

Nachiketanjali

an offering...

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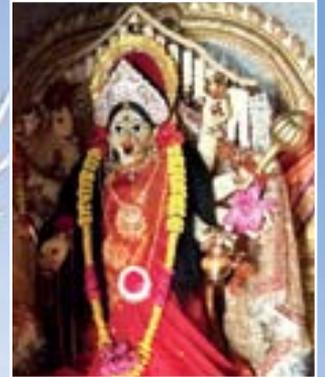
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Chandraganta



Kalaratri



Kushmanda



Skandamatha



Katyayani



Maha Gowri



Siddhidatri



Maha Durga

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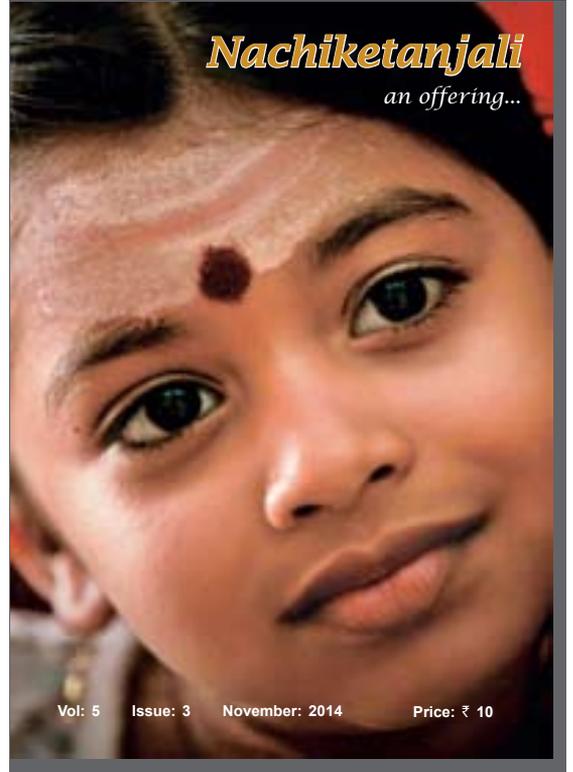
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Cover Story



*Children are the best expression of Divine Mother. It is a known fact that none can be compared with children. What a wonderful expression of innocence! Their ways are simple, so the inner integrity and its expressions. Their world is more real than the world that appears to be real. A 5 year old girl, **Tanvi** whom Swami Nachiketananda lovingly calls '**Seniorita**', enthralled Summer Campers at Ashram, with her sharp intellect. One can easily get dissolved in her beauty that lies not only in her simplicity, inquisitiveness and language skills but also in her understanding towards life and expressive eyes.*

Happy Children's Day....!

Perseverance is all that counts

Many spiritual seekers are sincere with their *Sadhana*. However almost all of them realize at some point of time that *Sadhana* is not free of obstacles. How one overcomes these obstacles depends on one's earnestness in realizing God or the Self.

Health plays an important role in our *Sadhana*. As we age it is difficult to sit erect in *Padmasana* or spend long hours in meditation. Even the slightest discomfort is likely to shift our focus to the body. A *Sadhaka* despairs when he is unable to pursue his *Sadhana* due to physical ailments. There is also the danger of giving up *Sadhana* altogether. In fact, devotion is also an addiction though it is a beloved addiction. No wonder the *Sadhaka* is disappointed when he is not able to pursue his *Sadhana*. However, a true *Sadhaka* will never give up his *Sadhana* whatever obstacles he might face. He adorns the role of a warrior and fights against his weaknesses. He realizes that if not the body his mind is always at his disposal to continue his *Sadhana*.

The yardstick for *Sadhana* is the seeker's mind though the body too plays a minor role. It is not the number of *Japa* but the essence of one's inner

experiences that counts. It is ultimately the mind that has to be tuned to the Self, not the body. If our body does not permit us to go on a pilgrimage, how about doing the inner *Yatra*? It doesn't cost us a penny. We need not empty our pockets. On the contrary we can comfortably relax on our bed and contemplate on the divine. If we can't do ritualistic *puja* why not *Manasika puja* which has proved to be more effective? We can communicate with God in seclusion, uninterrupted from the outside world. Why regret that you are not able to sit up and offer flowers at the feet of the Lord? Don't we have a heart to offer? Let us offer the flower of our heart and gain entry into God's kingdom. This is what pleases Him.

So do not despair. Do not vacillate but persevere on your path with conviction. Just sit back, relax and mentally chant His name with the utmost devotion. Communicate with Him in silence and mind you, watch out for those tears of devotion streaming down your face. Tears of happiness of having touched your SELF!

- Subhadra K.

By PERSEVERANCE The Snail Reached The Ark



CEO's in the footsteps of none... BUT THEIR OWN!

CEO's on the footsteps of none but their own, are the ones who have not only decided to create their own path but also decided to redesign and recharge everyone around. They are the men of commitment, have got concern for the needy ones and above all heart for shouldering higher responsibilities without a second thought. I have few volunteers who try to involve themselves in every possible activity that will not only have tremendous impact on the society but also echoes and reverberates in the minds and hearts of the needy ones for many years.

Ajith- The man of Vision & Mission!

I have a guy, young and energetic, simple and sweet, more of a spiritual than an intellectual person who not only renders his services to the cause but even tries to live as if it is his own job. One can see, feel and experience the situation and the divinity very clearly in his every act. I have never seen him grumbling over anything but found him always getting into the working mode and mood effortlessly. His signature is his simplicity and commendable respect for everyone's point of view. I have always seen him respecting and encouraging everyone around. He is CEO of TatvaSet and perhaps beyond that. 'Ajit - the Man of Vision & Mission' is his own signature and a person who shaped his own destiny and beyond.

His contribution in every sense is simply amazing but what fascinates me most is his commitment and concern towards the needy ones. I have seen him working for many other organizations with the same zeal and passion. He is one of the members of IMPACT Team that works towards the cancer patients especially with children. Wherever he goes, he leaves his footprint behind but without any trace of pride or Ego. Ajit, like his name, is difficult to win especially when it comes to offerings. I felt many a time that he is an undisputed, unbiased human being ready to rock the stage of spirituality. It doesn't matter to him what society he is serving but what matters to him more is that he is unable to reach out to as many people as he wanted... but by God's grace it rarely happens. He says, 'whether God will bestow the same energy and support in future or not, let me start doing things right now than in future'. So instead of waiting for something to happen, he is the guy who created his own path and started contributing whatever he can towards the needy society. He says, 'the kind of satisfaction that I derive by helping society is unparalleled'. In fact he has transcended all barriers of caste, creed, gender, religion and beyond.

Gautam- The Man of Wits & Wisdom!

He is the CEO of Superflo company, but more than that he is a wonderful person within. People who work with him are more like friends to him, since he not only generates that type of energy around but he lives that way. I know, a person can rise to any level, but to come down to the level of people who work for him, one has to have guts and he has proved it time and again while mentoring everyone around effortlessly. He does that whole heartedly and probably that's why he has more friends than workers working in his company. He has not only changed the working style or working atmosphere but has also brought a kind of friendly work culture into his company and his life as well. We had many meetings and sittings to chalk out the road map for the organization where he not only shared his knowledge but also drove many agendas with great velocity. I have hardly seen 'Gautam- the Man of Wits & Wisdom' getting lost in the world but I have always seen people around and their world getting lost into Gautam. Probably



it is just a matter of time and we can see a greater human being with full of possibilities, rocking the stage of Mysticism. He is a great poet... a humble friend, a brilliant writer, a wonderful companion, fun loving youth, and above all a sweet human being.

The Green Print is his pet project. Basically he loves nature, since he feels that it is easy to connect to the nature than people around. He says, "Real development lies in respecting nature not in exploiting it." He in fact makes sure that natural resources are not misused at any given point and works sincerely to protect it. He says, "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 and accept this truth." I know the one who loves nature is never left alone. Nature takes care of everyone regardless of who is taking care of it but what stands out more authentically and surpasses every idea of selflessness is Gautam, silently conveying "I love nature, not only because I like it, but also because it serves selflessly everyone around. If today, I give my 100 percent, a little contribution towards nature, it would certainly create a better place to live in for the coming generations and I don't want to miss out this wonderful opportunity at all."

I have seen this guy literally yelling at people who use hose pipe to wash their vehicles, wasting water unnecessarily. He says, "It is not only the feeling for nature but everything that can make a difference and also impact the society at large." If he is not master of his destiny then who shall take



credit for it? I have seen him helping needy ones around. I have seen a greater person in him but more than that a human being with a service mind and a selfless heart.

Sunil- The Man of Commitment and Concern!

Sunil, an invisible personality to the organization and hardly known to volunteers and our children is a guy with a big heart. He is part of KVK Energy and also a silent pal of our organization. Known to me since his school years, he not only spearheads the KVK Company that was shaped and nurtured by Sri Vijay Kumar Garu but also rules the hearts of many. He is the person who always came forward wholeheartedly when I was in need, especially when I was working on higher education funds for our 10th class passed out children. Initially, we all were hesitating to reach out to public for donation, at the same time, worried about the future of our children and right then he came forward and donated handsomely for this cause. 'Sunil- the Man of Commitment & Concern' is fun loving, generous and above all a wonderful person. We do have lots of fun when we interact with each other. I have never seen him worrying unnecessarily even in colossal crisis. His mantra for life is simple, do whatever best you can and leave the rest to destiny. Whatever has to happen shall happen, so need not worry right now and get caught up in the web of the vicious circle of life.



I have hardly seen people who could practice it and here is a 'master of coolness' who even cools down the destiny at his own will.

Great tasks are ahead and a lot has to go into it. If people are not coming forward then the bond that we have been cherishing would disappear soon. I always request people asking them, if not today, if not now then it is never, so if possible even if one wants to take a break or a pause and understand truth or reality then one can, but once it is clear, then one should start working towards building a beautiful earth planet once again for coming generations.

I don't know whether people would want to share what they have but these wonderful CEOs on the footsteps of none but their own... share special space and also similar thoughts with the world without any discrimination. They are the people who are in the process of leaving their footprints behind at a very young age. They are young, energetic and also very balanced personalities carrying the natural flavor of love, life and legacy. If many such youth come forward and decide to do something that can shape society spiritually, then soon we shall see a wonderful place to live in. It is bound to happen but we need many more people coming together and respecting world... respecting earth... respecting each other.

Dear CEOs, I know a mere thanks will not convey my feelings and I don't know whether I would be able to encompass you all in my dream world fully, but it is very important for me to convey something very special, that, you are not simply special because of your services towards the organization, but you are so special and more than that, due to your very spiritual thought that has started shaping hundreds of children, youth and everyone around who have now developed unflinching faith in themselves. And I am sure with this spirit, one day we shall see hundreds of enlightened citizens working on the footsteps of none... but their own, making difference in the lives of many!



- Swami Nachiketanananda Puri

What is Dharma?

There is no apt word in English language for *Dharma*. In other religions, *Dharma* has limited meaning called religion. In Hinduism (*Sanatana Dharma*), *Dharma* has got a vast meaning. Hinduism emphasizes on *Dharma*. *Dharma* refers to the right action not the religion. *Dharma* is an eternal and Divine law. The word *Dharma* is derived from the root 'Dhr' which means 'to hold'. *Dharma* means 'that which holds the entire universe.' This eternal law of *Dharma* holds the entire universe from the microcosm to the macrocosm.

Dhritarashtra was blind and was in ignorance. Dhritarashtra's wife was Gandhari, though she had a choice to walk on the path of *Dharma*, she refused and simply followed her husband. Though a wife has to walk with her husband, it does not mean that she should tag along if he chooses the wrong path. A true wife always guides her husband to the right path or she always helps him tread the path of *Dharma*.

Kurukshetra prevails in every human being's mind. All the characters in Mahabharata exist in one and all. But what is important is the change we want to be, the path we choose and last but not the least, the character we want to be.



- Paramhansa Swami Shivananda Puri



Rama's Ayodhya

MAHIMA: "Can a man live in the world if his mind is once directed to God?"

MASTER: "Why not? Where will he go away from the world? I realize that wherever I live, I am always in the Ayodhya of Rama. This whole world is Rama's Ayodhya. After receiving instruction from His teacher, Rama said that He would renounce the world. Dasaratha sent sage Vasishtha to Rama to dissuade Him. Vasishtha found Him filled with intense renunciation. He said to Rama: 'First of all, reason with me, Rama; then you may leave the world. May I ask you if this world is outside God? If that is so, then you may give it up.' Rama found that it is God alone who has become the universe and all its living beings. Everything in the world appears real on account of God's reality behind it. Thereupon Rama became silent.

"In the world, a man must fight against passions like lust and anger, against many desires, against attachment. It is convenient to fight from inside a fort- from his own home. At home he gets his food and other help from his wife. In the Kaliyuga, the

life of a man depends entirely on food. It is better to get food at one place than to knock at seven doors for it. Living at home is like facing the battle from a fort."

"Live in the world like a cast-off leaf in a gale. Such a leaf is sometimes blown inside a house and sometimes to a rubbish heap. The leaf goes wherever the wind blows- sometimes to a good place and sometimes to a bad. Now God has put you in the world. That is good. Stay here. Again, when He lifts you from here and puts you in a better place that will be time enough to think about what to do then."

"God has put you in the world. What can you do about it? Resign everything to Him. Surrender yourself at His feet. Then there will be no more confusion. Then you will realize that it is God who does everything. All depends on 'the will of Rama'."

Source: Gospel of Sri Ramakrishna



God's Ways

It is so hard to see God's games while I'm stuck in my ego-self, trying to control the world around me. I know, the ego knows, that I can't control a thing or a person in this world, and yet I try. And fail. And then I get pissed off. I know it's the ego's fear of losing control that makes it/ me so mad. But, oh, can't it just give up, rather than losing precious relationships, and present moments? Instead I dwell on the "problem", prod it, peel it open, pare it down and tear it apart - why didn't Akhil wear his good shoes? Why is he wearing those silly moccasins for the one interview where he wants to impress? Why doesn't he understand that moccasins are bedroom shoes in adults' eyes? He doesn't have to make a style statement with the Director of Admissions; he just needs to show his confidence, interest, and his grades. He says a scholarship doesn't hinge on what kind of shoes he wears to an interview. But in reality it does. I know it, and he doesn't. I want him to learn from my experience, but he thinks he knows it all. So be it.

What I don't understand is why can't I give in, let him make his mistakes, learn from his own experiences, form his own impressions? That's the message I preach, so why can't I practice it? I know that I'm simply a conduit for bringing this child into this world - I agree with Gibran, his thoughts are not my thoughts; and yet I'm trying to impress upon him my thoughts, my experiences, my lessons.

The first thing I prayed this morning was to **allow** the world of potential and possibility, to **choose** to enter into the portals of positivity. And yet, the first thing that doesn't go my way, I start breathing hard, scowl, and try to explain why my way is the better way. On the inside, I know that my way, or his way, or any other way, doesn't really matter- what matters is only the intention behind it. Unfortunately, my intention with Akhil was of control.



So I take a step back, give up control, give into the moment, and allow whatever happens to happen; agree that it's all perfect the way it is; recognize that if I step back and allow, God will play His hand. I had already told myself that Akhil will ultimately go to the school that he's meant to go to, and that I or he shouldn't wish too hard for a specific outcome, but to accept whatever outcome happens to be awarded to him. What shoes he wears should be the least of my concerns. My concern should only be to reiterate to myself what an amazing son he is, and that it is indeed my blessing to bring him into this world.

I drove Akhil to the school, he met with the Director for a private interview while I waited outside in the reception area, and then when it was over, the Director came over to me to say what a wonderful young man Akhil was, that she was very impressed with his achievements and accomplishments, but more importantly, with his attitude and maturity. I thanked her for the kind words and the interview, shook her hand, and turned around to leave. And then from the tip of my eye, saw her shoes- she was wearing pink, glittery moccasins!

- *Saisha*

On Children

(by Kahlil Gibran)

*Y*our children are not your children.
They are the sons and daughters of Life's longing for itself.
They come through you but not from you,
And though they are with you yet they belong not to you.

You may give them your love but not your thoughts,
For they have their own thoughts.
You may house their bodies but not their souls,
For their souls dwell in the house of tomorrow,
which you cannot visit, not even in your dreams.
You may strive to be like them,
but seek not to make them like you.
For life goes not backward nor tarries with yesterday.

You are the bows from which your children
as living arrows are sent forth.
The archer sees the mark upon the path of the infinite,
and He bends you with His might
that His arrows may go swift and far.
Let your bending in the archer's hand be for gladness;
For even as He loves the arrow that flies,
so He loves also the bow that is stable.



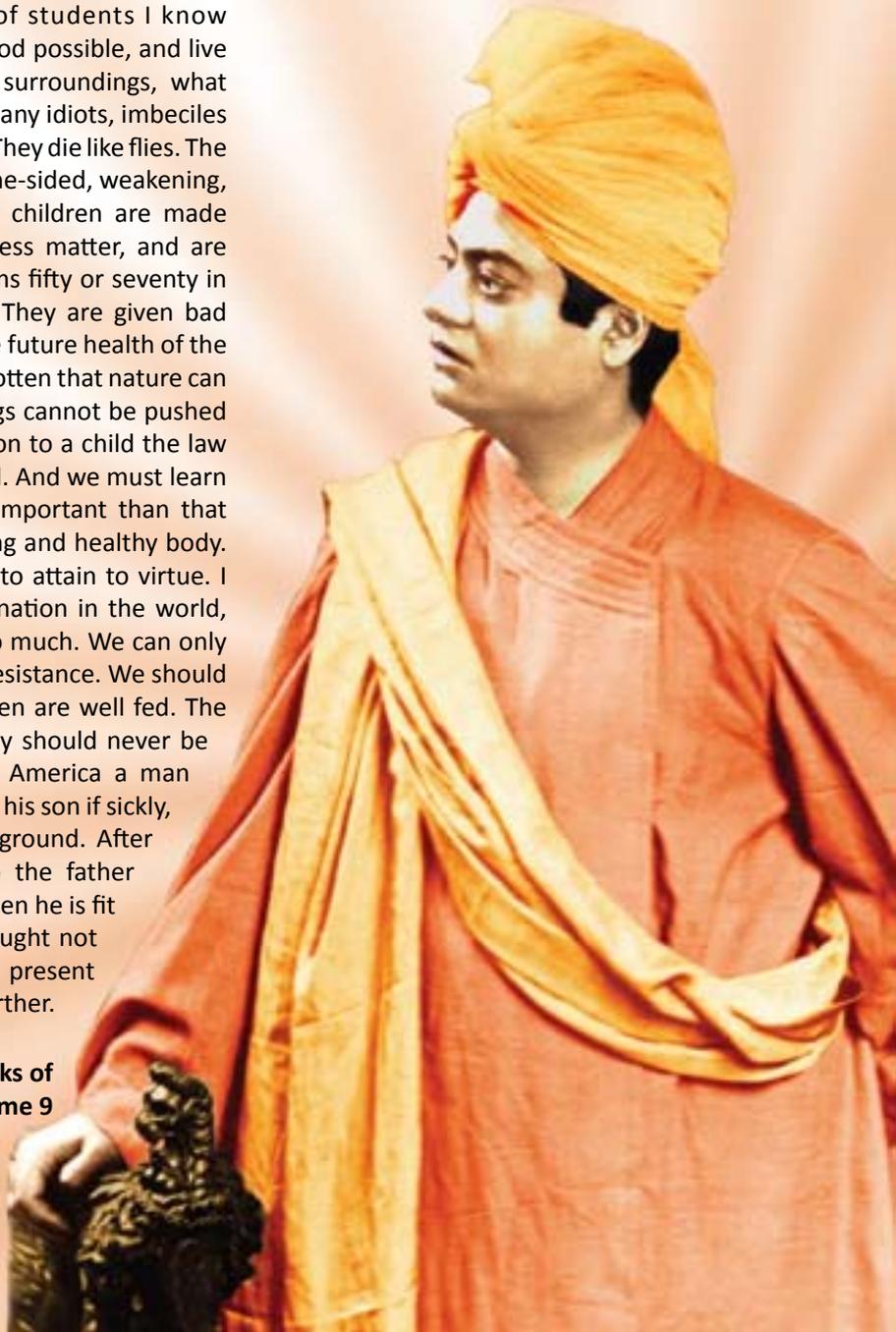


Man Making

In giving education to a child the law of growth has to be obeyed

How many thousands of students I know who live upon the worst food possible, and live amidst the most horrible surroundings, what wonder that there are so many idiots, imbeciles and cowards among them. They die like flies. The education that is given is one-sided, weakening, it is killing by inches. The children are made to cram too much of useless matter, and are incarcerated in school rooms fifty or seventy in each, five hours together. They are given bad food. It is forgotten that the future health of the man is in the child. It is forgotten that nature can never be cheated and things cannot be pushed too early. In giving education to a child the law of growth has to be obeyed. And we must learn to wait. Nothing is more important than that the child must have a strong and healthy body. The body is the first thing to attain to virtue. I know we are the poorest nation in the world, and we cannot afford to do much. We can only work on the lines of least resistance. We should see at least that our children are well fed. The machine of the child's body should never be exhausted. In Europe and America a man with crores of rupees sends his son if sickly, to the farmers, to till the ground. After three years he returns to the father healthy, rosy and strong. Then he is fit to be sent to school. We ought not for these reasons push the present system of education any further.

Source: The Complete Works of Swami Vivekananda, Volume 9





Happiness Says: I AM HAPPY

*I am happy
I am happy
I am happy now
I have not been less happy before
I cannot wait to be happier later*

*I am happy
I am happy
Surprise, surprise -
There is no reason
Yet every reason
I am happy
I am happy*

*Happiness embraces unhappiness
The most delicious paradox
There is no rejection
There is no denial*

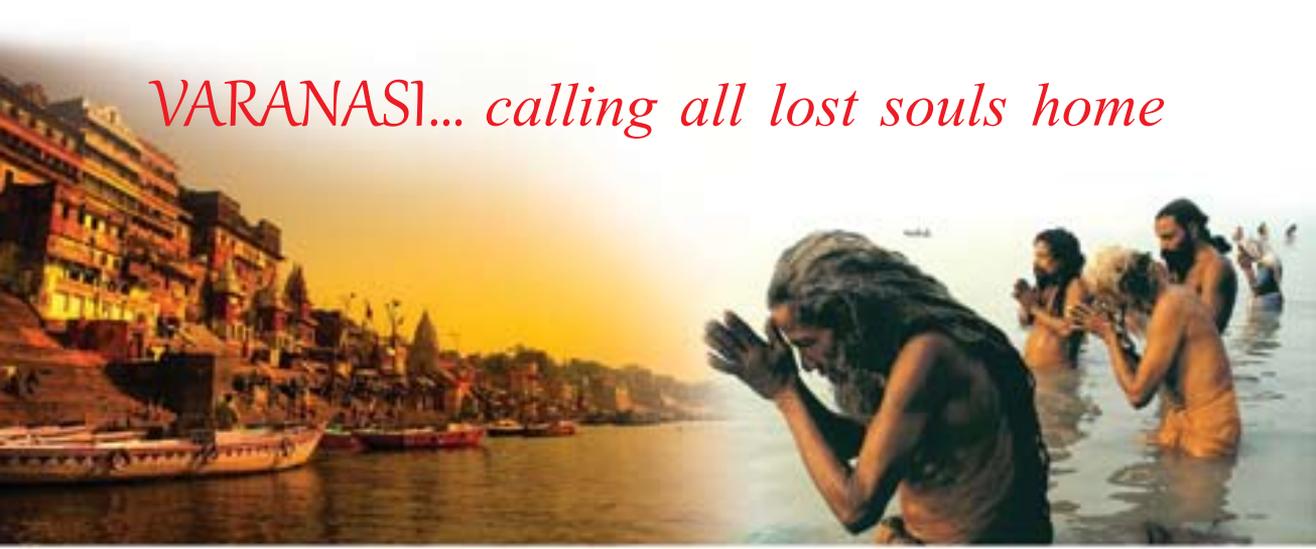
*There is no demand
There is no postponement
There is no imagination
There is only happiness*

*Happiness says –
“It is real
I am happy”.*

- Anisha



VARANASI... calling all lost souls home



The holy city Kasi or Varanasi exists between the two rivers Varana and Assi and hence derived its name. Kasi Vishweshwara Temple is the foremost among our ancient Indian temples. Kasi Vishweshwara Linga is the most important among the 12 Jyotirlingas and Kasi is the most sacred among the *Sapthapuris*, the others being, Ayodhya, Mathura, Haridwar, Kanchi, Ujjain & Dwaraka.

Everything about Kasi is just spell-binding be it the stunning Ghats, the narrow winding streets, the colourful puja stalls along the streets, the sadhus chanting prayers and thousands of *Shivalingas* spread across the lanes of Varanasi.

There are many stories in the *Puranas* related to the history of Kasi. According to Vayu Purana, after their celestial wedding Lord Shiva and Parvathi remained for a long time in the Himalayas enraptured by the beauty. One day Menakadevi, Parvathi's mother, told her it is not an ideal perspective for a son-in-law to stay for long in his in-laws' house. Parvathi conveyed the same to Lord Shiva. Shiva agreed with a smile and along with Parvathi moved to Varanasi and made it his abode.

It is said, just as a child is protected in the Mother's womb for 9 months, a 9 month stay in Kasi and if it is not possible at least a 9 day stay in the holy *Kshetra* is sure to fetch the grace of Lord Shiva and Goddess Parvathi. I experienced the reality in this statement when I travelled to Kasi in the month of August and stayed there for 9 days. Abundant grace envelopes not only this holy city but extends to unknown realms. At the outset, the dirty *Gallis* around the temple might dampen your spirit but

on entering the abode of Kasi Vishweshwara and Mata Annapurna, everything changes instantly. As we bow down and touch the *Shivalinga* you are overwhelmed and tears of gratitude and devotion do *Abhisheka* to the *Linga*. You don't need any *jal*. You just need to pour out your heart and the *Abhisheka* is done in its purest form.

At the entry point in Vishwanath *Galli* is the temple of Dhundi Ganapathi. He is *Swayambhu* (self manifested) and on seeking his blessings one is led to the Kasi Vishwanath temple. On entering Kasi Vishweshwara temple one can see a number of Shivalingas. The original Shivalinga was shifted to Gyanvapi by a priest when the temple was ransacked by Aurangzeb. It was later in 1785 that Queen Ahalyabai Holkar reconstructed the temple and consecrated the existing Shivalinga. The dome of the temple was covered with gold by the king of Punjab, Ranjitsingh. Everyone is allowed to touch the Shivalinga and perform *Abhishekam* and also attend the *Arathis* by buying special tickets and most importantly with Shiva's grace. Saptarishi Arathi around 8 pm is a must watch. The Vedic chants rise to a crescendo and instantly tunes a devotee with the Lord. There is also an Annapurna temple, Visalakshi temple, Mahalakshmi temple and Kalabhairava temple inside the main temple complex.

There is a Saneeshwara temple on the way to Annapurna temple where lamps are lit praying for the removal of all evil effects. Goddess Annapurna has manifested in her most beautiful form. A mere *Darshan* of her beautiful form overwhelms you and you are enraptured in devotion. You

can buy a special ticket and have the golden opportunity of touching her feet and also perform *Kumkumarchana* for the Srichakra.

According to legend, once Goddess Parvathi playfully closed Lord Shiva's eyes and as a result creation stopped and many *Jivas* had to suffer due to its impact. There was calamity all round. Even the Goddess couldn't escape from the negative karma of *Jivahimsa* (destroying creation). Her body turned black and appeared like Kali. She asked Shiva how she could get rid of her sin and Shiva advised her to do *Annadana* forever. She immediately took a pot of rice and a ladle and started serving food for everyone and it is said the act continues incessantly till date. Thus she derived the name Annapurna. Free food is served everyday at noon and all devotees should have this *Prasad* and obtain Mother's blessings.

It is said Goddess Annapurna gave *Bhiksha* to even Lord Shiva and here is the story:

Once Lord Shiva and Lord Brahma had a conflict over their supremacy and in the ensuing events, Shiva chopped the 5th head of Brahma. Later Shiva regretted and to exterminate his sin, Shiva held Brahma's chopped head in his hand and started roaming. Due to his sin, Shiva's hunger increased magnanimously and though he went to all the *Lokas*, no one could appease his hunger. Finally he approached Goddess Annapurna and it was only after he received *Bhiksha* from her that he could get rid of his hunger and also his *Brahma Hatya Dosh*.

Further down the lanes is the Kasi Visalakshi temple. It is one among the *Ashtadasa Shakthi Peethas* and Goddess Sati's left hand fell down at this place. It is said that the king of Kasi wanted all the *Devat*as to move out of Kasi so that he could rule over his kingdom with a free hand. Everyone including Lord Shiva did so, but Shiva had a strong pull towards Kasi and sent word to the king that he wished to come back and the king accepted. Lord Shiva went back to Kasi with all his *Parivar* and his consort perceived his happiness with wide eyes. Hence she became Visalakshi, meaning wide-eyed.

Kala Bhairava temple which is 1.5 km from Visalakshi temple is a must visit. He is the *Kshetra Palaka* and the *Yatra* is not complete unless one

has his *Darshan*. Sankata Mochan Hanuman Temple, Durga Temple, Tulasi Manas Mandir, Banaras Hindu University, Bindu Madhav temple, Tridev Mandir are among other places of interest.

Words fall short to write about Mother Ganga and the picturesque Ghats on the riverfront. It has a mysterious charm and reflects the entire panorama of life and death. Every Hindu has a dream of having a bath in the holy river at least once in a life time. It is said that just by having a dip in Ganga, one can wash away his sins. The evening *Arathi* to Mother Ganga from all the surrounding *Ghats* is a great feast to the eyes. Most prominent among the numerous *Ghats* are Dasashwamedh ghat, Manikarnika ghat, Panchaganga ghat, Assi ghat and Adikeshava ghat. Boats take you down the river and one can see all the *Ghats* and enjoy the magnifying beauty though not in the rainy season when Ganga rises and flows above the *Ghats*. Just before leaving Kasi, one should visit the Cowdi Matha temple and offer shells to the Goddess and reveal to her what all you have done in Kasi and pray for her grace in making the *Yatra* prolific. It is said only then the *Yatra* is complete.

On a spiritual note: If it is asked of me, why I go on *yatras*, then Varanasi provides me the answer. It is that somewhere along the way when I wish to explore the higher realms, I kind of rediscover myself. I take away moments in which to rejoice for a lifetime, most beckoning and divine experiences as always is the case when you are in the abode of Shiva. I lived it thoroughly with an open mind and overwhelmed heart. I always feel one should go to the places they love most, many times, many, many more times to explore and understand the cosmic revelation.

The Journey begins ... the journey continues ... the journey never ends for the sound of silence is heard again and again in the quietness of the inner chambers ... Silence, which is otherwise shrouded in the chaos of our normal lives beckons you to the silent abode of Lord Shiva.

- A Sadhaka



The Celestial Highway



This is a chapter called THE CELESTIAL HIGHWAY from a beautiful book called 'Loving THE LOVE' by Sri Birendranath Bardoloi.

Sri Birendranath Bardoloi has always believed that he, like the rest of creation, was born to Love of Love for Love. Bhagawan Sri Sathya Sai Baba drew him to Prasanthi Nilayam for the first time in this lifetime in 1970 but the years before hold a deep significance for him for they were filled with love for God and love for man.

Sri Birendranath Bardoloi's story is a bit different from the ones you have heard before. He offered to stay at Bhagawan's Lotus Feet as His servant when Bhagawan accepted him as a teacher in English in His Sri Sathya Sai Institute of Higher Learning at Prasanthi Nilayam. He abandoned his job as Principal of a college in Assam without as much as a resignation letter and started teaching at Prasanthi Nilayam for two years. His family waited patiently for him in Assam, almost clueless about what was to come. After two beautiful years with Bhagawan with nothing guaranteed to him but endless grace, Bhagawan told him to join His University officially in 1980. Bhagawan's words come to mind: "Love my uncertainty."

Sri Birendranath Bardoloi has spent almost 25 years teaching at the Institute and continues to live in Prasanthi Nilayam as a picture of joy and freedom. He is happy to make others happy and says to us: "Love is our nature, love is our prayer. Love is the journey, love is the goal." This book gives us the real experience of Bhagawan as Divine Love.

The back cover of the book has these words of Truth from the Embodiment of Truth, Bhagawan Sri Sathya Sai Baba: "God is everywhere. Who is

God? You are God. This is the culture of Bharat. God, God, God, you are God. There is no God apart from you. Embodiments of Love! Whatever you wish for or not, do not leave out Love. This is our great wealth. You cannot find wealth greater than Love." "Wherever you see, God is present. There is nothing in this world that is not God. Whatever I speak is Love, only Love, only Love. There is no other thing I know other than Love. There is no other quality greater than Love in us. We must be in love with such Love. There is no God beyond this Love. God is attributeless, luminous, timeless, indescribable, eternal, pure, perfect, liberated, form of Love. Although we have given so many names to God, it is only for our satisfaction. It can never be described. There is no description for God. God can be described by only one word. Love."

This chapter from 'Loving THE LOVE' is called THE CELESTIAL HIGHWAY.

One Saturday afternoon in July 1974, seven of us hired a taxi from Rangia, a small town in Assam to attend Bhajans. Surdas, Mishra, Bhagat, Suren, Trailokya (my student who had the fortune of attending a Summer Course at Brindavan), Rameshwar Sarma and myself. The destination was Patacharkuchi, 60 kms from Rangia, and the Bhajan evening was organised by Hareshwar Dev Chaudhury, former Principal of Patacharkuchi Higher Secondary School. Hareshwar made every effort to spread Bhagawan's message of Love to distant villages including a town, Pathsala, 6 kms from Patacharkuchi.

This evening of Bhajans was planned in response to a request made to him by a Sufi Fakir who suddenly appeared at Chaudhury's door without notice. He called him Fakir Baba. Fakir Baba would often tell Chaudhury, "Sai Baba is the King of Kings, and we are all beggars at His door!"

The car broke down on our return journey not too far from Chaudhury's house.

The taxi fare paid, we left the scene and returned to Chaudhury's place; we couldn't go home. It was 8:30 in the night and our host bustled about arranging for our dinner, Ekanna Bhojanam (rice and pulses boiled together), a popular dish in North-East India. Something significant was to be revealed to us after dinner.



Chaudhury was pleased to see all of us having had our fill. The July rains came down in torrents less than an hour later. It made me happy because everything was set for a Jagaran (Akhandha Bhajans) till the next morning. The only problem was that the following day was a Sunday, a business day at Rangia. Bhagatji had to be in his saloon, Mishraji had to carry on his humble business, and Rameshwar Sharma had to open his small grocery shop. They seemed to be a worried lot.

The rain turned into a drizzle around midnight. Mishraji got ready to walk to Pathsala and catch the 3am passenger train to Rangia. The rest of us liked the idea. They would not let me join them assuming I needed the night's rest. Why should I abandon them when they had come here at my request? Around midnight, I looked up at the sky overcast with dark and gloomy clouds. I asked Mishra (the weather man of the moment) in a serious tone if it would rain again. He gazed up, read the firmament, and shot back an emphatic no. Without a second thought I affirmed, "Let's start walking to Pathsala now." We bade "Jai Sai Ram" to our kind host, Chaudhury, and began our journey. I led the Bhajan group with the first ever Sai Bhajan *Manas Bhajore Guru Charanam*.

A few verses spring to mind when I think of that night.

"Before the Heaven and Earth existed
There was something nebulous:
Silent, isolated, standing alone, changing not,
Eternally revolving without fail
Worthy to be the Mother of all things
I do not know its name and address, it as Tao – the Way.
If forced to give it a name, I shall call it 'Great'."
- Lao Tzu, Tao Te Ching

"All other creatures look down toward the earth,
but man was given face so that he might turn his eyes towards the stars and his gaze upon the sky."
- Ovid, Metamorphoses

We were engulfed by total darkness. We could neither see one another nor our own feet. Only our voices confirmed it was seven of us walking together. On we walked along the six-furlong lane, uneven and muddy, and finally came to the national

highway. From there the small railway station of Patshala was 8 kms away. Only a few passenger trains would stop there for a minute or two.

We got to the highway without the slightest stumble. Barely had we taken a couple of paces forward when we saw a streak of blue heaven dotted with a few distant stars, beaming vertically above our heads. As we walked along, the blue streak above began to elongate in our direction. Another 'highway' was emerging in the sky, parallel to the one down far below on the earth.

The intensity of our Bhajans filled our beings with joy and wonder, while the celestial highway turned with us like a long blue carpet sprinkled lavishly with silver blossoms. The indescribable beauty of the handicraft of the Master Craftsman lay in the element of contrast. On the one hand we could see the deep blue Krishna-coloured highway where angels and heavenly bodies greeted one another in great amity. In sharp contrast, we noticed both its sides extending upon the invisible horizon mountains of menacingly darkened clouds, among which fiends and maenads bid their time in frenzy.

By the time we reached Pathsala, we found ourselves under a canopy of sky blushing with twinkling stars. As the only people out on the deserted streets, we took our path to the railway station in sublime silence. We did not have to wait too long, for the train arrived exactly at 3am to pick us up. Before 6am we were back at Rangia, grateful for the most wondrous night. This miracle on a strip of the national highway between Patacharkuchi and Pathsala during a July night has proven once again the power of Bhajans.

Even today I feel greatly mystified when I try to surmise what exactly led Devadutta Mishra to answer that there would be no further rain despite the apparent signs of a frighteningly misty sky on that particular night? What made us, the Rangia-bound brothers, to believe unquestionably in his word? Was he a prophet or a messiah to predict the unpredictable? Was he like Moses, the Patriarch who led the Israelites out of Egypt through a tumultuous ocean, making a chasm or rather a highway on its bosom leading them ashore, safe and sound?

- Sri Birendranath Bardoloi



A Wonder Kid With A Golden Heart

Seventeen year old Vipul Nandigala attracts our attention and admiration as he triumphs at various science-related competitions. Vipul has surely made his parents, Usha and Narasimhna Reddy Nandigala, and all of us proud.



Vipul is a student of the Walled Lake Western High School, Michigan, United-States of America. His love for Mathematics and Science can be understood from the way he has begun to excel in these disciplines. But, there is another side to him too – the compassionate side. He chose to spend his summer break teaching kids at Nachiketa Tapovan. He got immensely involved and developed a special bond with the children and the institution within a very short span. What more do we say of his dedication than the fact that his mother had to pick him up from the Vidya Mandir when they had to take the flight to the United States!

We consider it our privilege to present to our readers an interview with Vipul.

INTERVIEW WITH VIPUL NANDIGALA

1. How does it feel to be a ‘Young Achiever’?

It gave me the confidence to pursue my passion and dreams. The recognition and support fuelled my drive and determination. It encouraged me to continue to work hard and do my best. I had my share of failures which helped me to learn, adopt and grow while giving me the opportunity to begin again more strongly. It was countless hours of research and hard work that resulted in successful projects. It gives me the sense of being meaningful and making a difference in the world.

My advice to other teens: “Not everyone has a passion for science, but I believe everyone has an innate curiosity and desire to learn. So find the area you like, whether it’s science, literature, art or math; find your passion and pursue it and that’s where you will find your reward.”

2. What role does your family play in your success?

Family is crucial to my success. They are my role model and pillars of strength. They have not only provided me with physical and mental support

but also with ongoing guidance and advice. They helped me discover my passion and interests by exposing me to many different fields starting at a very young age. They have inspired and motivated me not to be complacent and always challenged me to do more. Without their support, guidance and involvement my achievements would not have been possible.

3. What are your hobbies?

Apart from Math, Science and other academic interests, I enjoy many sports and have tried many different sports as a young kid. I played soccer for my city team during middle school years. I have been an avid skier since 4 year old and I am the high school Ski Team Captain for the last three years. I am also a “black belt” in Taekwondo and enjoy teaching Taekwondo to lower belt students. Recently I have begun to enjoy chess quite a bit as it poses intellectual challenges. I have the constant desire to learn and spread the joy of learning to others by providing tutoring at my school and outside facilities.

4. We greatly regard your contribution to Nachiketa Tapovan. We would like to know what drove you towards service at such young age. Could you tell us who or what inspired you?

Developing community service mentality and providing voluntary service is a big part of the education system here in the U.S. Starting from Middle school we are encouraged and asked to report back on any community and voluntary services we provide to others. As such I started teaching Taekwondo to younger kids as voluntary service and also started tutoring under-privileged inner city kids here in Detroit.

5. Could you share your experience of teaching at Nachiketa Tapovan? What have you learnt from it?

Working with Nachiketa kids last year has been the most rewarding service experience for me and I look forward to spending time with them again the next time I am in India. It was really nice to see bright minds eager to learn. I realized that intelligence does not know poverty. They were very



Vipul's Achievements

- ★ He won the second prize in the world's largest international pre-college science competition, the Intel International Science and Engineering Fair, leading to an announcement by the prestigious Massachusetts Institute of Technology's Lincoln Observatory that a minor planet will be named after him. The competition witnessed the participation of more than 1700 students from about 70 countries.
- ★ He won the 'Grand Prize' at the Science and Engineering Fair of Metro Detroit for three consecutive years, that is, 2012, 2013 and 2014.

He won our hearts when he decided to generously donate the prize money that he received at the Intel Fair to Nachiketa Tapovan. He also looks forward to sponsoring college education of Nachiketa Tapovan's students.

enthusiastic to learn and were very involved. Their behaviour and attitude towards learning motivated me to teach them more. The students were very responsive to my teaching and I experienced a different level of satisfaction for being able to connect with them and teach. I sincerely believe, giving them higher educational opportunities will help them go places and make a difference. I would like to stay connected with them and help them where possible.

6. What would you like to take up as a profession?

I want to continue my journey to excellence in the fields of science, math and technology, and aspire to become an entrepreneur driven by innovations in science and technologies. Currently, I run an RC car company that assembles and markets Remote Controlled cars. Recently, I co-founded "Grid Tracking", a company that uses state of the art technology to track lost personal items.

7. Do you think there is any conflict between science and development?

Science is driven by the curiosity and desire to understand the world around you. Development on the other hand strengthens people, communities and countries. The afore mentioned goals do not always align. Science and inventions should be used for strengthening the communities; however there are situations where knowledge of science and inventions is used for destructive purposes and this goes against development

8. What do you think is the greatest problem afflicting our world today?

Lack of opportunity to learn and grow as a human is the cause of many problems in the world. The lack of educational opportunities leads to eco-

nommic disparity. Hunger, malnutrition and disease afflict the poorest in the society in huge numbers around the world. "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime". This Chinese quote says a lot. Providing opportunities for everyone to learn and grow will help them overcome poverty.

9. What is the role that we can play at the individual level to make our world a better place?

We at an individual level should think about how we can make a difference and give back to the society to build a better future. We all strive to make our lives better. We also need to think about what we can do to make the world around us a better place to live. It all starts with being compassionate and identifying effective ways of giving back to the society.

10. Now for the standard question – If there is one thing in the world that you had the power to change, what would it be?

If I can pick only one thing that I have power to change, I would like to make quality education free and accessible to all irrespective of age, gender, location, status, riches... I would like to fix the unequal learning opportunities that exist today based on the socio economic disparities in our society. I believe ongoing learning is essential component for human/society wellbeing.

We at Tapovan wish you the best of everything and are confident that you would go on to win many more accolades including the coveted Nobel Prize. All the best and thank you. We hope we take forward our bond and strengthen it further.

- Neetika Gogula



Can We Ever Reclaim The Innocence of a Child?

We have come to this world as little children. Holding the hands of our parents we looked at the world wide-eyed and with a heart filled with sweet innocence. But over the years we gradually left those caring hands and embarked on a new journey into life. Our innocence slowly vanished when we were caught in the web of life. I wonder how many of us have regretted losing our innocence! Can we ever reclaim the bliss of a child? Can we ever go back and erase the things that have stolen our childhood? We can't undo experience, but what we can do is understand the true meaning of innocence. If we connect to the child that we once were, maybe we can learn to embrace the sweet innocence of our souls.



Evolved souls have embraced that innocence. They see their reflection in the eyes of a child. Swami Nachiketananda is one such soul who loves children. He teases and plays pranks on them and when the child sulks embraces him like Divine Mother. His eyes speak volumes of his love for children. It is love heaped upon love! Blessed are those children who dwell in his shelter.





Asato ma...

*Asato ma sad gamaya
Tamaso ma jyotirgamaya
Mrutyor ma amritamgamaya*

*Not to not-truth but to truth, make me go.
Not to darkness but to light, make me go.
Not to mortality, but to not-mortality, make me go.*

- Brhadāranyaka Upanisad. 1.iii.28

This popular hymn is found in the *Brhadāranyaka Upanisad* (1.iii.28), where the chanter, or speaker, is asking for an improvement in his or her own self or situation. There are many commentaries by spiritual leaders about the meanings and implications of *asat* and *sat*, *tamas* and *jyotih*, and *mrutyu* and *amrtam*, and no doubt, these concepts are worthy of philosophical reflection or speculation. Instead, let us focus on some curious aspects of the language and structure of this verse, and see if that also gives us some insights.

A single word repeats three times in this verse, *gamaya*. *Gamaya* is a causative form of the verb *gam* 'to go', it means, 'make me go.' Why does the chanter ask to be forced to go, does she not want to go of her own free will? Or is this a way of saying, that on my own I tend to gravitate to everywhere else but truth and light, therefore give me no choice, 'make me go.' Or, my own drive and will-power is weak, please reinforce that and 'make me go' towards positive, better conditions. By saying 'make me go,' the speaker has given permission to whomsoever she is addressing to take matters out of her hands, to stop her own resistance to improvement. The statements give permission to be directed, even coerced and given no choice.

Next, let us consider the literal translation. For the moment, I will consider the meanings of *sat*, *tamas* and *mrtyu* as truth, darkness and mortality. Precisely what the terms mean does not quite matter here, whether *sat* means 'truth' or 'reality' does not matter here, as it is the syntax we are reflecting on here.

Why the double negative in the first line? I suggest, that perhaps there are many opposites and alternatives to truth, untruth is just one of them. It seems to me that in this line, the speaker is rejecting *all* alternatives to truth including distortions, half-truths, misunderstandings, etc. If truth has many opposites and alternatives, the speaker accepts none of them. By contrast, in the second line, the speaker seems more definite, seems to know what is *tamas*, and how *jyotih* is the desirable goal. The third line reverses the template. Here, the negative is not applied to the starting point but to the end-goal. *Not to death but to not-death make me go*. The petitioner has some idea of what is truth and light, so she can ask for it. But she has no clue to what might be the alternative to death, so she has to ask for it in the negative: *amrtam*.

It is interesting when we see how the verse has been explained in the *Brhadāranyaka Upanisad* (henceforth, BaU). In the BaU, the mantra is quoted, and then explained, but as an integral whole rather than a collection of three distinct wishes, the first two lines are explained in terms of the third line. I use Patrick Olivelle's translation here— Olivelle translates *asat* and *sat* as 'unreal' and 'real,' and *tamas* and *jyotih* as 'darkness' and 'light.'

"The unreal is death, and the real is immortality— so, when he says, "From the unreal lead me to the real," what he is really saying is: "From death lead me to immortality," in other words, "Make me immortal." Darkness is death, and light is immortality— so when he says, "From the darkness lead me to the light," what he is really saying is: "From death lead me to immortality," in other words, "Make me immortal." In the statement, "From death lead me to immortality," there is nothing obscure.



When we read the BaU, we also realize that this is a time and age where sat (whether real/truth/existence), and *jyotih* (light) require explanation, but *amrtam* (deathlessness? not-mortality? immortality? ambrosia?) does not, it seems to be a particular world or known state.

The next paragraph makes it even more clear that *amrtam* is an assured *location*. Today, we may think of death as giving up a location, but in the paragraph that follows, you will see how *amrtam* becomes an alternative location, another world. Here is Olivelle's translation (and note, an Udgātr priest is one who sings the Sāmaveda).

He may, further, procure a supply of food for himself by singing the remaining lauds. When he is singing them, therefore, he should choose as a reward anything he may desire. An Udgātr priest who has this knowledge is able to procure by his singing whatever he desires, either for himself or

for the patron of the sacrifice. Now this is true world conquest. When a man knows that Sāman in this way, there is no fear of his being left without a world."

Today, explanations of this verse tend to present the three lines as three distinct requests: '*From ignorance, lead me to truth. From darkness, lead me to light. From death, lead me to immortality. Om peace, peace, peace.*' On the Amritapuri website, each of these lines is referred to as a mantra: "first mantra," "second mantra," and "third mantra." And the distinctions between the lines do not matter: "The essence of each of these three mantras is the same." By contrast, we see how the BaU explains each of the lines in terms of the final line, and the abstract ideas of the first two lines are anchored to the concrete location of the world of *amrtam*.

Om shantih shantih shantih!

- *Mani Rao*



An Inevitable Curse

She was unwell since the last one week or so. Living all alone in a house full of people is difficult but she did. They did not realize what they were doing to her. Her calls went unanswered. Her silence was shouted at. I knew her since forever and each time I visited her I saw her silence increase further. Her 'man' no more cared for her, or even if he did she could no more feel it. He lived away leaving her behind. Each time he visited her she felt the world turn round. The delight on her face spoke for itself. She told us stories of how once upon a time a wonderful world surrounded her. There were the elders and there were the young ones. A perfect blend of what bliss is made of. She was happy to be married, happier to have kids. The same woman – the 'Godmother'! She was beautiful and intelligent, hence desirable. She was rich, hence loved. She was what they wanted her to be like. But no more. Time changed. Her glory

lost, the beauty redefined, the intelligence forced to the pits. A small beautiful woman – an era gone by!

I stand today a witness to the curse. Years of silence, of being alone, of being unwanted, of being undesired. I shout to her to ask if she wants me to pick up the phone which was ringing incessantly since the last ten minutes. She could not hear. She wasn't accustomed to the idea of being shouted to, for they all shouted at her. And then when she hears me, she clings to her saree and tries to come running, slightly limping, slightly bent. I wonder if she is expecting a certain call. I do not ask her. She looks blank. The call went unanswered. I asked her if she wanted something, she smiled and said nothing and then when I was walking past, I heard a faint quivering voice saying – "a bit of love, a bit of attention and a little support to the old woman would suffice!"

I could not turn around. Did not have the courage to. I walked past wondering if family actually did make a sense, if old age could be anything more than a curse! The fairy princess. The bejeweled queen. The personification of grace and poise. The foundation of the home that once was. The old woman – the 'Godmother'.



- Yashasvi Singh

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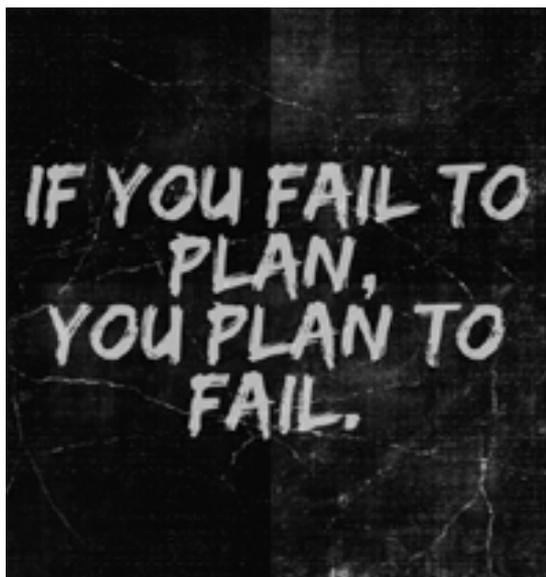




If you fail to plan, you plan to fail

Imagine a regular Saturday, or a Friday for those of you who are lucky enough not to have school on Saturday. You go to school, get loads of homework for the weekend and come back home. As soon as you get home, your bag is thrown in one corner, your shoes and socks in the other and you are sitting in the centre of this mess watching TV. Your mother gives you some snacks maybe, and asks you to go do your work. You say that you will do it the next day. The next day, you wake up late, and by the time you actually freshen up, its lunch time. You have no memory of any homework given. You spend the rest of your weekend as you usually would, playing video games, watching TV, going to the mall etc. On Monday, when you go to school, the first thing you hear in the morning from your friends is, "Oh my God, dude!! Did you finish your homework?" And your first reaction, as always, "What homework?", and so goes the story. No planning = no homework done. No homework done = punishment. Punishment = outside class. Outside class = fail. So, no planning = fail.

There is no better example and comic relief about planning, than the following incident.



One Night 4 college students were playing till late night and could not study for the test which was scheduled for the next day. In the morning they thought of a plan. They made themselves look dirty with grease and dirt. They then went up to the Dean and said that they had gone out to a wedding last night and on their return the tyre of their car burst and they had to push the car all the way back and that they were in no condition to appear for the test. So the Dean said they could have the re-test after 3 days. They thanked him and said they would be ready by that time. On the third day they appeared before the Dean, the Dean said that as this was a Special Condition Test, all four were required to sit in separate classrooms for the test. They all agreed as they had prepared well in the last 3 days.

The Test consisted of 2 questions with a total of 100 Marks.

The question paper was as follows.

Q.1. Name of the car?? (2 MARKS)

.....

Q.2. Which tyre burst? (98 MARKS)

- a) Front Left b) Front Right
c) Back Left d) Back Right

This shows the importance of planning; even for the most unexpected situations. Also, it shows that if you can't plan, don't lie.

So, if you fail to plan, you plan to fail.

Planning will lead you onto a successful trail.

N. Rohan C. Govind
Class 10,
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Gist of Karma Yoga

*B*hagawad Gita is the essence of the Vedas. In the first chapter Arjuna faces a problem about whether he needs to go ahead with the war or not. This is a universal problem and is faced by all human beings and is relevant even in today's times. Arjuna's problem is the problem of *Raga*, *Soka* and *moha* (attachment, sorrow and conflict). I belong to these people and these people belong to me. His sorrow is directly proportionate to the intensity of attachment.

We tend to sweep our problems/troubles under the carpet when we are happy and they haunt us when we are sad. We do not find a permanent solution. Arjuna however wants to find a permanent solution and surrenders to the Lord and chooses him as his teacher. The first chapter teaches us that what we perceive as worldly qualifications like money, name and fame cannot solve this human problem and only by surrendering to an Acharya will we get wisdom.

The second chapter 'Sankhya yoga', gives the entire teaching of the Gita in a nutshell. Krishna provides only one solution i.e., *Atma Jnana* and presents that *Moksha* (freedom from grief) is the ultimate goal. Hence the first stage would be *Jnana Yogyata Prapti* i.e., qualification to obtain *Jnana Prapti*. *Karma yoga* is the first stage which will give us *Jnana Yogyata* and the second stage is the *Jnana Yoga* which will give us *Jnana*. *Bhakti yoga* is the common thread that binds both *Karma Yoga* and *Jnana Yoga*. Once we attain this self-knowledge or *Atma Jnana*, happiness will not depend on any external factor but will come from within.

The third chapter is divided into three topics. The first is *Karma Yoga* itself, second is the *Sreshtha Acharah-* the lifestyle led by illustrious people as a model for others and the third is *Kama Krodha Jaya* which is management of desire and anger.

The first topic *Karma Yoga* consists of *Karma* and *Yoga* i.e., proper action and proper attitude. The scriptures describes what is proper action-



1. *Nishkama Karma-* i.e., those actions which everyone must do whether he likes it or not. These are *Pancha Maha Yagna* a) *Deva Yagna* b) *Pitr Yagna* c) *Rishi Yagna* d) *Manusya Yagna* and e) *Bhuta Yagna*.
2. *Sakama Karmas* which are meant for fulfillment of desires. The first condition in the fulfillment of these desires is that the desire should be legitimate and the second is that it should be moderate. So non binding, legitimate, moderate *Sakama karmas* are allowed.
3. *Nishidda karmas-* Sri Krishna says to give them up immediately without postponing even for a minute.

Next is the proper attitude which should be to do all actions as *Iswararpanam* and another part is receiving everything as *Iswara Prasada*.

Total acceptance without resistance is the proper attitude. This will give tranquility of mind as resistance is sorrow and resistance is depression.

Thus proper *Karma* and proper attitude towards action and towards the result of the action is *Karma Yoga*.

- Swami Paramarthananda
summarised by a devotee





Hidden Knowledge in NATARAJA'S COSMIC DANCE

Indians worship Siva in the form of *Linga* (Parabolic sacred stone) and at the same time adores him in the form of Nataraja (the dancing Siva), as divine personification of the entire domain of arts.

The Idol of Nataraja has ubiquitous presence in all houses, throughout the world, both in Indian and Western Homes.

Behind this dancing pose of Siva, there seems to be a hidden cosmic secret. These words are not said by an ordinary person, but by a world-renowned professor of Nuclear physics, Fritj of Capra. He had explained the philosophy behind Nataraja's cosmic dance in his popular book "The Tao of Physics".

For a modern scientist of physics, Siva's dance appears as the dance of Atomic particles. The ancient Indian perspective about the world is nothing but the eternal cosmic dance of creation, sustenance and dissolution that happen with a rhythm. This is the root cause for everything.

According to Quantum theory of Physics, creation is full of Atomic particles. Each particle has enormous energy latent in it. These particles are very dynamic in nature and change their form within split seconds.

Sub-Atomic particles have dual nature, sometimes they appear as particles sometimes they become continuous stream of energy. They often change from wave to particle and vice versa in a rhythm and eternally lose their existence.

Matter is nothing but a group of atomic particles. Particles move within it in a structured rhythm.

Because of that, forms get created, forms get dissolved, forms grow and decay in a continuous way. In every change or move there is a rhythm in life, there is a beauty and harmony in this subtle change. It is a dance of cosmic life; forms appear, disappear and reappear; from the minutest particle

to a gigantic star all are changing and are in a flux; dancing to the symphony of cosmic breath of life; dancing to the tunes of cosmic rhythm;

Fritj of Capra could see Siva's cosmic dance as the secret of creation. He interpreted Nataraja's dance in three facets

1. The dynamic arch around Siva represents the ever-changing cosmic rhythm.
2. The cause for Siva's dance is for redemption of soul from the cosmic cycle.
3. The sacred space "Chidambaram" the platform of Siva's dance is in one's own heart. One has to be tuned to the cosmic dance of Siva, through this "Hridaya Akasha".

The philosophy of Siva's dance is the congruence of Science, Arts and Religion, the hidden knowledge about cosmos.

Source: Eternally Talented India – 108 Facts



Copper Shields our Health

Today, we prefer bottled mineral water, of course! Cleaned and purified. We often purchase purified, portable water and drink it. We take this precaution to protect ourselves from ill health, which is often caused by contaminated water or impure water. This health tip is not just modern, but known to Indians ages ago. They knew the technique of purifying water and preserving it.

Ancient Indians used copper and brass vessels to purify and store water. They used to drink water in the copper pots and tumblers. This practice had drawn attention of many modern day researchers. They wanted to find the rationale behind the age-old usage of copper and brass vessels for drinking and storing water.

Today after in-depth investigations, it has been found that, the sunlight that falls on the copper vessels instantly eliminates microbes present in the water by a chemical reaction. Thus water is protected from contamination.

Rob Reed, a London based microbiologist had verified this fact by filling the copper, plastic and earthen vessels with *Escherichia coli* bacteria which causes diseases like dysentery etc. After 24 hrs bacteria in copper vessels got dramatically reduced and at the end of 48 hours there were no traces of bacteria in copper vessels. On the other hand, the bacteria in the plastic and earthen vessels increased substantially.

Source: The Hindu



The Spiritual Significance of Tulsi Vivah

This is a ritual of the marriage of Sri Vishnu with the Holy basil (*Tulsi*) plant. This ritual is performed on the eleventh day of the bright fortnight of the Hindu lunar month *Kārtik*. A day prior to the marriage, the *tulsi-vrundāvan* (a special structure in which the Holy basil plant is grown) is painted and decorated. Sugarcane and marigold flowers are offered on the *vrundavan*; tamarind and Indian gooseberry (*amla*) are kept at its base. The marriage ritual (*vivāh*) is performed in the evening.



Prayer to be made: ‘Hey Sri Krishna, Hey *Tulsi Dēvī*, the energy that I imbibe from you today, let it be used for the protection of *Dharma* and nation.

Chanting: On this day Sri Krishna’s principle is activated on Earth to a greater extent. The principle is also more active around the *tulsi* plant. On this day one should chant Sri Krishna’s name. After the *puja* (ritualistic worship), the surrounding becomes very *sattvik* (spiritually pure).

The spiritual significance of the marriage of tulsi with Sri Krishna

Holy Basil (*tulsi*) is the symbol of spiritual purity (*sāttviktā*). The marriage of *tulsi* with Sri Krishna means that ‘God likes purity as a quality.’ The symbol of this is Sri Krishna wearing the necklace of *Vaijyanti* beads.

The meaning of the word marriage is the merging and oneness of the embodied soul (*jīva*) and God (Shiva).

Importance: From this day the auspicious days begin. It is said that, this marriage is the symbol of the perfect marriage in Indian culture.

Method of celebration: All around the courtyard of the house, cow dung water is sprinkled. If the *tulsi* plant is in a pot then the pot should be painted white. White colour attracts the divine frequencies coming from God. Draw a *sāttvik rangoli* around the *tulsi* plant and then do its ritualistic worship (*pūja*) with spiritual emotion (*bhāvpuṛna*). While worshipping, one should sit facing westward.

Uses of tulsi: *Tulsi* being more spiritually pure (*sattvik*) God’s energy is attracted to it to a greater extent. Putting *tulsi* leaves in drinking water makes it spiritually pure (*sattvik*) and Energy (*Shakti*) is released into it. Through this water God’s Energy becomes active in every part of the *jiva* (embodied soul).

Divine knowledge received related to ‘tulsi’s marriage:

On the eve of *tulsi* marriage the subtle frequencies of Sri Vishnu and Goddess Lakshmi arrive in the Universe from the universal vacuum. Due to this, the central channel (*sushumnānādi*) of the entire Universe gets activated. This meeting is termed as the ‘marriage of *tulsi*’ or ‘*tulsi Vivah*.’

On this day Goddess Lakshmi in the form of *tulsi* and Sri Vishnu in the form of Sri Krishna are worshipped. To welcome them and to imbibe the maximum benefit from their frequencies, a marriage ritual is performed in the evening. The frequencies are related to the absolute water, and absolute fire principles so on these days one sees the spread of the light of hope, feels enthusiastic and experiences a coolness on the skin.

On the day of *Tulsi Vivah*, the auspicious time (*muhūrt*) of the marriage is given. During this given time only, the force of activation of Sri Vishnu and Goddess Lakshmi principle increase and they merge with each other. So to get the maximum benefit from the spiritually pure (*Sattva*) component in the atmosphere it is recommended to perform the marriage during this given time.

Compilation Source: Hindu Awakening



इवलइरगो इइइठ = तिंतिु तिंरु

(Continued from last issue) **yaditarhi**

Solutions:

- 1) अहं यत्र इतः पूर्वम् उपविष्टवान्, भवान् तत्र मा उपविशतु।
- 2) यदा अत्र वर्षं भवति, तदा कुम्भवृष्टिः एव।
- 3) यथा पूर्वाधिकारी मृदुः आसीत्, तथा इदानीन्तनः प्रबन्धकः नास्ति।
- 4) अहं तस्मै संस्थायै कार्यं करोमि, या मम कृते अत्यधिकं वेतनं ददाति।
- 5) अहं तत् पुस्तकं न क्रीणामि, यस्य मूल्यं शतात् अधिकम् अस्ति।
- 6) यदा अर्जुनः प्रोकोष्ठं प्रविशति, तदा कर्णः बहिः गच्छति।
- 7) अहं मम कङ्कतं यत्र स्थापितवान्, तत्र तत् न पश्यामि।
- 8) मम पत्नी या अस्ति, सा अत्र नास्ति।
- 9) सः हठात् दिवं गतवान्, यस्मै अहं बहु धनं दत्तवान्।
- 10) यदा सा आगच्छति, तदा वयं विचित्रं सुगन्धम् अनुभवामः।

Sanskrit language uses these constructs a lot. You should practice this usage adequately.

यदि-तर्हि & चेत

Look at the following sentences:

यदि भवान् गमिष्यति, तर्हि अहम् अपि गमिष्यामि। - If you will go, I will also go.

यदि मम वेतनम् अत्र दश सहस्राणि भवति, तर्हि अहं अत्र प्रवेक्ष्यामि। - If my salary here is 10,000, then I will join here.

You might know that 'comma' is not a symbol known to Sanskritam. However, we use modern symbols for enhancing our ease of understanding even in Sanskrit sentences.

Look at the pairing of यदि and तर्हि. It is used for a sentence of the form: 'if'....'then'.....



Translate the following into English:

- 1) तत्र यदि सः तिष्ठति, तर्हि अहं न तिष्ठामि।
- 2) यदि सायं वृष्टिः भविष्यति, तर्हि अहं कक्ष्यां न आगमिष्यामि।
- 3) भवान् यदि एवं वदति, तर्हि अहं किं करोमि?
- 4) अहं यदि धनं स्वीकरोमि, तर्हि मम तृप्तिः न भवति।
- 5) यदि मम सकाशे धनम् अस्ति, तर्हि अहं द्विचक्रिकां क्रेष्यामि।
- 6) यदि आरक्षकः चतुष्पथे तिष्ठति, तर्हि जनाः मार्गनियमान् पालयन्ति।
- 7) प्रस्थाने एव यदि रात्रिः भविष्यति, तर्हि अहं श्वः आगमिष्यामि।

Solutions:

- 1) If he stays there, I won't stay there.
- 2) If it will rain in the evening, I will not come to the class.
- 3) If you say like this, what do I do?
- 4) If I take money, I won't be satisfied.
- 5) If there is money with me, I will buy a cycle/mobike.
- 6) If the policeman stays at the junction, then people follow rules.

If it will be night when departing, then I will come tomorrow.

(To be continued in the next issue)

- Krupalu Ogeti

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



Make compassion the
cotton, contentment the
thread, modesty the knot
and truth the twist.

This is the sacred thread
of the soul; if you have it,
then go ahead and put it
on me.

- *Guru Nanak*

We are extremely thankful to



Sri G. Subhapradha, Hyderabad

(In the memory of Sri G. Subbarami Reddy)

for her kind donation of

₹ 1 lakh Corpus Fund -

Sponsor a Child Education



Nachiketa's GO GREEN CLUB...

We convey our thanks to all the participants of the WOW initiative. You helped us earn Rs. 22120/- in the month of September and saved Mother Earth by recycling about 3686 kg of plastic and paper waste material.





Ashram News

Swamiji's Birthday Celebrations

19th September 2014, witnessed a grand event at the Ashram. Swamiji's and Mataji's Birthday was celebrated by students and teachers of Vedavyasa Vidyalaya, Karmayogis and volunteers at the Ashram. The enthusiasm of the children was overwhelming as they greeted Swamiji and Mataji and presented their creative skills in the form of birthday cards crafted by their tender hands. Some of them dressed up in their traditional tribal attire and danced with joy. Swamiji and Mataji couldn't resist joining them in their dance.



A bouquet for Swamiji & Mataji



Balloons for you!

Prasad was served to everyone and Swamiji personally supervised that every child was properly fed. The reluctant children left to their homes as clouds signalled rain which also had its share of blessing the event.



A dance by the little ones



Blessings from His Mother



A confident talk from Vedavyasa Vidyalaya student



Children dressed up in their tribal attire



Grace all over!



Here we dance to celebrate your birthday



Children having prasad





Nine Splendid Nights

Navaratri celebrations were brilliant again this year at Nachiketa Ashram. Ma Shakti graced us with her palpable presence throughout, her forms more and more dazzling each day. 25 students from Nachiketa Tapovan had the fortune and fun of being here for the occasion. As the moon appeared night after night, brighter and brighter, and stars like diamonds lit the sky, our students would usually wake up fresh at around 2:30 a.m. and walk eagerly down the path to the temple before 4 a.m.

While some students helped prepare the temple and the *yagashala* for the day, some others performed the *abhishekam* before 5:00 a.m. and then helped Mataji do Devi's *alamkaara* (decoration) to express Devi's particular manifest form for the day—Shailaputri, Brahmacharini, Chandraghanta, Kushmanda, Skandamata, Katyayani, Kalaratri, Mahagowri and Siddhidatri. *Bhajans, Puja, Kumkumarchana* (with the *Srichakra Yantra*), *Satsang*, and *Yaga* were daily activities (not to forget the delicious daily *prasadam*s), and many had the opportunity to go deep into *sadhana*, and talk to Mataji about their practice.

Swamiji Nachiketananda Puri was in *maun* (silence) through this entire festive period. Further, our young but mature students also observed *maun* for the last four days of Navaratri! When asked, they voluntarily chose to continue the *maun*, saying that it helped them become more conscious about their speech and thought.

Topics of discussion at the daily *satsangs* were challenging. What is the difference between humans and animals? What is the purpose of life? How much money does one need? What are the dangers of watching too much TV? What is the difference in the nature of the Nine Durgas? At around 5:30 every evening, Mataji began the *Devi yaga* with mantras. As the oblations were offered to *Agni Dev* and voices chanted '*svaaha*' in unison along with Mataji, eyes were shut, an atmosphere of awe and devotion pervaded the air, and people were transported into other worlds.

The community also participated in Navaratri along with the ashram residents and students. Jai Ma Shakti! 12 people from a nearby village took Bhavani *deeksha*, and community members showed up for various *pujas*. Especially charming was the sudden appearance of nine little girls one day after the *yaga* – we adored them as little *Bhairavis*. The climax of the Navami was the *Kumaripuja*. Mataji explained to students that Shakti is present in all of us – men and women – and we all should aspire and strive to be pure as a child Kumari which will allow us to embody the spirit of Ma Shakti in our lives.

The 10th day Vijayadashami was celebrated as victory of Divine Mother over demon Mahishasura. Mother manifested in Her glorious form. *Purnahuthi* was performed during the *Yaga* and children danced after evening *arati* to glorify the great event.



Swamiji performing Kumaripuja



Mataji explaining the significance of Yaga



Events & Celebrations

Dell Employees visit to Tapovan

On 23rd August 2014, a group of employees from Dell International, Hitech city visited Nachiketa Tapovan and sponsored *Alpahaar* for children. They also donated some stationery and groceries.



Ganesh Chaturthi at Indu Fortune Fields

On 4th September, 2014 Nachiketa Tapovan children performed a dance to the tune of *Ganesh Vandanam* at Indu Fortune Fields. We thank them for their donation of Rs. 10,000/- towards college education fund.



Vidya Mandir children perform Ganesh Vandanam

Audience at Indu Fortune Fields



Teachers Day Celebrations

On 5th September 2014, Teachers Day was celebrated at Nachiketa Tapovan Vidya Mandir with great enthusiasm. Children of Vidya Mandir organized entertainment, games and competitions for their teachers who in turn were thrilled to participate.

There were songs, dance and games like musical chairs, pick-up-the-chit, lemon in the spoon race and the winners were awarded with gifts. Children took great pleasure in bringing different kinds of refreshments for their teachers and presenting beautiful cards. At the end, all the children came to the conclusion that teachers are the pillars of their strength and they are there to open the doors of knowledge for them.



Creative art by Vidya Mandir Children



A fun-filled game of musical chairs



A gift for the winner Smt. Rani Prasad



Teachers demonstrate the art of balancing





Turn around their future!

For ₹ 1 Lakh

Your donation will last a lifetime

Appeal for Sponsor-a-Child Corpus Fund

Nachiketa Tapovan runs a Vidya Mandir, a free Home Schooling for underprivileged children:

Nachiketa Tapovan aims at imparting, man-making education rather than bread-winning academics, so the syllabus is designed in such a way that it can suffice SSC/CBSE/NIOS curriculum. 250 children receive education in English as medium of language offering levels 1-10. Apart from education Yoga, Arts & Crafts, Vocational Training, Music, Dance, Samskrit and Computer classes are also part of the curriculum. All these services are rendered by 50 volunteers and 12 coordinators.

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 Coordinators' Honorarium, Uniforms, Educational material, Building Maintenance and Housekeeping, Field trips, Excursions, Celebrations and Extra Curricular activities.*

✓ *At present, we only have 62 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 at Nachiketa Tapovan.**



Only Because of YOU...



Only because of kind-hearted well wishers like you Nachiketa Tapovan is able to provide free education, stationery and nourishing milk-n-meals to 250 children attending Nachiketa Tapovan's Vidya Mandir - a free home school organized with the help of 12 Coordinators, 50 volunteers and community participation.

anna dAnam mahA dAnam; vidyA dAnam mahattaram

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

Donations towards operation costs

| | |
|---|-------------------|
| 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 children for one day annually.
- Snacks for children 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
IFSC Code : SBIN0012655
SWIFT Code : SBININBB214

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



"Feel, my children, feel; feel for the poor, the ignorant, the downtrodden"

- Swami Vivekananda



Invitation

We cordially invite you
to attend our celebrations



KARTIK PURNIMA

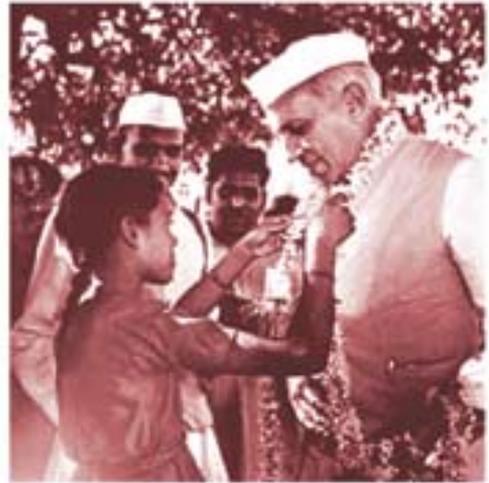
6th November 2014

at Nachiketa Tapovan Ashram,
Kodgal Village, Jadcherla.

CHILDREN'S DAY

14th November 2014

at Nachiketa Tapovan
70, Kavuri Hills, Madhapur, Hyderabad.



Festivals & Events of November 2014



Tulasi Vivah



Kartik Purnima



Kalabhairav Jayanti
Children's Day





Vidyanjali

– An offering of Higher Education



Shiva

Engineering (CSE)
CBIT



Anand

Engineering (ECE)
Srinidhi



Basavaraju

Long-term Coaching
Ayurveda

Nachiketa Tapovan aims at imparting man-making education and has nurtured the Vidya Mandir children with value-based education till 10th Std. We do not want to stop here. With your invaluable support we aspire to take care of their higher education as well and with this aim we have started VIDYANJALI – an offering of Higher Education.

Nachiketa Tapovan is happy to announce that our students, Shiva and Anand have secured seats in Engineering at CBIT & SRINIDHI respectively, while Basavaraju is going for long-term coaching

to pursue education in Ayurveda according to his choice. Apart from them we have another 9 students who are studying Intermediate at Vignan and Vijetha colleges. However, College Education cost soars high while the Government support has plunged. Yet we do not want to give up!

We sincerely appeal to all pious souls to extend your financial support for their education as we believe that fostering the youth is an attempt at not only shaping their destinies but also a great attempt towards Nation-building.

Let us gift knowledge and bring hope and light into their lives!!!

Our children at **Vignan Residential College**



Our children at **Vijetha College**



Nagamani
MPC, Jr. Inter



Savitri
MPC, Jr. Inter



Sravani
MPC, Jr. Inter



Snigdha
CEC, Jr. Inter



Shailaja
CEC, Jr. Inter



Ameer Khan
CEC, Jr. Inter

Bank details to transfer funds:

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

Bank Name : Indian Bank
Branch Name : Jubilee Hills, Hyderabad.
A/c Name : Nachiketa Tapovan
A/c No. : 6156742000.
IFSC Code : IDIB000H025
(Note: IFSC code contains the number "zero" not letter "O")



Durga
CEC, Jr. Inter



Srinu
CEC, Jr. Inter



Anji
CEC, Jr. Inter

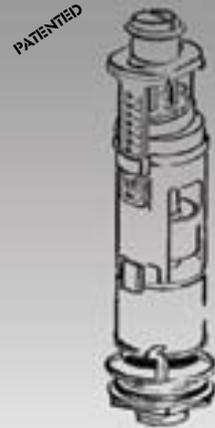
Today you have a choice, tomorrow may be too late...

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.



*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!

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