



# *Nachiketanjali*

*...an offering*

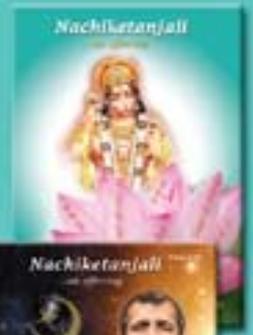
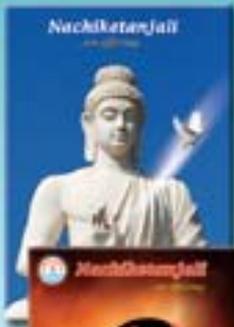


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# ***Nachiketanjali***

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*Nachiketanjali's aim is to inculcate cultural and spiritual values and spread the message of universal truth, peace and love*

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**Nachiketanjali Support Team:**

*Neeru M., Krishna P., Rajasekhar M.,  
Avinashi A., Neetika G. Rohan N.*

**Design & Layout:**

*Shyam R.*



## **Editorial & Publication Office**

### **Nachiketa Tapovan**

Plot No. 70, Phase I,  
Kavuri Hills, Madhapur, Cyberabad,  
Hyderabad. 500 081, Tel: 9849168937  
email:nachiketanjali1@gmail.com  
website:www.nachiketatapovan.org  
www.facebook.com/nachiketatapovan

### **Nachiketa Tapovan Ashram**

Nachiketa Adhyatmapuri, Kodgal Village,  
Jadcherla Mandal, Mahaboobnagar Dist.  
Ph : 8008882828 email: n\_tapovan@rediffmail.com  
admin@nachiketatapovan.org

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## **Cover Story**



## **SARASWATHI NAMASTHUBHYAM...**

○ Goddess Saraswathi, you are eternal bliss. You are the embodiment of pure knowledge and the origin of all *Mantras* and *Shaktis*. You are the source from where the speech originates.

O Devi, please bestow on us your grace as we begin our studies in this new academic year. Give us the capacity of right understanding always and lead us on the right path. Just as the swan separates milk and water help us discriminate between right and wrong. Like the lotus make us stay above worldly pleasures. And above all bestow your grace on those who have gifted us education.

Salutations to thee!

**Nachiketa Tapovan Vidya Mandir**



## CAN WE LIVE EVEN AFTER OUR EXIT?

All of us live, true, but is there a likelihood of living even after we die? History has proved there is every possibility. Sri Adi Sankara has lived only for 32 years but even centuries later he is still alive in the form of his spiritual knowledge. Sage Valmiki lives in all hearts through his Ramayana. Swami Vivekananda is a great source of inspiration for youth till date. Mahatma Gandhi has left behind his mark in free India. Our great sages, freedom fighters, poets, singers, artists, craftsmen, are all remembered today even after their exit. They live in our thoughts. We can be remembered too!

Give education to a needy child and you can live in his heart forever. As the child grows and climbs the ladder of success he will remember you at every rung he sets his foot on. You will be in his thoughts when he wins accolades in his career for it is you who has given him the strong foothold. You are the ladder! His eyes illuminate with gratitude when he thinks about you. You live with him as long as he lives whether you are here or not. You leave your fragrance behind!

When we donate eyes to a blind person we see the world through him even after we exit from this world. Physically we are there ... we live in his eyes as long as he lives. We look at new vistas of life unfolding in front of him through those eyes. Isn't it thrilling? To explore the world from a new perspective even after we leave? To realize that the world is a lot more interesting than we have thought?



Donate for lifetime poor feeding. Your name will be displayed and prayers chanted for you even after you depart. You live in those morsels of food eaten by the hungry. You'll be blessed by those whose hunger is appeased.

A silent donation can work wonders too. The recipients may not know who you are but they never fail to bless you and you live in those blessings.

Our physical presence need not be imperative but the fragrance we leave behind is indispensable.

**Come! Let us not allow the opportunity to slide from our hands. Let us live even after we exit.**

**- Subhadra K.**

# *My comrades...*

*I* really do not know what bond I carry with these great souls, but whenever I am in need from getting ordinary help to technical support, I found Krishna, Mangrulkar and Madhukar always beside me, helping me out in the best possible way.

If Madhukar is a cool dude, making life lighter and happy with his wits, then Krishna was always found sharing his mind and at times very curious to know about life and the world beyond while sharing his wisdom. The common factor in them is the bond that they carry with Tapovan and what separates them is their thought process but not the level of understanding. I like the way they both have conducted and exhibited themselves when they are found in the organization. I always feel that they are my good friends, social activists, good seekers and above all two buddies with different flavours.

Much before Madhukar, Krishna's journey started with me from day one when I landed in Hyderabad. He was then a student and was studying engineering. Though his inquisitiveness was found in spirituality, he never gave up his studies. He was always passionate towards tapping natural resources to produce something great and contribute whatever best he can and also dedicate his research to the nation. He al-



Swamiji with Krishna

ways tried to keep himself busy by contemplating on many such issues that can shape the society. No matter how busy his schedule used to be, he was there on weekends to share his findings and goals as well. He loved to be on the technical side while seeing world non-technically and always tried to craft his ways more intuitively. Whatever the work be, whether it is Nachiketanjali address label software or various software that supports our organization to be developed, Krishna was always right there. It is not only these contributions that make him more significant but his true feelings for the organization in every sense and above all thinking about society makes him one of the finest and the strongest pillars of our organization.

In our early days, we both were struggling for survival but it never dampened the very spirit to render our services to the noble cause. But as said by many, 'work unceasingly towards Divine goal and help shall come' similarly we found out our best help in the form of Sri Kiran Mangrulkar, a scientist with loads of spirituality and a true messenger of mankind. Those were the golden days and we enjoyed every bit of our struggle and upheaval in life. Somehow, some help used to come and we were able to manage our small bellies and great appetite for higher goals. Kiran Mangrulkar has played a significant role in our primitive days from filling our squeezed bellies to our colossal minds with his big pocket and compassionate heart. He was a fatherly figure for all of us. I liked his ways of conduct and simplicity.

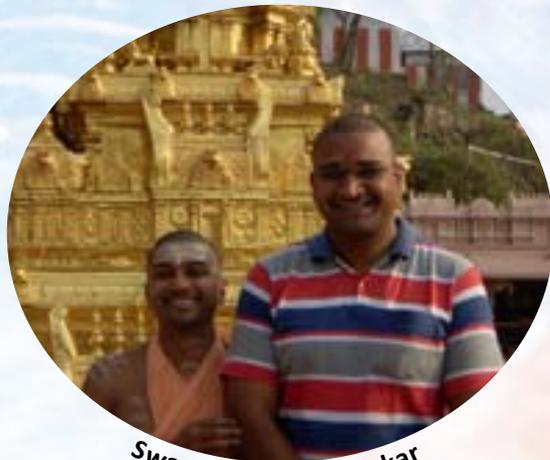


Swamiji with Sri Mangrulkar

Though he was a great scientist, he never revealed his identity or shared his work with anybody rather he was there attending to all our needs and requirements, as if he was motivated by some unseen voice. We haven't changed or achieved something great in life but what we are today is all because of philanthropist souls like Kiran Mangrulkar. Nowadays, we hardly find time to meet or greet each other but truly speaking even today, we still enjoy that bond.

To me, if Krishna stands for conscious death, Madhukar stands for full of vibrant life. When first Madhukar attended a youth camp in one of our volunteer's house in Trimulgherry, I felt I have hardly seen anyone like him, so full of life and vigor. He enjoyed every bit of our camp and was always ready to be part of every activity. And soon how he became our volunteer no one knows. His cheerful attitude is always sought by one and all. He is another guy who played a major role in shaping our organization. He never liked to be on the stage but was always found taking care of every small work. From conducting residential to non-residential camps and Talent search to *Sneha Milan*, he always loved to be part of every activity without seeking any attention and at the same time he also had his special reservation for certain issues but with sole intention to take the organization to the next level.

Dear *Sadhakas*, their contribution cannot be written off and so their silent prayers and passion to see a developed society. Wherever they are; they are always ready to do their bit by contributing not only their time, money and kind support but also holding high the spirit of truthfulness and honesty. That's what we always wanted and were looking for. We do not want everyone to take *sannyas* or renounce the world or worldly pleasure but want people to take care of society while taking care of themselves. A small gesture can go a long way in the history of mankind and we all have experienced it many times. So rather than bringing brand factory product out, we would love to see people with their own identity, carrying their own signature while holding high the flag of mankind and marching without any fear. And that is possible when everyone around understands the potential within and expresses passion without.



Swamiji with Madhukar

Not every day do we come across such people who are full of enthusiasm, ready to share whatever they can with the sole intention to serve the society. For me this is the school where I have been learning and sharing lessons at every step. Therefore let me conclude with folded hands and salute my comrades for being a part of me and of course for bringing a kind of revolution in Tapovan.

Let Divine Mother shower Her choicest blessings on all of them from all the directions.

"What you gain with effort is knowledge; what comes effortlessly is wisdom. Bring wisdom into life and life into wisdom."

— Swami Nachiketananda Puri





## ***Sri Ramakrishna's Amrita Dhara***

*“God can be realized through all paths. All religions are true. The important thing is to reach the roof. You can reach it by stone stairs or by wooden stairs or by bamboo steps or by a rope. You can also climb up by a bamboo pole.”*

**- Ramakrishna Paramahansa**

## Common Reason But Selective Outrage

Observing one's self and thoughts presents the greatest lessons about life. Insightful as these observations are, we tend to gain a better understanding of ourselves and our environs.

The other day, I was reading an article about a famous publishing house settling an issue out of court with a group constituted on religious lines. As part of the settlement, the publishing house agreed to recall all the published copies of a book which related to Hinduism. The article cried foul of the action of the publishing house on the touchstone of freedom of expression guaranteed by our Constitution. I was not convinced and I read further to find that the said book was factually incorrect. Therefore, I agreed with the action of the publishing house and with that of the religious group, to the extent that it was peaceful in character.

After a few hours, I was watching videos online which were sarcastic in tone and pointing to the flaws in our political landscape. I wondered what the powerful political class would do after watching that caustic/pinching comedy. I then recalled the attempts of the government at the Centre to issue directions to monitor content on the internet. There was an instance where charges under the Information Technology Act, 2000 were slapped on two young girls expressing their views on a social networking site. Freedom of expression was at the core there too. I was outraged then. But why was I ambivalent in my reaction to the act of the publishing house?

I explored the reasons. Was I outraged in the second instance only because it was an issue that directly affected me? Am I so intolerant that I cannot even bear to hear views on a religion, which may be contrary to long-held beliefs? Or was it simply that I intuitively, yet logically, decided in favour of taking a particular and contrary stance in each case?



Tolerance is a virtue propagated by well-meaning people. Freedom is the most cherished ideal for every individual, society, nation and the world as a whole. It is this freedom alone which gives us the ability to challenge established practices and evolve new ones to suit the needs of the day. However, freedom comes loaded with responsibility. While we have the freedom to do what we want to, we should not forget that we live in an evolving society and each one of us is equally responsible for its orderly growth. When there is a possibility that what we say will be relied upon by others and might affect others, we should be all the more careful in our expression. Therefore, unless a book is a work of fiction, its author must be extra careful about its contents. Similarly, a government must carefully weigh its actions and it should consult its citizens/their representatives prior to taking any decision affecting them.

While we may extol the virtues of tolerance, we should also realize the interwoven concept of respect. Tolerance is the starting point of respect – respect for differences – and both together lead the development of a 'progressive' society. Hence, be it someone looking different from the way we look like or be it someone taking a stand contrary to ours, let us be patient in our conduct and non-violent in our ways. Let us make an attempt to learn the truth before supporting any particular view. For, our thinking may be subjective, but truth remains singular.

**Neetika Gogula**

An advocate and has passion for writing on social issues.



# Being conscious...

Being conscious is the wonderful and magical moment of life. It makes one realize how important every flash of life is. Each moment has something to share, teach and make one realize the truth. When spiritual masters say “be conscious of every moment”, it sounds so impractical and difficult to practice. However if one is conscious of every thought, that thought becomes one of the best expressions of divinity. The conscious expression doesn't demand any communication skills. This expression is always pure, natural and spontaneous. It is like, for no reason, we get attracted towards a baby. No connection whatsoever yet that spontaneity, purity and above all spirituality descends every moment and one gets frozen in that moment completely.

Similar freezing moments I have experienced when I started learning photography. I have been clicking pictures from past five to six years but recently I found photography very interesting. My curiosity to know about photography has increased with the support, and encouragement of Reddy uncle, Nirmal's technical information along with his wits and as always Swamiji's naughtiest

but with full of wisdom expression. As I started clicking pictures, I started loving photography. You might think that since photography is just a worldly act then why a *sanyasin* is interested in it? But as I started going into depth of photography, I found it more spiritual. Now for me photography is not just a mere worldly act but it is a tool that has tremendous possibility to take one beyond the moment while capturing it. I might have missed many a moment in my life and probably still missing many moments but since my journeying into photography initiated with more understanding and with a pinch of spirituality, I started seeing the beauty that lies in every moment. For me photography is just not clicking the best picture but it is also about capturing the very moment and trying to understand the wisdom it has got in it.

Every day there is sunrise, moon rise, birds chirping and all the seasonal variations, beautiful landscapes etc... I have noticed all happenings before learning photography but the conscious capturing made me realize the uniqueness of each sunrise. The next sunrise cannot be the same as the one previously captured. Every happening has some-



thing to convey. Every object in the universe is communicating and conveying the truth of life in a simple and lucid way. I was really astonished to listen to the unknown languages. But as we all know, since we are engaged with our occupied mind filled with worries and problems we never notice it. Though the answer is right in front of our eyes, we do not have the eyes to capture the moment and find out the answer and realize the fact.

When I seriously started learning photography, I eventually started re-discovering myself in the light of consciousness like never before and felt that no matter whatever the means would be, one can achieve the highest state if one is conscious in that very moment. I strongly believe that 'conscious living is the secret of the best photography.'

I always sit with closed eyes to see the world within. I glorify the unseen and unknown world and this conscious dip into wonderful world makes me derive unlimited energy, realization of truth and fills me with wisdom. But when I started seeing the external world through photography and photography through world, I started loving God's creation even more. I fell in love with Ishwara's wonderful universe and its mystery hidden in every moment. This world is evanescent, yet it reveals to us an eternal truth in each moment and happening of the creation.

I love communicating and learning lessons from nature and playing in the lap of nature to relish being with myself. Photography helped me to be much more closer to nature. I have seen flowers prior to photography but now I started knowing the depth of beauty it has got in it. During winter, I could capture a wild grass flower with dew drops on it only in the early hours. But if I would have tried to capture little later, I would have certainly missed these beautiful dew drops that were adorning the flower. These dew drops not only made that wild flower more beautiful but also were looking like a diamond necklace around the beautiful flower. I waited for that particular moment to capture the fabulous beauty of a flower. So I could realize how important that particular time is...perhaps the greatest treasure indeed!

I have seen flying birds since childhood but while I was consciously capturing flying birds, that very moment, I could experience that there is a magnificent beauty and fantastic chemistry in birds fly-

ing which I never noticed earlier. I was drinking a divine wine which made me speechless. This beauty was noticed by Sri Ramakrishna Paramahansa who entered into trance after seeing flying birds. You and me too have seen flying birds then why are we away from trance? Because we just look at birds flying but overlook the beauty that lies beyond. For us it is just a sensory diversion. Actually we never see the birds flying in true sense. The way the wings are... the way birds fly at different heights... the beautiful and vast canvas beyond... the way they land... it demands more conscious efforts, fine tuning with nature and above all feeling oneness with it, not with mere eyes but to rejoice in-depth, that event completely.

If you hug unconscious living, it makes you walk on the path of selfishness, ignorance and unhappiness. As long as I was just holding camera without being aware of its mechanism, I was not able to capture good pictures. Now I can capture good pictures in spite of the circumstance since I am aware of the mechanism of the camera. If a camera, which is a man made equipment has such tremendous possibilities to disclose the beauty of each moment then what about Ishwara's creation? God is the supreme scientist, supreme sculptor and supreme architect. Never forget that you are part of Him and His creation. Your family, people around, your relationships with each other and with the nature are greater possibilities to make one reveal the eternal truth. If you understand the mechanism of the self then your mind is at your disposal or rather you are at mind's disposal. Whoever loves to be in conscious living, they always experience the glorious and eternal relationship between an individual self and Supreme self. Being conscious is the *mantra* for a happy and greater life; it dispels the ignorance and fills one with wisdom. If you are conscious about every thought and act, it always makes you walk on the path of prosperity, humanity, serenity, equanimity and divinity. Therefore, dear one, even if you are unable to get a camera you can try to use the camera that God has created and fixed in this body to capture the best in every moment. It is always your own choice to choose conscious and unconscious living.

- *Paramahansa  
Swami Shivananda Puri*





# On Faith and Strength

- Swami Vivekananda

The history of the world is the history of a few men who had faith in themselves. That faith calls out the divinity within. You can do anything. You fail only when you do not strive sufficiently to manifest infinite power. As soon as man or a nation loses faith, death comes.



Be free; hope for nothing from any one. I am sure if you look back upon your lives, you will find that you were always vainly trying to get help from others which never came. All the help that has come was from within yourselves.



The remedy for weakness is not brooding over weakness, but thinking of strength. Teach men of the strength that is already within them.



Whatever you think, that you will be. If you think yourselves weak, weak you will be; if you think yourselves strong, strong you will be.



Never say no, never say, "I cannot", for you are infinite. Even time and space are nothing as compared with your nature. You can do anything and everything, you are almighty.



# Why me?

“Why Me?”, “What did I do wrong?” This is the refrain that goes through our minds when we are facing hardships. Every person has to go through hardships at some stage of life. Some people face very serious problems. We as outsiders cannot judge the extent or severity of each person’s problems in life. Life is not always a bed of roses. No matter how virtuous or good a human being is, each person has to go through bad times at some stage of their life. It is during the difficult times that we evolve as a person. Some people may say, “in spite of living with good values, see what God has done to me? Then why do our elders say that good begets good? It is not true. Only the people who have wrong values are living happily”. That is not true. It may seem like that, but difficulties in life build up your strength, physical and emotional. During that time we may think that all is lost, but no, nothing is lost. You gain a lot in life. Life teaches you so many lessons during that time. You get to know of your inner strength, you know who are the trustworthy people in life and most important of all, you get to know who are your true friends. Destiny cannot be changed. What is written has to pass. So we should learn to deal with it in a positive way. God, gives you many positives in your life. Concentrate on them to help you get through trying times. I would like to share something one of my friend told me (she is in the spiritual path). When during a particular difficult time, I was speaking with her and I said,

‘Why Me? I have lived my life with good values, then why has God put me through this?’ She told me, ‘What is written in your destiny cannot be changed, but the severity will change if you lead a virtuous life. Your Good Karma will reduce the ill effects of the bad that is written in your destiny.’ She asked me to think in that track and look back. Then I realized that what she said was true. In my horoscope, it was written that during a particular stage of my life, I would go through an automobile accident and that my son also would be with me during that time. At the above mentioned time I had an accident, my son was there with me in the same vehicle, but due to God’s grace we escaped with hardly any injuries. So, looking back, that is when I started believing what she said. It is very easy for us to say that ‘God doesn’t love me, that’s why he has put me through so many difficulties.’ But no, that is not true. God loves each one of us. He gives us problems to make us better human beings; provided we understand his will and go in the right track. Even during the darkest of hours, we do have some positives in life with us. Take strength from the positives in your life; never leave the path of goodness and no matter how depressed you are have the faith that God will take care of you. Never lose belief in the Supreme Being. God will never abandon us. We should take this chance to turn ourselves into better human beings.

- *Sudha*

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# Depth

*I heard a story about a village, its people and a well they dug, and was touched by it.*

*It stayed with me, this story, about people's struggle to carry water from a river afar.*

*A young girl's thoughts, ideas, struggles and inspiration to challenge the dominant paradigm...*

*This little light, comparable to a match stick, becomes an inspiration for many, and turns into a forest fire.*

*Not the fire which destroys, but the kind that dispels darkness.*

*As I pondered about the story I had heard, I realized that there is a 'well' within each one of us.*

*A well, which requires to be worked at constantly, to remove the dirt and the sediments. It requires tenacity, steadfastness, hard work and determination.*

*And all of these in the face of resistance and doubt and naysayers.*

*But if we continue on this journey undeterred, there comes a time, when the precious treasure is attained, in just the same way as the water appears from beneath the earth.*

*This treasure is the nectar, which appears in the form of grace, when we are willing to churn ourselves and dive deep within and dig deep enough, till we touch the ocean of divine bliss.*

**- Gautam Vir**





# GAIA- Mother Earth

The English scientist James Lovelock in 1970s coined the word *Gaia* - a vast self-regulating organism- 'earth' after the greek word *Gaia*. **The Hindus called it Mother Earth much earlier.**

There had been parallels in Greek and Indian Mythologies that the presiding deities were approached by the Mother Earth with a request to relieve the burden on her. Hence there were two big wars- the Trojan War and the war between the Kauravas and the Pandavas.

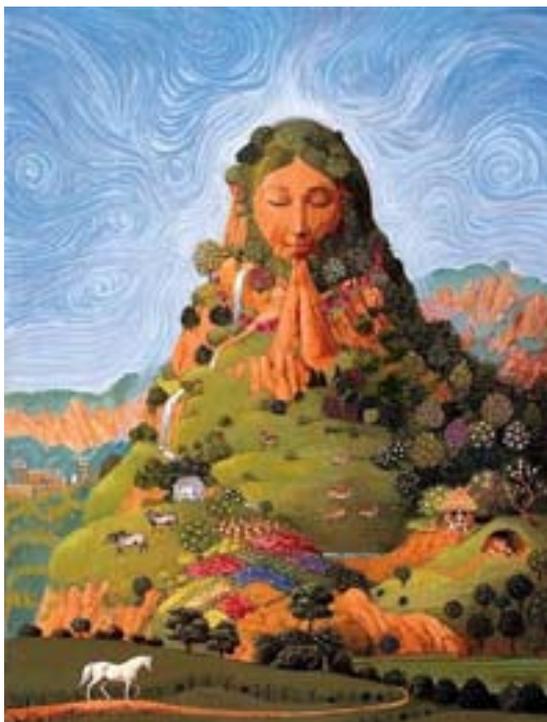
On Mother Earth life may have started, initially, after the earth cooled till there was life sustaining temperatures in a pond containing a cocktail of water, Nitrogen and Carbondioxide. The initial unicellular organisms evolved into human beings in about a good part of a million years.

The modern man did not seem to have learnt any lesson from these mythological narrations about the Trojan and Bharata wars.

We bequeathed mother earth from our ancestors and it behoves us to hand it over to the posterity without much damage. It is something like an heirloom of an English Lord.

With the invention of steam engine industrialization started. Initially it did not result in too much tinkering of Mother Earth. Later with the economic necessities of modern day, indiscriminate tinkering of the natural resources resulted in much ecological damage. Industrialization without the required regulations in place to deal with effluents resulted in river water, air and land pollution.

Of the total water in the globe, only 3% is useful for human needs and of this, a significant amount is polluted due to industrial wastes. As it is there is water scarcity and the rate at which the underground water resources are exploited, we are bound to see water scarcity on a wider scale in about 10 years unless remarkable re-



forms occur in afforestation, disposal of industrial effluents and there is more wide spread water harvesting.

Unless man wakes up at least now and reverses the trend, *Gaia* may self regulate taking corrective action.

*- A Volunteer*



## NACHIKETA'S GO GREEN CLUB...

*We convey our thanks to all the participants of the WOW initiative. You helped us earn Rs. 29,002/- in the month of April and saved Mother Earth by recycling about 3625 kg of plastic and paper waste material.*

# The Eighteen Puranas

The Puranas were written to popularize the doctrine of the Vedas. They contain the essence of the Vedas. The aim of the Puranas is to impress on the minds of the masses the teachings of the Vedas and to generate in them devotion of God, through concrete examples, myths, stories, legends, lives of saints, kings and great men, allegories and chronicles of great historical events. The sages made use of these things to illustrate the eternal principles of religion. The Puranas were meant not for the scholars, but for the ordinary people who could not understand high philosophy and who could not study the Vedas.

All the Puranas belong to the class of *Subrit-Samhitas*, or the Friendly Treatises, while the Vedas are called the *Prabhu-Samhitas* or the Commanding Treatises with great authority.

The Puranas are of the same class as the *Itihasas* (the Ramayana, Mahabharata, etc.). They have five characteristics (*Pancha Lakshana*), viz., history, cosmology (with various symbolical illustrations of philosophical principles), secondary creation, genealogy of kings and of Manvantaras (the period of Manu's rule consisting of 72 celestial Yugas).

Veda Vyasa is the compiler of the Puranas, which are eighteen in number and are very popular.



## 1) Vishnu Purana – 23,000 verses

Told by sage Parasara to his disciple; it contains stories of various devotees of Lord Vishnu, a description of *Varnasrama*; the six *Angas* of the Veda; a description of the age of Kali; description of Sveta Varaha Kalpa, Vishnu dharmotara. It also preaches the oneness of Siva and Vishnu.

## 2) Naradiya Purana – 25,000 verses

Told by sage Narada to the four sons of Brahma. This Purana contains a synopsis of everything; it describes Jagannatha Puri, Dwaraka, Badrinath, etc.

## 3) Padma Purana – 55,000 verses

It preaches *dharmas*, and rituals. It also contains the glory of *Srimad-Bhagavatam*, the stories of Rama, Jagannatha, Matsya, Ekadasi, Bhrgu, etc.

## 4) Garuda Purana – 19,000 verses

Told by Lord Vishnu to His beloved bird Garuda, contains mainly about matters pertaining to birth, death, after death, reincarnation, merits and evil effects, heaven and hell etc.

**5) Varaha Purana – 24,000 verses**

Describes different *vratas* (ritual performances), Lord Vishnu's glories etc.

**6) Bhagavata Purana – 18,000 verses**

The most popular among all the eighteen puranas; it contains glories and stories of Lord Vishnu and His incarnation as Lord Krishna. Vyasa reveals this purana to his son Suka and Suka in turn had told this to king Parikshit.

**7) Brahmanda Purana – 12,000 verses**

It tells about various celestial regions; Indian geographical location (Bharatavarsha); Most popular hymns about Divine Mother, Sri Lalita Sahasranamam are described in it. It describes the Vedangas and the AdiKalpa.

**8) Brahmavaivarta Purana – 18,000 verses**

It describes the creator, creation and the link between the two; it contains exhortations about human behavior and mostly about the hospitality to be provided to the guests. It contains the glories and pastimes of Radha and Krishna.

**9) Markandeya Purana – 9,000 verses**

Preached by Markandeya maharshi, it contains glories of Siva and Vishnu and included in it is the very popular "Chandi Homa".

**10) Bhavishya Purana – 14,500 verses**

It was revealed by Lord Surya (Sun God) to Manu. It contains various *dharmas* to be adhered to by the fourfold caste. Mostly, it tells about the future happenings.

**11) Vamana Purana – 10,000 verses**

Lord Narada told it to sage Pulastya. It contains the story of Lord Trivikrama. It explains the worship of Siva and Vishnu. It gives us the knowledge about earth and formation of seasons and its effects etc.

**12) Brahma Purana – 10,000 verses**

It describes the benefits of protecting *dharma* (the righteousness). The kings are benefited by longevity, fame, heavenly abode and liberation, if they protect the *Dharma*.

**13) Matsya Purana – 14,000 verses**

Revealed by Lord Vishnu in the form of Matsya (fish) to sage Manu; it describes the benefits of performing funeral rites, *shraadhha* ceremonies to departed elders and temple construction. The description about Vamana and Varaha Kalpas are also found in it.

**14) Kurma Purana – 17,000 verses**

Revealed by Lord Vishnu during His Kurmavatara (tortoise incarnation); it mentions about the holy places; unity of Siva and Vishnu and their worship etc.

**15) Linga Purana – 10,000 verses**

Various stories about Siva, Siva's preachings; glories of Siva; knowledge about earth, celestial regions, Astrology and Astronomy etc.

**16) Siva Purana – 24,000 verses**

Told by Vayu deva, it contains knowledge about time and solar region, glories of Siva etc;

**17) Skanda Purana – 81,000 verses**

Told by Kumara Swamy (Son of Siva). It contains various aspects of knowledge about celestial regions etc; *dharmas*; glories about Siva and Vishnu; the famous *Satyannarayanavratam* ritual is available in this purana.

**18) Agni Purana – 15,400 verses**

Revealed by Lord Agni (fire) to sage Vashishtha; it contains grammar, prosody, medical knowledge; Astronomy, Astrology and *Dharmas* (Laws of Righteousness). It contains the description of Shaligrama.

*Source: Eternally Talented India – 108 Facts*



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Hotel Sri Brindavan	100 Spiritual Centres

# Shashankasana

Swami Nachiketananda Puri



*Shashank* means crescent moon or rabbit. In final posture of *Shashankasana*, the body resembles a crescent moon or rabbit. This asana is a must for all the *sadhakas* since it is very relaxing and rejuvenating. If this posture is performed for longer period taking into consideration proper measures, it can give immense benefit to *sadhakas*. Since blood rushes to the head region, the demand for oxygen is taken care of and brain cells get more active throwing out toxins from the body. In fact after *Sadhana* before entering into *Shavasana* one should perform *Shashankasana* every day. One more major finding- if posture is performed when feeling sleepy, it has tremendous impact on the body and mind and if one can try to relax in this posture for 10 to 15 minutes or more or whatever time one can feel comfortable, then one can feel more elevated than ever before. One can even sleep in this posture. One can enter immediately into very deep awareness. And once you are done with the *asana*, please come back to *Vajrasana* posture without opening eyes to enjoy the subtle changes. The amount of energy and freshness one feels is beyond imagination.

## How to perform?

### Pose I

1. Sit on the floor with legs stretched out, place your hands sideways near the buttocks with palms down and fingers forward
2. Bend left leg from the knee and sit on left heel
3. Then bend right leg from the knee and sit on right heel
4. Keep knees close to each other, spine erect and the upper body in a vertical line
5. Take both hands back and hold the right wrist with left palm
6. Inhale fully while stretching body upward and then while slowly exhaling, bend forward from the waist region then let forehead rest on the ground in front of the knees



7. Close your eyes and concentrate on head region and slowly on breath
8. Once done with, please come back to *Vajrasana* without opening eyes and relax
9. Then slowly release both legs one after another
10. Then lie down for some time

### Pose II

1. Same as mentioned in Pose I except hand position
2. Release both the hands from the back and let them relax by the side of the body on the floor



Nagamani, Vidya Mandir Student  
demonstrates Shashankasana

### Pose III



1. Same as mentioned in Pose I except hand position
2. After sitting properly on both the heels, inhale and raise both the hands up above the head and then while exhaling, bend from waist region keeping hands above the head and let the forehead and hands rest on the floor

#### Awareness points:

1. Physical: Head region
2. Subtle: Breathing

**Benefits:** Improves blood circulation to all internal organs, especially head region receives proper blood flow. Energizes pelvis and nerves of the lower back and helps in correcting seminal weaknesses. Whole body gets relaxed and one can feel lighter and energetic.

**Counter pose:** *Ushtrasana*, a camel pose. From *Vajrasana* pose,

1. Kneel on both the knees
2. Place both palms on the respective side of the waist region, fingers pointing forward and thumb backward
3. Bend backward from waist region as much as you can
4. Try to maintain posture as long as you can
5. Then slowly come back to kneeling down position and sit down in *Vajrasana*

**Warning:** Lumbago and spondylitis patients should avoid this *Asana*.

**Kind attention please:** If you are into *sadhana*, then make sure that you are performing *Ushtrasana* first then *Shashankasana* as a counter pose or else once again one can perform *shashankasana* after *ushtrasana* to relax the body otherwise *shavasana* also will do. That shall bring more calmness of mind.

## Spiritual Quest



**Question:** God does everything in the world. Everything happens according to His wish. Isn't it?

**Swami Satyananda Saraswati:** I can understand this sentiment, but please remember that God has made every man free. He has given him a mind as well as *viveka*, the power of discrimination. Even the animals and birds know what is good or bad for them. Since God has given you the power to discriminate between right and wrong, you cannot transfer the entire blame to Him. You cannot accuse Him of forcing you to steal, rob and commit sinful deeds. He has given you *viveka* and you have disregarded it. So, you have to suffer the results of your misdeeds. You cannot say, 'Look God, you made me do this; now, you should suffer the results.' The responsibility is yours, not His.

At the time of creation, He made the rules and filled every being with *viveka*. Every sentient and insentient being has *viveka*. Every mineral has *viveka*. If you put sodium in water, it begins to react and emit smoke. If you expose phosphorus to air, it begins to burn. Is this not a measure of *viveka* in the mineral? The knowledge of what is good and what is bad for oneself is present even in a dog. Birds never freeze in winter, because they know when it starts getting cold, it is time to move to a warmer climate. Despite being endowed with this quality of *viveka*, man chooses not to follow it. So he has nobody to blame but himself. Do not blame God for the *karma* you have created. You make your *karma* and you must also suffer the consequences of it yourself.

– *Paramhansa Swami Satyananda Saraswati*

# World Environment Day

The celebration of World Environment Day (WED) began in 1972 and has grown to become one of the main vehicles through which the United Nations encourages positive action for the environment. Through WED, UNEP (United Nations Environmental Programme) enables everyone to realize not only the responsibility to care for the Earth, but also reminds one and all of their individual power to become agents of change.

World Environment Day is **June 5**, and this year aims to raise awareness about the impact of climate change on small island states around the world. The World Bank and United Nations warned recently that rising temperatures and unpredictable rainfall had already reduced yields of wheat and corn, and could lead to food wars within the decade.

Every action by every individual counts, whether it's organizing a street rally, riding a bike, writing an essay, or planting a tree or, at the least, using the day to quietly reflect upon becoming a better steward of the earth, when multiplied by a global chorus, becomes exponential in its impact.

*"Small acts when multiplied by millions of people can transform the world."*



Plantation of seedlings at the Ashram by young Nachiketans

**TEACH CHILDREN TO  
RESPECT AND  
CONSERVE  
OUR  
NATURAL RESOURCES**



*Save Paper Save Trees*



*Save Energy*



*Save Fuel*



## ETHICAL RESOURCE USAGE, ALLOCATION AND PROTECTION

**E**ach and every day

**N**urture plants and hay

**V**iolent to animals – No we say

**I**gnoring will lead to too much grey

**R**ecycle each paper tray

**O**ptimise the resources play

**N**ever kill a bird or a prey

**M**otivate to preserve water today

**E**veryday is a conservation day

**N**ature protection- we should pray

**T**his Earth is precious- we must convey

*In all things of nature,  
there is something of the marvelous*

Concept by  
Annapurna R.  
Neeru Mamtani

# The Invasion

Our beloved motherland Bharata was invaded, looted and ruled by foreigners for centuries. First it was by the people from Middle East and later the West. That was a thing of past and now we are a free nation and enjoying our freedom. Are we really? May be not? Let's find out.

Ours is one of the oldest civilizations in the world and we thrived and evolved while the so called civilized Western races were nomadic and uncivilized. India was a beacon of knowledge and wisdom for the whole world. People had come from all over the world to our great nation to learn the worldly and spiritual subjects. Most of the Eastern nations are highly influenced by us. Once a Chinese Diplomat had said in US "India conquered China by not sending even a single soldier". He was referring to the cultural and social impact that India made on China. Even the Arabs came for knowledge and got benefitted. One thing is very clear, it had always been people and nations coming to us and learning from us and not the other way round. In fact, there are no instances of Bharata (I prefer it calling that way) having attacked any external country with the intention of occupying or looting. We have thrived for centuries and had been knowledge source for the whole world.

I always wonder- why is there not even a single king from India who attempted to occupy other regions and rule? On a deeper analysis I realize, that the people of Bharata have put their effort and focus on the journey within. They had understood that the purpose of life is to look within and not outward and fortunately they have no dearth of knowledge. Scriptures have been passed down generations, which discuss elaborately the purpose of life and the way life has to be lived to achieve the end. For our glorious forefathers, the end has always been finding the self and not the external riches and power. They ensured that the future generations do not get misled and so put the tenets in the scriptures and gave us treasures like-

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते  
पूर्णंश्च पूर्णमादाय पूर्णमेवावशिष्यते ॥  
ॐ शान्तिः शान्तिः शान्तिः ॥



## Meaning:

Om, That is Full, This also is Full, From Fullness comes that Fullness, Taking Fullness from fullness, Fullness indeed remains. Om Peace, Peace, Peace.

The *Shanti mantra* conveys the message that we are full and complete and does not require any thing external and the journey of life is to find that fullness within. This, I believe had helped our forefathers live a happy and contented life.

This blessed nation has from time to time given birth to spiritual giants who have lived life in accordance with the principles mentioned in the scriptures to prove the point that it is not a raw theory but, a truth that can be practised and can be lived and realized. They left a mark that has become a source of inspiration for generations.

Our forefathers firmly believed that this human birth is the rarest gift and should not be wasted. It shall be utilized in pursuit of truth about Self under the tutelage of Mother Nature. They have always believed that humans are part of the nature and their lives are in complete coherence with the principles of nature.

As time passed by, the empires of West Asia and West have started influencing the world by first invading, looting and then ruling. What followed was bloodshed, wars, pain and agony. This continued and is still continuing in 21st century. If we carefully analyze, Western influence typically started with external inquisitiveness leading to their exploration of distant lands. The whole of the western outlook revolves around making life comfortable in this world. In short, their outlook towards life is based on and influenced by the *panchendriyas* (Five senses). This is in complete contrast to the Hindu philosophy according to

which the five senses are the binding factors, the human spirit is beyond them and God has given intellect to find out the Self. The same intellect can be used to find the Self or can be used to find the truths that make mundane life better? The choice is yours. The Western philosophy differs from the Eastern in that they focus on 'How' factor- 'how to live comfortably' as opposed to the Eastern 'Why' factor- 'why are we here?'

Another fundamental difference between the Western and Eastern thought is West always felt that Nature has resources and have to be utilized/ exploited to make the life of man better on earth. Man has always been considered as consumer and the Nature as supplier (we are already seeing the after affects of this thought process). In contrast, Eastern school of thought considers human beings as part of the very nature, who shall thrive by existing in harmony with the principles of the nature and not by exploiting Her.

Every nation in this world has a role to play and for Bharata, it is to be the spiritual beacon to the world. We all know and have seen that no amount of physical riches and comforts can bring peace and happiness. West thrives on finding and inventing the external things to make life comfortable. Along the way, our focus has become external and external riches, and physical comforts have taken the center stage. Our leaders talk about how to make India an economic Super Power. There is nothing wrong in seeing this great nation as a Super Power economically and technically. We need to become a rich nation and in true cognizance to the statement of Swami Vivekananda that **the poor be fed first and philosophy can come later**. But, we all shall understand that Bharata being economically developed nation is only a means and not the end. End should always be that we all shall put our efforts in evolving ourselves spiritually and become a spiritually vibrant and strong society. We shall strive to lead a purposeful life as practised by our forefathers.

**Now do you not think that we are still invaded as we are still under the influence of western thought? They might have left physically but, we are not free as we have lost our identity and are still under the influence of their thought and we are living in accordance of their ways and not our own way; the way that our forefathers lived.**

**Do you not agree with me that real freedom is when we have found our real identity and come out of this oppression of mere external thinking?**

**Do you not feel that we are still under the invasion?**

If we realize that, we are not free then how to seek freedom? How to go about it? I'm not even sure where to start and how to begin? How to live the way our forefathers did?

Fortunately, our forefathers ensured and preserved them for us in the form of Scriptures and Upanishads. They all talk of purpose of life and the means to achieve it. We shall follow these while embracing the western thought too. It is necessary to survive first before we start living. Western thought process caters to our survival needs while ours shows the way of life. Embracing the East and West make us responsible beings in the modern society. The greatest benefit is that we can regain our lost individuality. I feel, the **Real FREEDOM** is when we live the same way as our forefathers did and not mere external and superficial living. We need the combination of both. Dive deep within and find the Self while embracing the goodness of the modern technology. Please do not get me wrong when I say we shall live the way our forefathers did? I was referring to finding out the real true nature of ours to look beyond the life of five senses.

**We at NachiketaTapovan strive to resurrect and seek our lost identity. We are seeking FREEDOM-freedom from mere mundane external thinking and living. We are making an attempt to go back to our roots and live the way our forefathers lived. This, we are attempting based on four principles set forth by our beloved spiritual masters. They are Serve, Love, Give and Meditate. If you wish to uplift yourself begin it by bringing positive change in the lives of lesser fortunate ones by Serving, Loving and Giving. Then the compassionate Almighty opens the doors for you to seek the real freedom.**

*Aao hum sab milkar phir se Bharat ko Sone Ka Chidiya Banaye*

*lekin Bharateeyata aur Bharatiya Tatva mein!*

**- Krishna P**

# I wanted to change the world

*When* I was a young man, I wanted to change the world.

I found it was difficult to change the world, so I tried to change my nation.

When I found I couldn't change the nation, I began to focus on my town. I couldn't change the town and as an older man, I tried to change my family.

Now, as an old man, I realize the only thing I can change is myself, and suddenly I realize that if long ago I had changed myself, I could have made an impact on my family. My family and I could have made an impact on our town. Their impact could have changed the nation and I could indeed have changed the world.

**Author: Unknown monk around 1100 AD**

**Yesterday I was CLEVER,  
so I wanted to change the world.**

**Today I am WISE,  
so I am changing myself.**





## *Eternal Love*

*If I am not what I could have been  
Not what I want to be  
Not what I think I am  
Not what others wanted me to be  
Not what others want me to be  
Not what others think I can be  
If I am not my thoughts  
Not my body  
Not the history behind me  
Not the perfection expected of me  
Not anything at all  
What could I possibly be?*

*When every thought is allowed to be  
When I accept everything as it is  
When the past is dropped*

*When the future is left to unfold  
When I know that I don't know  
When I don't know and it is alright  
When I don't need to know  
When I do not imagine the unknown  
When I have no more to say  
What could I possibly be?  
Innocence!  
Joy!  
The grandest miracle!  
I am  
I am  
I am  
Eternal Love*

*Anisha & Abir*

# Way of the Avadhuta-

## The Phase of Ultimate Detachment

King Rishabha, who ruled over a large part of the earth, on seeing that his eldest son was capable and mature enough to take over the throne, willingly handed over everything to him and retained possession only of his body, renouncing everything else in what once used to be his house. The sky became his clothing. Outwardly his scattered disheveled hair made him seem deranged. Thus free from all encumbrances, king Rishabhadeva set out to demonstrate to the world the dharma of an *avadhuta*. The word '*avadhuta*' literally means 'one who has shaken off', signifying the discarding of all that which normally attracts an ordinary, materialistic person.

Stepping out of the house, Rishabha took a vow of absolute silence and stopped replying even when spoken to. He became deaf and mute like a stone. He acted as if he was blind who did not know where he was going. Rishabhadeva wandered through cities, villages, mines, valleys, hills, forests etc. Wherever he went he was surrounded by wicked fools who would mock and torment him. He was threatened, belabored, spat upon, pelted with stones and abused. But like an elephant surrounded by flies the majestic Rishabha ignored them. As he had renounced all identification and attachment to his body, he was established in his essential glory and thus these happenings did not bother him at all and he continued his march through the world alone.

Physically he was perfect. He had a broad chest, lissome limbs and a beautiful face made all the more charming by the natural smile. His reddish eyes were large and refreshing like full-blown lotus petals. His cheeks, ears, nose etc were sharply chiseled. His slightly smiling graceful face attracted the hearts of women wherever he went. However, the strands of unkempt curly hair hanging down his face and the uncared for body covered with dust, made him seem possessed by the devil.

Very soon Rishabha understood that this world would not let him practice his *avadhutayoga*. He realized that the only remedy was to adopt a reprehensible behavior which would be unacceptable to the public's sensibilities. Therefore he started to live like a python (*ajgar vritti*), meaning that he started performing all his actions lying down – including eating, drinking, chewing and other biological actions. As he rolled on the ground very soon, he was covered in waste. Similarly, he adopted at various times the modes of a bull, deer and cow, meaning he would be performing his actions while standing, sitting or moving even. In this manner did the former king Rishabha, who was none



other than an incarnation of Lord Vishnu, showed the world the way of *Paramahansa yogis*. He was always situated in the highest Ananda. Nothing external - not even his own body, could distract his mind. He had realized that the Lord Vasudeva was the inner soul (Atman) of all beings. Very soon, due to his intense practice of yoga, various yogic powers like travelling through space, power of invisibility, entering the body of another etc, all presented themselves before him. However, being wary of such powers, he did not respect them and turned them away.

Doubt: Rishabha was admittedly the purest of the purest *yogis*. These yogic powers could not have distressed or disturbed him in any way. Why then did he have to send them away?

Reply: After capturing an animal, a cunning hunter does not trust him at all, for he might run away. Similarly, even those who are extremely advanced spiritually never trust the mind, which is fickle by its very nature. One should never make friends with one's mind. Like an unfaithful wife gives occasion to her lover to enter the house and kill her own husband, the *yogis* who trust their minds suffer a similar fate because the mind allows enemies like *kama* and *krodha* to attack and destroy the *yogi*. It is the mind which leads one to the bondage of *karma*. How then can one trust it at all? Therefore, even though he was the crown jewel of all the Gods Rishabhadeva's *avadhuta* behavior hid his glory making him unattractive to the world.

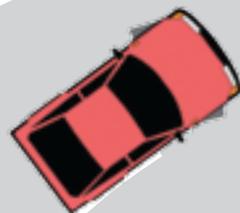
Finally, Rishabha decided to demonstrate how *yogis* should give up their lives when the time was right. He had realized that his soul was none other than the Supreme Soul. Thus he became free from all *vasanas* and fruits of his previous *karmanas*. He also became free of the subtle body. Rishabha continued travelling towards South India. He now kept a piece of stone in his mouth, which, combined with his sky-clad body and disheveled hair gave him the appearance of a madman. Then, in a forest he was wandering in, a chance friction of bamboos caused a fire and the resulting conflagration carried by the wind reached Rishabha and consumed him. He made no attempt to save himself. Thus, at the end of his life, Rishabha gave trouble to no one for performing even his last rites. Nobody had to collect wood to cremate him, or dig the earth to bury him or even to make the effort of chucking his body in a river.

A warning from the Shrimad Bhagavata Purana: In Kaliyuga, when *adharmas* reigns supreme, there will be many ignorant people who, not understanding the true essence of king Rishabha's asceticism, would start their own cults in his name, which would be far

from his Vedic ideals. King Rishabha was a committed follower of *Varnashrama Dharma*. It was only after he had finished all the scriptural duties prescribed for his caste and ashram did he finally give it all up. In contrast, in *Kaliyuga*, people will take the example of Rishabhadeva, an *avatar* of Vishnu, to oppose the *Varnashrama Dharma* and propagate their own *avadhuta* cult, erroneously claiming themselves to be the true inheritors of Rishabhadeva's heritage.

Conclusion: The avatar of Rishabhadeva was intended for instructing people who are immersed in *Rajoguna*, i.e. obsessed with *karma*. The greatness of this land can be gauged from the mere fact that Rishabhadeva once graced it with his feet.

Source: *Exotic India*  
by Nitin Kumar



## The Car

Take for instance, a car. If you press the accelerator, however, you have to bear in mind the state of the road, the curves and bends and the ups and downs. Similarly, the world we live in is replete with ups and downs, with joy and sorrow. Paying attention to this fact, the mind must be kept under restraint as far as possible. The car cannot move unless the accelerator is pressed. But this should be done with circumspection. In making the journey this caution should be observed. Likewise, we need the mind, but it has to be used in the proper way.

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## The Journey Matters More Than The Destination

Just yesterday, my aunt, my father and I, were going to a very far off temple. Of course we were going in our car with all the comforts and luxuries, only we didn't know the way. So I was made the navigator. No one helps better than google maps, so I asked google guru ji for directions. Now even he couldn't help and so we lost our way just a street before where the temple actually was. Not knowing this, we asked a few locals as to the whereabouts of this abode of the almighty. They confused us further by telling us that there were actually two temples of the sort that we were looking for and me not knowing which one we had to go to asked them directions for the other temple. We ended up going in the opposite direction of our actual destination and when we finally realised, it was fortunately not too late. We reached the temple after a lot of questioning and after darshan we started back home, and so the adventure began again.

After I got back home, my mother asked me what we did. I told her all about how we went around asking for directions and what fun we had navigating. After telling her all this, she asked me, "All that is fine, but how was the temple that you went to see?" When she asked me this question, I realised that in the excitement of the journey, I had completely forgotten about the destination. Of course, I had noticed the temple too; it's beautiful architecture, sculptures and obviously the almighty within. Yet it just didn't seem as significant as the journey. This gave me a clear example as to why the journey is said to be more significant than the destination.

The thing about this is that it can be applied in so many aspects of our life. For example, while you are travelling by train or flight, you can enjoy or look outside at the beautiful scenery which you may not find after you reach your destination. Also when we do some work, like painting or practicing a song or training for a sport, every single day of practice or every stroke that you paint is what you enjoy and cherish, and finally when you are done, and you have the end product, you realise that you have reached this end product only after such a long journey.

Along the way we always tend to learn new things by making mistakes and learning from them. Many of us know that after Edison invented the light bulb, his assistant said that they had wasted all this time and a 100 metals while trying to find out the right metal for the light bulb. To this, Edison replied that it wasn't wasted, instead he had found out a 100 ways not to make a light bulb. This is not just optimism, but it also is a way of learning from your mistakes.

Life is our journey where we make many mistakes, while death is our destination, and not an enemy as many may think. This is the greatest journey and destination of all.

The destination can only be reached after the journey.

Cherish the journey and live it to the maximum.

For life may not present an opportunity twice.



**N. Rohan C. Govind**  
Class 10,  
GT Aloha Vidya Mandir,  
Chennai

# इत्थोऽपि = तिथिः

(Continued from last issue)

avyayAni

इतोऽपि

This is used to say 'some more' as in:

जलम् इतोऽपि आवश्यकम्।

Some more water is needed. (Perhaps, 'I need more water.')

एषः सर्वकारः इतोऽपि मास्तु।

Let this government not be there any more (for more time).

इतोऽपि मा खादतु भवती।

(Addressing a female) Don't eat more than this.

इत्युक्ते

This is one word out of इति and उक्ते. This can translate to 'if you say ...' as in:

आन्ध्रभाषायां 'रोकलि' इत्युक्ते संस्कृते 'मुसलः' इति अर्थः। - (If you say) 'रोकलि' in Telugu, it means 'मुसलः' in Samskrit.

शनिवासरे इत्युक्ते पञ्चदशे दिनाङ्के मम पुत्र्याः विवाहः। - My daughter's marriage is on Saturday, namely, 15th (of this month).

बादरायणः इत्युक्ते व्यासः एव ब्रह्मसूत्राणि रचितवान्। - Badarayana, namely Vyasa, authored ब्रह्मसूत्राणि.

वारम्

This means times as in once, twice etc.

एकवारम्/सकृत् (असकृत् means 'not once', which in turn means 'many times').

द्विवारम्/द्विः

त्रिवारम्/त्रिः

चतुर्वारम्

पञ्चवारम्

एवम् एव अन्यानि...

Like this only others...

सः एकवारम् एव पाठयति। - He teaches once only.

गुरुकुले गुरुः एकवारं वदति, शिष्याः द्विवारं अनुवदन्ति। - In Gurukul, the teacher says once, pupils repeat twice.

'ओम्' इति प्रथमं वदामः। तदनन्तरं 'शान्तिः' इति त्रिवारम्। - We say 'om' first. Thereafter, 'SantiH' thrice.

'एकम्', 'द्वे', 'त्रीणि', 'चत्वारि' इति गृहस्थः चतुर्वारं घृतं पूरयति। - Counting one, two, three and four, the householder fills ghee four times.

अहं वारं वारं वदामि, परन्तु सः न शृणोति! - I say again and again, but he doesn't listen (to me)!

आतङ्कवादः मास्तु इति प्रधानमन्त्री असकृत् वदति। - The Prime Minister says many times that there should be no extremism.

- Krupalu Ogeti

(To be continued in the next issue)

Sanskrit Bharati, Hyderabad, okrupalu@sanskritam.net,  
Ph : 73962 49650

# Bhakta Nabhaji

God resides in us and so He knows our innermost thoughts too. We don't have to spell out our desires to Him. But here is a miraculous story which goes one step ahead. If we pray to God with *ananya bhakti*, we can know the whereabouts of God, who resides in us.

Kasi is known for the holy river Ganges, for Lord Siva and for many *jnanis* and *yogis*. One such *yogi* was Anandaswami. The *sisya parampara* begins with Ananthananda swami. His disciple is Pokarides, whose disciples were Agraji and Kinji. Agraji chanted the name of the Lord Vishnu and was known for his *bhakti*, *jnana* and *vairagya*. He taught *nava vidha bhakti* and the greatness of Srihari to his disciples like Padmahasti.

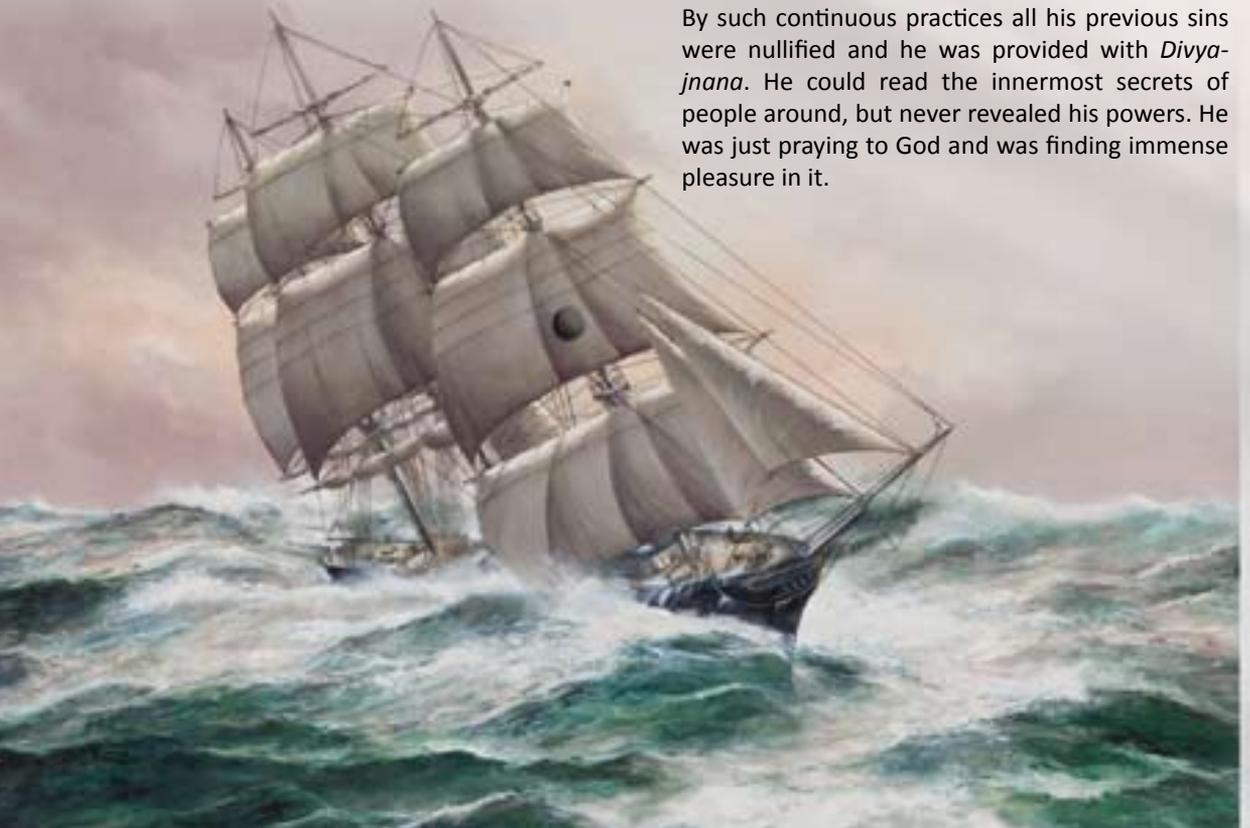
Agrasi was so great a *yogi* that Lord Vishnu manifested Himself before him in human form as and when he wanted. In due course there arose a famine and people were starving for food. There

was a lady known for her good qualities and her devotion to her husband. She was unable to feed her son. So she left him on the river bed and praying to God, she gave up her life in the river. The boy on the riverbed let out a pathetic cry out of hunger and out of fear.

At that time Agrajidas came there to have his bath in the holy river. He asked the boy, why he was crying. The boy said that he asked his mother for food and she disappeared leaving him there. Agrajidas learnt what had happened with his divine powers and took pity on the boy. He took him to his Matt and named him Nabhaji.

Nabhaji grew up in the Matt with the food offered to saintly people. He felt he was lucky to be blessed by such people and ate it as the veritable food of Gods.

Nabhaji keenly observed the rituals followed by Agrajidas in his offerings. He fell to the feet of great saints. He listened to stories of Bhagavatam. By such continuous practices all his previous sins were nullified and he was provided with *Divya-jnana*. He could read the innermost secrets of people around, but never revealed his powers. He was just praying to God and was finding immense pleasure in it.



One day as usual Agrajidas had his holy dip in the Ganges, prayed to God and asked Nabhaji to watch out for any trespasser. He closed the door and prayed to God in deep meditation, but there was no trace of God that day. He was worried why God had not appeared. God did not answer his prayer second time too. Nabhaji who was seated outside knew all this. He consoled his guru, “Swami! A ship is about to be sunk in the ocean. The owner of the ship is a businessman. He prayed to God desperately and offered one fifth share to God’s staunch devotee, Agrajidas if he was saved. So God who is known for His kindness, rushed there to help him. So please bear with it and stop your prayer for a while”. Agrajidas followed his advice.

After a while, Nabaji said, “Lord Vishnu has completed His task of saving the ship. So now you can pray to Him”. Accordingly Agrajidas prayed to God and God appeared before him in human form. His clothes were wet. Agrajidas asked where He was and why His clothes were wet. God answered “I went to save a businessman whose ship was about to be sunk. He promised one fifth of the goods in his ship to you. You make use of that amount for the Matt. Anyway the expenditure of the Matt is unbearable these days”. Then the Lord disappeared.

Then Agrajidas opened the door and invited Nabhaji inside. “How did you know a secret which was impossible to be known even to Lord Brahma?” Nabhaji smiled and said “*Narayanethi mantraha sarvardha sadhaka* said our elders. So I have been chanting the name of Narayana incessantly. Not only that, I have been eating the food of the great saints. God has blessed me as His disciple. So I was able to know his whereabouts.”

Agrajidas smiled and said, “God is more pleased at the praise of His devotees than at His praise. The people are not aware of this secret. I’ll enlighten you with those stories. Nabhaji learnt those stories and wrote them down in Gwalior language and in Sanskrit of the common people. The news spread far and wide and many people came to listen to those stories. By listening to such bhaktas’ stories narrated by Nabhaji they too became the devotees of the Lord and were blessed by Him. Nabhaji too ultimately was united with God.

- Extracted from Stories of Bhaktas-  
by Madduri Rajya Sri



## SRI GANGA STOTRAM

देवि सुरेश्वरि भगवति गङ्गे  
त्रिभुवनतारिणि तरलतरङ्गे ।  
शङ्करमौलिविहारिणि विमले  
मम मतिरास्तां तव पदकमले ॥ २॥

devi sureśvari bhagavati gaṅge  
tribhuvanatāriṇi taralataraṅge ।  
śaṅkaramaulivihāriṇi vimale mama  
matirāstāṁ tava padakamale ॥ 1 ॥

*O Goddess Ganga! You are the divine river from heaven, you are the saviour of all the three worlds, you are pure and restless, you adorn Lord Shiva’s head. O Mother! May my mind always rest at your lotus feet.*

(Ganga Dussehra on 8th June 2014)

## Workshop on Safety

On 28<sup>th</sup> March 2014, Ms. Sumana, founder of Safety Club conducted a workshop for Nachiketa Tapovan Vidya Mandir children on safety skills and distributed books. The workshop was sponsored by Ms. Neelima Raju.



Ms. Sumana with Vidya Mandir Students



## Satsang at Trimulgherry

On 21st April 2014, Mataji conducted a *satsang* on *Japa yoga* which was an inspiration to many people.

The gist of Mataji's *Japa yoga* discourse which greatly appealed to the hearts of *sadhakas* present at the *satsang* was-



Mataji talks on Japa yoga



"If *Kriya yoga* is like weeding and preparing the land, *Japa yoga* is like sowing the seed in the prepared land. Unless we make an effort to sow the seed of *Japa yoga*, our day-to-day life is spent and consumed by endless, binding and mundane tasks. And when you do start practicing *Japa yoga*, dive deep into it. Any form of *sadhana* should not be done as 'another sensory diversion' or 'for a change' but rather with such dedication that it brings about a change in you, and transforms you."

A tree without leaves

A land without trees

An earth without land

A place without Nachiketa Tapovan  
and Nachiketa Tapovan without volunteers  
is unimaginable!

V. Mahesh Raju  
IX Grade  
Nachiketa Tapovan Vidya Mandir



Kids Corner



## Young Volunteers organize Nachiketa Tapovan's First Sports Day

On 19th April 2014, the playground opposite Nachiketa Tapovan Vidya Mandir wore a festive look as animated students from Grade 5 to Grade 9 from our school readied themselves for their very first Sports Day. In what was truly a heartening benchmark in communal sharing, our generous neighbour, Orchids International School let us host our sports day on their playground.

The programme commenced with an opening address by Madhu, our ninth grader, who expressed his appreciation for all who facilitated the event. "This is such an exciting day for us- our first sports day ever. This event has been made possible thanks to some young volunteers as well as the kind people from Orchids International School who let us use their play ground since we don't have one of our own."

The young volunteers that Madhu referred to, are a group of 5 teenagers- Sushruth Reddy, Pahal Singhania, Sahil Reddy and Anuj Goel from Oakridge International School and Meenakshi Reddy from Chaitanya Vidyalaya. Sushruth's address provided us with a good insight into how the event actually came into being. "When we first decided to volunteer at Nachiketa Tapovan, we discovered that while the school is doing a fabulous job of providing its students exposure to an array of extra-curricular activities, these children had never experienced a Sports Day. This is where we stepped in. What started off with a few basket ball practice sessions, somehow snowballed into a sports day."

The programme was flagged off by a prayer followed by a smart march past with the captains leading their respective houses. The audience watching the ensuing drill exercises with rapt attention were truly amazed at how deftly our children executed the energetic exercises. Batons were passed, balls were dribbled, children hopped



Mr. M.C. Srikant awarding the students



Mrs. Maniamma awarding medals to the winners

past finish lines in sacks, cycle races were held and many of the relays concluded on a photo-finish note.

As Sahil, our committed volunteer jotted down the names of the winners, Ms. Maniamma distributed medals to each of the individual winners even as they posed proudly for their photographs from the lofty heights of the victory stand. After a nail-biting countdown, Godavari House was adjudged the over all winner followed by Narmada House.

Beaming house captains Jishnu and Tejaswini of Godavari and Narmada house, made us proud with their touching speeches. "Sports are as important as academics which is why this is such an important day for us. We cannot thank the bhaiyyas who helped organize this day as well as the management of Orchids school enough. Basketball, throwball, cricket and kho-kho matches were conducted before the actual sports day. Though we hardly had a week's time for practice what with the final exams having just gotten over, we managed to put in quite a good show."

The chief guest Mr M.C.Srikanth, director of Gowtham Educational Institutions distributed the rolling shield and the runners up cup, even as he explained to our children the true importance of sports. "On Sports Day, you always have winners and losers. Participation and a sportive attitude are more important than winning. Those who lose must keep on trying and one day the prize will be in their hands as well".

As Vidya Mandir grows from strength to strength, we hope that this sports day heralds the beginning of many such events to come. All made possible by the blessings of God and the committed friends of Tapovan.

- Swathi

# Personality Development Summer Camp 2014

This May, we saw children from more than 15 schools including Bharatiya Vidya Bhavan, Chirec, P. Obul Reddy, Orchids and Sri Nidhi International take part enthusiastically in Nachiketa Tapovan's Personality Development Summer Camp. This 7 day camp was a fun-filled package with several important learnings that these children do not get in their schools. The day began with prayers invoking the Lord's blessings. Children learnt **Suryanamaskara** and challenged themselves with advanced **yogasanas** under the guidance of **Chalapathi Bhaiyya**, a trained and well known Yoga expert. They were also introduced to a **basic meditation technique** to improve concentration and maintain a calm mind. This camp proved helpful in inculcating several new good habits in our children! They learnt to pray in the morning, before eating, in the evening and before sleep.

Go green was an important part of this camp and a recurring practice throughout the week. Children were taught about the importance of going green and how each individual can help in this process. All students were encouraged to go one step ahead and implement their **go green** practices within the camp itself- through consciously using water, segregating paper and plastic waste, collecting recyclable material and making **arts and crafts** using recyclable or used material. These activities went a long way in helping the children understand the importance of saving the earth through every small activity possible.

Even the **games** played at Nachiketa were used to learn values and develop **leadership qualities**. Coordination, team work, sincerity, honesty, goal orientation, concentration, stress management and time management were some of the values that children themselves recognized and applied while playing games.

Our camp used small methods from *Karma Yoga, Bhakti Yoga, Raja Yoga* and *Jnana Yoga* and came up with ways to enable personality development. As part of *Karma Yoga*, the children were encouraged to perform decorating the Lord and maintain cleanliness in the camp hall. They also learnt *Bhajans*, Songs and Hanuman Chalisa to think of the Lord through *Bhakti Yoga*.

The children also had the privilege of listening to **Mataji** on the power of thoughts, the importance and nature of our personality, the nature of our mind and how we must utilize our mind to improve our personalities.

We also had wonderful story telling sessions by **Vandana Ma** and the children used these sessions to understand how values can be followed in a simple manner in our everyday life. The guest lecture by **Mr. Sachit Nand** emphasized on the importance of staying happy and making others happy. Arts and crafts classes by **Mamata Ma**, Hanuman Chalisa by **Ravi Ganesh sir**, and a quiz prepared by **Navita Ma** were also highlights of the week.

This one week had served as a small window of exposure to these children, about how they can **improve their personalities** and lead a fulfilling life every day.

Thanks to our young volunteers Subala and Rohan for conducting the camp successfully.

Valedictory function was held on the conclusive day of the Summer Camp. Parents were overwhelmed to see their children perform on stage with great poise and thanked the Management and volunteers of Tapovan for teaching their children human values in a short span of 5 to 6 days. As it was also Mother's Day, campers invited their mothers on stage to participate in fun-filled games. Fathers were also given a chance. Mataji addressed the gathering and stressed on the fact of teaching children human values right from a young age and she found each and every camper to be unique. Campers were rewarded with Best camper awards and certificates for all participants.



An enjoyable session of Story telling by Purvvi



Mataji shares her knowledge with the campers



Nothing tests better than a quiz



The blooming flowers of the craft class



'Don't worry be happy session' by Sachit Nand



Yoga session by Chalapathi

**Thanks to Donors**



*We are extremely thankful to*

**Sri C. Ramakrishna**  
for his kind donation of  
₹ 1 lakh Corpus Fund -  
Sponsor a Child Education

**Smt. Rajam Krishnan**  
for her kind donation of  
₹ 1 lakh Corpus Fund -  
Sponsor a Child Education

**HCL Technologies Foundation, Noida**  
for their kind donation of ₹ 2.5 lakhs towards setting up of IT Lab



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 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 52 corpus sponsorships, help us reach all of our 250 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.**



# 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 250 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)	₹ 6500/year/child
Anna Daanam (Mid-day Meals)	₹ 5500/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**



5



World Environment Day

Festivals

&amp;

Events in JUNE 2014

8



Ganga Dussehra

11



Narasimha Jayanthi

29



Puri Jagannath Rathotsavam



## Stars of Nachiketa Tapovan Vidya Mandir

Nachiketa Tapovan congratulates their children Shiva and Anand from the first-ever 10th pass out batch, for their academic excellence. Following their aspirations, with the aid from sponsors, they were led to take up college education at Vignan College. The management of Vignan who offered good concessions with tuition and boarding at the time of admissions, pleased with their performance over the first year, waived Intermediate 2nd year fees in entirety.

We are happy to announce that Shiva and Anand have demonstrated excellent performance in 2nd year Intermediate as well. Their performance was simply awe-inspiring. Shiva has scored an aggregate of 964/1000 and Anand 924/1000. We are extremely thankful to the Vignan Management for their team work and excellent instruction. We are grateful to the donors who have taken that extra mile in supporting our children's education and look forward for their continual support in their higher education.

### SENIOR INTERMEDIATE MARKS

Marks (Shiva)	Subject	Marks (Anand)
96	SANSKRIT	93
91	ENGLISH	85
75	MATHS-1	75
75	MATHS-2	74
60	PHYSICS	57
49	CHEMISTRY	46
30	Practicals-1	30
30	Practicals-2	30
<b>506/530</b>	<b>TOTAL</b>	<b>490/530</b>
<b>458/470</b>	<b>1<sup>st</sup> Year Marks</b>	<b>434/470</b>
<b>964/1000</b>	<b>Grand Total</b>	<b>924/1000</b>

# Valedictory function of Personality Development Camp-2014



*Subala expresses her joy to be with the campers*

*Mataji addresses campers & their parents*

*Rohan expresses his joy to associate with the campers*



*A camper celebrating his birthday the Indian way*



*Amazing feats of Yoga*



*A fun-filled game for mothers*



*A game of straws for fathers*



*Mataji awards certificates*



*Smt. Vasundhara gives away the Best Camper award*

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.

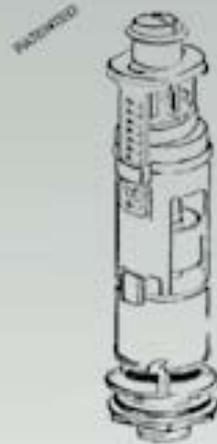
Ignore the crisis and be a part of the problem, evaluate your option and be a part of the solution. The choice is simple, so is our contribution, a *Dual Flush*.

*Flush the Superflo way, use the Dual Flush.*

It's small, it's smart, it's a start.



*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*



\*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.

It can be adjusted to discharge less quantity of water say 3 liters (half flush) or 6 liters (full flush).

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!*

“We never know the worth of water till the well is dry.”

- Thomas Fuller