

Nachiketanjali

an offering...



Vol: 5

Issue: 4

December: 2014

Price: ₹ 10

Uttarakhand Yatra-2014



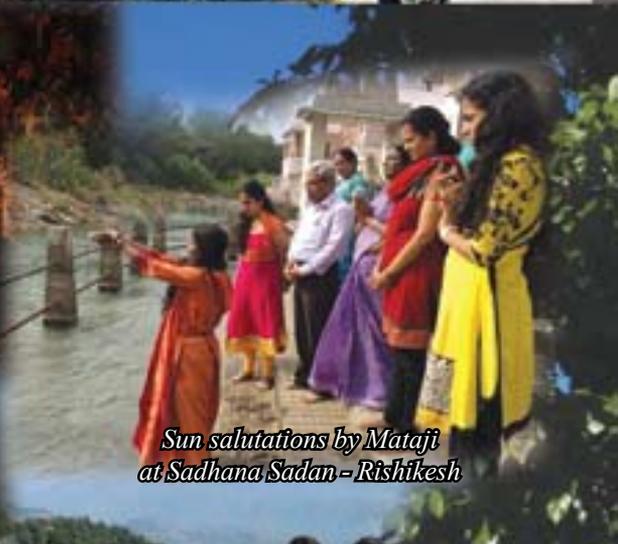
Swamiji at Camp Carnival



Surkanda Devi Temple



Ganga arathi at Haridwar



*Sun salutations by Mataji
at Sadhana Sadan - Rishikesh*



Satsang at Camp Carnival - Kanatal



The young spiritual aspirants with Mataji



Our group en route to Mussorie



Flower floats on river Ganga

Contents

	Cover Story	4	Life Time Pilgrimage	18	
	Knowledge & Ignorance	5	The Human Family	20	
	Spiritual Quest	6	The Ice-Bucket Diaspora	22	
	Sri Ramakrishna's Amrita Dhara	8	Guru Dattatreya...	23	
	Do you really think...	9	An Oasis of Excellence Nurtured...	24	
	Uttarakhand ... Gateway to God	10	Good & Bad Karmas	26	
	Vivekanjali	12	Karonda	27	
	You Don't Get a Second Chance	13	The Day My Best Teacher Bought...	28	
	Cleanliness – An Individual Effort...	14	13	29	
	Jesus	15	Sanskrit Lesson - Fifty Six	30	
	My Angst	16	International Day of People with...	31	
	Higher Consciousness	17	Only Because of You	37	

Founder & Managing Trustee:

Vasundhara P.

Adi Praneta

Swami Nachiketananda Puri

Adhyatmik Praneta

Paramahansa Swami Shivananda Puri

Editorial Board:

Editor-in-Chief : *Subhadra K.*

Executive Editors : *Annapurna R., Harini N.*

Nachiketanjali Support Team:

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

Design & Layout:

Shyam R.

SUBSCRIPTIONS:

Single copy	₹ 10
1 year	₹ 120
3 years	₹ 320
5 years	₹ 520

Bank details to transfer funds: State Bank of India, Jubilee Hills Branch, Hyderabad.
IFS Code - SBI N0011745,
Acct No. 30985314026.

Please confirm wire transfer through email to nachiketanjali1@gmail.com

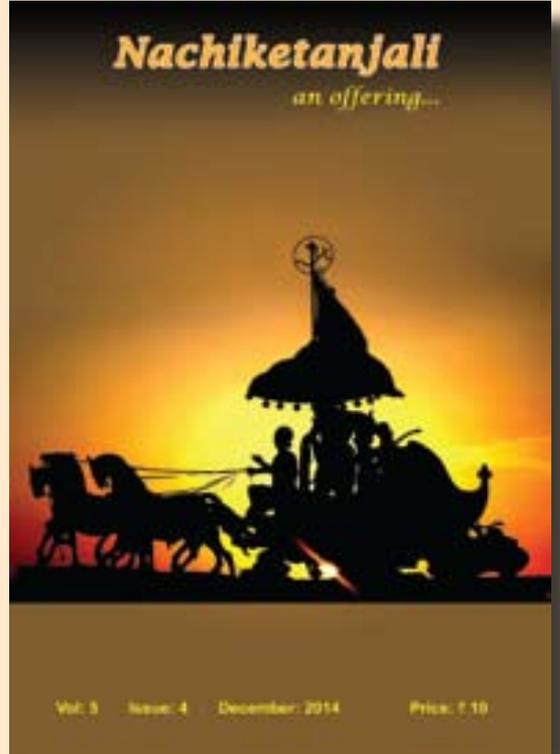
Editorial & Publication Office Nachiketa Tapovan

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

Cover Story



The picture is symbolic of our inner instruments to train the mind and senses. This is a very concise and beautiful description, symbolic and full of meaning and profundity.

The chariot is the Sarira (body). The passenger Arjuna is the Jiva (embodied individual soul). The charioteer Krishna is the Atma (Self, sometimes referred as Higher Intellect or Buddhi) leading the chariot into the middle of two armies of Kauravas (Demonic nature) and Pandavas (Divine nature) in the battlefield of Kurukshetra (Inner Battle of Mind). The reins are the operations of the Manas (Mind). The horses are the Indriyas (senses, such as, eyes, ears, nose, tongue, etc.) The roads along which this chariot is driven are the objects of the senses. All this is made possible by a joint activity of the Atma / Higher Intellect, the Senses and the Mind.

Knowledge & Ignorance

Knowledge and ignorance co-exist in this world. The top of the mountain is illuminated with light, but a cave in the same mountain is filled with darkness. This world is like the mountain filled with knowledge on the surface but ignorance or darkness prevails in every nook and corner.

We humans are also an amalgamation of knowledge and ignorance. We might assume that education has made us erudite but we are not sentient to the underlying ignorance. Unless we are aware of our ignorance it is not possible to get rid of it. Only when we encounter ignorance do we realize that the knowledge that we have acquired is only minimal and there is yet a vast scope to learn.

Unless we experience the darkness in our lives it is not possible to experience and enjoy the light when it shines. When we do not taste bitterness how can we analyze the sweetness? So the Upanishads say, only through *Nakaranubhuthi* (what the mind doesn't like) it is possible to experience *Sakaranubhuthi* (what the mind accepts and likes).

We all aspire to lead a comfortable life and try to acquire the knowledge necessary to fulfill our desires. Similarly we need to pursue and gain spiritual knowledge which can drive away ignorance and illuminate our lives. Spiritual knowledge helps in focusing on all the dark areas and can uproot our ignorance. Darkness (ignorance) covers the light of the soul. A *Sadhaka* has to penetrate this darkness until he gains knowledge of the soul. A sage might meditate in the darkness of a cave. But the light emanating from the knowledge obtained during his meditation illuminates the cave, driving away darkness. Thus it is essential to acquire the right knowledge which can eliminate the darkness from our lives. And this knowledge can be gained only with the help of a guru who has already walked the path. Even a guru will guide you only when you ask for it.



A true guru will initially test your faith before leading you on the path for true knowledge should never go wasted. As Sri Krishna says in the Gita "*Sraddhavaan Labhathe Jnanam...*" only the one who has *Sraddha* can attain *Jnana* (knowledge).

The Sun rises every morning filling the world with light but when the sun sets, the world is again filled with darkness. Similarly knowledge can be replaced with ignorance if we are not cautious. Our learning should never end as long as we live. It should flow forever like the waters of the Ganges. Knowledge is boundless, so let our *Sadhana* become a strong tool in acquiring the infinite knowledge.

Let the *Jnana Ganga* flow through our lives flushing out our ignorance.

- **Subhadra K.**



Spiritual QUEST

*I*s insomnia or more sleep danger to the Seekers of Divinity?

Ans: Insomnia means less sleep and it might happen due to many reasons. But one thing, if the person doesn't have any irritation about insomnia then it could be one of the finest tools to achieve higher meditation. In more sleep also one can enter into higher meditation but one has to understand the basic logic behind meditation.

In insomnia, one is restless, one is more worried, one is more tensed but have we ever tried to find out the reason behind it? When negative thought goes deep within we are left with no option. It becomes part of our life. Unnecessarily we get caught up in our own web and start losing our sleep. Sleep in fact is nothing but the absence of waking state, it is another form of death while fully alive, it is an unaware journey one takes in life, it is also an important state to get back to life, it is a bridge between life and death, it is a rejuvenating state, it is a mesmerizing event. So no doubt less sleep is important but with full awareness, also having more sleep is of no use if one is not dwelling in awareness. If relaxing our body and mind is everything then minimum sleep also will do a great job but it is something beyond one's comprehension and unless one is prepared to be aware in every moment, even in sleep one shall never know how beautiful sleep state is and sleep that unravels life and life that unravels sleep.

For *Sadhakas*, everything should be moderate and also need to know what it means when living in total awareness. Mind should never deviate from the path for the *sadhakas*. No matter, what other important issues, one has to dedicate quality time and get into *sadhana* mode immediately. Sleep or non-sleep are only states of mind and bodily demands and if one can go further it is possible to realize there is a useful state in every sphere of life.

More sleep also is not a bad idea but as said earlier, if one is aware of sleep in sleep, then it becomes meditation. There are many people who can demonstrate the higher state of relaxation without missing even a single event from sleep or beyond. They are aware of sleep, so of the existence. For them it is just doing everything, engaging in every activity without expectation. So dear *Sadhak*, next time when you encounter insomnia or more sleep, take it with the right spirit and use that time to develop more awareness or try to be in awareness or get engaged into activity of your choice and see how things would change. There is one more simple technique that might help everyone which is "Maha Chaitanya Kriya". If you have time and want to learn the technique, you can come down to Ashram for learning this Kriya that was given to us by our sages.

- *Swami Nachiketananda Puri*

**“If you want blissful and peaceful life
then look at the world through
your inner eye
and the world shall bestow
what you try.”**



- Swami Nachiketananda Puri



Master & Disciple

It was on a Sunday in spring, a few days after Sri Ramakrishna's birthday. Many devotees gathered in his room.

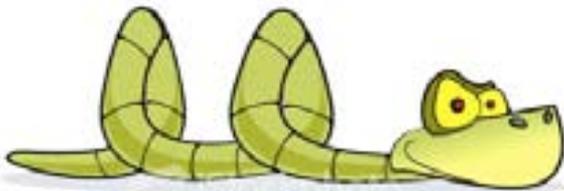
A Devotee: "Sir, if a wicked man is about to do harm, or actually does so, should we keep quiet then?"

Master: "A man living in society should make a show of *tamas* to protect himself from evil-minded people. But he should not harm anybody in anticipation of harm likely to be done to him."

"Listen to a story. Some cowherd boys used to tend their cows in a meadow where a terrible poisonous snake lived. Everyone was on the alert for fear of it. One day a *brahmachari* was going along the meadow. The boys ran to him and said: 'Revered sir, please don't go that way. A venomous snake lives over there.' 'What of it, my good children?' said the *brahmachari*. 'I am not afraid of the snake. I know some *mantras*.' So saying, he continued on his way along the meadow. But the cowherd boys, being afraid, did not accompany him. In the meantime the snake moved swiftly toward him with upraised hood. As soon as it came near, he recited a *mantra*, and the snake lay at his feet like an earthworm. The *brahmachari* said: 'Look here. Why do you go about doing harm? Come, I will give you a holy word. By repeating it you will learn to love God.



Ultimately you will realize Him and so get rid of your violent nature.' Saying this, he taught the snake a holy word and initiated him into spiritual life. The snake bowed before the teacher and said, 'Revered sir, how shall I practice spiritual discipline?' 'Repeat that sacred word', said the teacher, 'and do no harm to anybody.' As he was about to depart, the *brahmachari* said, 'I shall see you again.'"



"Some days passed and the cowherd boys noticed that the snake would not bite. They threw stones at it. Still it showed no anger; it behaved as if it were an earthworm. One day one of the boys came close to it, caught it by the tail, and, whirling it round and round, dashed it again and again on the ground and threw it away. The snake vomited blood and became unconscious. It was stunned. It could not move. So, thinking it dead, the boys went their way."

"Late at night the snake regained consciousness. Slowly and with great difficulty it dragged itself into its hole; its bones were broken and it could scarcely move. Many days passed. The snake became a mere skeleton covered with the skin. Now and then, at night, it would come out in search of food. For fear of the boys it would not leave its hole during the daytime. Since receiving the sacred word from the teacher, it had given up doing harm to others. It maintained its life on dirt, leaves, or the fruit that dropped from the trees."

"About a year later the *brahmachari* came that way again and asked after the snake. The cowherd boys told him that it was dead. But he couldn't believe them. He knew that the snake would not die before attaining the



fruit of the holy word with which it had been initiated. He found his way to the place and, searching here and there, called it by the name he had given it. Hearing the teacher's voice, it came out of its hole and bowed before him with great reverence. 'How are you?' asked the *brahmachari*. 'I am well, sir', replied the snake. 'But', the teacher asked, 'why are you so thin?' The snake replied: 'Revered sir, you ordered me not to harm anybody. So I have been living only on leaves and fruit. Perhaps that has made me thinner.'"

"The snake had developed the quality of *sattva*; it could not be angry with anyone. It had totally forgotten that the cowherd boys had almost killed it."

"The *brahmachari* said: 'It can't be mere want of food that has reduced you to this state. There must be some other reason. Think a little.' Then the snake remembered that the boys had dashed it against the ground. It said: 'Yes, revered sir, now I remember. The boys one day dashed me violently against the ground. They are ignorant, after all. They didn't realize what a great change had come over my mind. How could they know I wouldn't bite or harm anyone?' The *brahmachari* exclaimed: 'What a shame! You are such a fool! You don't know how to protect yourself. I asked you not to bite, but I didn't forbid you to hiss. Why didn't you scare them by hissing?'"

"So you must hiss at wicked people. You must frighten them lest they should do you harm. But never inject your venom into them. One must not injure others."

Source: The Gospel of Sri Ramakrishna

Do you really think that God wants us to perform puja to Him?



God is the creator of the universe. He created the nature and us. When He is the owner of the universe, He certainly doesn't need any puja from us. It is solely for our benefit that we do puja. Puja when performed with the right attitude is a process of evolution where the devotee will experience levels of higher consciousness.

To earn the grace and love of God, neither does one need to perform Puja in a prescribed or pompous manner nor does he need to intellectually understand the meaning of the slokas. All we need is to experience the bhava and the deeper meaning in it.

- Paramhansa Swami Shivananda Puri

UTTARAKHAND ... Gateway to God

*A*s I sit down to recount the experience of our *yatra* to Rishikesh and nearby places, it occurs to me that I am doing a grave injustice to this beautiful, holy & sacred place. It is extremely difficult to put into words the stunning sights, breathtaking beauty and divine vibrations echoing all around this region aptly called Devbhumi ... the land of Gods ...

Our journey began on the 8th of October from Hyderabad to Delhi and then onwards to Haridwar. This is the place where the Khumbmela is celebrated once in 12 yrs and we had the good fortune to bathe in the holy water and witness the Ganga *aarathi* which is performed amidst sacred chants and devotional rituals. We spent the night at Rishikesh at GMVN Ganga Resort. We were blessed as the hotel is on the banks of Mother Ganga and peace permeated the surroundings. The next day we headed to Kanatal ... a small town from where we had spectacular views of snow covered Himalayan peaks and green forests.

From here we visited the temple of Kunjapuri Devi, which is said to be a *siddhapeeth* established by Sri Adishankaracharya and offers a panoramic sight of the Himalayan Mountains. After *darshan* we all got time to do our *sadhana* and absorb the vibrations surrounding the temple. Swamiji and Mataji conducted an interactive *satsang* comprising of *Mahachaitanya kriya* and devotional *bhajans* around the campfire made near our campsite at dusk time.

Next day we were all ready to make an arduous trek to Surkhanda Devi temple, one of the 51 *Shakthipeetas*. It took us a few hours to reach

the temple and once we got to the top we were spellbound by the beauty spread all around us. We had a chance to perform our meditation at this revered shrine. It was a sweet sight to see monkeys descend near the Hanuman shrine just as our group members started doing *Rambhajan* here! Mataji conducted guided meditation near our camp in the evening and many of our fellow campers shared their spiritual experiences.

We started to Mussorie the next day and on the way visited a local school where Mataji shared some moral stories with the kids gathered for assembly. We reached by afternoon and explored the grand views of Gun hill and the shopping markets of this picturesque town called 'the queen of the hills'. The following day we went on a long ride to Kempty Falls in the morning and Bhatta Falls, Mussorie Jheel etc in the evening. Our last stop was at Nagdevta Mandir where Swamiji instructed us on meditation techniques.

The following day we started back to Rishikesh. On the way we stopped at one of the oldest temples of Lord Shiva called Tapkeshwar Mahadev temple. After taking a dip in the gushing waters outside the shrine we had a wonderful *darshan* of the naturally formed Shivalings inside the cave where Dronacharya is supposed to have resided and worshipped. We were given ample time to do our *sadhana* here and then were invited to partake in the *annadhanam* being performed at the temple. We also stopped at a temple called Lakshman Siddha where Lakshman is supposed to have



Our group at Kempty Falls



Nag Mandir

done tapas to repent for having killed Meghanath (Son of Ravan) in the war. On reaching our hotel Ganga Resort in the evening we all rushed to have *darshan* of Ma Ganga again and were fortunate enough to witness the Ganga *aarathi* performed in Rishikesh. Mataji conducted an interactive talk with all the *sadhakas* and asked us to reflect on all that we had seen and to take lessons from Ma Ganga who was steady and pure, cleansing and nurturing all on its way. She also stressed upon the importance of doing *japa* in daily life and imparted to us the ways of putting this in practice.

We woke up the next day to a stunning view of the Gharwal Mountains covered in mist and the gushing Ganges waters beckoning us to dive deep and find its hidden treasures. Swamiji took us to Sadana Sadan *ashram* where he took his formal *sannyasa deeksha* and then to Daksha Mahadev temple which is the birth place of Satidevi. Our next halt was at Chandi Devi temple where we reached by a cable car. It was perched on a hilltop from where Devi Ma gave us *sampoorna darshan* and Swamiji instructed us to absorb the energy permeating from the idol.

We also had *darshan* of Anjana Devi, mother of Lord Hanuman and were enthralled by the sights of this divine shrine. Another cable car ride took us to Manasa Devi temple where people believe that all the wishes of a sincere devotee are fulfilled. We spent the evening shopping for *rudrakshas* with Mataji's guidance.

Next morning we went on a scenic drive to Vasishtagufa where Sage Vasishta and his wife Arundhati are supposed to have meditated for many years. The spiritual vibrations in this cave can be felt all around the ashram which also opens up onto the banks of Ganga Ma. On the way back, we stopped at Lakshman Jhoola and headed on to Neelkant temple where Lord Shiva is said to have been taken after He swallowed the poison which turns his throat blue. On our way back to Rishikesh we trekked through a mountain to meet Babaji, a great soul, who has been living in the jungles amidst wild beasts and doing his *sadhana* for over 30 years. It was invigorating to spend time with this realized soul.

As our *Yatra* was coming to an end Swamiji conducted a final *satsang* instructing us on how to put into practice all that we had learnt and also to make our goals and achieve them by constant *sadhana*.

I would like to express my humble *pranams* to Swamiji and Mataji for taking us though a dual journey. One which is the physical and external while the other is the one which is internal and within...

- *Swaroopa*



Kunjapuri Devi Temple



A trek to Surkanda Devi Temple



Assimilation and not Destruction



The Christian is not to become a Hindu or a Buddhist, nor is a Hindu or a Buddhist to become a Christian. But each must assimilate the spirit of the others and yet preserve his individuality and grow according to his own law of growth. If the Parliament of Religions has shown anything to the world, it is this: It has proved to the world that holiness, purity, and charity are not the exclusive possessions of any church in the world, and that every system has produced men and women of the most exalted character. In the face of this evidence, if anybody dreams of the exclusive survival of his own religion at the expense of the others, I pity him from the bottom of my heart and point out to him that upon the banner of every religion will soon be written, in spite of resistance: "Help and not Fight," "Assimilation and not Destruction," "Harmony and Peace and not Dissension"."

- Swami Vivekananda

YOU DON'T GET A SECOND CHANCE

My mid-term exam results were announced just recently. I had scored pretty well in everything except science. For the sake of my pride and honour I will not tell you my marks, but I assure you that they were pretty bad. I begged my teachers to do something about it along with my friends, because it wasn't just me, the whole class hadn't done well in this one subject. According to board rules, the school was allowed to conduct a retest and so we were all happy that we were getting a second chance, and when the date of the exam was announced, we all sat and slogged all day to score well in our exam. The next day, when we got to school, we were told that the exam was cancelled, because the board had amended its rules, as it always does at the wrong time.

One very important thing that I learned from this was that you don't get second chances. Even if you do, they aren't as effective as the first. Imagine a football player. He makes it past the opponents and is near the goal, but at the last moment, he misses. Now, he has to start all the way back from scratch. Similarly, when you miss a chance at something it doesn't come back.

Now, you must be thinking that there are so many instances where we get second chances; but with how much difficulty? For example, in some

racing games, a fuel bar is used up per race. If you lose the race once, your morale is reduced and so is your fuel, and so if you have to do it again, you need to use one more bar of fuel. That is just a minor example. I have seen many people who don't work hard enough after class 12, thinking of it as a break, and don't get a college seat. They take it lightly in the beginning, but when they attend their interviews or examinations, the one year gap invites a lot of criticism and problems. They are forced to pay high amount of donations to get a college seat and have difficulty in getting a job after college. They also face pressure in college, because everyone in their class is a year younger than them.

That should give you quite an idea about why you shouldn't expect second chances.

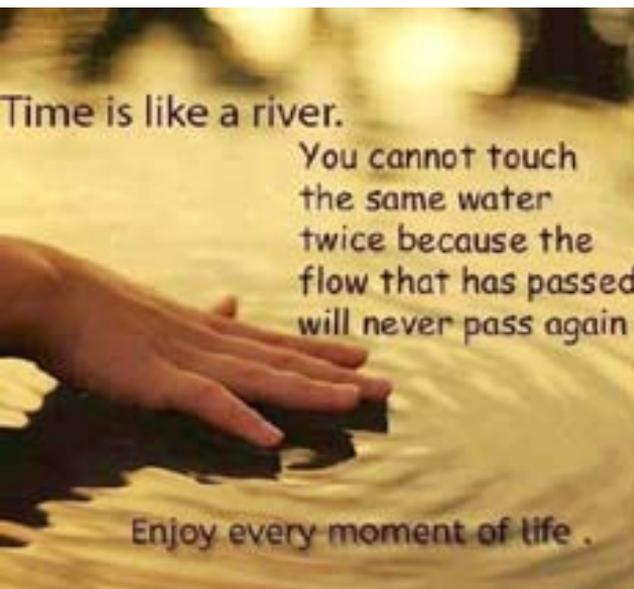
Watching movies where people get to do whatever they want and live happily ever after, and playing games in which you have infinite lives, has changed the way people think and act. Those are movies and games. Not real life. There the producer funds the whole thing, but here, it's your parents' money that gets wasted. There, the guy might die three times and come back to life, but here you get your life only once. So be careful when you do something, because you won't get a second chance to amend it.

The key thing here is to give it your best shot in the first try. Work hard for just a short while in the beginning, and you can reap its benefits later. Hard work is always necessary, especially at the right time.

Remember,

Don't wait for a second chance,

Because for it to come, there is no chance.



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



CLEANLINESS – An Individual Effort Too

*I*t would have otherwise been a normal holiday on Gandhi Jayanti – an un-Gandhian way that we adopted to celebrate the extraordinary man's birth anniversary. But thanks to the Prime Minister's special emphasis on cleanliness, many including him wielded the broom to clean their surroundings. Look around and reflect. When was the last time that you complained about the lackadaisical attitude of the municipal authorities? Did you ever try to petition the concerned? What was your 'contribution' if it may be called so, to the garbage on the road?

Very recently, I visited the temple town of Tirumala. Though, as with everything, there was scope for improvement, the shrine board, TTD, deserves our applause for its efforts. Lot of arrangements are made to make the pilgrims comfortable, and to enable them to peacefully and single-mindedly dwell upon the Lord. Every small need is taken care of. Be it the poor or the rich, everyone can have an enriching experience and feel the love of 'Swami Vaaru'.

What worried me, however, was the attitude of some of our people. While a child, accompanied by his guardian, was relieving himself on the Mada Street (it is believed that the Lord Himself walks here!), a man was spitting in a beautifully maintained garden. Places where we are supposed to walk barefoot were not spared either. Laden with food carelessly dropped by pilgrims at some places and with other 'gifts' which some liberally gave, it was not a happy sight at all. Despite the best efforts of the organizers, the actions of some were creating problems for everyone. I tried to reason it out with one; but he was too 'argumentative' to pause, think and understand. God and Mother



Nature never ask us for anything. Is cleanliness not the least that we can offer, that too in our own interest?

I then thought perhaps a better way would be to plant a story in a scripture saying that people who pollute their surroundings suffer miserably. But then, our scriptures do say that harming others is bad; yet many do it. How can we keep this great and vast country of ours clean? What should we do to ensure that every nook and corner of our land is free of filth? What can we, as individual citizens, do?

Perhaps I got a partial answer while coming back to my home by train. I paused before throwing a packet out of the window. I made that packet my dust bin for the journey and disposed it later at the railway station. This way, my journey did not 'contribute' to the garbage lying unattended. I cleaned my home and decided to be careful so as to use and reuse and give whatever I can for recycling/reducing. If we all start such things at our individual level and try explaining about the importance of cleanliness to a few others, our life will be much pleasurable and disease-free.

We, as a nation, are more than sixty years old. If we do not learn now, when will we? Let us begin at home and participate in the movement towards making our country cleaner, fresher and thus, more energetic. Swachh Bharat, Surakshit Bharat!



- Neetika Gogula

An advocate and has passion for writing on social issues.



JESUS

*A*t the cathedral of Santa Maria, in Florence, something stirred within me.

Thousands of people, mostly tourists, interested in taking pictures of the cathedral and the art there in.

The beauty of the place, unparalleled. But that is not what moved me.

As I stood in front of the cross, the pain and yet the kindness writ clearly on Jesus' face, I thought about the sculptor who carved his image.

What he would have felt...What would have gone through his heart and mind, when he had to nail Jesus to the cross again?

And as I thought about this, my eyes welled with tears, that only an enlightened being could have said, "Father, forgive them, for they know not what they do", when he was being nailed to the cross.

Neither the art, nor the majesty, stayed with me as I left the cathedral, it was only the divine love and compassion that dwelled in my heart.

I entered the cathedral as a tourist, and came out as a pilgrim.

- Gautam Vir



My Angst

I attend a monthly *satsang* class being organized by a group of ladies wherein the Bhagwad Gita and other scriptures are discussed. This group of women follow their revered guru and the books published by the revered Swami and his disciples.

From the past two months the decision was taken that one person in the group shall summarize what had been read out and discussed in the Gita so as to maintain the continuity. This month was my turn and I zealously summarized and also wanted to bring in what Yama had told Nachiketa about controlling the senses. This topic was discussed by the revered Swamiji whose talks on the Gita we were following. I was also simultaneously reading the Gita written by my own guru. He had in the same chapter referred to the dialogue between Nachiketa and Yama. I simply carried this book along with me for reference.

As I concluded the talk and turned to read from the book after I made a reference to the Katho Upanishad, I was interrupted by the coordinator of the group that I should not be reading from other books but only from their revered Swamiji's books and only follow his teachings. I was taken aback for a moment and stated that I was not quoting any other Swami but from what was told in a discourse by their Pujya Swamiji's disciple.

This was a revelation for me as I understood that once we undertake a spiritual journey we should not even be distinguishing between religions as we are to embark on this journey on the thought that God is one and paths are many. Now this group had formed a conscious decision that they will be following only their Swamiji's teachings and will be blocking out those of other great souls.

After the summary was read out by me, the class continued with that day's taped discourse (the discourses had been converted to books which we follow). In that, reference was made as to how the Vedas are not a product of the



human intellect but came from the Supreme Being Himself. It has been passed on by the Lord to Brahma and later he gave this Vedic knowledge to his disciples in the form of *Guru-Sishya Parampara*. No one can teach the Vedas or the Gita both of which have been spoken directly by the Supreme Being. They are already there given by the Lord and the *Rishis* discovered them because of their purity of mind. In which case whose teachings are we referring to? Why are we then so intolerant? Our religion referred to as the *Sanathana Dharma* has been so open and tolerant and we have been granting refuge to all those who had been persecuted in the name of religion.

Of late we seem to have become narrower in our vision and I think the term Hindu Fundamentalist has been coined for the first time. We have overcome so many invasions and yet retained our identity, whereas all the local customs and religions of other countries have been wiped out.

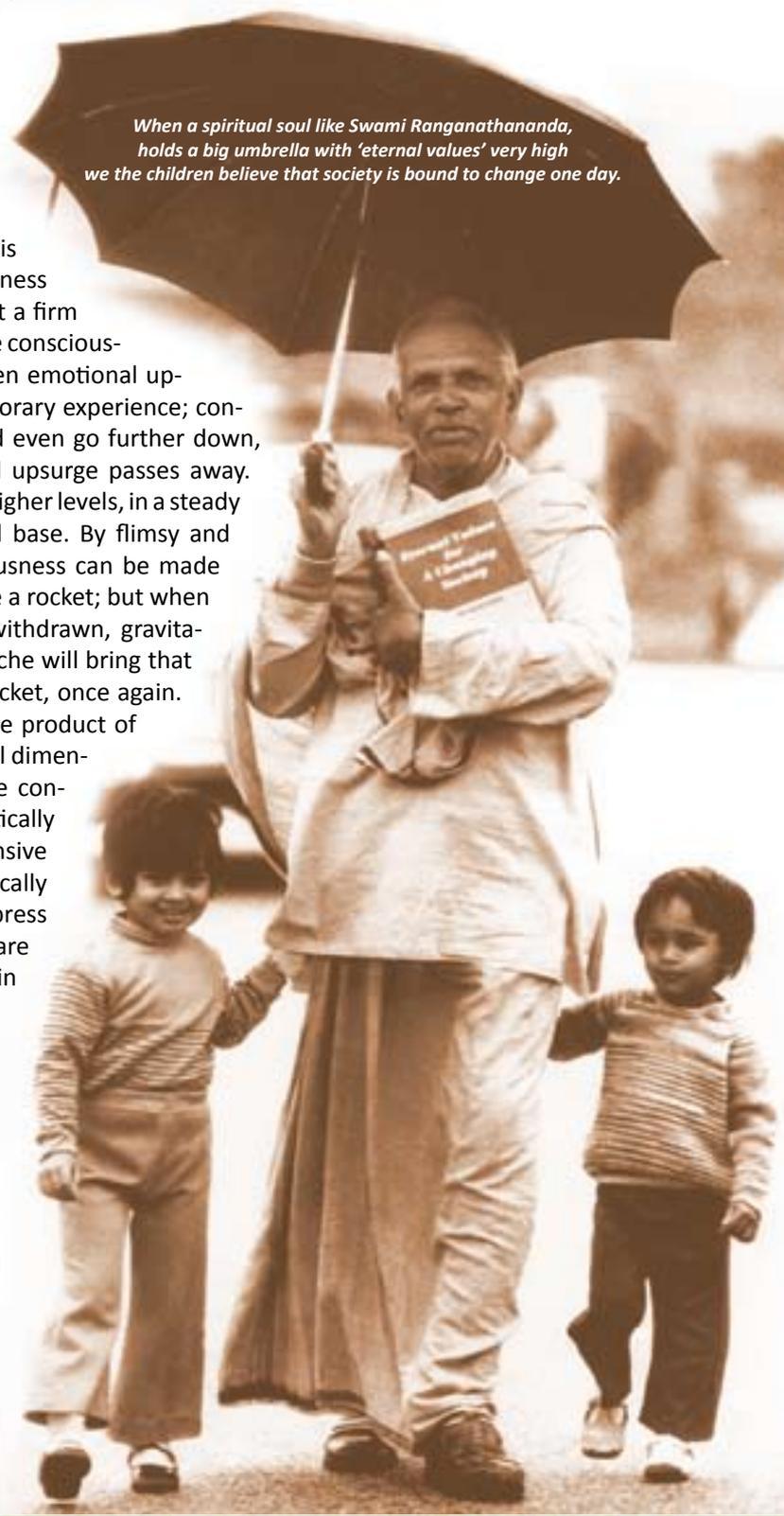
I am saddened by the turn of events and feel that when the so called spiritual discussions by educated women are so narrow then what about the general population who are unaware of the reason for assuming a human birth? Let us shed this bias and look into ourselves i.e. do some *Atma Vichara* and attain the goal for which we have taken this birth. May the Lord guide us in our pursuit.

- A devotee

Higher Consciousness

Question: Is it that a human being, without the ethical base, cannot build up his higher consciousness?

Swami: Yes, that is true. It is impossible to raise consciousness to higher spiritual levels without a firm ethical base. It is possible to raise consciousness to higher levels by a sudden emotional upsurge; but it will be only a temporary experience; consciousness will come down, and even go further down, after that temporary emotional upsurge passes away. To retain spiritual awareness at higher levels, in a steady form, we need a steady ethical base. By flimsy and emotional exuberance, consciousness can be made to shoot up to a higher level, like a rocket; but when the energy of the emotion is withdrawn, gravitational pulls of the unrefined psyche will bring that consciousness down, like the rocket, once again. A steady ethical base itself is the product of the first unfolding of the spiritual dimension, of the initial raising of the consciousness level from the genetically limited ego to the larger expansive self; when rooted at the genetically centred ego, man cannot express ethical values; all ethical values are the by-product of man's growth in the spiritual dimension.

A photograph of Swami Ranganathananda, an elderly man with a shaved head, wearing a white kurta and dhoti. He is walking outdoors, holding a large black umbrella over himself and two young children. He is also holding a book titled 'Eternal Values for a Changing Society'. The children are walking on either side of him, holding his hands. The background is a bright, slightly blurred outdoor setting.

When a spiritual soul like Swami Ranganathananda, holds a big umbrella with 'eternal values' very high we the children believe that society is bound to change one day.

**Source: Eternal Values
for a changing society**

by Swami Ranganathananda
Volume I, Philosophy & Spirituality



Life Time Pilgrimage

In our lives there are opportunities that knock our doors once or twice, but this opportunity came to me again and again till I accepted it wholeheartedly. It was nothing but a divine will, that all these days, made me realize its importance and inherently taught me that there is always light at the end of the tunnel. So whoever used to visit this place, would narrate its beauty and I always heard them in awe but never felt disappointed, because as I said earlier it was always the divine that kept me afloat and made me think this is not the time and that my turn is yet to come. This had been happening with me for the past 18 years. The opportunity came to me again last November and this time I did not let it go, the occasion was the 150th Birth Anniversary Celebrations of Swami Vivekananda and the place I was referring to was Belur Math, Kolkata – World Head Quarters of Ramakrishna Math and Mission.

I understood that the time was ripe to visit the holy place when I heard about the celebrations that are to be held for the first time. The divine will started to show its impact and everything started falling in line. We, a group of around 20 people had planned this tour well in advance, tickets were booked and we decided to visit the holy places Kamarpukur, Jayarambati as well as Belur Math, Kolkata. We started our journey to participate in the celebrations on January 21st 2014 by train and alighted at Midnapur on 22nd January evening, much before Kolkata, from where we took local conveyance to go to Kamarpukur. It was a 3 hrs journey on dusty roads and we reached the place late in the night. It was winter time and the place was already wearing a thick blanket of mist all around. We all woke up early on 23rd morning, which happens to be Swamiji's birthday as per *Tithi*. Kamarpukur is the birthplace of Sri Ramakrishna.

We attended the early morning *Arati*. The Temple was built right on the spot where Sri Ramakrishna was born. Beside the temple, you will find the mango tree planted by Sri Ramakrishna himself during his childhood days. Other places include his bed-room and house, and also a small temple for house deities. At the entrance, one will find a Siva Temple where Sri Ramakrishna's Mother used to worship. From there we went to visit other significant places where Sri Ramakrishna spent his childhood. One of the spots is where he had divine intoxication while playing the role of Lord Shiva in a drama and the school where he studied before he dropped out.

We proceeded to Jayarambati – birthplace of Holy Mother Sarada Devi, had *darshan* and returned in the evening. Next day, we started from Kamarpukur to Kolkata after having *darshan* of 'Thakur'. The time had come and my dream of visiting Kolkata and Belur Math bore fruit when we reached Kolkata around 11:00 am. All of us were allotted rooms in Ramakrishna Vidyalyaya at Belur Math premises. After checking in, we straight away started on our spiritual sojourn. The first place was Kasipore Garden House, the place where Sri Ramakrishna attained *Samadhi* but not before showcasing his divine play to his disciples and devotees alike. The place where he took a stroll on New Year's day i.e. 1st January 1886 is worth mentioning here; the entire place was marked with the directions. It holds a significant place in the lives of his disciples as on that day he became *Kalpataru* (wish yielding tree) and blessed all his followers that they all will be spiritually enlightened. From there we visited Dakshineswar Kali Temple, the seat of Sri Ramakrishna's *Sadhana* and divine preaching. The place was a hub of all spiritual activities and reverberating with hymns



and chanting of the Lord's names. The precincts speak the Divine *Leela* of Sri Ramakrishna, his room and the Kali Temple will leave indelible mark on an aspirant's heart and is an experience for a lifetime. Panchvati with the background of holy Ganga is a perfect foil for the spiritual seekers. Not to forget the Nahabat, where Holy Mother used to reside. One wonders how she used to stay in such a small room, which silently tells the story of real austerity. From there we went to Vivekananda's house where his memorabilia are showcased. The building is so well maintained that one is taken back to the times when Swamiji lived. Our next destination was Balaram Bose's house, whose name was held in high esteem among the household disciples of Sri Ramakrishna. One still experiences the spiritual vibrations by visiting this place. Needless to say, it was the place that was sanctified by Sri Ramakrishna on a number of occasions. He sang, danced and preached and this is the only place after Dakshineswar that was mostly visited by him during his lifetime. One can only experience the holy bliss that is felt standing on the very wooden stairs that Ramakrishna stood on. Holy Mother and Swami Vivekananda also visited the place and that marks it as a very important place in Sri Ramakrishna Movement.

Our next visit was to Udbodhan or popularly known as Mother's House. The ground floor consists of a room that was used by Swami Saradananda, the beloved disciple of Holy Mother. First floor comprises of a place of worship and Mother's room. The place displays great spiritual vibrations. We returned to Belur Math late evening. Next day, we visited temples in the Belur Math premises. We began with Old Shrine at the rear side of Main Temple of Sri Ramakrishna. This is the place where disciples including Swami Vivekananda used to worship Sri Ramakrishna. Now the Old Shrine is converted into an administration block at ground floor, and first floor consists of a temple of worship

and besides that, one can see Swami Sivananda's room. Beside the said building there is one more building which lodges Swami Vivekananda's room at first floor. Beauty of this room is that one can realize that the time when Swamiji breathed his last on 4th July 1902 has been captured as it is and is retained. The book Swamiji was reading at that time is still kept open showing the page he was referring to. From there we moved to three temples namely Swami Sivananda Temple, Holy Mother's Temple and Swami Vivekananda Temple. Swami Vivekananda's ashes are kept at first floor of the temple. One can find the *Bilva* tree beside his temple. Swamiji used to spend most of his time by sitting under this very tree. It is still well maintained.

Main Temple of the Belur Math premises – Sri Ramakrishna's temple makes one awestruck and its architectural beauty mesmerizes one and all. The Temple depicts different religions through its architecture. The prayer hall easily houses thousands of devotees at a time. The very appearance of Sri Ramakrishna's white marble idol will take one to high spiritual planes, where all other things appear irrelevant and trivial. Time just melts away. Early morning *Arati* at this Temple is a spiritual feast for the seekers. Participating in Devotees' Meeting at Belur Math marking 150th Birthday Celebrations of Swami Vivekananda was only a reason for me to take a spiritual journey and to retain the memories for a lifetime, as I realize during my early visits, I could not utilize it for the reason I was not just spiritually ready and the divine will was just preparing me incessantly to attain that stage. These places are not just tourist spots but Spiritual triggers that unfold the soul to bridge the outer materialistic world and inner spiritual world.

- Koti Rajashekar



The Human Family

VASUDHAIVA KUTUMBAM

“Recognition of the inherent dignity and of the equal and inalienable rights of all members of the human family is the foundation of freedom, justice and peace in the world.”

However, in virtually every country of Earth, some portion of the population is a victim of torture, human trafficking, starvation, injustice, discrimination or other human rights abuses. Most people are largely unaware of their rights as human beings. Bridging the enormous

gulf between the ideal of universal human rights and the reality of widespread human rights violations is the challenge.

Ultimately, human rights are the basis of everything people cherish about their way of life. In their absence, lasting happiness is impossible, because there is no personal security, no freedom and no opportunity.

...respect helping hands

The hands that clean our homes

Without whom our life comes to a standstill...

They deserve our respect

Give them their rights before they demand theirs

...raise voice against child labor

Children have to be studying and playing not working away

Discourage and report if someone is employing a child for work

Learn about and boycott products that are made with tiny hands

We do our might in preserving human rights every time we ...



...cherish woman as the perpetuator of mankind

Emphasize gender equality right from childhood

Eradicate the age-old concept that only male child perpetuates the legacy of a family

Without plants there is no life on earth,
Without women there is no human race

...keep our Bharath Swacch

It is really sad that teaching cleanliness is a PM's job in our land of Vedic culture!

It is pathetic that we need an initiative for something as fundamental as cleaning

Something is not right!

Cleanliness should be a part of family values, school curriculum and social norms

Learning the ABCs of cleaning should be more essential than learning the ABCs of English

LEARN YOUR HUMAN RIGHTS

1. We are all born free and equal
2. Don't discriminate
3. The right to life
4. No slavery
5. No torture
6. You have rights no matter where you go
7. We're all equal before the law
8. Your human rights are protected by law
9. No unfair detainment
10. The right to trial
11. We're always innocent till proven guilty
12. The right to privacy
13. The freedom to move
14. The right to asylum
15. Right to a nationality
16. Marriage and family
17. The right to ownership
18. Freedom of thought
19. Freedom of expression
20. The right to public assembly
21. The right to democracy
22. Social security
23. Workers' rights
24. The right to play
25. Food and shelter for all
26. The right to education
27. Copyright
28. A fair and free world
29. Responsibility
30. No one can take away your human rights

Point Of Contention:

THE ICE-BUCKET DIASPORA

In the early 90's Spielberg's Jurassic Park was a phenomenal success. For the next few years dinosaur was a part of every teenager's fantasy. Trivial they may sound (be it Harry Potter or WWE) but these escapades as teenagers etch fond memories. My teenager niece looked particularly smug when she nudged me to have a look at her self-recorded video (a modern day narcissism where nothing seems to be real unless it is recorded and uploaded). Hardly lasting for two minutes the clip recorded Sasha dumping half a bucket of ice cubes with shrieks of laughter and cheering around.

Pausing the video, I enquired "What was that?" My niece looked mortified. "Don't you know the ICE BUCKET CHALLENGE?" "Look! I complied to the challenge, nominated three of my friends and donated my pocket money to the ALS association". I smiled. It appeared to be one of those innumerable teenage fads but it caught my attention. Teenagers promoting awareness about the ALS was definitely news to me.

ALS or Amyotrophic Lateral Sclerosis is a neurodegenerative disorder whose average survival rate from onset to death is three to four years. ALS is characterized by muscle spasticity and progressive muscle weakness (due to muscle wasting). This results in difficulty in speaking, swallowing and breathing. The disease usually starts at the age of 60 and most die from respiratory failure. People of all races and ethnic background are affected by this disease. I loved the notion that the Ice Bucket Challenge not only created awareness about ALS but also soared charitable donations.

Relatively few days after this incident, I was pleasantly surprised that this new fad garnered 100 million dollars additional funding for the ALS association alone. With the sudden splurge of donations the challenge drew a lot of criticism too. Calling it more of a fun rather than making a charity, critics pointed out at innumerable causes that were supposedly more RELEVANT than ALS. Wasting water, health risks posed by a few variations in the challenge drew a lot of flak.



Isn't it amazing, the way we attribute anything and everything new in the world to our own miseries. Do we really have to microscopically judge the pros and cons of a harmless social fad which in its own way converted those few thousands to few millions for a dreaded disease?

Why should we crib about a trend that offers to alleviate the sufferings of a few thousands in the least? A spurt of challenges like MY TREE CHALLENGE, THE RICE BUCKET CHALLENGE and hoards of others have sprung, inspired by this viral trend. I am not here to advocate or slam the Ice Bucket Challenge. When Mr. Modi nominated nine celebrities for the Clean India Campaign, I admit that IBC has taught the world that social causes can be fun too. You really don't have to be stone faced when you address graver causes. The motto is "Help yourself while helping others with merriment and fun".

"We can chart our future clearly and wisely only when we know the path which has led to the present" – Adlai E. Stevenson.

Dear Ice Bucket Challenge,

No matter how much we criticize you have done much good to the world. The awareness you have created justifies your existence. Your structure has inspired many a new challenges and charities. Hence the purpose deems to be served.

Thanking you,

Yours sincerely,

- Devi

GURU DATTATREYA...

The teacher of the three worlds

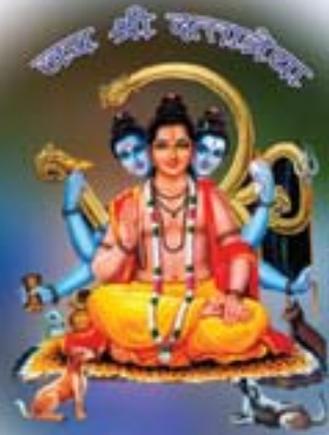
THE NEED AND DESCENT OF SRI GURU DATTA

It is believed that when the Lord made the creation, He introduced Himself into the creation as Dharma. The beings in various planes needed to be guided back unto their original state. The planes of existence were created, the beings related to every plane were created and the Dharmas were enunciated. But then the need was felt by the beings, to be guided in terms of their Dharma. For that reason, the seers worshipped the Lord and invoked Him as the Teacher. Out of compassion, the Lord Absolute Himself, came down as the Teacher to be in the creation and to guide. He thus, made a second descent into the creation to be the Teacher, out of compassion for the beings. He has, thus, donated Himself into the creation for a second time and therefore is called Datta.

THE TEACHER OF THE THREE WORLDS

The Teacher has no judgmental faculty. He is beyond the pairs of the creation and is therefore equally compassionate to all beings in the creation. He is Teacher to the divine, to the human and to the diabolic as well. This is a dimension, which cannot be understood by people who live by bifurcating the creation into good and bad. One needs to anchor in the energy of synthesis to realize that the pairs have their source in the same principle. Light cannot exist without its shade. Day cannot exist without the night. Full moon is counteracted by the new moon. Likewise, goodwill shines on the background of evil.

Imagine a parent that has three sons. One is good, the other is bad and the third is average (semi good and semi bad). From the standpoint of the parent, all the three are his children, he is equally affectionate to all. In fact, his concern for the second son is much more than his concern for the first son. The second son needs to be helped more than the others. The life of Jesus the Christ, in recent times, clearly gives this message as he allowed himself to be in the company of the downtrodden and the fallen ones. He strongly advocated that they needed him more than the others.



The teacher cannot reject some and prefer some others, he has no preferences. His love and his enlightenment emanate from him with equanimity, like the sunray or the magnetic currents. The receptive ones receive differently according to their fitness and ability.

Dattatreya is therefore as much a Teacher to the divine as he is to the diabolic, besides the human. It is also for this reason that he is depicted as holding the 3 heads. There are beautiful stories in Srimad Bhagavata about the Teacher being present in all the 3 worlds and guiding them as per their objectives. Sri Guru Datta was found to be doing so by the King Celestial Indra. Indra was surprised to see that Sri Guru Datta was sharing knowledge and giving guidance to the diabolics also. He got disturbed because his Teacher is also a Teacher to his opponents!

It is common that aspirants, who style themselves as disciples, don't feel happy when their co-aspirants, whom they do not like, are also entertained by their teacher. The teacher is beyond all partial attitudes, as he stands for synthesis and in synthesis. The petty quarrels and the jealousies are with the ignorant ones who always try to show one-upmanship.

Sri Guru Datta is known to be Trisira, three-headed. He is called Brihaspati (Celestial Jupiter) in the divine kingdom, Kapila in the infernal kingdom, and Sri Guru Datta in the human kingdom. He permeates the whole creation as a teaching principle and is the backbone of the Hierarchies of various planetary and solar systems.

Compilation Source: World Teacher Trust

AN OASIS OF EXCELLENCE NURTURED WITH LOVE



Smt. C. Jyothi Reddy

*A*t a little distance from the famous Ramappa Temple in Narsapur village of Warangal district of the State of Telangana, one feels as if in the lap of nature! More than a thousand trees greet us with their fresh air and the chirping of birds becomes the perfect background music. Welcome to Mahasaraswathi Educational and Ecological Foundation (MEEF), which is the entity behind this oasis of pleasure.

Smt. C. Jyothi Reddy pioneered the establishment of MEEF with a group of young friends and well-wishers and the local populace. It finds its inspiration in Fr. Bede Griffiths¹ and the Krishna-murti Foundation of India². MEEF blends educa-

tion with ecology. While it is lighting the lamp of literacy among the children and the adults there, it is nurturing Mother Nature with love. The following information enables in briefly understanding the innovation called MEEF.

What is MEEF

MEEF, as already stated above, stands for Mahasaraswathi Educational and Ecological Foundation. It is a not-for-profit organization based in Narsapur village of Warangal district of the State of Telangana. It was established in the year 1992.

What it does

MEEF endeavours to offer practical solutions to some of the issues like illiteracy, lack of basic infrastructure, unemployment and ignorance facing the local populace. It integrates people with nature and makes an effort to develop in them an increased social and intellectual awareness. This awareness, according to MEEF, is one of the three important components of social change, the other two being respect for nature and self-reliance.

Vision and Objectives

In the words of Mrs. Jyothi, the institution focusses upon the following:

- * Encouraging children to learn with their whole being, and experience the mental, physical, emotional and spiritual qualities consciously and continuously



- * Evolving a consciousness of their own indigenous history and culture
- * Promoting an understanding of the sacredness of life and interacting carefully with all aspects of nature
- * Introducing environmental and health education
- * Respecting the use of manual labour on land, and teaching skills to promote craft industries
- * Guiding the young people to solve crucial problems using their own resources and provide for their immediate needs and in the process becoming self-disciplined and self-reliant

Tasks undertaken

The institution basically focusses on three issues: (a) Education; (b) Employment; and (c) Environment. Let us look at what it does issue-wise –

- (i) Education: MEEF has established a school for the local children. About 200 children learn lessons for life, with emphasis on the practical aspects rather than rote learning. Teachers here are friendly with their students and provide an open environment for learning employing non-conventional methods. Punishments have entirely been done away with. Apart from this, the organization also organizes literary campaigns for adults.
- (ii) Employment: MEEF has also established a Vocational Training Centre, which imparts training to young graduates as teachers. Additionally, the children are trained by expert weavers on professional looms. The efforts lead to production of dhurries, bags, yoga mats, banana mats and table mats. Seeing the enthusiastic involvement of the locals, MEEF is contemplating converting weaving into a full-fledged small scale industry.
- (iii) Environment: Of the total 7½ acres of land with MEEF, four acres are exclusively reserved for organic farming. Organic farming experts are often invited by MEEF to spread awareness amongst the farmers about soil testing, preparation of homemade organic pesticides, vermi compost beds and the minimal use of



fertilizers. It has also ventured to take up the land around the school, admeasuring 42 acres for organic paddy cultivation with the involvement of local farmers. Besides, the institution is solely responsible for taking care of about 1600 trees it planted. Rain harvesting is also undertaken around the school.

The team behind MEEF

While Mrs. Jyothi is the keystone for the organization, she is supported by a well-qualified and dedicated team of teachers, some of whom were trained by MEEF itself. The teachers inspired by their ideals, withstood many challenges and rumours doing the rounds regarding the school being shut down. Like gardeners, they tend to the children with love and encourage them to carve their own destinies.

Focus on holistic development

MEEF emphasizes upon holistic development of the individual as well as society. It uses religious and other important occasions to encourage people to get together and share their knowledge and experiences. Children too are groomed to be complete individuals.

1 Fr. Bede Griffiths was a British-born monk who lived in the ashrams in South India.

2 Established way back in 1928 by J. Krishnamurthi and Annie Besant, the Krishnamurthi Foundation runs many schools in India.

- Neetika Gogula

An advocate and has passion for writing on social issues.



GOOD & BAD KARMAS

*I*n each incarnation we acquire some good karma and some bad karma. In each incarnation we suffer the consequences of some of our previous bad karma and reap the benefits of some of our previous good karma. Because many people still have much more bad karma than good, seemingly favorable circumstances often have a sting in their tail. This is evident from the tumultuous lives of some celebrities and the people whose lives have been ruined by winning the lottery.

Think of your karma as being two bank accounts – one for good karma and one for bad karma. Good karma can either be “spent” on pleasurable life circumstances or it can be used to “pay off” some of our bad karma. Less-developed people nearly always choose the first option; whilst more-developed people usually choose the second. This explains some of the iniquities of life where honest and hardworking people live in poverty whilst selfish and corrupt people live a life of opulence. When a less-developed person chooses to spend all their good karma in one go they will enjoy wealth, power or fame for few years or perhaps an entire lifetime, but once their good karma is used up they will be relegated to many lives of poverty and suffering. The real sting is that an undeveloped person usually generates more bad karma in a prosperous life than they do in a poverty-stricken life because the money, power or fame goes to their head and makes them more egotistical and unpleasant.

Bad karma can affect our physical lives in a variety of ways, including: disease, disability, ugliness, abuse, miscarriages of justice, lack of intelligence, poverty, low social standing, etc. We should never blame our parents for a disease or disability that we inherited from them because our own karma and destiny determine such matters. Children should never say to their parents “I didn’t ask to be born”, because they did – no one is forced to incarnate against their will.

Whilst it is generally true that those who suffer deserve to suffer, it is a great mistake to think that we should not show compassion and help them out. We must do everything we can to alleviate all suffering because every good deed contributes to a better world for everyone. Relieving another person’s suffering not only helps them; it generates good karma for us and sends out good vibrations into the world. Sitting back and letting people suffer is selfish and vindictive, and will result in bad karma. This does not mean that we should give to every beggar who asks us for money, because many of them will spend the money on drugs or alcohol. We need to let our intuition guide us to help only those people who are willing to help themselves.

- *Padmaja*



“Our prime purpose in this life is to help others. And if you can’t help them, at least don’t hurt them.”

- Dalai Lama



Karonda

What is it: Not just a pretty berry, it's a powerhouse of anti-oxidants. The fruit of a flowering shrub with sour white, pink or purple berries, it's commonly used for jams and pickles. It's heart healthy and controls blood pressure.

Benefits: A rich source of iron and Vitamin C, karonda is good for those who are anaemic. Being an antifungal and antimicrobial, it is used to treat wounds and scurvy. It is also known to improve women's libido, says Naini Setalvad, a Mumbai-based nutritionist.

How to have it: Make a chutney or sweet-sour pickle. It is a great appetizer also. It'll give you an antioxidant boost.

Where to get it: It is available at the green grocer from June to August.

Recipe: Sweet and Sour Karonda Pickle

Ingredients: 500 gms karonda; 100 gms sugar; 2-4 red chillies; 1 tsp mustard seed; 1 tbsp vegetable oil, salt.

Method: Cut karonda into halves. Remove seeds. Fry red chillies and mustard seeds in oil. Add karonda and saute for 2-3 mins. Pour 1/2 cup water, sugar and cook for 5 minutes or till syrupy.

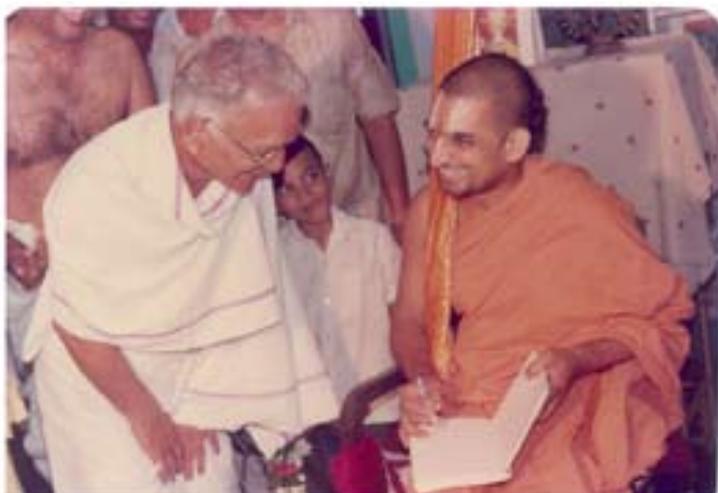
The pickle can be used for a week or so.

Source: Yahoo

THE DAY MY BEST TEACHER BOUGHT ME A PAAN

*K*V R K S, our student community used to fondly refer to him as, was our best and beloved teacher during my undergraduate days 1962-65. At that time he had a lovely crop of hair, with lots of curls and waves - la N.T.R in his heydays. Among the teaching community he was the most handsome person. Today also he has that incisive mind of those days and he has a problem solving approach both in Physics and in life situations.

Many thousands of students passed under his tutelage and attained significant positions in society and academic institutions. NCERT (National Council of Educational Research and Training) included KVRKS sir in a team that was sent to study teaching Physics in South East Asian Nations and India and make recommendations for teaching Physics at plus two level. He has completed 61 years of distinguishing service of Physics teaching. He is now writing a book for JEE (Main) Examination. He was an extremely dedicated teacher - he never wasted even 5 minutes during those 3 years he taught us. When he was in the contact program of Brilliant Tutorials, at Lucknow, he had an eye infection- conjunctivitis, even then he did not stop and continued teaching physics problems to the students, disregarding personal discomfort and the chalk powder that aggravated his eye condition. His immense contribution towards the society is significant by way of his dedicated teaching and guiding students and can never be quantified.



Sri Chinna Jeeyar Swamy blesses Sri K.V. Ramakrishna Shastry

He is a deeply religious person; he has been writing *Rama Koti* (writing the name of Srirama 10 million times) since the time of his *Upanayanam* (thread ceremony) at the age of 14. He does not take his morning coffee before he performs *puja* and writes a part of *Rama Koti* even now. He had completed 10 million times and handed it over at Bhadrachalam.

He is an intellectually versatile person. He wrote articles in Hindi, jokes of scientists and easy methods in calculating. The range of his articles comprises social and societal issues to vignettes and episodes of more famous scientists like Madam Curie, Joseph Addison, Benjamin Franklin and literary figures like Bernard Shaw and saints like Bala Yogi of Mummidivaram. When this chronicler approached him for writing this piece and was given access to the latter's scrap book it was an eye opener to him about the multifarious subjects on which K V R K S's articles were published - he even wrote for Telugu academy and his articles were published in Andhra University journal, Bhavan's journal etc.

He has been blessed with a fine family. He has a sweet natured and wonderful wife who initiated him into Hindi Language skills and studying with her helped him pass the Basha Praveena examination in Hindi conducted by Dakshin Bharath Hindi Prachar Sabha. His elder son, late Dr. K.V.K.K.

Prasad got a doctorate in artificial intelligence from IIT, Kharagpur at the age of 25 years and at the age of 27 years was awarded Rajiv Gandhi young scientist Award by the former P.M. Late Shri Rajiv Gandhi in connection with Indian Science Congress 73rd anniversary. Dr. Prasad's books were published by Wiley East West and studied in American universities and pirated in China. He is blessed with a daughter who is an M.Phil and teaches, currently at a reputed institute which guides students aspiring for Medical entrance. His younger son Dr. K.V.S.G. Murali Krishna is Prof and Head of the Dept. of Civil Engineer-

ing at Kakinada Engineering college, who is also a prolific writer and conducts workshops on personality development for young children.

He taught me physics problems for Civil services examination; his input in a week brought my preparation for Physics paper from first gear to third gear. His help and guidance helped my son likewise and helped him secure admission into an IIT in his first attempt. His contribution for my younger daughter in shaping her career is significant. He readily helped Shiva, a former student of Vidya Mandir, Nachiketa Tapovan with his physics numericals for EAMCET and JEE (advance).

I visited him in August, 2006 at Kakinada which were happier times. He was very happy and there was a spring in his step. He had his car stopped at a *Paan* shop. One of the items he bought was *paan*

(betel leaves). After his lady gave me a packed dinner to eat in the train (was early for dinner) he gave me a *paan*- when I said that I don't chew pan, brushing me aside he said "Okay! Take it today".

He is pushing 84 years. Even so, he travelled alone from Kakinada to Hyderabad in order to help former students of Vidya Mandir, Nachiketa Tapovan who are pursuing intermediate junior. He helped solve Physics problem in Mechanics.

Such dedicated teachers play a very significant role in building and strengthening the nation. May Almighty multiply their tribe.

Glory unto my motherland always.

- *Sitaramaraju*

Of all the numbers, 13 is particularly sacred nay- heavenly. Our ancestors recognised even digits (2 4 6 8) which are divisible as female numbers and the odd digits (3 5 7) as male numbers. 9 is odd but divisible ($9/3=3$) and hence it can be identified with 'Arthanareeswar', the 'Supreme *Shakti*' controlling the universe. 1 is not counted as a number because we believe that '*Aeko Brahma, Dwiteeyo Nasti*'. 13 is also a prime number and is the sum of the squares of the first male and first female digits ($2^2+3^2=13$). So it is said that behind every great man there is a wise woman. About Madam Curie it is said that there were so many queens but only one Madam Curie. Thus the pious lady was behind Pierre Curie.

13 is '*Thera - तेरा*'. It means '*Bhagwanka*'. Ranjit Singh, the king of Punjab, was once supervising while the farmers were counting the measures of paddy depositing in the garner of the state. The farmers were counting one, two, three ... in chorus. When they reached just 13, the king shouted- 'stop it'. The supervising officers and the farmers were terrified and trembling. All thought that somewhere some gross violation of a law as distinguished from a misdemeanour had taken place.



The highly enlightened king told them, 'All the grain that you have harvested belongs to the almighty; I have no right at all! So distribute it among all the needy irrespective of caste, creed and religion. It is a crime if I grab your provisions'.

Our Upanishads exhort us that one should not have any aversion towards money. (*Annam na nindyAth*) One should earn as much as possible. (*Annam Bahu kurvitha thad vratamah*) However earning must be just. (*ThEna thyakthEna bhunjithah*) A part of your wealth must be bestowed gratuitously where there is need. In short the motto of a man must be "*Yog se Bhog*".

Aum Tat Sat!

- *K.V. Rama Krishna Sastry*



इत्थलइत्थलगे । इत्थल = तिप्पु इत्थ

yaditarhi

अहम् आङ्गलं जानामि चेत् उद्योगं प्राप्नोमि, नो चेत् कथम् उद्योगं प्राप्नोमि? – If I know English, I get a job. Otherwise, how do I get a job?

You might have noticed that you can use the pair चेत् ... नो चेत्. Alternatively, you can use just any of the two. We have seen the examples of just चेत् in the previous lesson. The second example above illustrates that you can use just नो चेत् in your sentence. (In place of नो चेत्, sometimes you may have noticed अथवा. That is perfect!)

(Continued from last issue)

In Samskritam, there is another way of expressing 'if...then...' structure. You simply use just चेत् in place of both 'यदि...तर्हि...' like in:

भवान् गमिष्यति चेत् अहम् अपि गमिष्यामि।

मम वेतनम् अत्र दश सहस्राणि भवति चेत् अहं प्रवेक्ष्यामि।

It is my experience that people tend to say यदि and चेत् in a sentence. You should avoid this from the beginning. Use either चेत् or यदि...तर्हि.

Rewrite the above Samskrit sentences using चेत्.

Solutions:

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

चेत्... नो चत्...

For a structure like 'if.... otherwise...', we have this in Samskrit. Look at these examples:

भवान् इच्छति चेत् एतत् स्वीकरोतु, नो चेत् अहम् अन्यत् दर्शयिष्यामि। - If you like this, then take this.

Otherwise I will show you another.

भवती आगच्छतु, नो चेत् भवत्याः सखीं प्रेषयतु। - You come. Otherwise send your friend.

Translate the following into English:

- 1) भारतीयः रामायणं पठति चेत् धर्मं जानाति, नो चेत् सः भारतीयः कथम्?
- 2) अद्यत्वे सङ्गणकज्ञानम् अस्ति चेत् उद्योगः, नो चेत् न स्वीकुर्वन्ति।
- 3) भवती काफीम् इच्छति चेत् काफीं ददामि, नो चेत् चायं अपि शक्यते।
- 4) अद्य संस्कृतकक्ष्या अस्ति चेत् तत्र गच्छतु भवान्, नो चेत् वयं चलनचित्रं गमिष्यामः।
- 5) विद्युत् अस्ति चेत् सङ्गणक-कार्यं करोमि, नो चेत् लेखन-कार्यं करोमि।

Solutions:

- 1) If any Indian reads Ramayana, he knows Dharma. Otherwise how is he an Indian?
- 2) Nowadays, if there is computer knowledge (with you), then a job. Otherwise, (they) don't take.
- 3) If you like coffee, I give coffee. Otherwise, tea is also possible.
- 4) If you have Samskrit class, you go there. Otherwise, we will go to a movie.
- 5) If electricity is there, I do computer work. Otherwise I do my writing work.

(To be continued in the next issue)

- Krupalu Ogeti

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



International Day of People with Disability (December 3) is an international observance promoted by the United Nations since 1992. It has been celebrated with varying degrees of success around the planet. The observance of the Day aims to promote an understanding of disability issues and mobilize support for the dignity, rights and wellbeing of persons with disabilities. It also seeks to increase awareness of gains to be derived from the integration of persons with disabilities in every aspect of political, social, economic and cultural life. It was originally called “**International Day of Disabled Persons**”. Each year the day focuses on a different issue.



Condemn none: if you can stretch out a helping hand, do so. If you cannot, fold your hands, bless your brothers, and let them go their own way.

- Swami Vivekananda



Ashram News

DIWALI CELEBRATIONS

Diwali was celebrated on 23rd October 2014 at the Nachiketeta Tapovan Ashram. *Abhisekam* and *puja* were performed to Mother Kali and Lord Shiva. Diyas were lit glorifying the beauty of Ma Yoga Shakti Peetam. *Homam* was performed in the evening which was attended by volunteers and locals of Kodgal village. The locals were thrilled to become a part of Diwali celebrations.



Mother Kali



Bommala Kolu



Goddess Lakshmi

NATCO SCHOOL WORKSHOP

On 28th October 2014, students, teachers and staff of Natco School visited the Ashram. Swamiji conducted a workshop on Personality Development and Concentration and also gave them tips on pre-examination preparation.



Students and teachers from NATCO School with Swamiji & Mataji





KARTHIKA SOMAVAR

Karthika Somavar was celebrated at Ashram on 3rd November 2014. Mataji and volunteers performed *Abhishekam* to Yoga Lingeshwara at Maa Yoga Shakthi Peetham. After *Alankarana*, *Arathi* was performed followed by *bhajans*. It was amusing to see some of the Vedavyasa Vidya Mandir children deeply engrossed in meditation. *Homam* was performed in the evening. Everyone present were enraptured by the beauty of Lord Shiva and the tranquil atmosphere of the Ashram.



KARTHIKA PURNIMA

Karthika Purnima was celebrated at Ashram on 6th November 2014. *Panchamrita abhishekam* and *puja* were performed to Lord Shiva and as usual Mataji weaved her magic in decorating the Lord for this auspicious occasion. Students of Vedavyasa Vidyala helped the volunteers in making beautiful garlands. *Prasad* was distributed and a *homa* was performed in the evening at Nachiketa *Yagnashala*. The light of the full moon showered all over the Ashram enhancing its beauty. A night long *sadhana* was performed by *sadhakas*.





Events & Celebrations

SPECIAL PHYSICS CLASSES

We are grateful to Sri K.V. Rama Krishna Sastry who conducted special classes in physics for higher education students at Nachiketa Tapovan Vidya Mandir from 1st to 5th October 2014.



PARENTS' MEET

Swamiji & Mataji conducted an Awareness workshop on Higher Education for the parents of Nachiketa Tapovan Vidya Mandir children, at the residence of Smt. Vasundhara on 17th October 2014.

MIND & THOUGHTS

On 21st October and 2nd November 2014, Mataji counselled the Nachiketa Tapovan Vidya Mandir students on the importance of having right thoughts & emotions and how they can be beneficial to them in their lives.





SATSANG BY MATAJI

A satsang was held by Mataji at Smt. Vasundhara's residence on 1st November 2014. A meditation session was conducted after briefing the *sadhakas* on the importance of having *satsang* and the right way of doing meditation and deriving its benefits.



Audience in rapt attention



Smt. Suguna

PHONETIC SONGS

We appreciate Smt. Suguna's efforts to teach the children of classes LKG - IV, phonetic sounds & Rhymes on 4th November 2014. The teachers and children enjoyed this workshop.



We are extremely thankful to

Thanks to Donors



Sri P. Srinivasa Rao, Gurgaon
for his 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. 19607/- in the month of October and saved Mother Earth by recycling about 3267 kg of plastic and paper waste material.



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 63 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



GITA JAYANTI

2nd December 2014 at 3 pm
@ Nachiketa Tapovan,
Kavuri Hills, Hyderabad.

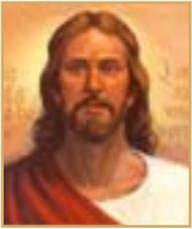
SARADA MA'S BIRTHDAY

13th December 2014 (Tithi)

@ Nachiketa Tapovan Ashram,
Kodgal Village, Jadcherla.
&

22nd December 2014 at 10 am.

@ Nachiketa Tapovan, Kavuri Hills, Hyd.

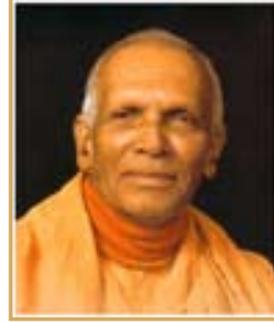


CHRISTMAS

24th December 2014

at 12:45 pm.

@ Nachiketa Tapovan,
Kavuri Hills, Hyderabad.



Swami Ranganathananda Birthday Celebrations

Satsang by

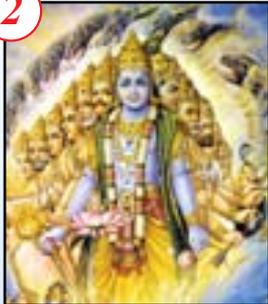
Swami Nachiketananda Puri

&

Paramhansa Swami Shivananda Puri

15th December 2014 at 6 pm.

at 1180, Road No. 45,
Jubilee Hills, Hyderabad.



Gita Jayanti
Mokshada Ekadashi

Festivals & Events of DECEMBER 2014



Dattatreya Jayanti

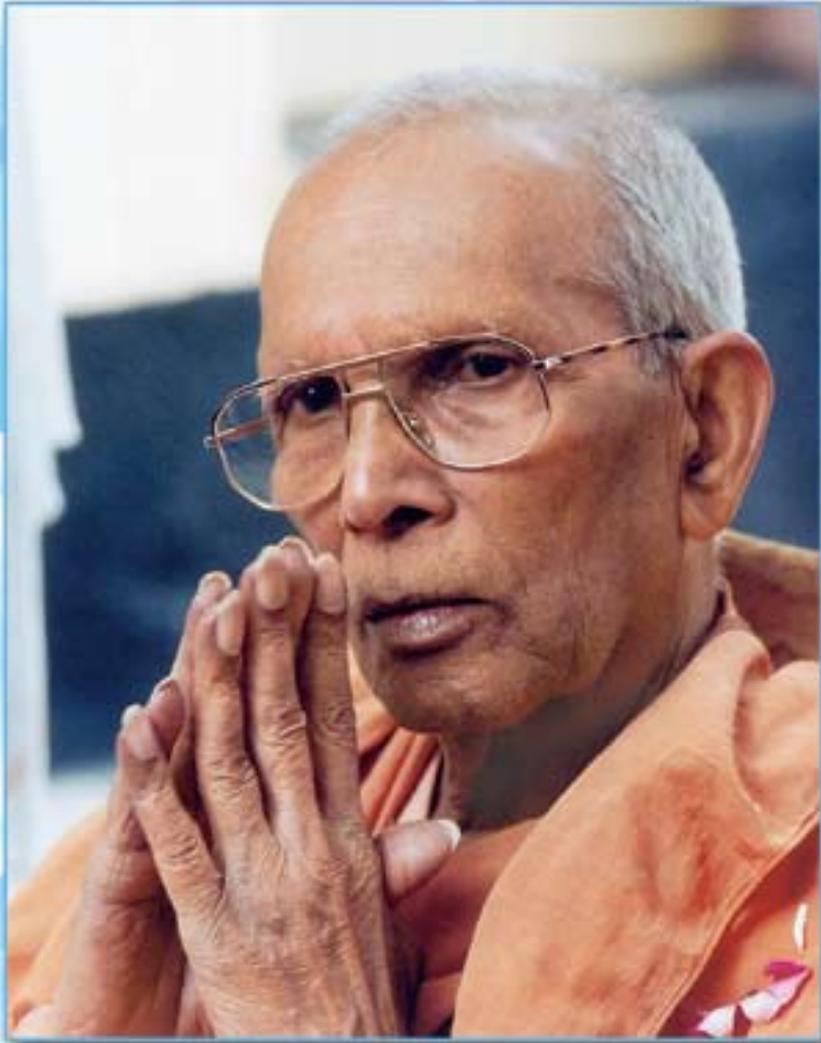


Human Rights Day



Christmas

We pay our homage to Rev. Swami Ranganathanandaji on
the occasion of His Birthday
15th December



(1908 - 2005)

Purity, love, compassion, work-efficiency, dedication and
service, these are the wonderful fruits which are produced by
the science of religion in us.

- Swami Ranganathananda

Hotel Sri Brindavan
Nampally Station Road, Hyderabad

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.



PATENTED



*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