selling saris. His amiable and compromising nature had yielded him respect and credibility which in turn earned him the faith of his customers. He has no degrees to claim as educational eligibility. But he is an avid learner and an ardent dreamer. He is meticulous in his efforts and has a clear vision which propels him to inch towards his success. Within a short span of five years he has established a sari shop in the center of the city. His amiable and customer friendly approach has paid off. He renovated his sari shop and expanded the business. Soon he could put up another shop at the business center of the city. He has provided about 150 job opportunities. As many as 30 graduates report directly to him, taking care of his accounts and administration. He has even appointed an MBA to explore his business opportunities elsewhere.

Indeed India is a land of diversity. There is no doubt that it is a great country. However it is a land where dynamics that works well with one may not result in substantial gain from other quarters. One needs to regulate and reorganize their strategies. This country has policies and welfare schemes intended to take care of each and every individual, besides focusing on the uplift of the poorer section. Yet it takes quite some time, before these schemes reach the common man. The work ethics is such in India.

India indeed is a blessed country. Indians look up to their country with great pride. Every place you visit here has something to offer you in a platter. How can the serenity of life and depth of information as you move around down south be ignored? Who wouldn't find the different colours of life fascinating when it is served in its full fervor when you happen to visit places like Delhi, Rajasthan or Punjab? A Bengali may surprise you with his persisting sweetness. As you stride your steps into the interiors of rural India you will be swept off your feet with the resplendence and glory of the rich culture.

India is indeed a land with a difference. In India there is no discrimination when it comes to natural, uninfluenced favours. A millionaire with no qualifications whatsoever or a downtrodden despite his best educational background is a frequent occurrence here. An Indian can be a globe trotter with explicit experience and exposure, yet come back and stare at the foreigner he happens to meet on the beaches of Kovalam without a tinge of pretentiousness. This country is indeed a land of peculiarities.

**- Sreekala Madhavan**

# VESAK - Full Moon of May

“Seeking joy and freedom from suffering is the birthright of all beings”.

The Buddha Shakyamuni took birth as a prince of the Shakya clan in India. He achieved enlightenment at the age of thirty-six and entered *Mahaparinirvana* at the age of eighty-one. These three great events took place on the same day of the year, over 2500 years ago, which we celebrate at the season of Vesak.

As you know, Buddhahood is a state free from all obstructions to knowledge and disturbing emotions. It is the state in which the mind is fully evolved. The Buddha's declaration, based on his personal experience, was that all beings experience suffering even though they do not wish to do so. At the same time all beings also have the innate potential to achieve the joy of liberation. This realization formed the basis for all his teachings. Because his teachings are profound in insights and skilled in means, the Buddha is referred as a supreme guide.

Although our world has changed substantially since the time of the Buddha, the essence of his teachings remains as relevant today as it was 2500 years ago. Many different schools of Buddhism have evolved in different lands. All possess methods for attaining liberation from ignorance and suffering.

The Buddha's advice, simply stated, was to avoid harming others and if possible to help them. We can begin to do this by recognizing that everyone is just like us in that they want happiness and dislike suffering. Seeking joy and freedom from suffering is the birthright of all beings. But personal happiness very much depends on how we relate to others. By developing a sense of respect for others and a concern for their welfare, we can reduce our own self-centeredness, which is

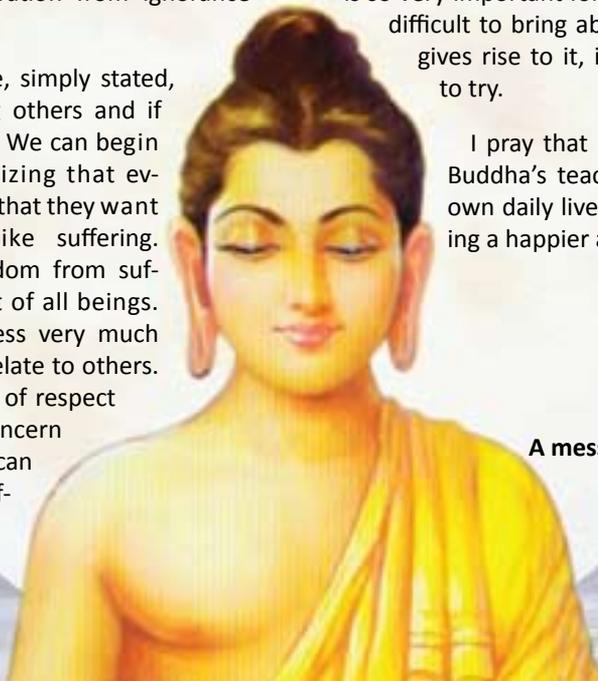
the source of all our problems, and enhance our feelings of kindness, which are a natural source of joy.

The achievements of our modern age are great. We have put much effort into technological and material development. Such progress is important, but by itself it cannot bring lasting satisfaction. Obsessed with economic and political strength, we lose sight of the effect our actions have on others. Our narrow and self-centered focus results in widespread suffering and destruction of the environment. We need to reassess our motivation and our behavior in the light of a greater sense of universal responsibility.

From the Buddhist point of view all things originate in the mind. Actions and events depend heavily on motivation. A real sense of appreciation of humanity, compassion and love, are the key points. If we develop a good heart, then whether the field is science, agriculture or politics, since the motivation is so very important, the result will be more beneficial. With proper motivation these activities can help humanity; without it they go the other way. This is why the compassionate thought is so very important for humankind. Although it is difficult to bring about the inner change that gives rise to it, it is absolutely worthwhile to try.

I pray that each of us, by putting the Buddha's teachings into practice in our own daily lives, may contribute to creating a happier and more peaceful world.

**A message from His Holiness the Dalai Lama at Saka Dawa**



# Salute to the mothers of the universe

Supposing I became a champa flower, just for fun, and grew on a branch high up that tree, and shook in the wind with laughter and danced upon the newly budded leaves, would you know me, mother?

You would call, 'Baby, where are you?' and I should laugh to myself and keep quite quiet.

I should slyly open my petals and watch you at your work.

When after your bath, with wet hair spread on your shoulders, you walked through the shadow of the champa tree to the little court where you say your prayers, you would notice the scent of the flower, but not know that it came from me.

When after the midday meal you sat at the window reading Ramayana, and the tree's shadow fell over your hair and your lap, I should fling my wee little shadow on to the page of your book, just where you were reading.

But would you guess that it was the tiny shadow of your little child?

When in the evening you went to the cowshed with the lighted lamp in your hand, I should suddenly drop on to the earth again and be your own baby once more, and beg you to tell me a story.

'Where have you been, you naughty child?'

'I won't tell you, mother.' That's what you and I would say then.

- Rabindranath Tagore

(Celebrate Mothers' Day on 11<sup>th</sup> May)



# The day I quit

ONE DAY I DECIDED TO QUIT...

I quit my job, my relationship, my spirituality. I wanted to quit my life. I went to the woods to have one last talk with God. "God," I asked, "Can you give me one good reason not to quit?" His answer surprised me. "Look at around you," He said, "Do you see the fern and the bamboo?"

"Yes," I replied.

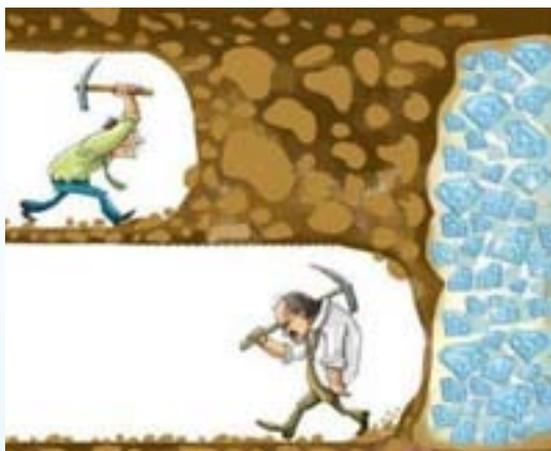
"When I planted the fern and the bamboo seeds, I took very good care of them. I gave them light. I gave them water. The fern grew quickly from the earth. Its brilliant green covered the floor. Yet nothing came from the bamboo seed, but I did not quit on the bamboo."

"In the second year the fern grew more vibrant and plentiful. And again, nothing came from the bamboo seed. But I did not quit on the bamboo," He said.

"In year three there was still nothing from the bamboo seed. But I would not quit".

"In year four, again, there was nothing coming from the bamboo seed. I would not quit," He said. "Then in the fifth year a tiny sprout emerged from the earth. Compared to the fern, it was seemingly small and insignificant. But just six months later the bamboo rose to over one hundred feet tall."

"It had spent five years growing roots. Those roots made it strong and gave it what it needed to survive. I would not give any of my creations a challenge they could not handle."



He asked me, "Do you know, my child, that all this time you have been struggling, you have actually been growing roots? I will not quit on you."

"Don't compare yourself with others," He said. "The bamboo had a different purpose than the fern but they both make the forest beautiful."

"Your time will come," God said to me. "You will rise high." "How high should I rise?" I asked. "How high will the bamboo rise?" He asked in return. "As high as it can?" I questioned. "Yes", He said, "Give me glory by rising as high as you can."

I left the forest and brought back this story. I hope these words can help you see that God will never give up on you.

Never, never, never give up!

**Author unknown.**  
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## NACHIKETA'S GO GREEN CLUB...

*We convey our thanks to all the participants of the WOW initiative. You helped us earn Rs. 27,630/- in the month of March and saved Mother Earth by recycling about 3453 kg of plastic and paper waste material.*

# NIVEDANA & SAMARPANA



Some ask, scornfully, whether the Lord Himself eats what is offered to Him. *Nivedana* does not mean making the Lord really “eat” what is offered. He does not have to eat. *Puja* is meant to make us inwardly pure and the Lord does not have anything to gain from it.

*Nivedayami* means “I am making it known to you (informing you)” and does not mean “I am feeding you”. You must speak thus to *Isvara*: “O Lord, in your compassion you have given us this food.” Then you must eat the food thus offered, thinking of Him. Without His grace how does the rice grow?

Experts may conduct research and write big tomes on rice. But are they capable of making one grain of rice? What is called synthetic rice is made out of materials already created by *Isvara*.

So, all that seems to be made by man must be finally traced to God’s creation. To enjoy what He has given us without first presenting it to Him would be tantamount to thieving.

***Nivedanam*** is a Sanskrit word with a direct meaning, “informing” or “making it known”. How does this making known relevant when we use the word *Nivedanam* in the context of *puja*,

where the word is in common use? It simply means, signifying our gratitude to God and His Nature, but for whose grace, the food we eat would not have been possible. The *bhava* here is one of expression of gratitude and consume what has been given to us by God as *Prasaadam*.

By placing food at the conclusion of *puja* we make this our gratitude known to God. It does not mean we are offering the food for God to eat. Nor does God expect that, God does not even expect our expression of gratitude. It is for our own satisfaction and mental disposition so that we are always conscious that the food we have got is not due to our effort alone. It is due to the cumulative contribution of God, Nature, our fellow beings and lastly we. This kind of attitude will help in having a serene mind always. The food which is consumed after this gesture is called the *prasaada* or what is left to us by God.

The Sanskrit word ***Samarpana*** means offering or dedicating something we possess as not belonging to us. What has come to our possession due to whatever reason is not ours but belongs to someone to whom we dedicate it. By dedicating that thing to its rightful owner we have no claim over that thing either for consumption or for enjoyment. The *bhava* here is one of not being entitled to be the possessor of the thing that is dedicated.

It will also be noted that in the context of *puja* we use the words *samarpayami* for *Arghyam*, *Paadyam*, *Aachamaneeyam*, *Aasanam*, *Pushpam*, *Dhoopam*, *Deepam*, *Gandham*, *Neeraajanam* etc., These are dedicated to God and are not for us. When we present the food we use the word *Nivedanam* for, we are the consumers of that *prasada* after *Nivedanam*.

Source: [thapas.wordpress.com](http://thapas.wordpress.com)

# Saint Raghavendra Swami



A poor Brahmin couple who had a son and a daughter felt lonely when their daughter was married and sent to her husband's home and the son left for studies. They wanted to have another son to cheer them up. So they went to Tirupathi and prayed to Lord Venkateshwara to bless them with a son. Soon a boy was born and this boy was no other than Sri Raghavendra Swami, the presiding deity in Mantralaya in the Kurnool District of Andhra Pradesh.

The old parents died leaving Raghavendra to the care of his poor brother. So the boy went to a *Gurukula* and requested the Guru to accept him as his disciple. One day, the Guru was confronted with a difficult problem. However much he tried, he could not solve it for himself. He explained it to his disciples and asked them to solve it. The Guru spent a sleepless night to solve the problem but in vain. Very early in the morning, he went round the *Gurukula* to find out if any one of his disciples solved it. All of them were fast asleep. Raghavendra was found shivering under a tree with some papers on his chest. The Guru picked up the papers and found the solution for the problem. His heart welled up with compassion and regretted to have ignored a 'gem'. He caressed the boy with love and tenderness. He observed the boy keenly. One day, he told him 'My son! You have completed your studies. There is nothing more that can be taught to you.' He presented the boy a gold medal and the traditional shawl. Raghavendra went to his brother, who was proud of his brother's attainments. He got him married and Raghavendra lived in a village with his wife.

The *Zamindar* of that village arranged a grand feast for the Brahmins. It was customary to supply sandal paste to them before the feast. A servant of the *Zamindar* looked at Raghavendra and his wife sitting in a corner in tattered clothes and contemptuously demanded them, using harsh words, to prepare the paste quickly and threw

the sandalwood at them. Raghavendra started making the paste while chanting '*Surya Stotra*.' In no time there was a mound of the paste. The Brahmins applied the paste on their foreheads and shoulders. They began to shriek and jump due to pain and burning sensation. When the *Zamindar* came to know of the happening, he prostrated before the couple. Raghavendra chanted '*Chandra Stotra*' and everything went well. The *Zamindar* showered many presents on him. But he went to his brother and there he started a *Gurukula* while his wife looked after domestic chores. Here he was blessed with a son.

His old Guru fell ill and asked Raghavendra to become a *Sannyasi* and start worshipping 'Kodanda Rama', whom he was worshipping since long. Raghavendra declined to become a *Sannyasi* because, as per the custom there should not be two *Sannyasis* in the same house worshipping the same idol.

After a few years, his Guru was on the death bed. Raghavendra offered to become a *Sannyasi*. The teacher declared Raghavendra as his successor. Raghavendra was in charge of the Math and under his stewardship it prospered from day to day.

One day Raghavendra foresaw that three astrologers were coming to study his horoscope. He kept three rooms with all amenities ready for them. In each room, he kept a copy of his horoscope. When they reached the Math, Raghavendra welcomed them with temple honors.

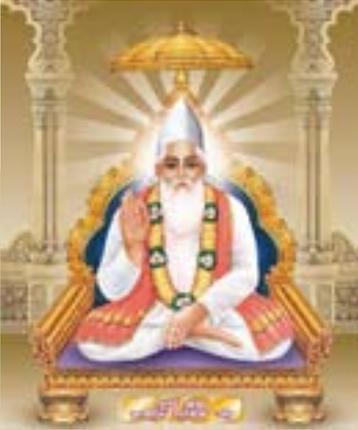
The three astrologers agreed in all aspects except that his life span was 75 years by one, 300 years by another and 700 years by the other. The people assembled, laughed mockingly at them. Raghavendra said all the three are correct. He

said 'I would enter into Samadhi at 75, the Math would prosper for 300 years with all activities and it would cease to be after 700 years'.

Raghavendra asked his disciple to get a pit dug and to get it inlaid with bricks leaving sufficient room for a man to sit in 'Padmasan'. He wanted him to arrange to bring a granite stone with Sita's foot prints from a certain lake to cover the pit. 700 priests were sent to Rishikesh to bring 700 Salagrams.

The day had come. Singing an 'Abhang', he reached the pit and entered into it. His physical body merged with the five elements but his astral body is omnipresent.

God is omnipresent – no one can deny it. The British rulers wanted to seize the Math and its properties. But Raghavendra appeared before



*Confusion is the root of sorrow*

**Padha suna seekha sabhi, miti na sanshay shool**

**Kahe kabir kaso kahu, ye sab dukh ka mool**

पढ़ासुनासीखासभी, मिटीनासंशयशूल।  
कहेकबीरकैसोकहू, यहसबदुःखकामूल॥

Meaning: One may read, listen and learn everything. But after doing all this he has confusion. Kabir is at pains to explain that confusion is the root of sorrow.

the Collector and talked to him of the necessity of keeping the Math as it was because it served the people in the surrounding areas. All local people assembled there could hear clearly the Collector talking to the Saint reverentially though they could not see Him! The Collector won over by the Swamiji, became his ardent follower.

God sends His emissaries to elevate the sinking man!

**- K.V. Ramakrishna Sastry**

**Had mein chale so maanava, behad chale so saadh**

**Had behad dono taje, taako bata agaadh**

हदमेंचलेसोमानव, बेहदचलेसोसाध।  
हदबेहददोनोंतजे, ताकोबताअगाध॥

Meaning: The one who is confined in limitations is human, the one who roams into unlimited, is a *Sadhu*. The one who has dropped both-limited and unlimited-unfathomable is his being and understanding.

Always seek the company of Thy saints. True knowledge will help you balance both the worlds. Confusion is the reason for misery. We should not end up with, the more we learn the more we are in misery due to confusion.

Mother Nature always produces saints to guide us. Inner self is aware of everything. So stay happily connected with your own self, till the light from you will dispel darkness, where ever you go. Our mind is our best friend and our worst enemy. Encourage pure thoughts and divine service, nature takes care of the rest.

**- Padmaja**

# Charity brings happiness

Kids Corner



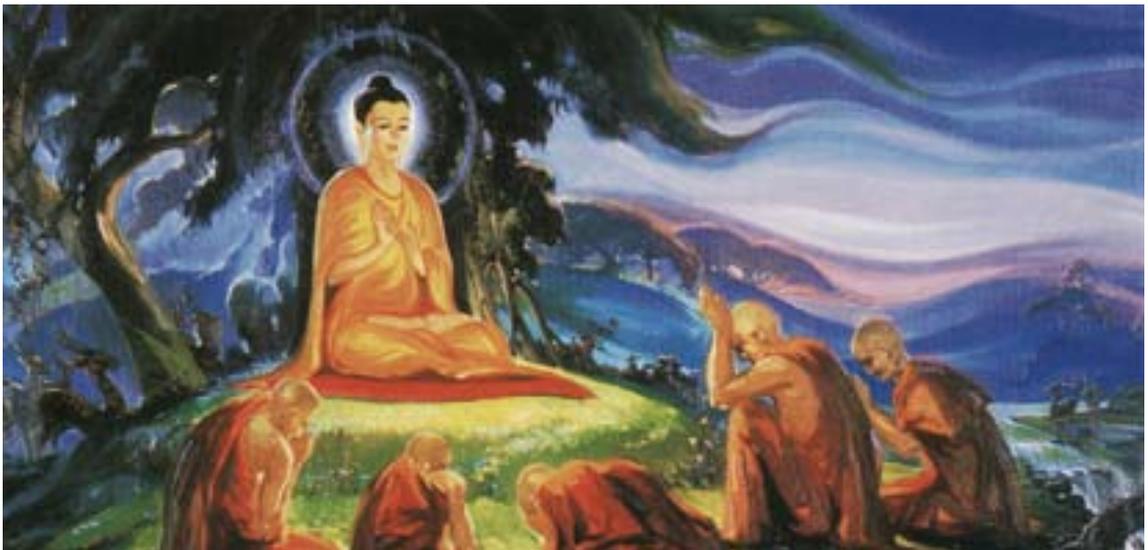
A poor man stumbled on some hidden treasure. He became rich overnight. However his desires now grew multi-fold. Instead of being happy with his new found status, greed entered his mind. He wanted to amass more wealth and in the process faced many difficulties. In course of time his relatives exploited him and within no time he lost all the wealth. At the end he realized his follies and thought things would have been different if he had been content with what he had and done some charity with the money he had acquired. But now it was too late. He grieved over his loss.

Charity is the outcome of a heart that melts. When we see a person in need, the act of charity should sprout spontaneously. We have seen ants moving in lines carrying grains of sugar. On having their fill, they distribute it to other ants. It is a great act of sharing. The happiness derived by sharing is matchless.

Rivers don't drink their own water; they quench the thirst of living beings. Trees don't eat their own fruits; they allow people to enjoy them. We might not live like them but we can always share with our fellow beings.

Once, a poor man approached Gautam Buddha. He pleaded with him to bless him with wealth. To this Buddha replied, "My dear, I cannot do that for I have no wealth with me. You just stay here and observe what is going on around you..." The poor man didn't understand what Buddha meant, however he obeyed him and stood there. Later he saw a man running towards Buddha and prostrate before him. He appeared to be a rich man. "Father, I have amassed a lot of wealth and enjoyed it all these days, but now my life is in danger. My sons are planning to kill me to acquire that wealth. I desire to give away all the wealth and renounce worldly life..." he cried. "My dear son, you have called me father. Won't you give me a share in that wealth?" Buddha asked him. The rich man offered one-fourth of his wealth to Buddha and immediately Buddha gave away that wealth to the poor man who was observing all this. The poor man was very happy to receive the wealth and the rich man was happy too that his charity could make the other man happy. He was moved by the outcome of his charity. He thanked Buddha for showing him the right path. He renounced his wealth and became Buddha's disciple.

- A Seeker



# BODY ... MIND ... SOUL

Where does the soul come from? And where does it go? If we consider the soul as being associated with the mind and the body, it is enough to say that it is not derived from parents. The soul and the mind remain together and they come and go; that is to say, they are born in the body and they go out of the body at death. But this association of the soul or of the Spirit, with the mind and with this changing body takes place only in the state of ignorance; as long as ignorance persists, this condition will also persist.

If, on the other hand, you realize yourself as the Spirit, you will feel that you have nothing to do with this body or with the mind. Actually you will feel separate from the body. One illustration is given of a sword within its scabbard, and another of a dried kernel of a nut within its shell, entirely separate from the shell, but enclosed within it. In the same way the Spirit becomes separated from the body and can go out and come back as it pleases...

In order to explain a man's body we need to explain the origin of matter. The moment we think in these terms, the problem becomes highly philosophical and metaphysical. You see, we cannot just start with matter, we have to start with something else. Why? Because whenever we want to think about something, our starting point has to be the mind. We can't start with the body, with the brain; we must start with the mind. Further, since mind itself is not always conscious, it is the conscious mind with which we must start. Some would say, therefore, that we must start with consciousness, not even with mind. This conclusion is further strengthened if we recognize that for the conscious mind to fulfill its function rightly - that is to say, for it to judge rightly, to get at the truth, to make an



intelligent estimate of whatever fact is brought before it – it must have a sense of value and it is in consciousness – neither in the body nor in the mind – that all values are to be found. Consciousness is the domain of the value...

Consciousness is truly self-existent; it has been found by experience to be beyond any conditions, beyond any possibility of mutation; it is imperishable and eternal, and when it is realized as such, one of course can think of nothing beyond it. Therefore, those who experience consciousness in itself find that it is its own proof. Just as the sun does not need the help of a candle to show itself – its own light reveals it and reveals other things as well – so consciousness is its own proof, its own validation. So if we are to think correctly about what is taking place in this universe, we should not start with matter, but with consciousness. That is how our philosophers start and I think you will admit the justice of such an approach.

**Source of compilation: THE SOUL'S JOURNEY  
TO ITS DESTINY**

*By SWAMI ASHOKANANDA*

## ***Thanks to Donors***



We are extremely thankful to  
**Sri M. Venkatarama Raju,  
Vasudha Pharma Chem. Ltd.**  
for his kind donation of ₹ 1 lac  
towards Ashram Corpus Fund for  
Building Construction.

# An Amazing IAS Success Story

Tears ran down Govind Jaiswal's face and refused to stop. Staring him in the face was the only thing he had ever wanted, and now that he had achieved it, he couldn't even reach out for the keys on his cell phone.

He waited till the tears dried up, till the news sunk in and made that one phone call on which depended the hopes of his entire family.

Govind, 24, the son of an uneducated rickshaw vendor in Varanasi, had grown up with cruel taunts like 'However much you study, you will still be a rickshaw puller.' He had studied with cotton stuffed in his ears to drown the noise of printing machines and generators below his window in a poor neighbourhood where small workshops existed cheek by jowl with tiny residential quarters.

He had given Math tuitions to supplement the paltry sum his father could afford to send him each month. His ailing father had sold a small plot of land to give Govind about Rs 40,000 so that he could move to Delhi which would provide him a better place to study.

Throughout his life, he had lived with only one dream — to become an officer of the Indian Administrative Service. For him that was the only way. And when he broke the news to his family, that he was ranked 48 among 474 successful candidates in his first attempt at the exam — it was the turn of his three sisters and father to weep with unbridled joy.

'Besides the Civil Services, I had no option' I could not afford to have any other career goal. My life would have been absolutely futile had I not made it into the civil services," says Govind.

"You must understand that my circumstances were such that besides the Civil Services, I had no option. I didn't have much of a chance with lower government jobs because they are mostly fixed, neither could I start a business because I had no money. The only thing I could do was work hard at my studies."



**Govind Jaiswal with his father**

It was almost impossible for him to study in the one room he shared with his family. To add to his woes was the power cut that extended between 10 and 14 hours every day. The moment the lights went out, he had to shut the window to block out the deafening noise of generators in the many workshops around his home.

So in search for a quiet place to study, he briefly shared a friend's room at the Banaras Hindu University. Since that did not help him much, he did what many civil services aspirants in northern India do — he moved to New Delhi.

## **His father sold his last plot of land for his son's dream**

For his son to make a fresh start in a city Govind had never visited before, Narayan Jaiswal, Govind's father, sold the only remaining plot of land he had saved after getting his three daughters married.

Working for ten years at the government ration shop, Narayan earned a living by weighing goods at the store. One day when the shop shut down, he bought one rickshaw and hired it out. He added three more and at one time was prosperous enough to own about 36 rickshaws.

That was a period of financial security and Narayan was prudent enough to buy three small plots of land. With three daughters to marry off, he knew he would need it in times to come. But bad

times soon befell the family. His wife passed away when Govind was in school. For 10 years there was acute hardship. The rickshaws dwindled.

On his meager earnings, the uneducated rickshaw vendor with a hearing disability continued the education of his children. The girls were married after their graduation — Narayan sold two pieces of land for the weddings, the last plot was sold to achieve his Govinda's dream.

Narayan gave his son Rs. 40,000 to prepare for his Civil Services exam in New Delhi and pursue his childhood dream of becoming an IAS officer. For the next three years, he sent his son between Rs. 2,500 and Rs. 3,000 every month, sometimes foregoing the expense of treating the septic wound in his foot that continues to nag him till today.

**Courier boys found his house with difficulty; now the fruitwallah will tell you where the 'IAS' house is'**

Outside his narrow lane, opposite the Varanasi City railway station, where Narayan Jaiswal parks his rickshaws and spends most of his waking hours, he still walks barefooted with a bandage, one end hanging loose and scraping the dirty road.

"Beyond this year, my father could not have afforded to send Govind any more money. It was getting very tough for him. Govind was earning Rs 1,500 from tuitions, I don't know what he would have done if he didn't make it to the IAS this year. My father could not sleep for 10 days before the results came," says Govind's eldest sister Nirmala, whose son is almost the same age as her brother.

Now that he will earn Rs 8,000 as his starting salary during his two-year training period in Mussoorie, Govind says his first priority is getting good treatment for his father's wound.

"I want to look after him, I don't know if he will leave Varanasi but I will definitely move him out of this rented room that we have lived for 35 years."

If his son's new job dramatically changes things for the better, Narayan Jaiswal is quite unaffected by it. He is surprised by the scores of journalists and well-wishers flocking to his house.

Until now, courier delivery boys found his house with great difficulty but now even the fruit cart-

*wallah*, one-and-a-half kilometres away, will tell you where the 'IAS' house is.

"I like my work. I haven't decided about the future — what could be a better place than Kashi? As long as my son looks after me, what else can one want?" he says, visibly uncomfortable with the media spotlight.

**'My character will be put to the test, then I want to see what a real man I am'**

Having lived his life in Varanasi, the holy city on the banks of the Ganga, Govind has given his home state Uttar Pradesh as his preferred region of posting. If he doesn't get UP, he is open to being sent to any state in India.

"Varanasi needs a tight administration. As for me, I want to be a good officer. We are the agents of change and I as an administrator would like to inform common people about their right to know, their right to information. The benefit should finally go to the people."

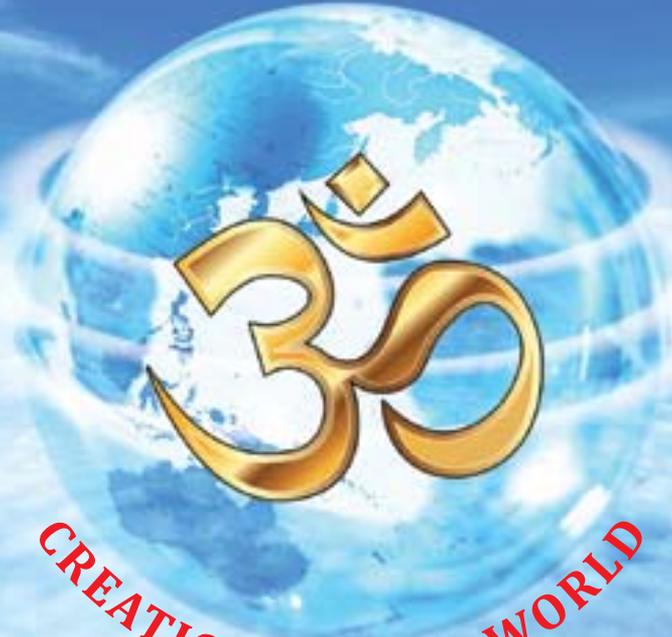
His hero is President A P J Abdul Kalam. Govind is reading the Hindi translation of the President's best-selling book *On Wings of Fire* and takes out a nicely thumbled copy from a plastic bag.

"After Gandhiji, President Kalam has given us a dream and the power to dream. His dream is of a developed India and he is a symbol of many common people's dreams."

In a time when the Indian bureaucracy has its drawbacks like a lack of accountability, corruption and perpetuating a system that was handed down by the British to rule a subordinate population, Govind's thoughts are fired by the idealism of youth. He insists his idealism will not be watered down in future years, that he will not allow himself to be influenced.

"I am a product of my circumstances that has been wrought with hardships. When I go out as an officer my character will be put to the test, and then I want to see what a real man I am."

**Source: freshinspirations**



## CREATION OF THIS WORLD

Every person or individual has a unique temperament or nature. But there are a large number of things over which no individual has any control, things like the daily growth of nails and hair. At a certain age and in a large number of persons, a depleting hairline is also one of these uncontrollable phenomenon.

The Almighty also has a few things or attributes which He Himself does not control, they happen automatically. The Almighty's power is called Nature or 'Prakrti'. It is the nature of Prakriti to first create, then preserve and finally to destroy. This cycle is called 'Shrishti', 'Stithi' and 'Laya'. The Almighty does not interfere with this process nor does He exert any influence over the same.

The atheist claims all this is done by Nature, to which we agree. The difference is that we believe Nature is a *Shakthi* of the Almighty but they believe it is a self generated force. But as far as I know, no atheist or rationalist has ever been able to explain the origin or genesis of Nature itself.

The Lord as described as follows:

***Ekam Nityam Vimal Achalam!  
Sarvada SAKshibhutam  
BhAvAtitam, Triguna Rahitam!!***

*One and only, constant, spotless-blameless, unmoving!  
Always a mere witness, emotionless, bereft of the three attributes!!*

The above is an excerpt from a Guru *Vandana* but applies equally to both the Almighty as well as the Guru, as there is no real difference.

It is therefore clear that God does not create the world. Much like we do not create our own shadow but if we did not exist our shadows would not either. Similarly, though He has no direct involvement in the creation, it could not possibly exist if He were non-existent.

**Source: WHO AM I & Many Facets of Hindu Religion by Jitendra Agarwalla**

# इवल्लोकोटो त्रिइठो विन्तु त्रोट

(Continued from last issue)

avyayAni



बहुशः

This means 'plentifully'. We Telugus are used to using this in place of प्रायशः above. Please note the difference.

तत् बहुशः भवति।

That is there in plenty.

आन्ध्रराज्ये जनाः तण्डुलं बहुशः खादन्ति।

In Andhra state, people eat rice plentifully/mostly.

अद्यत्वे वयं संस्कृतं बहुशः शृणुमः।

Nowadays, we listen to Samskritam plentifully.

निश्चयेन/ अवश्यम्/नूनम्

These words are used to mean 'definitely' or 'surely'. Here are a few examples:

अद्य संस्कृतकक्ष्या निश्चयेन/अवश्यं/नूनं भवति।

Samskrit class would be definitely there today.

सः निश्चयेन/अवश्यं/नूनं प्रधानमन्त्री भविष्यति।

He will surely be the Prime Minister.

मम पत्नी एवं निश्चयेन/अवश्यं/नूनं न वदति।

My wife does not definitely say thus.

इतः पूर्वम्

This is a combination of two avyayams used to mean 'before now/this'. Look at a few examples:

इतः पूर्वम् एवं न आसीत्।

It was not like this before.

इतः पूर्वम् अहं प्रधानमन्त्रि-महोदयं न दृष्टवान्।

I never saw the Prime Minister before now.

एषा अभिनेत्री इतः पूर्वम् ईदृशं पात्रं न कृतवती।

This actress did not do a role like this before now.

इतः परम्

Similar to the above, this one means 'after now/from now on' as in:

इतः परं भवान् एवं मा करोतु।

Don't do like this from now on.

इतः परम् अहं संस्कृतेन एव वदामि।

I speak in Samskrit only from now on.

इतः परं कदाचित् संस्कृतम् एव राष्ट्रभाषा भविष्यति।

From now on ahead, Samskrit will be the National language one day.

(To be continued in the next issue)

- Krupalu Ogeti

Samskrit Bharati, Hyderabad, okrupalu@samskritam.net,  
Ph : 73962 49650



# Ashram News



Vedavyasa Vidyalaya Children enact a play



Mataji offering *Arathi* to Sri Ramakrishna

## Paramahansa Sri Ramakrishna's Birthday

As per *thithi* Sri Ramakrishna's birthday was celebrated at the Ashram on 3rd March 2014. Vedavyasa Vidyalaya children performed *pooja* and also presented skits on Sri Ramakrishna. *Prasad* was distributed.



Swamiji plays holi with a little girl

## Holi Celebrations with Natural Colors

On 16th March 2014 Vedavyasa Vidyalaya children at Ashram celebrated Holi with natural colors. Children were excited playing with colors & danced round the fire as they sang. *Prasad* was distributed.



Blissful happiness



# Ugadi Celebrations

Ugadi & Gudi Padwa was celebrated at the Ashram on 31st March 2014. *Abhishekam* was performed to Yoga Lingam at Maa Yoga Shakthi Peeth followed by *homam* in Nachiketagni Yagnashala. *Prasad* was distributed to all the villagers who attended the celebrations.



# Sri Rama Navami Celebrations

The Divine wedding of Lord Rama and Mother Sita was performed at Nachiketa Tapovan Ashram on 8th April 2014. The celebrations started the previous day with *Abhishekam* to the deities and applying turmeric to Lord Rama and Sita which is an auspicious ritual of the wedding. On the propitious day of Sri Rama Navami *Panchamruta Abhishekam* was performed to the Celestial deities and Lord Rama and Mother Sita were bejeweled in bridal attire.



Swamiji offers *Talambralu* at the feet of Rama & Sita



Mataji strings a *Tulasimala* for Lord Rama

Pundit Gopalakrishna started the wedding rituals at 10am under the aegis of Swami Nachiketananda Puri and Swami Shivananda Puri. Sri Prasadgaru and Shanthi performed Sita Rama *kalyanam* on behalf of Nachiketa Tapovan. Volunteers and local villagers who attended the Divine wedding participated in the rituals and derived blessings from the Celestial couple. Sita Rama *Kalyanam* concluded with *Mangala Arathi* performed by Mataji.



Sitaramarajugaru making his offering

*Godaan* was performed by Prasadgaru and Shanthi and the cow was named Sita as it arrived on the auspicious day of Sita Rama *Kalyanam*. Swamiji held a bhajan session and chants of Rama Nama rent the air. *Prasad* was served to everyone. As part of the evening celebrations Mataji performed *havan* which was attended by volunteers.



Devotees partaking *prasad*



Moments of Joy- Swamiji with child devotees

# Events & Celebrations



Smt. Pushkala Raman

## *A Workshop on Teaching Techniques*

On March 15th at 10 a.m. Smt. Pushkala Raman conducted a workshop on teaching techniques at Nachiketa Tapovan, to all our volunteers & teachers.



Teachers & Staff of Nachiketa Tapovan Vidya Mandir



## *Holi Celebrations with Natural Colors*

On 15th March 2014 Nachiketa Tapovan Vidya Mandir children celebrated Holi with natural colors. The significance of the festival and the reason for using natural colors was explained to them. Children went round the fire singing songs.



Nachiketa Tapovan Vidya Mandir children celebrate Holi





## Craft Sale at Park Hotel

Nachiketa Tapovan put up a stall at Park Hotel, Somajiguda on 8<sup>th</sup> & 9<sup>th</sup> March 2014 by Little Big Things.



## A request to the readers of Nachiketanjali

Dear Readers,

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**Turn around their future!**

**For ₹ 1 Lakh**

**Your donation will last a lifetime**

***Appeal for Sponsor-a-Child Corpus Fund***

**N**achiketa Tapovan runs a free Vidya Mandir for 240 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% 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 50 corpus sponsorships, help us reach all of our 240 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**

# Only Because of YOU...



Only because of kind-hearted well wishers like you, Vidya Mandir at Nachiketa Tapovan is able to provide free education, stationery and nourishing milk-n-meals to 240 children studying at Nachiketa Tapovan with the help of 12 paid teachers, 50 volunteers and community participation.

**anna dAnam mahA dAnam; vidyA dAnam mahattaram**

## Celebrate birthdays, anniversaries, festivals and special occasions at Tapovan by sponsoring:

### Donations towards operation costs

Sponsor a Teacher (Dance & Music)	₹ 5000/Month
Vidya Daanam (Education)	₹ 6000/year/child
Anna Daanam (Mid-day Meals)	₹ 5200/day
Alpa Aharam (Snacks)	₹ 800/day
Vastra Daanam (Uniforms)	₹ 900/2 pairs
Stationery Supplies (Copier Paper)	₹ 5000/term
Medicines (For needy people)	₹ 5000/month
Sponsor any Festival at Ma Yogashakti Peetham	₹ 20000

### \*Corpus Fund Options

Sponsor a child	₹ 1 Lakh
Anna Daanam (Mid-day Meals)	₹ 60,000/-
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")

*"Two gifts are especially appreciated, the gift of learning and the gift of life.*

*But the gift of learning takes precedence. One may save a man's life, and that is excellent; one may impart to another knowledge, and that is better."*

*- Swami Vivekananda*

# Invitation

*We cordially invite you to attend our celebrations*



**ADI SHANKARACHARYA JAYANTI** 4<sup>th</sup> May 2014

**Venue:**

at Nachiketa Tapovan Ashram, Jadcherla.



May day

**Festivals & Events of  
MAY 2014**

2



Akshaya Thruitiya

4



Adi Shankaracharya Jayanti



Buddha Purnima

# Srirama Navami 2014 at Nachiketa Tapovan Ashram



*Celestial couple with Laxmana & Hanuman*



*Puja performed for Mangalasutras*



*Prasadgaru & Shanti adorn Srirama with the sacred thread*



*Havan by Mataji*



*Godaan performed by Prasadgaru & Shanti* (39)

**Goddess Sita- The Celestial bride**

Today you have a choice, tomorrow may be too late...

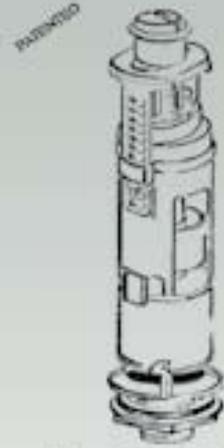
By the year 2025, 2.8 billion people, one third of the world's population will experience water scarcity. About 25 to 30% of the population in Gujarat, Rajasthan, the Gangetic Plains, West Bengal and the North Eastern Areas will have practically no water.

Consequently the water crisis will dwarf the oil crisis.

Ignore the crisis and be a part of the problem, evaluate your option and be a part of the solution. The choice is simple, so is our contribution, a *Dual Flush*.

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\*Superflo Dual Flush Valve  
Indian Patent Nos.196441 & 200284

A Dual Flush is a valve, which gives you the flexibility to discharge varying amounts of water depending on the usage.

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All the leading Sanitaryware Manufacturers have chosen the *Superflo Dual Flush*.

Use a dual flush; be a part of the drive – a drive to save the most precious resource of our planet... *water!*

*Water is the very core of life.  
It is life's mother (source)  
and medium.  
There is no life without water.  
It is high time we realize &  
accept this truth.*

*– Gautam Vir*

Water Sustains Life...